

FALL/WINTER 2019

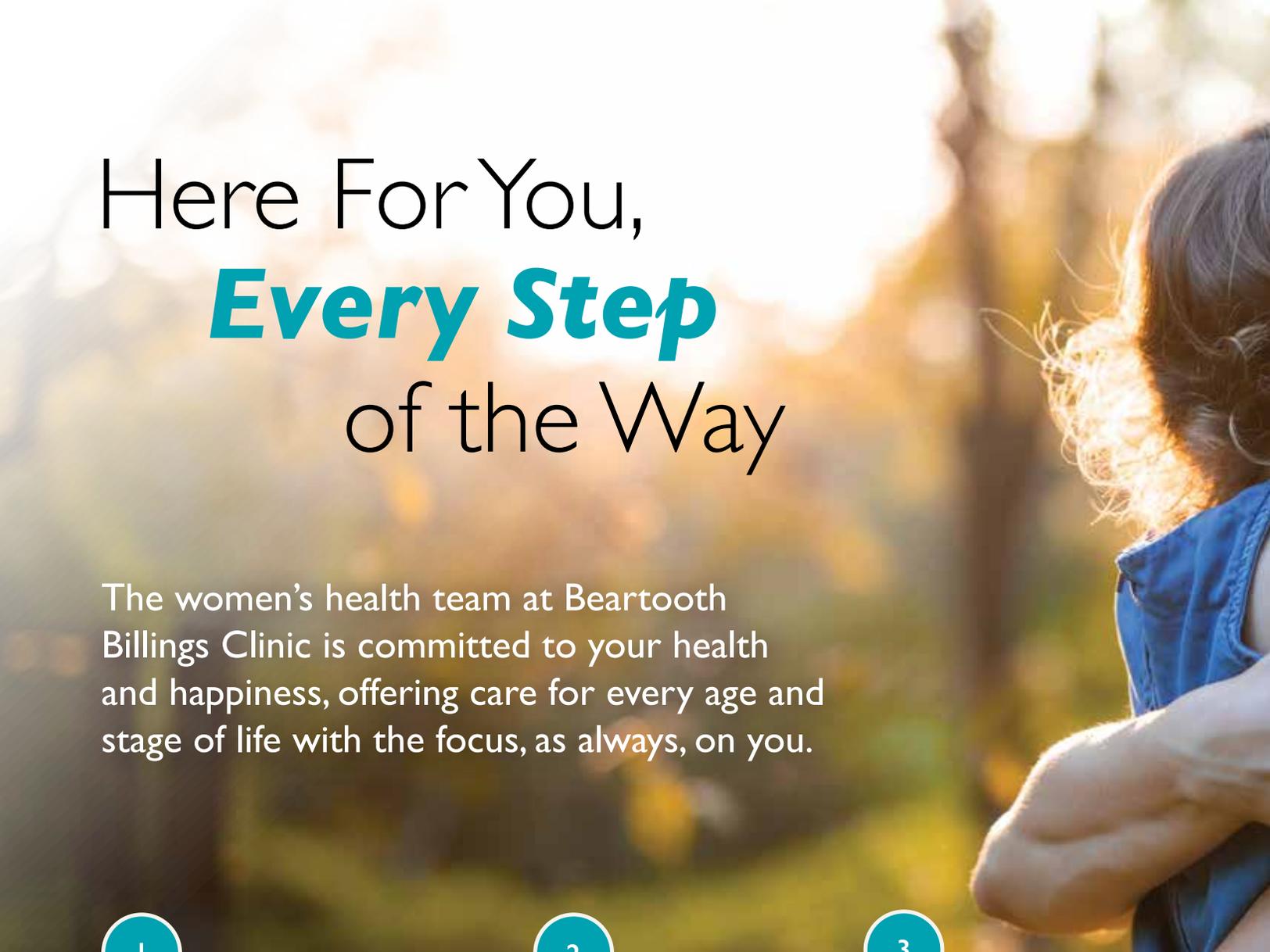


Beartooth Billings Clinic
Summit
NEWSLETTER



**MEET
DR. DALLAS
CLARK** PAGE 6

LOCAL PEOPLE, REAL STORIES



Here For You, **Every Step** of the Way

The women's health team at Beartooth Billings Clinic is committed to your health and happiness, offering care for every age and stage of life with the focus, as always, on you.

