



REGISTERED NURSE Brenda Cunningham talked with Tina Goodwin, director of marketing and volunteer services at Goodland Regional Medical Center, as Goodwin tested the comfort of a recliner where cancer patients have chemotherapy. Two rooms in the oncology department are set up to look as "homey" as possible, Goodwin said, with area rugs, paintings on the walls and decorative items breaking up the clinical look. Patients can watch television, she said, or they can lay back and sleep.
— Photo by Sharon Corcoran/The Goodland Star-News

Goodland expands regional cancer treatment options

GOODLAND, from Page 38

through telemedicine since the beginning, he said, and adult psychology will be offered. Radiology consultations can be done by telemedicine, he said, and it will be an integral part of improving cancer treatments for patients here through KU.

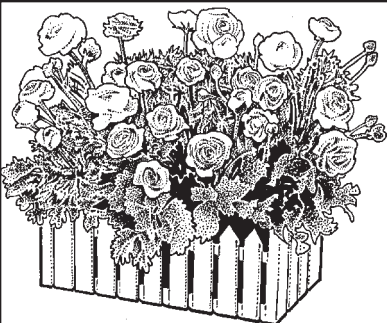
Jolly said he is also proud to have been a part of the effort to get a Veterans Administration satellite clinic in the area, even though it ended up in Burlington.

"If our hospital and local veterans hadn't gotten involved, along with Congressman (Jerry) Moran, it wouldn't have happened," Jolly said. "For health care, you have to do things to try to benefit the region, not just your local area."

The hospital at 220 W. Second St., on Goodland's northwest side, built in 1972 for \$2.5 million, has served the area for three and a half decades. The main entrance is off Sherman Avenue, with the emergency entrance on Maple Drive.

Services the hospital offers include laboratory, diagnostic imaging, physical and respiratory therapy, pharmacy, surgery, dietary, speech therapy and audiology and emergency care.

The hospital is supported by visiting doctors who expand the capabilities of the resident staff. It began offering appointments with visiting specialists in the mid-1970s and its program has become one of the largest in the Tri-State area. There are nearly 50 medical specialists in 20 fields coming to the hospital.



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Wide breadth of services

SHERMAN, from Page 40

Medical Arts Pharmacy, 202 Willow Road near the hospital, has full prescription services and a drive-up window for its clients. Owner Cesar Miller is the main pharmacist. The store is open from 9 a.m. to 6 p.m. Monday through Friday and from 9 a.m. to noon on Saturday.

Goodland Wal-Mart SuperCenter, 2160 Commerce Road, has a pharmacy with two pharmacists open Monday through Saturday.

There are two sources for primary dental care in Goodland. Goodland Dental Arts, 504 Main, has dentists Dr. Terry Imel and Dr. Megan Pearce. Dr. James Baker has his office at 1009 Main. Dr. Chris Lovell has an office at 1014 Main offering oral surgery and orthodontics on Wednesday and Thursday about every other week. He has an office in Golden, Colo., and comes out some weeks to provide service in Goodland. Call the office at 899-3025.

Three optometrists provide eye care: Dr. David F. Schnee, 601 East U.S. 24; Dr. Mark Wahlmeier at Vision Source of Colby and Goodland, 1102 Broadway Ave.; and Dr. Ryan Neuman at the Vision Center, 919 Main.

There are three chiropractic clinics: Clifton Porterfield at 2233 Caldwell; A.L. Goalden has moved his office to his home six miles east of town on old U.S. 24 and a quarter mile north on County Road 26.; and Sid Unruh of the Unruh Family Chiropractic, 1015 Main. Toby Cooper,

a message therapist, works out of Unruh Family Chiropractic.

The Sherman County Good Samaritan Center, 208 W. Second, offers 48 skilled nursing beds and an Alzheimer's unit with 12 beds. Administrator Dorinda Krueger said the center is nearly full.

Located on West Eighth Street, Wheat Ridge Retirement Community offers assisted living care with 50 rooms. It has 10 independent housing units in duplexes. Four new duplexes have two bedrooms and two baths and can be either rented or purchased.

The Sherman County Health Department, 1622 Broadway, provides immunizations, blood pressure checks and Women, Infants and Children nutrition care for the county.

