



Ashland Health Center
"Your Community Health Center"

THE CONNECTION

SEPTEMBER | 2020

Keeping up-to-date with what is going on at Ashland Health Center.



AHC adds to our Radiology Department

Ashland Health Center, in partnership with Shared Medical Services, announces expansion of the Radiology Department with the addition of state-of-the-art Magnetic Resonance Imaging (MRI). The high field MRI scanner that integrates patient friendly features is now servicing AHC on Fridays.

The MRI system features hardware, software and coils that provide a platform for present and future applications and enables clinical capabilities comparable to systems found in very large institutions. MRI offers imaging of multiple views, controlled by a trained technologist and a computer, to provide detailed images of soft-tissue, organs and vessels within the body. MRI provides two and three dimensional perspectives of structure that have in the past only been viewable in one dimension. It also demonstrates great image contrast that aids in the distinction of one tissue from another to provide the most comprehensive clinical capabilities in the imaging industry.



Using MRI, radiologists and physicians are able to detect and stage medical conditions and/or diseases earlier or that may have previously only been detected during surgery. MRI can assist in better management, including the treatment and recovery processes of conditions and

diseases of all parts of the body which can aid in the reduction of overall health care costs.

The addition of MRI compliments and extends the range of high quality diagnostic services already available to the AHC community. AHC continues to be dedicated to providing state-of-the-art services to you. For any questions please call the AHC Radiology Department at 620-635-3124.

AHC receives Business of the Year Award!



Ashland Health Center is proud to be recognized as 2020 Ashland Business of the Year by the Ashland Chamber of Commerce.

AHC is continually making progressive steps to improve ourselves to provide and serve for our community. "Congratulations go out to the entire staff. It really is a team effort," said Sandi Wright, CEO. "Our slogan, "Your community health center" is not just a motto, but words we take to heart and motivate us day in and day out. The staff at AHC is amazing at making

each individual feel as though they are at home when they walk in our doors. We know that every time someone comes through our door, we are caring for a neighbor and a friend. I think that's what makes AHC so special, we truly are your community health center."

Keep up the amazing work AHC staff!



SAVE THE DATE



SATURDAY, OCTOBER 3
4-H FAIR GROUNDS
8 AM - 12 PM



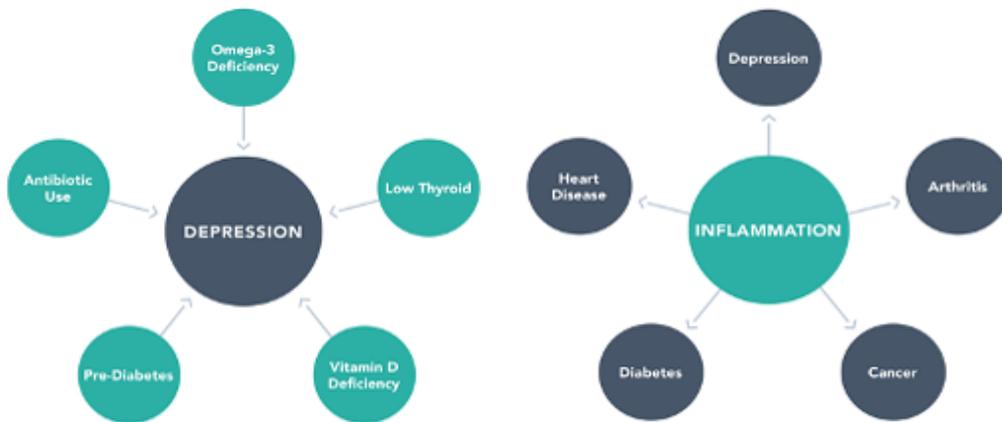
What is Functional Medicine?



I get asked often, "Sean, what is Functional Medicine?" Functional Medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease. This approach understands that the body has many systems that are interconnected and when they get out of balance can lead to dysfunction or symptoms. Each symptom may be one of many contributing to an individual's illness.

As the graphic shows, a diagnosis can be the result of more than one cause. For example, depression can be caused by many different factors, including inflammation. Likewise, a cause such as inflammation may lead to a number of different diagnoses, including depression. The precise manifestation of each cause depends on the individual's genes, environment, and lifestyle. Only treatments that address the right cause will have lasting benefit beyond symptom suppression. This is where functional medicine comes in during an appointment. We will have conversations about your diet, sleep patterns, stress levels, all of which have been shown to effect disease processes. As a functional medicine practitioner, I will evaluate a patient and look at all these different areas to help figure out what may be the underlying cause of a patient's diagnosis or condition. Once discovered we can work as a team toward addressing the root cause of the condition and heading back towards optimum health.

One Condition, Many Causes One Cause, Many Conditions



AHC receives Highest Achievement Award

Ashland Health Center is among 115 hospitals statewide being recognized for its exemplary achievements to improve patient safety.

The Kansas Healthcare Collaborative (KHC) recognized Kansas hospitals recently at the conclusion of the AHA/HRET Network – a major patient safety initiative spearheaded by the American Hospital Association/Health Research & Educational Trust and coordinated in Kansas by KHC. AHC received "Highest Achievement" recognition for working toward AHA/HRET Network goals set by the Centers for Medicare & Medicaid Services (CMS) to reduce hospital-acquired conditions and preventable readmissions.

Wash your hands like you've been slicing jalapeños and you need to put in contact lenses.



Employee Spotlight



Behind the Mask



Michelle Johnson is originally from Montrose, Colorado and first came to Kansas after her high school graduation

to pursue her education in nursing. She graduated from Dodge City Community College with her Associates Degree in Nursing in 2014. With that degree, Michelle began her nursing career in Grand Junction, Colorado working on a Telemetry Unit in a large hospital. A short time later, she met her now husband, Nick Johnson, and decided to make Ashland her home and they married in 2017. Michelle has served as a nurse at AHC since 2016 and just received her Bachelor's of Science in Nursing this year. On her free time, she enjoys traveling, hunting and spending time with her 3 dogs.