1

ADOLESCENT HEALTH

The transition from girl to woman isn't easy. Thankfully, we've come a long way from "just not talking about it" and the subject of menstruation has become far less taboo than it once was. Regardless, there are many personal issues relating to young women's growth and development, and expert care is of key importance here. Trust Beartooth Billings Clinic to help guide you through:

- First physical exam
- Menstruation
- STI testing and treatment
- PMS relief
- Birth control
- Any other questions you might have

2

FERTILITY AND PREGNANCY

When a woman decides to start having children, her health needs change from caring for just herself to making sure she is ready for the task of being healthy for two—or more! Our experts can assist with:

- Having a healthy pregnancy
- Devising the best birth plan
- Postpartum and pediatric care

3

HEALTHY LIFESTYLE

After your childbearing years are over but before menopause, it's important to make sure you are as healthy as possible. Now is the time to take time for yourself and evaluate if you're truly living your best life. Beartooth Billings Clinic is here to help you sustain your overall health and wellness. We can assist with issues such as:

- Stress management
- Incontinence care
- Breast health
- Pelvic health
- Menstrual issues
- Bone and heart health



HAILEY BALDWIN, PA, DURING PATIENT APPOINTMENT

4

MENOPAUSE

Beartooth Billings Clinic offers several medical therapies to ease the symptoms of perimenopause and menopause. Let us help you make this transition as comfortable and peaceful as possible. We can help with:

- Hormone replacement therapy
- Non-hormonal options
- Solutions for sexual health

5

THROUGHOUT YOUR LIFE

There are plenty of health services that women need throughout their life. These are available at Beartooth Billings Clinic and include:

- Annual exams, screenings and primary care
- Healthy lifestyle guidance
- Skin care
- Physical therapy
- Heart health
- Bone health
- Digestive health

We are here for you!

Schedule an appointment for your woman's health exam by calling **406-446-2354**. We offer SameDay appointments, short wait times, and extended hours of 7:30 a.m. to 6:00 p.m. Monday – Friday.

IT'S TIME TO QUIT

Fast facts about tobacco use in our area and how you can stop from Beartooth Billings Clinic Tobacco Prevention Specialist, Jean Atherly



FACT: It's not just about smoking cigarettes.

E-cigs and vaping devices, such as Juul, are not safe alternatives to other forms of tobacco. The aerosol can contain harmful substances including nicotine, nickel, lead, and tin and other potentially carcinogenic substances, says Jean.

FACT: Big tobacco is targeting our kids.

"E-cigarettes are now the most commonly used products among teens. The fruity flavors are appealing to youth. They are designed to easily fit in the palm of the hand and do not resemble regular cigarettes so they are easily concealed. Most youth don't realize they contain high levels of nicotine and are surprised when they become addicted. E-cigarette use among Montana high schoolers has increased 340% in 2019."

FACT: You may want to get screened.

A good candidate for low dose CT screening for lung cancer is someone, according to the CDC, who has a history of heavy smoking, smokes now or has quit within the past 15 years, and is between 55 and 80 years old. "Heavy smoking means a smoking history of 30 pack years or more," says Jean. "A pack year is smoking an average of one pack of

cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years."

FACT: There is hope!

"Montana legislators voted in 2019 to include e-cigs in the Tobacco Free School Campus law so they are banned on all school campuses and buses, as well as at school sponsored activities, just as tobacco products are," says Jean. 2019 marks the 10th anniversary of the Clean Indoor Air Act (CIAA). The CIAA protects bystanders from exposure to deadly secondhand smoke, encourages adults to quit tobacco use and prevents youth from starting to use tobacco in the first place. Since the full implementation of the law, adult cigarette smoke declined from 22% in 2011, to 18% in 2018; and youth cigarette smoking declined from 17% in 2011, to 8% in 2019.

