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Special thanks to: Leann Tobin, Cathy White, Brad Wiersma, and Burg Communications

HEALTHfair | Early Blood Draws & Health Fair

DATES

January 25

4H Event Center, Ridgway • 7:00-10:00 a.m.

January 27

American Legion Hall, Olathe • 6:30-9:30 a.m.

January 29-February 1

Montrose Pavilion, Montrose • 6:30-9:30 a.m.

Health Fair

February 29

Montrose Pavilion, Montrose • 6:30-11:00

Blood draws end at 11:00 a.m., Health Fair continues to 12:00 p.m.

NO walk-ins allowed Wednesday, January 29 and Thursday, January 30.

APPOINTMENTS

Appointments begin January 6, 12:00 a.m.

midnight at www.MontroseHospital.com

If you are unable to register online or need assistance with registration, a phone number will be made available.

- **12 hour fast required. Drink lots of water!**
- **We will NOT bill your insurance.**
- **NEW! Cash, checks, credit, debit, HSA and FLEX cards all accepted!**

SCREENINGS

HealthScreen (Chemistry) & Lipid Panel	\$50
Hemoglobin A1C	\$38
PSA for Prostate Health	\$42
CBC (Complete Blood Count)	\$25
Vitamin D	\$45
Vitamin B12 & Folate	\$45
Male Testosterone	\$45

New!

Advanced Lipid & Heart Health Panel	\$85
hsCardioCRP	\$40
Colon Cancer Screening Kit (Not a blood draw)	\$35



CUTTING EDGE TECHNOLOGY
IMPROVING SURGICAL OUTCOMES

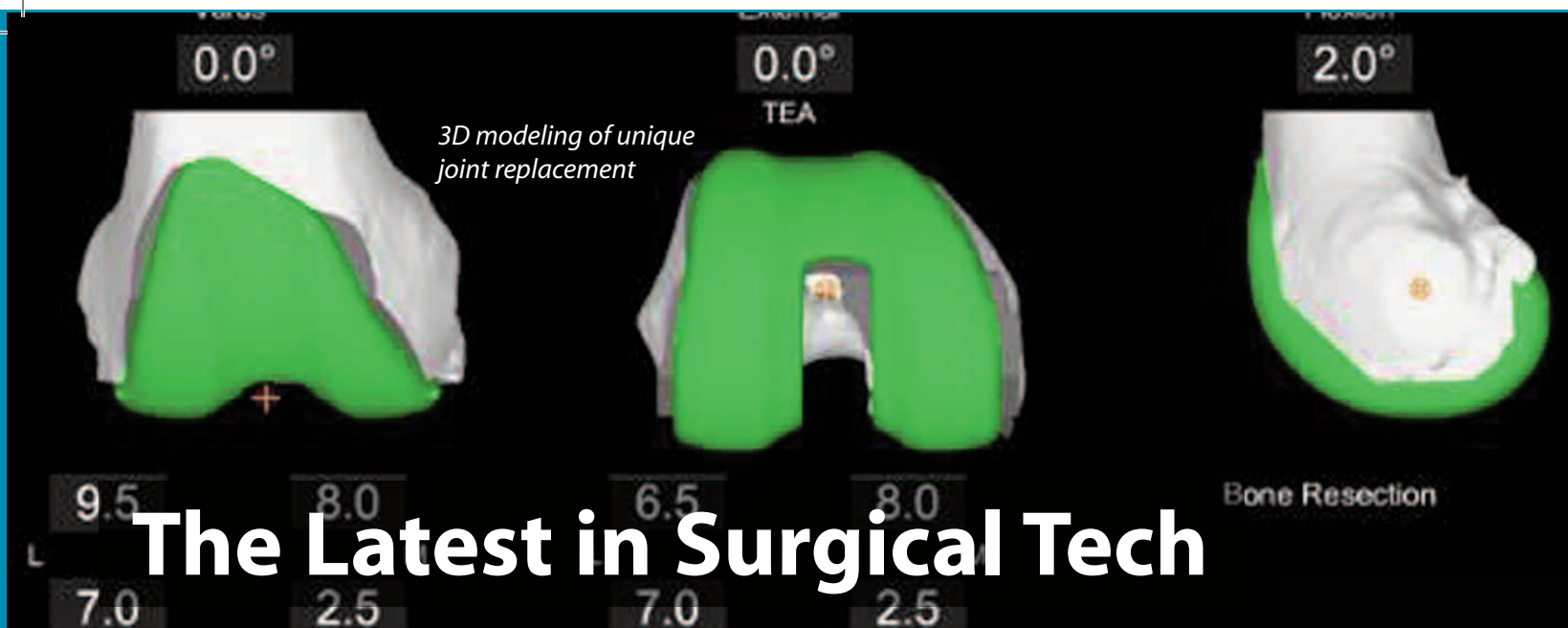
Montrose Memorial Hospital

December Newsletter

December 2019

INSIDE

Latest Tools in the MMH Surgical Toolbox
MMH Comes Highly Recommended
Health Fair 2020