Goodland Home Health, 655B E. 22nd, owned by Sue McCracken, a registered nurse, phone (785) 890-7658; L & C Home Health Agency, 160 E. Second, Colby; and Good Samaritan Home Health Care, 820 S. Denison, St. Francis, provide home health care service to Goodland residents.

Meals on Wheels delivers meals to people at their homes cooked by the hospital kitchen.

Lincare, 1013 Main, supplies home oxygen and medical equipment. Hearing aids and maintenance are available from Precision Hearing Service, 1208 Main.

See SHERMAN, Page 44

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AT WHEAT RIDGE ACRES in Goodland, Ron Barkley and his wife Betty checked out a kitchen in the new duplexes during an open house April 5 and 6. Director Donna Swager showed people through one of the four two-bedroom, two-bath apartments and answered questions. She said the two duplexes on the west side bring the number of independent-living apartments to 10. A deluxe unit rents for \$2,050 per month. — Photo by Tom Betz/The Goodland Star-News

Wide breadth of services

SHERMAN, from Page 43

Golden West Skills Center, 108 Aspen Road, offers a ResCare program for the mentally and physically handicapped and also has group homes.

High Plains Mental Health, 722 Main, has three staff therapists and two case workers who handle patients in Sherman, Cheyenne and Wallace counties. High Plains handles a 20-county program from its headquarters in Hays.

Meier Clinic offers counseling services at the First United Methodist Church, 12th and Sherman. Make appointments by calling (888) 725-4642, based in California.

The Thomas County Alcohol and Drug Abuse Council, 1523 W. Fourth in Colby, provides substance abuse counseling one day a week at the Sherman County Courthouse. Sarah Brown is in Goodland on Tuesday.

Twelve-step self-help programs available include Alcoholics Anonymous, Al Anon, Narcotics Anonymous and Emotions Anonymous, plus a family support group.

The Goodland Activities Center, 808 Main, offers a weight room, racket ball courts, basketball and volleyball courts, exercise room and gym and dance rooms. The center, a nonprofit membership facility, handles city and county recreation programs for kids and adults.

Shape Up Sisters, 1214 Main, owned by Pat Howe, offers exercise programs including Pilates, Yoga and equipment for a complete workout.

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COLBY DENTIST Dr. Thomas M. Barlow, (left) examined a patient at his office at 505 N. Franklin. — Photo by Joe Falkoff/Colby Free Press

Qualified dentists cover northwest Kansas area

By **Joey Falkoff**

Colby Free Press
jfalckoff@nwkansas.com

Anyone experiencing a toothache of some sort can spare themselves the headache of finding qualified attention with the number of dental options available in northwest Kansas.

In Colby alone, there are four places to go for dental care.

Dr. Karen Thummel, D.D.S, a graduate of the University of Nebraska Dental School, has been practicing in Colby for 12 years. Her office at 480 W. 4th. St is open Monday and Wednesday from 8:30 a.m. to 5 p.m. and Tuesday and Thursday from 7 a.m. to 3 p.m.

Receptionist Peggy Wicks said Thummel sees anywhere from 22-25 patients a day. She is assisted by two full-time hygienists. She said there's 1-2 month waiting period for appointments, but because there are cancellations, patients sometimes get in as quickly as one to two weeks. Patients with an emergency are worked much quicker. To set up an appointment, call 460-6800.

Thummel can perform many different

type of procedures, including fillings, crowns, root canals and some extractions. She pulls wisdom teeth on a case-by-case basis, but does not do braces.

Thummel does, however, do her own crowns. She is the only dentist in Colby with a Cad-Cam machine to make crowns and is also the only one that has a digital X-ray machine.

"She's way ahead of everyone with technology," said Wicks.

According to Thummel, only 20 percent of all dentists in the United States have a digital X-ray machine and only four percent have Cad-Cams. Thummel says she is also looking at purchasing a laser, which only one percent of dentists currently have at their disposal.

Dr. Thomas Barlow is the longest tenured dentist in Colby, having been practicing there for 28 years. His office is located at 505 N. Franklin in Suite H.

Barlow, a graduate of Creighton Dental School, was a dentist in the Air Force before coming to Colby in 1980. Barlow says he used to see patients six days a week, but now only works from 8 a.m. to 5 p.m. Monday, Tuesday and

Thursday. He will see patients on Fridays only for special circumstances.