FACT: There is help!

We recommend the Montana Quit Line (1-800-QUIT-NOW, QuitNowMontana.com) for adults and the My Life My Quit (mylifemyquit.com) program for teens, says Jean.

TIPS FOR MANAGING HOLIDAY STRESS

COOK AHEAD

If you have a number of parties to go to and you need to bring food, make a huge batch at once and take portions out of the freezer as you need them. If you're expecting a crowd at your house, prep as much as possible beforehand. The freezer is your friend. Not wild about cooking in the first place? Most grocery stores cater and are reasonably priced.

MEDITATE

Each morning, do a mental re-set and remind yourself why you love this season in the first place. Chances are, it's about the people, not the things that the holidays bring.

SIMPLIFY

Evaluate if your normal holiday traditions are worth the stress. Do the kids dread decorating because you're such a perfectionist? Does making 12 kinds of cookies have the payoff you're looking for? Decide what you can save and what you can skip. Traditions are great, but not if they come at the price of your mental health.

ASK FOR HELP

It's not always easy, but it's worth it. Seek professional help if you find yourself persistently sad, anxious, irritable, unable to sleep, or unable to face routine chores. Beartooth Billings Clinic is here for you. Call **406-446-2345**.

OPEN ENROLLMENT 2020

WHAT YOU NEED TO KNOW

No matter how smart you are or how much free time you have, Open Enrollment can be a tricky process to navigate. We met up with Linda Harris, CPA, Director of Foundation & Finance at Beartooth Billings Clinic to gain some clarity on the subject.

What is Open Enrollment?

Open Enrollment is the period during which one may freely enroll in or change one's selection of a health insurance plan.

When does it start?

Open Enrollment for 2020 starts November 1st and ends December 15th, 2019.

Who should participate in it?

Individuals seeking to get or change health insurance providers should visit the Healthcare Marketplace during Open Enrollment. The Marketplace is an online resource at <https://www.healthcare.gov/> where you can compare different plans and different providers to help you make the best choice for you and your family.

If I have Medicare, do I need to participate in Open Enrollment?

You do! This is your opportunity to either select or change your supplement insurance.

This seems like a complicated system. How can people be sure they are making the right choices?

