

COMMUNITY HEALTH & WELLNESS

Workplace Injuries

Preventing Cavities

When to See an
Audiologist

Keeping MT Smoke-free

SEPTEMBER:
NATIONAL
CHILDHOOD
OBESITY
MONTH



SEPTEMBER 2016

A SPECIAL SUPPLEMENT TO

The Glasgow Courier

Preventing Cavities is All About Knowing the Early Signs

By Charles L Wilson, DDS
Dental Care Clinic

Why do we get dental cavities? Why do some people get more than others? Caries (dental decay) is an infection of teeth caused by any of a number of different strains of bacteria found in plaque, that sticky film that forms on teeth. Exposure to certain foods allow the bacteria to form acid, but other acids will also promote decay. Read the list of ingredients of foods you choose to eat and drink so that you can make good choices to reduce dietary sources of acid.

GERD, or nocturnal gastro-esophageal reflux disease is another contributor to acid exposure. Some people may not know they have it, but it may show up as an increasing number of dental cavities, or erosion of the chewing surfaces over time. Check with your

physician about this if suddenly you are getting more dental cavities, and take preventive measures if you have this problem. Avoid late night snacks just before lying down to sleep, as the stomach is then producing acid to digest the food. Allow at least two hours after eating, and then drink water for hydration. It is best to avoid foods that you know upset your stomach, especially in the evening.

Of course, everyone should brush and floss their teeth. There are many good toothpastes to choose from. Choose the one you will use that has the American Dental Association seal of approval. Electric toothbrushes are also good to use, especially for elderly people with reduced manual dexterity due to arthritis or min-strokes. Brush for two minutes, two or more times a day. There are various floss aids and picks to assist

you in flossing.

Dry mouth is another contributor to getting cavities. Some medications have that as a side effect. If you can identify this, sometimes your physician can try switching you to a different medication to see if your mouth doesn't get as dry. There are also over the counter mouth moisturizing products. Do not suck on hard candy with sugar as this will cause more dental decay. Some candies and chewing gum are made with other sweeteners that do not promote dental decay such as xylitol, sorbitol, and mannitol. Read the ingredient list to find out.

Don't chomp on ice or un-popped popcorn kernels, as these promote cracking of enamel. If you are aware of clenching or grinding in your sleep, you may benefit from wearing a mouth guard. If you play contact sports, use a protective

sports mouth guard.

There are various prescription products that your dentist can recommend for you (gels, pastes, rinses, mouth trays, etc.), depending on your circumstances that may be of benefit. In summary, take care of your teeth by cleaning them with brush and floss, and avoiding exposure to acids or foods that can turn into acid by bacterial plaque. Get your teeth checked and cleaned so that cavities can be found in the early stages and taken care of.



There are often no symptoms of early tooth decay. Deeper decay can sometimes be felt as sensitivity or even tooth pain.



FRANCES MAHON DEACONESS HOSPITAL

Outpatient Clinic • 228-3656 or 1-800-322-3634 ext. 3656

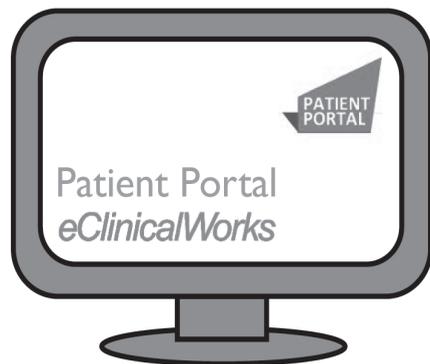
Visiting Specialists Scheduled for October, 2016

SPECIALTY	DOCTOR	DATE	LOCATION
ENT	Dr. Bennion	Oct. 6	OR & 2nd Floor
	Dr. Bennion	Oct. 7	2nd Floor
	Dr. Bennion	Oct. 20	OR & 2nd Floor
	Dr. Bennion	Oct. 21	2nd Floor
Cardiology	Amber Zito, PA-C	Oct. 13	telemedicine
	Dr. Plank	Oct. 20	2nd Floor
Please call 1-800-736-5355 to schedule Cardiology appointments			
Dermatology	Dr. Lund	Oct. 25	2nd Floor
Nephrology	Dr. Trostel	Oct. 5	telemedicine
	Dr. Trostel	Oct. 27	telemedicine
Oncology/Hematology	Kathryn Waitman, DNP	Oct. 6	2nd Floor
	Dr. Kidd	Oct. 12	2nd Floor
	Dr. Kidd	Oct. 26	2nd Floor
Urology	Dr. Swanson	Oct. 12	2nd Floor
	Dr. Swanson	Oct. 13	2nd Floor
Neurology	Dr. Echeverri	Oct. 11	2nd Floor
	Dr. Dacre	Oct. 20	2nd Floor
Orthopedic Spine	Dr. Dacre	Oct. 21	2nd Floor
	Dr. Caceres	Oct. 19	telemedicine
Orthopedic Surgery	Dr. Settergren	Oct. 3	Ortho Clinic
	Dr. Settergren	Oct.	Ortho Clinic
Please call 228-3536 to schedule appointments with Dr. Settergren			