"I used to let the book run my life, but I've had a change in philosophy," said Barlow. "I'd be booked out six, seven, eight months. That's not going to happen anymore. I got too burned out. As long as I can get three rounds of golf in a week, I can handle about anything."

Barlow says he no longer has a waiting list. An appointment can be made by calling 460-7538.

In addition to doing crowns, fillings, root canals, dentures and extractions, Barlow is the only dentist in Colby who does braces. He says he doesn't do intravenous sedation, but will do some wisdom teeth. If the surgery is too complex, he says, he sends his patients to an oral surgeon in Hays.

Barlow said he sees anywhere from 15-20 patients a day; some from as far away as Garden City.

"It's good that we have two other full-time dentists in town, because you can't satisfy everyone," he said. "I used to do more patients, but it was like being on roller skates. I like to sit down and talk to patients and ask them why they needed to come here."

Barlow doesn't have the X-ray machines or crown-making capabilities of Thummel, but says he makes it up for it in other ways.

"I've got 35 years of knowledge and experience," said Barlow. "Technology is a good thing, but it's expensive. I don't want to make a patient buy something they don't want just to make an extra dollar. If I buy

four digital X-ray machines at \$15,000 a pop, I gotta make sure every patient buys a lot of X-rays."

Another full-time dentist in Colby is Dr. Scott Haas, at 770 S. Range. This is his 10th year; his office is open from 8 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to noon on Fridays.

Receptionist Marilyn Daise said Haas is booked 2-3 months out, but emergency patients can be seen in a day or two.

Haas has a staff of two full-time and two part-time hygienists. He does most dental procedures, but like Thummel, doesn't work with braces. He extracts wisdom teeth in some cases.

Dr. Shawn Jensen is only at his office twice a month, working in Hutchinson the rest of the time. His office is at 1690 W. 4th St. and his phone number is 460-3999.

Goodland has three dental offices. Dr. James Baker has his own practice at 1009 Main St. His office number is 890-2562. Dr. Christopher Lovell also has his own office at 504 Main St. The number is 899-3025. Dr. Terry Imel and Dr. Megan Pierce work at Goodland Dental Arts, located at 504 Main St. The phone number is 899-6222.

Oakley is home to Dr. Terri Albers and Dr. Richard Loftus. To contact their office at 418 Hudson Ave., call 672-4286.

See DENTISTS, Page 47

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BARIATRIC SURGERY

At Hays Medical Center

Boutique offers unique gifts for mothers

By **Patty Decker**

*Colby Free Press
pdecker@nwkansas.com*

The Thomas County Health Department offers a unique, one-of-a-kind service for mothers, babies and family and friends looking for gift ideas.

The Breastfeeding Boutique, which opened about seven months ago, is a "store" catering to mothers and their special needs, said Lisa Molstad, department administrator, but it's also a place to shop for newborns or mothers.

"No other health department in the state has this kind of store," said Molstad. "We are the only ones."

What makes the boutique so different is that most of the items cannot be found in other stores and anyone wanting to buy something particularly special is welcome to shop here, she said.

"It fills a void," Molstad said, "and at the same time allows mothers to find items that

would otherwise require a lot of driving time to locate."

The director said she credits Kathy Ryan and Connie Walden, both registered nurses at the health department, for coming up with the idea and their continuing efforts to add new products.

The boutique has its own area in the department office space, set up so people can see what's available.

It offers breastfeeding supplies such as bras, pumps, milk storage containers, pillows, bracelets and baby items.

"The bracelet is more than a piece of jewelry," Ryan said. "It can be used to help a mother know what side to nurse on for the next feeding, tracking either the time of the last feeding or when the next scheduled feeding is."

Once a mother is done breast feeding, she said, the bracelet is still useful.

"It can be used to track the amount of water

a person drinks or just worn as an attractive bracelet," she said.

As for nursing bras, Ryan said, there is just no place to buy them.

"We stock Medela brand, which are designed exclusively for expectant and nursing moms," she said.

They have a large inventory, she said, and can help moms pick out the correct size for them.

In stock are pillows of varying types for comfort while nursing and stools that can be transformed for other uses after a mother stops nursing.

"Most of our items can be used for other purposes, including the bras," Walden said.