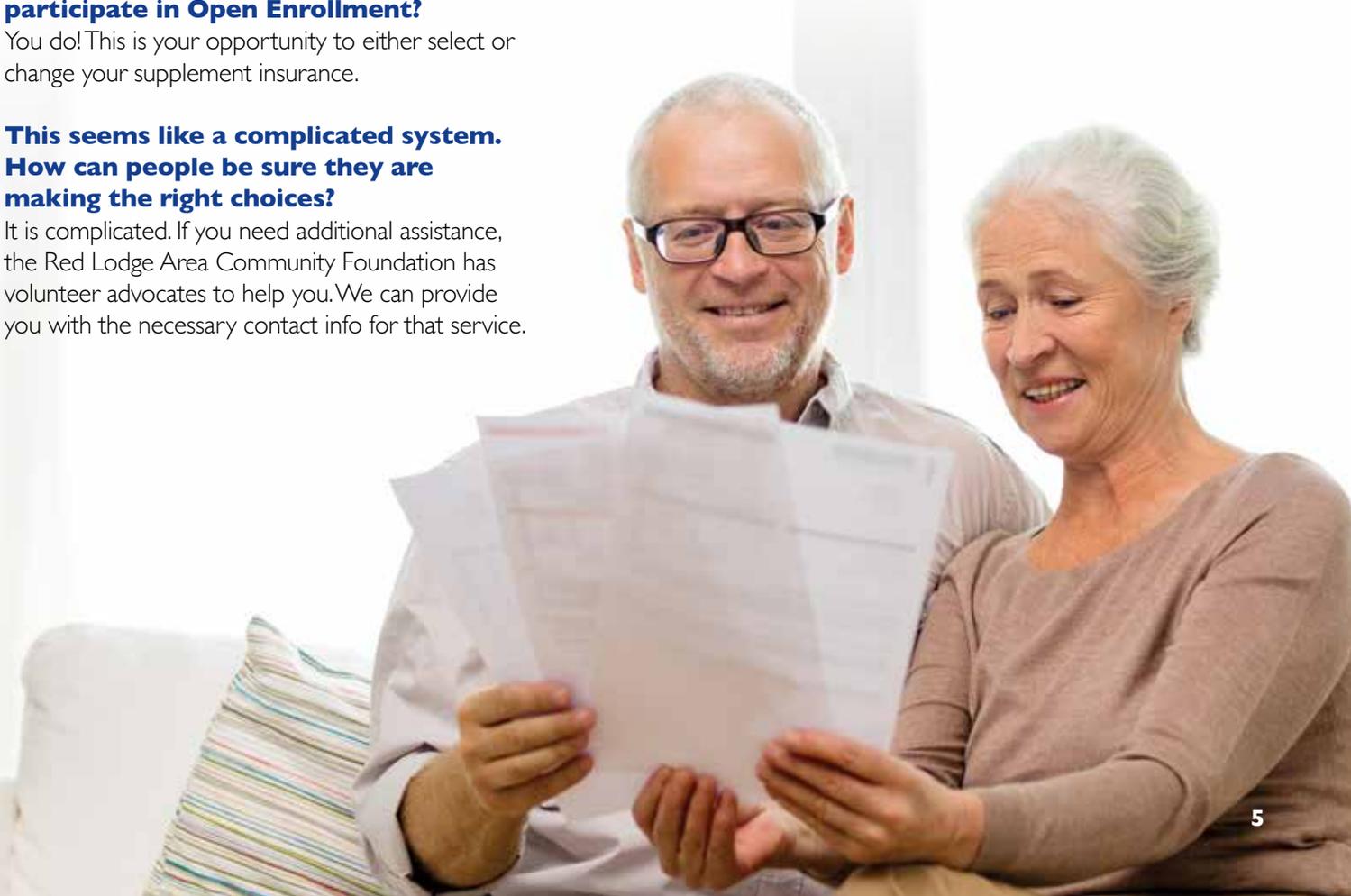
It is complicated. If you need additional assistance, the Red Lodge Area Community Foundation has volunteer advocates to help you. We can provide you with the necessary contact info for that service.

Aside from people to help with Open Enrollment, what other financial and insurance-related services should people know about at Beartooth Billings Clinic?

Beartooth offers a financial assistance program that could help reduce a patient's bill. This is an application process and support documents are needed, but the entire Patient Finance team is available to assist a patient in gathering the necessary information. We also offer an in-house loan program as well as a loan program through a local bank.

Anything else we should know about Open Enrollment or the financial services available at BBC?

Just that we are available to assist our patients with questions they may have about their bill or health insurance coverage any time. Give our patient financial representatives a call at **406-446-2345** or stop in to see us!



Dr. Dallas Clark Joins Beartooth Billings Clinic in October 2019

Dr. Dallas Clark's path to a career in medicine wasn't as straightforward as most. Originally from Washington State, she attended the University of Washington in Seattle, majoring in neurobiology with a minor in dance.

"During and after undergrad, I explored a career in neurobiology research, tried my hand as an amateur modern dancer, and taught ski lessons on the weekends," she says. Then, during a rural international health internship in Bolivia, Dr. Clark found her calling.

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I felt strongly motivated to go into a career where I could provide healthcare to those who need it most.

"I saw how drastically healthcare disparities can alter the course of a life," she says. "I felt strongly motivated to go into a career where I could provide healthcare to those who need it most."

Dallas attended the University of Washington School of Medicine and moved to Spokane for her first year of medical school. It was in Spokane that she grew to appreciate the friendliness and opportunities that come with smaller communities. She conducted research aimed at providing mental healthcare in rural primary care settings and welcomed her rotations in small communities in Washington, Idaho, Wyoming, and Montana.

Dr. Clark says she feels privileged to join the team at Beartooth. "I'm excited to take on this role, including the variety that primary and acute care have to offer. It is an honor to join a high quality healthcare facility with great providers and staff, and to serve in this fantastic community," she says.

