

A PUBLICATION OF VISTA HEALTH SYSTEM



Renovated
maternity unit
opens at
Vista East

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CHOOSE EXCELLENCE. CHOOSE VISTA. • Winter 2013

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the heart**



A message FROM OUR CEO

BARBARA J. MARTIN
President and
Chief Executive
Officer

SEE HOW VISTA IS BRINGING IMPROVED SERVICES TO LAKE COUNTY

If you haven't been treated at Vista Health System recently, I hope you'll keep us in mind in 2013 for you and your family's health care. We continue

to invest in our facilities and expand our services to provide you with excellent care, no matter where you live or work in Lake County.

For instance, at Vista Medical Center East in Waukegan, our latest news is the opening of our beautiful, fully renovated New Family Center. We're finishing the final phase of construction this spring, but in the meantime, this new obstetrics unit is open for patients. We're confident that expectant moms will love this warm, inviting environment in which to have their babies.

Our campus in Lindenhurst continues to grow with the opening of the Vista Medical Office Building on Grand Avenue at Deep Lake Road. Several large practices have already moved into the building and more will follow. The Medical Office Building joins our Vista Ambulatory Care Center—which includes a variety of services, including the new Lindenhurst Surgery Center, LLC, for outpatient

surgery—along with our Freestanding Emergency Center that opened in 2011.

We've also recently achieved important accreditations that attest to the quality of our care. Our Breast Cancer program has received a full three-year accreditation by the American College of Surgeons and its National Accreditation Program for Breast Centers. In addition, Vista is now accredited for inpatient diabetes by The Joint Commission—one of only five hospitals in Illinois to receive this designation.

Whether you need a checkup or open heart surgery, remember that quality care is available right in your neighborhood at Vista Health System.

Choose excellence. Choose Vista.

Sincerely,

**President and Chief Executive Officer
Vista Health System**



**“I’ve lost 165 pounds.
I have my life back
and am feeling more
alive than I have in
years. My knees thank
me every day!”**

**YUVONNE K.
WEIGHT-LOSS SURGERY SUCCESS**

To find out more about life-changing weight-loss surgery at our Bariatric Surgery Center of Excellence®, visit www.VistaHealth.com



**Center of
Excellence**
BARIATRIC SURGERY

Patient results may vary. Consult your physician about the benefits and risks of weight-loss surgery. Bariatric Surgery Center of Excellence® is a registered trademark of the American Society for Metabolic and Bariatric Surgery (ASMBS). Used by permission of ASMBS. All rights reserved.



Meet the **new** doctors at Vista

➤ The doctors at Vista Health System can help keep you and your family healthy. We're pleased to introduce the following practitioners to you.

David Barounis, M.D.
Bethany Burkhart, M.D.
David Farkas, M.D.
Muhammad Khan, M.D.
Patrick Malik, D.O.
James Mock, M.D.
James Phillips, M.D.
Adrian Reed, M.D.

Emergency Medicine

1324 N. Sheridan Road
Waukegan
(847) 360-4023

Idries Abdur-Rahman, M.D.
Obstetrician/Gynecologist

Vista Physician Group
1025 Red Oak Lane, Suite 280
Lindenhurst
(847) 245-4747

Jamil Abdur-Rahman, M.D.
Obstetrician/Gynecologist

Vista Physician Group
1025 Red Oak Lane, Suite 280
Lindenhurst
(847) 245-4747

Sarah Song, M.D.
Teleneurology

Rush University Medical Center
Department of Neurological Sciences
1725 W. Harrison St.
Chicago
(312) 942-1547

Drs. Barounis, Burkhart, Farkas, Khan, Malik, Mock, Phillips, Reed and Song are independent members of the medical staff at Vista Health System.



Seeking excellent nursing professionals

At Vista Health System, our dramatic growth has opened up opportunities for experienced registered nurses and nurse leaders. To learn more, call us at **(847) 360-3000, ext. 5916**, or apply today at **VistaHealth.com**.

Visit the **new Vista Physician Group offices!**

➤ Two new Vista Physician Group offices are now open! For a family practice doctor or a specialist, the Vista Physician Group has offices throughout Lake County to serve you. Visit VistaPhysicianGroup.com for all of our locations.