A lot of moms can remember the way nursing bras used to be, but today's undergarments are much different than anything that was out two or three decades ago, she said.

The only way to experience the boutique and its wide variety of pumps, bras, creams, filters,

shields, booties, boppies, bottle trees, slings and clothing items is to stop by 350 S. Range Ave., Suite 2, in Colby, Molstad said.

Business has grown by word-of-mouth for the most part, she said, but packets for the shop and other services and products provided by the department are available at doctor's offices and Citizens Medical Center.

"We are continuing to contact other health-care providers as we go around delivering packets," she said.

Molstad also encourages mothers wanting to breastfeed to stop by the county health department in their area and inquire about classes, home visits, support groups and more.

Breast-feeding classes and lactation counselors are available in most county health departments or other health care facilities.

"Some lactation counselors are also happy to make a home visit if requested," she said.

Rural hospitals have traveling specialists to cover needs

By **Patty Decker**

*Colby Free Press
pdecker@nwkansas.com*

Rural towns have many lifestyle advantages, but in some areas lack medical resources found in larger cities.

One service lacking in northwest Kansas towns, including Colby, Oakley, Hoxie, Goodland, Oberlin, St. Francis, Atwood and others, was the presence of speciality doctors.

The idea of speciality clinics started in the late 1970s when Victor Hildyard and LaDonna Regier, family practice doctors at Colby Medical and Surgical Clinic, contacted Dr. Bill Inkret, an obstetrician and gynecologist from Denver.

Hildyard said that he, Regier and three other doctors in Colby at that time thought it would be easier for one person from Denver to come to Colby then for 50 or more patients to drive more than 200 miles each way.

The other Colby doctors involved in those early years of encouraging traveling specialists, he said, were George Marshall, Asher Dahl and Floyd Smith.

The reason to recruit Denver physicians rather

than eastern Kansas doctors was geography, Hildyard said. Denver just was closer.

The first "traveling physician" saw patients at St. Thomas Hospital and it wasn't long before other specialists started taking time away from their Denver offices to come to Colby once a month.

"It takes a special kind of doctor to leave his practice and travel once a month to other areas," Hildyard said.

The concept took hold, he said, and within a few years, bone, heat and urinary tract specialists and others were seeing patients in Colby and surrounding towns.

Prior to Colby initiating the use of specialists, Goodland was doing some work with specialists from St. Anthony Hospital in Denver, Hildyard said.

"I think it worked great for patients, and still does today," he said. "Patients can be seen here for initial evaluations, have diagnostic tests done here and can be home for post operative checkups."

What rural doctors saw as a way to help their patients in the late 1970s has grown to a flour-

ishing practice.

Following the closure of St. Thomas Hospital in 1982 and the opening of Citizens Medical Center, many changes started occurring with speciality consultants.

In the next five years, specialists from the

Denver area were driving to rural Kansas hospitals once a month to offer eye, heart, bone, urinary and brain/nerve treatment.

Today, Colby has more than 35 consultants

See SPECIALISTS, Page 47



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Traveling specialists treat patients

SPECIALISTS, from Page 46

coming from Hays, Salina, Denver and Wichita with specialties including allergy/immunology, counseling, skin, diabetes to digestive tract, blood and cancer ear, eye, nose and throat.

Patients can also see plastic and vascular surgeons, foot specialists arthritis specialists, said Tama Unger, director of development and community relations at Citizens Medical Center.

In 2007, more than 8,700 people visited specialists at the hospital, she said.

"This demonstrates the growth of the specialty clinic," Unger said.

In addition to the more than 35 traveling doctors providing services at Colby's hospital and Colby Medical and Surgical Center, Cheyenne County Hospital in St. Francis has speciality clinics for patients requiring heart, skin, foot, bone and other evaluations and treatment.

St. Francis' facility can also accommodate doctors performing cataract surgery; diagnosing treatment of certain diseases; and is currently searching for a specialist concerned with urinary system disorders.

The Rawlins County Health Center can provide bone density tests, electrocardiograms and other scans in the facility.

Based in Atwood, the health center offers its patients help with heart issues, diabetes, vascular conditions, foot, bone and other muscle problems.

Once a month, a cancer specialist is also available.

The Goodland Regional Medical Center has an extensive list of specialists visiting the facility almost every day of the month.