Is there anything she's not looking forward to? "I'm a little nervous about grizzlies," she admits.

Dr. Clark is interested in a number of aspects of medicine, but a few stand out more than others. "I love women's health, pediatric care, prenatal, preventive, procedural care, and acute care of the sick or injured," she says. "So Beartooth is



Schedule your appointment with Dr. Clark by calling **406-446-2345**.

Attend our "meet and greet" to meet Dr. Clark in person:

Tuesday, November 12th
5pm – 7pm
Pollard Pub, located at
2 North Broadway, Red Lodge

a great fit for me. I'm looking forward to contributing to the excellent care being provided here in Carbon County."

Community members can expect to see Dr. Clark and her husband Thomas out and about in Red Lodge. "We have a rescue dog named Otto and the three of us love adventuring outdoors on foot, skis, or cycle."

TRUE GRIT: The Role of a Public Health Nurse

Being a public health nurse isn't Roberta Cady, RN, BSN's greatest accomplishment, but it's a close second.

"My biggest accomplishments are my four children and five grandchildren," she says. "And then being a public health nurse."

Roberta grew up right here in Red Lodge. Her father's family homesteaded on Elbow Creek. She attended St. Agnes Grade School and graduated from Red Lodge High School. She spent two years at St. Mary's in Leavenworth, Kansas, and then graduated from Sheridan College with an RN degree. Later, she obtained her BSN from St. Mary's College in Bismarck, North Dakota.

After working as a hospital and clinic nurse for several years, Roberta decided to try public health. This would turn out to be an "extremely rewarding" decision, she says.

"I worked on the Northern Cheyenne Reservation for twenty-five years, primarily in Public Health where we did a cross between Public Health, Home Health, and Hospice. I learned to love and appreciate the culture and grew to have a passion for Public Health. There was something new each day."

In addition to the variety, Roberta values the "detective work" and

having to "think big, out of the box," as well as having to think fast. "You have to be able to change gears quickly," she says. "You may be working on a communicable disease, then a prenatal, or administering an immunization—and don't forget the condom dispensing. I often deal with communities, groups, families, and individuals all on the same day."

Public Health is incredibly rewarding, says Roberta, but it's not for everyone. "I firmly believe that in order to work in Public Health, it is essential to be non-judgmental, tolerant, and accepting of all: You work with people where they are at in their lives, knowing that there are always the marginalized in every community. You have to have a no fear attitude, be patient, and have some grit. Issues are not solved overnight, in a week, or even a month. You have to educate, work with your multiple community partners, and, with time and persistence, you see improvement. There lies the reward!"

One of Roberta's biggest passions at work is improving the number of individuals who receive a flu shot



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My biggest accomplishments are my four children and five grandchildren, and then being a public health nurse.

each year: "This helps with herd immunity, which means the more individuals vaccinated against a communicable disease, the less likely your community will experience a big outbreak," she says.

Roberta is as devoted to her family as she is to her job. "I love family gatherings, participating in my grandchildren's activities, 4-H, school, sports, and following the older ones' careers provides a depth to my life that I love," she says.



Beartooth Billings Clinic

2525 N. Broadway | PO Box 590

Red Lodge, MT 59068

UPCOMING EVENTS



◀ **MEET AND GREET WITH DR. DALLAS CLARK**

Tuesday, November 12th | 5pm – 7pm
Pollard Pub | 2 North Broadway, Red Lodge

10TH ANNUAL TURKEY TROT ▶

Thanksgiving Day, Thursday, November 28th
Registration begins at 9:30; Trot begins at 10:00 sharp
Airport Loop of the Rocky Fork Trail

MEMORIAL HOSPITAL ASSOCIATION ANNUAL MEETING

Tuesday, December 3rd | 6:15pm – 7:30pm
Beartooth Billings Clinic Lobby - Hansberger Atrium

CARBON COUNTY HEALTH FAIR AND EXPO

Saturday, January 11, 2020 | 8am – 11am
Roosevelt Center | 519 S Broadway Ave, Red Lodge