⏪
ZION
2723 Sheridan Road
Suite C
(847) 360-4260



⏪
NORTH CHICAGO
1801 S. Sheridan Road
Suite 101
(847) 689-3344

The Vista Medical Office Building is the newest addition to our Lindenhurst campus, located at Grand Ave. and Deep Lake Road.



Now open!

Vista Medical Office Building Lindenhurst

➤ Seeing a family doctor or specialist in western Lake County is more convenient than ever with the opening of the beautiful new Vista Medical Office Building on the Vista Lindenhurst campus. The building partially opened last summer and now is open throughout as several major practices are treating patients.

The medical office building is located on Grand Avenue at Deep Lake Road, a highly visible and convenient location. The growing Vista Lindenhurst campus includes the Vista Ambulatory Care Center and the Lindenhurst Surgery Center, LLC, plus the Vista Freestanding Emergency Center.

Comprised of about 45,000 square feet of medical space, the medical office building employs award-winning green architecture that was developed with sustainability in mind. It features custom suites created by medical office specialists and has plenty of available parking around the building.

The following is a brief description of the major tenants of the building and the health care services they provide. Additional space is available with more offices expected to be added soon.

Vista Comprehensive Cancer Center (Opening spring 2013)

This expansive center allows cancer patients to see oncologists on-site, along with nurse navigators who provide support throughout the entire treatment and survivorship process. Breast cancer patients will find a dedicated Appearance Center where women can receive wigs or a prosthesis in a calm, serene, private room by appointment with the American Cancer Society (ACS). The center also includes 10 private infusion rooms for chemotherapy or blood transfusions; four exam rooms; access to full lab services; and community space for doctor presentations to patients and families, cancer support groups and meetings.



Questions about cancer?

Call the new Vista Cancer Center Help Line at **(847) 360-4063**. One of our Nurse Navigators will return your call within 24 hours, Monday through Friday.



The new medical office building includes (clockwise from top left) the Vista Cancer Center, Advanced Radiology Oncology Center and Illinois Bone & Joint Institute.

Advanced Radiology Oncology Center

Conveniently located next to the Vista Comprehensive Cancer Center, this practice includes cancer management through the administration of ionizing radiation by a team of board-certified and licensed staff led by Yashbir Mehta, M.D., Parvanthy Kurup, M.D., and Neil Mehta, M.D.

Curative radiation therapy is used to treat multiple cancer sites, including breast, prostate, lung, rectum, head and neck. Radiation also is used to relieve symptoms with palliative treatment for bones and the brain for metastatic disease. Among its advanced technology is the latest-generation linear accelerator to focus radiation more precisely to protect normal tissues.

Illinois Bone & Joint Institute—Lake Shore Orthopedics

This group offers complete orthopedic care, including sports medicine, fractures, and pain management treatments for arthritis and joint discomfort, as well as joint replacement and hand and upper extremity surgery. Its medical team includes specialists with fellowship training in sports medicine; joint replacement and hand and upper extremity surgery; a board-certified physical medicine and rehabilitation specialist; a board-certified doctor of podiatric medicine; skilled physician assistants; and physician and occupational therapists.

Patients can schedule regular appointments until 7 p.m. on certain days, with same-day appointments for acute injuries available if requested.



Vista Physician Group

In this spacious office, patients can see a variety of full-time employed doctors at Vista. This includes family practitioners Marina Gladson, M.D., Robert Thain, M.D., and Dennis Thain, M.D.; Arden Barnett, M.D., psychiatrist; and Idries Rahman, M.D., and Jamil Rahman, M.D., who are both obstetricians/gynecologists.

More primary care and specialist doctors have begun to see patients in Lindenhurst as needed. Patients also will be able to schedule office visits with a surgeon, as well.

Other practices include:

- Lake County Surgeons—Laurence Gibson, M.D.; Paul Strohmayer, M.D.; and Aaron Siegel, M.D.
- Lake Shore Gastroenterology—Kevin Liebovich, M.D.
- Internist—Rashmikant Patel, M.D. ●



Did you know?

You can find a wealth of health information and resources at VistaHealth.com.

Just choose the “Health Resources” tab to access our extensive health library.

All of the doctors mentioned in this article are members of the medical staff at Vista Health System.

Babies arriving at Vista's completely remodeled New Family Center



Give your baby a healthy start

For an appointment to visit Vista's completely remodeled New Family Center, call **(847) 360-4038**. For more information, visit **VistaHealth.com**.

