Give Life, Donate an Organ
One Family Shares Their Story
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Be Our Facebook Friend!
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Stop the Urge
Advanced Technology Is Available
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Dear FAMC,

About two years ago, my doctor advised me that my diabetes (Type 2) needed medication therapy. As a result, he wrote me a prescription for medication and made me an appointment with a nutritionist for schooling on living with diabetes.

I had a meeting with Julie Kamphaus and later with Michelle Ring to obtain my testing supplies, books, calorie and carb charts for various foods, and a few food and drink samples to start.

I followed the recommended food charts and kept track of total carbs in every meal for several weeks. My daily finger sticks and glucose readings were in range. If I had any questions, I called one of the instructors and always got an immediate answer.

Julie and Michelle were very prompt and knowledgeable. I consider them very good friends and have had several visits with them while waiting for test results on the west side of the hospital or waiting for my wife. Having staff on hand who make a person feel welcome and, at the same time, have all the knowledge to teach what is necessary is very positive.

Thanks,
Stan Shavlik
Linwood, Nebraska

Julie Kamphaus, RN, Certified Diabetes Educator, and Michelle Ring, Registered Dietitian, provide people with diabetes with the knowledge and skills that will enable them to participate in self-management of diabetes.

Check Out the New www.famc.org!

This summer, Fremont Area Medical Center welcomed a special arrival—the all new www.famc.org website. The completely redesigned website eases navigation, and new content allows visitors to obtain a more detailed look at programs and services offered at FAMC. In addition, the new health encyclopedia contains more than 4,000 health and wellness articles and covers approximately 1,500 medical topics.

We hope patients also find www.famc.org an easy way to pay bills online. Plus, feel free to tell FAMC a story about an experience at the Medical Center.

Log on to www.famc.org today!
If you have urge incontinence, often called overactive bladder, you may be a candidate for InterStim® Therapy. This revolutionary treatment controls the bladder by stimulating the sacral nerves that tell the bladder how to function.

Ansar Khan, MD, board-certified Urologist on the Medical Staff at Fremont Area Medical Center, explains that overactive bladder affects millions of American women and men each year.

“Overactive bladder is primarily characterized by frequent, immediate, and irresistible urges to urinate, which sometimes result in embarrassing accidents when the sufferer can’t make it to a restroom in time,” Dr. Khan says. “In the past, treatments have included medications and lifestyle modifications, such as eating more fiber, avoiding certain beverages, and training the bladder to delay urination over time. Today, InterStim Therapy is showing promising results for patients.”

InterStim Therapy works directly on the source of the problem by sending electrical pulses to the sacral nerves. Dr. Khan believes many patients suffering from an overactive bladder are good candidates for the long-term procedure; however, he recommends patients undergo a four- to five-day trial first, during which the system is worn on a waistband.

**“Miracle” Treatment**

According to Dr. Khan, approximately 60 to 70 percent of patients who undergo short-term InterStim Therapy testing report significant improvement of their symptoms. The implanted long-term device typically lasts five to seven years before replacement is required, and patients see their urologists every three to six months for regular follow-up care.

“I’ve been very impressed with how InterStim Therapy works for patients, especially those who have been suffering with urinary incontinence problems for years,” Dr. Khan says. “This treatment is giving many patients the confidence to live an active life again.”

If you’re experiencing overactive bladder symptoms, speak with your physician or contact a urologist at FAMC who can discuss InterStim Therapy with you.

Advancing age is the most common risk factor for urinary incontinence. However, neurological disease, urinary tract infections, bladder abnormalities, an enlarged prostate, and excessive caffeine or alcohol consumption can also contribute to the condition. Telltale signs include urinating eight or more times in a 24-hour period and waking up two or more times at night to urinate.” – Ansar Khan, MD, board-certified Urologist
Ann’s long battle with kidney failure began unexpectedly in 1997, when she was diagnosed with IgA nephropathy, inflammation of the glomeruli of the kidney. Although Ann had a family history of heart disease, diabetes, and cancer, she had always considered herself “the healthy one.” Eventually, her disease became markedly worse. Dialysis was hard on her body, and finding a kidney was no easy task.

Waiting for a Miracle
In 2000, Ann’s health began deteriorating, and she became increasingly ill. She had been on dialysis for two and a half years, and her situation was becoming dire. Ann’s creatine level elevated, and her physician told her a transplant would be necessary.

“I knew a tragedy had to occur for someone else in order for me to receive a healthy kidney,” says Ann.

On September 17, 2002, a Tuesday evening Ann recalls very well, she received the call she’d been both anticipating and dreading. There was a kidney available. The family rushed to the hospital where she learned she would be receiving the healthy kidney of a 15-year-old boy.

Following surgery, Ann thought about the amazing gift she had received and the devastating loss suffered by a young man’s
mother as a result of the fatal accident. While Ann didn’t know the family’s last name or even where they lived, she learned from another patient that the mother worked as a nurse at Fremont Area Medical Center. Ann began trying to put the pieces together.

**Coming Together**

For years, Ann thought about her kidney donor and his family. She wanted to contact them through the Nebraska Organ Recovery System (NORS) but was afraid of causing the family more pain.