The Latest in Surgical Tech

The Mako Robotic-Arm Assisted Technology

The Mako Robotic-Arm Assisted Technology transforms the way total hip and knee replacements are performed. Mako Technology utilizes CT-based 3D modeling of bone anatomy to create a personalized surgical plan and identify the implant size, orientation and alignment based on each patient's unique anatomy. The result is a custom surgical experience tailored to each patient. The Mako helps develop a 3D model of the patient's knee or hip structure, which demonstrates where and how much damage has occurred. This serves as a strong foundational guide for the surgery plan and allows the surgeon to examine the procedure in Mako's virtual software before making any incisions. The surgeon remains in control of the procedure, aided by precise measurements from Mako. This can result in a more predictable surgical experience and increased accuracy. The Orthopaedic Surgeons utilize Mako Robotic-Arm Assisted technology at Montrose Memorial Hospital.



daVinci Robotic Surgical System Performs Minimally Invasive Procedures

Our highly skilled surgeons use the advanced daVinci robotic surgical system to perform minimally invasive procedures. The robot is a virtual extension of the surgeon's hands and eyes which provides greater dexterity and visualization than open or laparoscopic procedures provide, and patients have less pain. Patients experience shorter hospital stays and faster recovery. This technology represents a significant advance for surgery. Surgeons who specialize in gynecology, urology and general surgery at Montrose Memorial Hospital use the daVinci surgical system.



"I had very little pain from the small incisions after my hysterectomy and it was pretty amazing how good I felt after a major surgery," said a local very happy and satisfied patient.

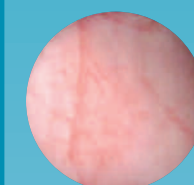
Blue Light Cystoscopy

Blue Light Cystoscopy is a cutting edge technology that significantly improves the detection of bladder cancer. This is one of many tools used by Montrose urologists Dr. Craig Peterson and Dr. Jordan Luskin to help detect and treat bladder cancer tumors.

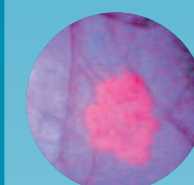
In the earliest stages of bladder cancer, cancer cells are located on the surface layer of the bladder wall. Identifying this kind of cancer requires a correct and thorough work-up, and diagnosis is a key component of successful treatment. Understanding the stage and grade of the cancer is essential to deciding the best treatment path.

To diagnose this disease, surgeons inspect the inside of the bladder using a long, thin tube called a cystoscope that includes a video camera on the end. In the past, the only option was white light cystoscopes, which do not always easily show tumors or cancerous lesions.

Blue Light Cystoscopy with Cysview uses a cystoscope equipped with both white and blue light for visual inspection inside the bladder. A small amount of medicine is placed into the bladder before the procedure. Together the medication and device are used to detect significantly more bladder cancer.



Bladder image using white light cystoscopy alone



The same image after using BLC with Cysview as an adjunct to white light

Would You Recommend Montrose Memorial Hospital to Your Friends & Family?

It seems like everywhere you go these days, people are asking you to complete a survey. The grocery store, restaurants, websites and even the hospital. The results of these surveys are used to improve people's experience and hopefully earn loyalty. Patient satisfaction is a critical part of the quality outcomes of healthcare. It is proven that a satisfied customer becomes a loyal customer and healthcare is no exception.

In the past twelve months, 80% of our patients said they would definitely recommend MMH to their family and friends. These numbers are significantly above the national average of 70% and the Colorado average of 75.3% on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) which is the industry's gold standard when it comes to patient experience surveys.

Our vision is to be the Healthcare System of Choice and we do all we can to deliver five star customer service every day in addition to providing top level, quality compassionate care. We encourage you to visit www.Medicare.gov to learn more.