With about 1,600 babies delivered each year, Vista Medical Center East in Waukegan has been one of Lake County's main obstetrics centers for generations. Now with its expanded and fully renovated New Family Center, Vista East has enhanced its services for expectant mothers and families, building on a long tradition of quality service to families in the area.

Completely redesigned and rebuilt, the project was completed in late November, and the New Family Center began accepting patients in early January. The final phase of construction is continuing through early 2013 and will include a new entrance and waiting area, administrative offices and five new postpartum rooms.

All rooms are private, decorated in soothing earth tones, and include

comfortable new patient beds along with recliners for an overnight stay of the father or close family member. For mothers giving birth to twins or multiple babies, the Labor/Delivery unit includes specially designed larger rooms. Even Caesarean (C-section) births can be performed on the same floor in two new surgical suites.

Each postpartum room provides minimal separation of mother and baby as newborns in stable condition stay at the mother's bedside. This allows parents to learn their babies' behaviors and alleviates the anxiety of taking home a new infant. The rooms also include tiled bathrooms with easy access, stand-up showers.

For infants requiring special care, such as ventilator support, oxygen therapy, intravenous therapy and medications, the unit also includes a six-bed Level II



Obstetrician **Camela Harris, M.D.**, is a member of Vista's medical staff who's now delivering babies in the renovated New Family Center at Vista East.

Each mother/baby room in Vista's New Family Center is private and includes a large bathroom with walk-in shower.



The new and expanded nursery is just one of the many deluxe amenities included in the New Family Center at Vista East.



neonatal intensive care unit (NICU) located in the same area. Parents can visit their special-care babies 24/7. On the other side of the Special Care Nursery is the four-bed Well Baby Nursery. This is where all infants are assessed, monitored and bathed after delivery to ensure a safe transition back to the mother/baby area with the mother.

Providing a private environment

The safe, private and relaxing environment of the New Family Center capitalizes on Vista's reputation for quality doctors and nursing care in obstetrics. All obstetricians and neonatologists

are board-certified. All doctors and nursing staff are certified in the neonatal resuscitation program and in fetal monitoring. Most of the nursing staff are nationally certified in obstetrics, high-risk neonatal and fetal monitoring. The staff continues to offer instruction to all new mothers and families on proper care for their newborns, while Vista's lactation consultants on staff assist with breastfeeding.

Vista also offers several classes throughout the year on childbirth preparation education, baby care basics, Big Brother/Big Sister/Big Help classes. ●

The New Family Center is open and providing **expectant mothers and families** with a beautiful, **warm environment** to bring their babies into the world.

A great place to deliver your baby

- 10 postpartum rooms (five more opening in spring 2013)
- nine labor, delivery and recovery rooms
- two surgical suites for C-sections
- post-anesthesia recovery room
- triage rooms for outpatient testing
- Special Care Nursery, Level II NICU
- Well Baby Nursery
- Infant security system
- Locked units for safety

Visit our renovated New Family Center. Call **(847) 360-5218** for a personalized tour.

Free tours are available every Wed., 6-7 p.m.



“ I wouldn’t have been able to go home without the help of my therapist. I had to learn how to get around. ”

—CHUCK LYNDSTROM

For rehab, Vista is the **only place he’ll go**

➤ Chuck Lyndstrom, 61, has been living with diabetes for 10 years. Since people with diabetes are at risk of developing foot ulcers, Chuck knew that foot care is an important part of his diabetes management. That’s why he ate nutritious meals, exercised and took his medication.

When he developed blisters on his foot, he thought he knew how to care for them. Unfortunately, his blisters never healed, and he was forced to seek professional medical treatment. By the time he arrived at the Emergency Department at Vista Medical Center East, Chuck couldn’t even walk.

The Vista Emergency Room doctors said that he needed to have his foot amputated. Chuck resisted, thinking his foot could be saved. But when his ulcer grew worse, he agreed to the amputation.

Afterward, he went to Vista Medical Center West in Waukegan for inpatient rehabilitation. At Vista West, licensed physical occupational therapists help patients regain strength and function

after they’ve experienced an injury or some other medical problem.

“The rehab therapists at Vista West saved my life. I wouldn’t have been able to go home without the help of my therapist. I had to learn how to get around,” says Chuck.