In late 2009, seven years after her kidney transplant, Ann experienced heart issues and was told she might have a cardiac blockage. Dr. Dehning wanted to schedule an angiogram at FAMC’s Cardiac Catheterization Lab.

Ann was ecstatic—not a typical reaction after receiving news about undergoing a heart procedure. She had recently received letters through NORS from Ann Ladwig, the FAMC nurse whose son provided the kidney. Ann thought to herself, “This may be my chance to meet her.”

“I didn’t want to look for her at first, because I didn’t want to cause her any more pain. But when I received her letter, then I really wanted to meet her,” Ann says. “I wanted to make sure she wasn’t broken; that she was OK.”

**A Chance Meeting**

After she scheduled her angiogram at FAMC, Ann was contacted by Mary, a representative from FAMC’s Patient Admission and Scheduling Office (PAS)—a standard procedure at FAMC. Mary went through the typical preoperative questions for a patient scheduled to undergo a cardiac catheterization procedure, but Ann had a question of her own.

“Are there any nurses who work at FAMC named ‘Ann?’” she asked. “I think I have her son’s kidney.”

Mary gave no definitive answer to Ann, but when the call was over, she turned her desk chair around and explained the call to Ladwig, as the two share an office.

Days later, Ann called the PAS office with a question, and as fate would have it, Ladwig took the call. Ann introduced herself.

“I heard you’d like to talk to me,” responded Ladwig, and the two women spoke briefly on the phone.

**The Day Finally Arrived**

Ann underwent a successful cardiac catheterization with stent placement at FAMC. Ladwig visited her the next day.

The two women bonded in the hospital and have since met up to share their stories.

“I’m so glad we were able to meet,” says Ladwig. “It has helped immensely.”

Because of the unselfish gift of the Ladwig family, Ann has been able to witness her son’s marriage and the birth of six more grandchildren.

“I often think of everything the Ladwigs gave me—both John and his mother,” says Ann. “My sons all want to hug her.”

Before this experience, Ann’s sons had never thought of being organ donors. Today, however, they understand the incredible gift.

“I kept thinking about writing a letter to the Ladwigs, but I was afraid I might say something wrong and that it wouldn’t come across right. I wanted to be able to say what I really feel, but it’s so hard to put into words. There are no words big enough,” explains Ann. “The closest I can get is ‘I thank you from the bottom of my heart. My family thanks you, and your family will always be in our hearts and prayers.’”

**Did you know that by becoming an organ and tissue donor you can give as many as 50 people the chance at a new life? Almost anyone can be a donor. Talk to your primary care physician for more information about organ and tissue donation or visit www.nedonation.org to sign up to be an organ donor today.**

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**Remembering John**

On September 11, 2002, Butch Ladwig and his son John were traveling to Butler County from their Colfax County home when they were in a car accident. Butch was killed instantly, and 15-year-old John suffered a major head injury. John was transported by helicopter from Columbus to Omaha, where he was kept in an induced coma for a week.

John was your average teenage, according to his mother, Ann Ladwig, a registered nurse at Fremont Area Medical Center. He was a good kid—not perfect by any means—but a really good kid. He always had a smile on his face.

“Just weeks before [the accident], I remember watching him sitting down and coloring with my great niece,” remembers Ladwig. “He enjoyed playing basketball, baseball, and hunting, and I remember when John bagged his first deer—it was one of the happiest days of his life.”

John had also recently received his learner’s permit and, unbeknownst to his mother, had opted to be an organ donor. The idea of being an organ donor had crossed her mind in the past, but she’d never really discussed it with her son.

After the decision was made to take John off life support, his organs would provide hope to three individuals and their families—two who received his kidneys and one who received his liver. Tissue from Butch was also donated.

Ladwig and her two surviving children, Mark and Molly, found solace knowing Butch and John improved the lives of several others, even in death.

“It was truly a gift to meet Ann and know that John was able to give life to such a nice person,” says Ladwig. “I hope people realize that it is truly comforting and does help. It means so much that John and Butch were able to help others.”
Experts from the American Academy of Pediatrics and Women's and Children's Services at Fremont Area Medical Center agree that breastfeeding has superior health benefits for mother and baby. FABC is comprised of representatives from FAMC; Women, Infants, and Children (WIC); and a local branch of Lutheran Family Services (LFS), who coordinate resources to:

» assist employers with support for breastfeeding mothers who return to work
» improve professional education about breastfeeding

Going the Distance
Peggy Brown, RN, Clinical Nurse Manager of Women's and Children's Services at FAMC, is part of a dedicated nursing staff trained to support breastfeeding mothers. According to Brown, women who breastfeed have reduced risks for breast and ovarian cancers, Type 2 diabetes, and postpartum depression. "Although many women breastfeed at the hospital, not all continue for the recommended year," says Brown. "Infants who are breastfed have a reduced risk for asthma, diarrhea, ear infections, obesity, respiratory infections, and SIDS [sudden infant death syndrome]."