Patients in the Goodland area can see consulting doctors for allergies, diets and nutrition concerns, general surgery, stomach and intestine disorders, mental health examinations, speech therapy, substance abuse counseling, eyes, foot and more.

At the Norton County Hospital, almost 20 consulting doctors travel from Colorado and other parts of Kansas to help patients with bone and muscle problems, ear, nose and throat, cancer, heart, eyes, urinary tract needs, and respiratory issues.

Decatur County Hospital expanded its facilities in 2007 giving specialty doctors more room. Consulting with patients on heart, cancer, eye and other surgical procedures, physicians travel from Nebraska, Colorado, and many others areas of Kansas to provide quality care.

The Logan County Hospital in Oakley provides specialized medicine to its patients in orthopedics and eye care using doctors from Garden City and heart and foot specialists from the Hays area.

With the combination of family practitioners and specialists willing to drive, patients wanting to live in rural areas are now getting the best of both worlds by having quality health care at home, Hildyard said.

Qualified dentists cover northwest area

DENTISTS, from Page 45

In Oberlin, Dr. Gary Frederickson is at 106 S. Rodehaver Ave. His office can be reached at 475-3813.

Norton has three dentists, Dr. Mark Klein, Dr. Craig Krizek, and Dr. Lamont Shirk. Klein is at 115 N. Kansas Ave. The number is 877-3433.

Krizek, 109 N. Kansas Ave., can be reached at 877-2801. Shirk is at 205 S. Kansas Ave. Call 877-2821.

In St. Francis, Dr. Melvin Dunn is at 332-2062. His office is at 300 N. College St. Dr. Tim Poling, 200 Washington St., can be reached at 332-3103.

Area health department addresses, phone, hours:

Cheyenne County Main Clinic: 221 W. First Street, St. Francis, Kan. 67756; Phone: (785) 332-2682; Hours: 8 a.m.-6 p.m. (Central Time) Tuesdays-Thursdays; 8 a.m. - 4 p.m. on Fridays, 9 a.m. - noon on Saturdays (walk-ins only).

Cheyenne County Clinic of Bird City: 221 W. Bressler St., Bird City, Kan. 67731; Phone: (785) 734-2306; Hours 9 a.m.-noon. (Central Time) Monday-Friday.

Decatur County: 902 W. Columbia, Oberlin, Kan. 67749; Phone: (785) 475-2221; Hours: 9 a.m.-5 p.m. (Central Time) Monday-Friday.

Logan County: 216 Maple Ave., Oakley, Kan. 67748; Phone: (785) 672-4502; Hours: 9 a.m.-5 p.m. (Central Time) Monday-Thursday.

Norton County: 801 N. Norton St., Norton, Kan. 67654; Phone: (785) 877-5745; Hours: 8 a.m.-12:30 p.m. and 1-4:30 p.m. (Central Time) Monday-Thursday and 8 a.m.-12:30 p.m. on Friday.

Rawlins County: 216 S. Fourth, Atwood, Kan. 67730; Phone: (785) 626-3968; Hours: 9 a.m.-4:30

p.m. (Central Time) Monday-Thursday.

Sheridan County: 940 Eighth St., Hoxie, Kan. 67740; Phone: (785) 675-2101; Hours: 8:30 a.m.-12:30 p.m. and 1-5 p.m. (Central Time) Monday, Tuesday and Thursday and 8:30 a.m.-12:30 p.m. Wednesday and Friday.

Sherman County: 1622 Broadway, Goodland, Kan. 67735; Phone: (785) 890-4888; E-mail: shcounty@st-tel.net. Hours: 8 a.m.-5 p.m. (Mountain Time) Monday-Friday.

Thomas County: 350 S. Range Ave., Suite 2, Colby, Kan. 67701; Phone: (785) 460-4596; Cell: (785) 443-0375; Hours: 8 a.m.-5 p.m. (Central Time) Monday-Thursday and 8 a.m.-4 p.m. Friday.

Wallace County: 313 Main, Sharon Springs, Kan. 67758; Phone: (785) 852-4272; Hours: 8 a.m.-noon and 1-5 p.m. (Mountain Time) Tuesday-Thursday.

Information on Cheyenne, Decatur, Logan and Sheridan counties can be found at the Kansas Association of Local Health Departments website at www.kalhg.org.

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