Chuck worked with his physical therapist and had to learn to walk, turn and balance himself. The occupational therapist helped Chuck to develop, recover and maintain daily living skills.

“They’re professional, friendly and they care about you. They help keep you safe and get you moving right away. I’m glad I chose Vista.

“I really miss the staff at Vista. They helped me to understand how to get on with my life.”

Chuck pointed out that after surgery, his insurance company offered to send him to another rehabilitation hospital. “I told them that I was going to Vista because I wanted to go where I knew I’d be treated well,” he says. “Vista Health System is the only place I’ll go.” ●



Get back on track

For more information about rehabilitation services at Vista Health System, visit VistaHealth.com/Services/Rehabilitation or call (847) 360-2170.

Heart care close to home at Vista

Since heart disease is the leading cause of death in the United States, anyone can be affected by chest pain, heart attacks or cardiovascular disease. That's why the best form of prevention is living a healthy lifestyle along with getting regular checkups.

Fortunately, accessible heart care is available in the community at Vista Health System. Vista provides a full range of diagnostic tests to evaluate your heart's condition.

Patients experiencing chest pain are treated at any of Vista's three Emergency Departments at Vista Medical Center East, Vista Medical Center West and Vista Lindenhurst. Vista Medical Center East is an accredited Chest Pain Center of Excellence and a Comprehensive Center for Congestive Heart Failure with cardiologists available around the clock.

Available 24/7

At Vista East, our cardiac catheterization lab (cath lab) is available 24/7 to provide rapid "door-to-balloon" response during cardiac emergencies when every second counts. The cath lab is often the first stop for patients experiencing a possible cardiac emergency—chest pain, shortness of breath, dizziness or palpitations.

Vista East is also a center for open heart surgery with experienced cardiac surgeons. If treatment is required, we perform everything from minimally invasive interventional procedures to

heart valve repair/replacement and coronary bypass surgery. Our team of doctors is board certified in cardiology, radiology or cardiovascular and thoracic surgery. Our nurses, lab technicians and rehabilitation therapists are trained and experienced in cardiovascular treatment.

Following major surgery, patients are closely monitored in Vista's Intensive Care Unit (ICU)

where all patients are in direct view of the nurses' stations.

Later, patients are typically moved to our newly remodeled Progressive Care Unit with all private rooms designed for patients with cardiac and peripheral vascular disease.

Finally, the inpatient and outpatient Cardiac Rehabilitation Program (certified by American Association of Cardiac, Vascular, and Pulmonary Rehabilitation) at Vista helps to make hearts strong again and reduce the risk for heart disease. ●

Accessible cardiac care is available in the community at **Vista Health System**. Vista provides **the full range of diagnostic tests** to evaluate your heart's condition.



Get heart smart!

To learn more about Vista's cardiac services, visit VistaHealth.com/heart.

Vista's Breast Cancer Center receives accreditation

The Center for Breast Health at Vista Health System is now fully accredited by the National Accreditation Program for Breast Centers (NAPBC), and is only the third such accredited breast center in Lake County. Vista's entire cancer program received full accreditation in 2011 by the American College of Surgeons Commission on Cancer.

"Vista's Center for Breast Health brings high-quality breast cancer care to the doorsteps of patients in northern Illinois and southeastern Wisconsin," says Barbara J. Martin, president and chief executive officer of Vista Health System. "Our center provides full access to board-certified oncologists, surgeons and radiologists, as well as to Vista's entire staff of trained nurses and mammography technologists."

The dedicated oncology inpatient unit at Vista Medical Center East in Waukegan provides patients with private rooms and care by Vista's specially trained oncology nursing staff. For outpatient services, Vista's multiple cancer program locations offer easy access and flexible scheduling.

"The real difference in breast cancer care at Vista is the relationship we build with patients," Martin says. "We assign a breast nurse navigator who's an oncology-certified registered nurse. She's the patient's personal advocate to solve problems, conquer the medical maze and develop a personal roadmap to recovery." ●

Classes and support groups

> VISTA HEALTH SYSTEM

Location Key

- VMCE** = Vista Medical Center East, 1324 N. Sheridan Road, Waukegan
- VIC-VH** = Vista Imaging Center, 565 Lakeview Parkway, Ste. 100, Vernon Hills
- VIC-G** = Vista Imaging Center, 95 N. Greenleaf St., Gurnee
- VACC** = Vista Ambulatory Care Center (formerly Vista Surgery Center), 1050 Red Oak Lane, Lindenhurst
- VMCW** = Vista Medical Center West, 2615 Washington St., Waukegan

> HEALTH SCREENINGS AND PROGRAMS

Cholesterol and Blood Sugar Screenings

\$25

By appointment only. 12-hour fast required.