For more information, contact members of the FABC: Peggy Brown at FAMC at (402) 727-3631; Carrie Drummond with WIC at (402) 727-9008; and Lori Cheshier with LFS at (402) 941-0075.

A New Level of Service

Fremont Area Medical Center provides a high level of emergency services 24 hours a day, seven days a week. With the addition of three new emergency physicians, the level of care available to the surrounding communities is increasing.

While Brian Cunningham, MD, and Bradley Hess, MD, both started practicing at FAMC in October and are board-certified in Emergency Medicine, Lee Millward, MD, will begin in November. "These three new physicians who specialize in Emergency Medicine and have advanced education and hands-on training enhance the ability of our Medical Staff to care for all patients in need of emergency care," says Pat Callaway, RN, Director of Emergency and Outpatient Services at FAMC. "This new emergency team is incredibly skilled and poised to offer excellent care.”

In emergency situations, minutes matter. The availability of well-trained Emergency Medicine physicians means faster treatment and quicker recoveries for patients.”—Pat Callaway, RN, Director of Emergency and Outpatient Services

“Drs. Cunningham, Hess, and Millward join Curtis Batten, MD, and John H. Hogue, MD,” Callaway says. “As a community hospital, we are very fortunate to have the opportunity to have these five knowledgeable Emergency Medicine physicians on our staff.”
Expanding Neurological Services

As the surrounding area grows, Fremont Area Medical Center continues to increase the number of specialty physicians on the Medical Staff. Recent additions include Neurosurgeons John D. Hain, MD, and George M. Greene, MD.

"Before Drs. Hain and Greene joined the Medical Staff at FAMC, patients had to travel outside of Fremont for neurosurgical care," says Pat Callaway, RN, Director of Emergency and Outpatient Services at FAMC. "This is no longer the case, as these physicians offer neurological services and procedures such as spine surgeries—including discectomies and spinal fusions—right here."

To schedule an appointment with Dr. Greene or Dr. Hain, call (402) 727-3882.

Patient Accounts

Moving

Patient Accounts has moved across Clarkson Street into the building formerly occupied by Renal Advantage Inc. (RAI) at 2340 North Clarkson. The location will provide closer parking and a wheelchair ramp for those individuals who prefer to pay their bill in-person. Also, a drop box will be located on the east side of the building for added convenience.

Office hours will continue to be 8 a.m. to 4:30 p.m. There is no change to the phone number for Patient Accounts, which will remain (402) 941-7224, or the mailing address for bill payment, which is P.O. Box 1349, Fremont, NE 68026-1349.

Patients can also visit Fremont Area Medical Center’s website at www.famc.org to access account information in order to pay a bill online, receive online statements, check account status, update an address or insurance information, and obtain billing.

Your Health History Is Just a Click Away

When an emergency strikes, electronic access to valuable health information and medical records can improve care.

Consider this scenario: Your son falls off a ladder while cleaning gutters at your mother’s house. She takes him to Fremont Area Medical Center’s Emergency Department (ED), where the emergency physician can use the Health Information Exchange (HIE) between physician offices and the ED to access your son’s medical records. The physician learns your son is allergic to a specific pain medication and safely prescribes an alternative.

Efficient Changes

In this scenario, ED physicians had immediate electronic access to crucial health information. During your son’s follow-up visit, his primary care physician is able to review the ED report through HIE and provide efficient, seamless care using detailed electronic medical records (EMR).

“The sharing of critical, timely medical information—from the hospital’s EMR system to the community HIE to the physician’s office EMR—is the future of healthcare in this country,” says Kenneth R. Pitz, MD, Orthopaedic Surgeon and Chief Medical Information Officer at FAMC. “Our journey to that future for the Fremont community starts with our commitment to improve patient safety, which includes use of these advanced communication systems.”

Connecting to Care

Fremont Area Medical Center continues to implement three electronic elements to expand communication among healthcare providers. Completion is expected in six to nine months. These are:

• **T6 at FAMC**—This program creates a nearly paperless medical record and provides ready access to patient information using the hospital’s inpatient, outpatient, and Emergency Department data.

• **Electronic Medical Record (EMR)**—EMRs are being adopted by local physician offices throughout the community to expand the linked network and enable better information sharing between caregivers and the Medical Center.

• **Health Information Exchange (HIE)**—“This network will enable the secure transfer of patient information among your primary care physician, specialist, and hospital physicians,” says Kenneth R. Pitz, MD, Chief Medical Information Officer. “This way, all parties can remain up-to-date about a patient’s procedures, medications, and tests.”
What’s the **difference** between our maternity center and theirs?

Here you feel like a number. **Number one.**

You deserve personalized care that’s always attentive and never rushed. That’s why the Precious Beginnings Maternity Center at FAMC provides a team of mother/baby nurses so you and your baby can have all the time and attention you need. It’s all backed by our board-certified obstetricians, family practice physicians and pediatricians, a Level II nursery, 24/7 anesthesiologists for quick pain relief and beautiful private birthing suites. It’s true. This place is different.

**FAMC**

Advanced medicine. Closer to you.

View our newly updated birthing suites at [famc.org](http://famc.org).