- > 7–11 a.m. • Mon., Feb. 25 • **VMCE**
 - > 7–11 a.m. • Mon., March 18 • **VACC**
 - > 8–11 a.m. • Mon., April 22 • **VIC-G**
 - > 7–11 a.m. • Mon., May 27 • **VMCE**
- Call (847) 360-4246 to register.**

Blood Pressure Screenings

Free. Walk-in only.

- > 9 a.m.–noon • Wed., March 13, April 10, May 8
- Antioch State Bank of the Lakes, 440 Lake St., Antioch

Life After Stroke Support Group

Free.

Stroke survivors and caregivers, join us monthly for an educational presentation and interactive discussion about returning to life after a stroke.

- > 5–6 p.m. • Wed., Feb. 20, March 20, April 17, May 15 • **VMCE**
- Call (847) 360-2570** for more information.

Parkinson's Support Group

Free.

Those living with Parkinson's disease and their caregivers are invited to join our support group. Each month we have an informational presentation and share stories and tips on living with Parkinson's disease.

- > 4–5 p.m. • Wed., March 6, April 3, May 1 • **VMCE**
- Call (847) 360-2336** for more information.

Wise Food Choices for Diabetes

Free.

Learn about making smart food choices to help manage your diabetes. The Vista dietitians will teach you about carbohydrates, food labels, food fats and fiber.

- > 6–7:30 p.m. • Tues., March 12, April 9, May 14 • **VMCE**
- Call (847) 360-4246** to register.

Look Good ... Feel Better Workshop

Sponsored by the American Cancer Society Free.

This workshop helps female cancer patients improve their appearance and self-image by teaching hands-on beauty techniques to manage the side effects of chemotherapy and radiation treatments. Women learn about makeup, skin and nail care and ways to deal with hair loss. Each woman gets a free makeup kit.

- > 2–4 p.m. • Mon., Feb. 25 • **VACC**
 - > 2–4 p.m. • Mon., March 25 • **VMCE**
 - > 6–8 p.m. • Mon., May 20 • **VACC**
- Call Kary Muller at (847) 317-0209, ext. 215** to register.

Brain Stormers

Free.

Stroke and traumatic brain injury survivors between the ages of 20 and 60 are invited to join our support group.

Panera Bread (private room), 6557 Grand Ave., Gurnee

- > 6:30 p.m. • Wed., Feb. 27, March 27, April 24, May 22
- Call (847) 360-2570** for more information.

WEIGHT LOSS PROGRAMS

Weight Management Options Seminar

Free

Whether you have 20 or 100 pounds to lose, Vista offers a variety of nonsurgical weight loss programs to choose from. From safe and rapid weight loss, to traditional food plans, our programs offer flexibility to fit your budget and your lifestyle. Come learn about our programs and let us help you get started.

- > 7:30 p.m. • Wed., March 13, April 10, May 8 • **VIC-VH**
- Call (847) 984-6554** to register.

Weight Loss Surgery Seminar

Free.

Come learn about Vista's bariatric weight loss surgery options, meet the surgeons and ask questions. Vista Medical Center East is an accredited Bariatric Surgery Center of Excellence.

- > 7 p.m. • Mon., Feb. 11 • VACC
 - > 7 p.m. • Mon., March 11 • VMCW
 - > 7 p.m. • Mon., April 8 • VMCE
 - > 7 p.m. • Mon., May 13 • VIC-VH
- Call (847) 984-6554 to register.

Bariatric Surgery Support Group

Free.

For those considering having or who have had bariatric surgery, this support group offers a chance to gain information, learn about required lifestyle changes and form a support network.

- > 6:30 p.m. • Tues., Feb. 12, March 12, April 9, May 7 • VACC
 - > 7 p.m. • Wed., Feb. 20, March 20, April 17, May 15 • VMCE
- Call (847) 360-2439 for more information.

> NEW FAMILY CENTER PROGRAMS

Childbirth Preparation

This class helps get parents ready for vaginal or Caesarean birth. It teaches breathing, relaxation and options for pain control and postpartum care. Includes a tour of the unit.

- > 7-9 p.m. • Tues., four-week class
- Cost: \$75 • VMCE
- March 5, 12, 19 and 26
April 2, 9, 16 and 23
May 7, 14, 21 and 28
- > 8:30 a.m.-5 p.m. • Sat., Feb. 16, March 16, April 20, May 18 • Cost: \$100 • VMCE
- Call (847) 360-4246 to register.

Baby Care Basics

\$10.

This class prepares parents for immediate newborn care, changes in the family and offers a live baby bath demonstration. Dolls are provided for practice with diapering, swaddling, etc.

- > 10 a.m.-noon • Sat., March 9 • VMCE
 - > 7-9 p.m. • Thurs., April 11 • VMCE
 - > 10 a.m.-noon • Sat., May 4 • VMCE
- Call (847) 360-4246 to register.

Breast-feeding Basics

\$10.

Learn tips for getting breast-feeding off to a good start, including appropriate latch techniques, positioning and understanding breast milk production.

- > 7-9 p.m. • Thurs., Feb. 14 • VMCE
 - > 1-3 p.m. • Sat., March 9 • VMCE
 - > 7-9 p.m. • Thurs., April 18 • VMCE
 - > 1-3 p.m. • Sat., May 4 • VMCE
- Call (847) 360-4246 to register.

Big Brother/Big Sister—Big Help

\$10.

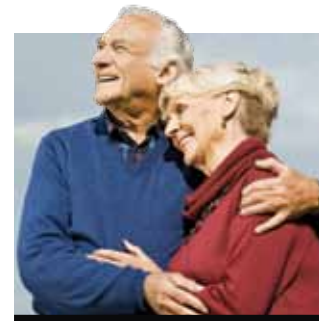
This class teaches siblings how to get ready for their new baby brother or sister. It's designed for children ages 3 to 10. At least one parent should attend the class with the child.

- > 8:30-9:30 a.m. • Sat., March 9, May 4 • VMCE
- Call (847) 360-4246 to register.

New Family Center Tours

Free.

- > 6-7 p.m. • Every Wednesday • VMCE
- Call (847) 360-4333, ext. 5218 to register.



Senior Circle

Senior Circle

Senior Circle New Member Orientation. FREE

Come learn more about Senior Circle and all the benefits available with your membership. Senior Circle promotes health and wellness for adults ages 50 and better through a variety of monthly programs, events, and activities and includes prescription discounts, a free yearly cholesterol/blood sugar screening and much more! Join Senior Circle today for just \$15 a year.

- > 11 a.m. • Mon., March 18 • VMCE

Call (847) 360-4228 to register and for more information.



Healthy Life is published as a community service of Vista Health System. There is no fee to subscribe.

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The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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WINTER 2013



70VH



Inpatient diabetes program recognized by The Joint Commission

➤ Vista Medical Center East in Waukegan recently became the first hospital in Lake County, and one of only five hospitals in Illinois, to earn The Joint Commission's Gold Seal of Approval® for its inpatient diabetes program.

"We recognize that there are a number of people in Lake County who suffer from diabetes and this certification by The Joint Commission represents our commitment to treating those patients," says Barbara J. Martin, president and chief executive officer of Vista Health System. "I want to recognize the outstanding work done by our staff to attain this Gold Seal of Approval by The Joint Commission. It's an important validation of the quality of our program."

Vista joins 54 other hospitals in the United States that have earned this certification demonstrating compliance with The Joint Commission's national standards for health care quality and safety in disease-specific care. Certification was awarded to Vista's program following a rigorous on-site review in the fall of 2012.

This latest recognition adds to Vista's

expanding list of accreditations or certifications, including bariatric surgery, cancer, chest pain, congestive heart, orthopedics (hip and joint surgery) and inpatient rehabilitation. In addition, Vista East is a Level II trauma center.

"Certification is a voluntary process and I commend Vista for successfully undertaking this challenge to elevate its standard of care and instill confidence in the community it serves," says Jean Range, The Joint Commission's executive director of Disease-Specific Care Certification. ●



Better health is just a click away

For more information about the services provided by Vista Health System, visit **VistaHealth.com** and choose "Services."