SERVING THE SPECIALTY HEALTH CARE NEEDS OF NORTHEAST MONTANA FULL TIME:

Anne Williams, M.D.	Kae Sukut, PA-C	Donna L. Smith, M.D.	
Robert F. Crochelt, M.D.	Curtis Settergren, MD	OB/Gyn	Hi-Line Med Spa
General Surgery 406-228-3653	Orthopaedic Surgery 406-228-3536	406-228-3400	406-228-3536

GLASGOW CLINIC *Happenings*



Patient Portal

Visit www.fmdh.org
and click on the
"Patient Portal"
ribbon to register!

Conveniently located at Frances Mahon Deaconess Hospital

221 5th Ave So • Glasgow, MT 59230 • 406-228-3400 • Fax 406-228-3413

Workplace Injuries Can Be Prevented

Amputations are some of the most serious and debilitating workplace injuries. They are widespread and involve a variety of activities and equipment. Amputations occur most often when workers operate unguarded or inadequately safeguarded mechanical power presses, power press brakes, powered and non-powered conveyors, printing presses, roll-forming and rollbending machines, food slicers, meat grinders, meat-cutting band saws, drill presses, and milling machines as well as shears, grinders, and slitters. These injuries also happen during materials handling activities and when using forklifts and doors as well as trash compactors and powered and non-powered hand tools. Besides normal operation, the following activities involving stationary machines also expose workers to potential amputation hazards: setting up, threading, preparing, adjusting, cleaning, lubricating, and maintaining machines as well as clearing jams.

The following types of me-

chanical components present amputation hazards:

- Point of operation—the area of a machine where it performs work on material.

- Power-transmission apparatuses such as flywheels, pulleys, belts, chains, couplings, spindles, cams, and gears in addition to connecting rods and other machine components that transmit energy.

- Other moving parts—machine components that move during machine operation such as reciprocating, rotating, and transverse moving parts as well as auxiliary machine parts.

All mechanical motion is potentially hazardous. In addition to in-running nip points (“pinch points”)—which occur when two parts move together and at least one moves in a rotary or circular motion that gears, rollers, belt drives, and pulleys generate—the following are the most common types of hazardous mechanical motion:

- Rotating—circular movement of couplings, cams, clutch-

es, flywheels, and spindles as well as shaft ends and rotating collars that may grip clothing or otherwise force a body part into a dangerous location.

- Reciprocating—back-and-forth or up-and down action that may strike or entrap a worker between a moving part and a fixed object.

- Transversing—movement in a straight, continuous line that may strike or catch a worker in a pinch or shear point created between the moving part and a fixed object.

- Cutting—action generated during sawing, boring, drilling, milling, slicing, and slitting.

- Punching—motion resulting when a machine moves a slide (ram) to stamp or blank metal or other material.

- Shearing—movement of a powered slide or knife during metal trimming or shearing.

- Bending—action occurring when power is applied to a slide to draw or form metal or other materials.

The Occupational Safety and Health Administration (OSHA) has the following standards in Title 29 of the Code of Federal Regulations (CFR) to protect workers from amputations in the workplace:

- 29 CFR Part 1910 Subparts O and P cover machinery and machine guarding.

- 29 CFR 1926 Subpart I covers hand tools and powered tools.

- 29 CFR Part 1928 Subpart D covers agricultural equipment.

- 29 CFR Part 1915 Subparts C, H, and J; 29 CFR Part 1917 Subparts B, C, and G; and 29 CFR Part 1918 Subparts F, G, and H cover maritime operations

Employers can protect workers from amputations by being able to recognize, identify, manage, and control amputation hazards commonly found in the workplace such as those caused by mechanical components of machinery, the mechanical motion that occurs in or near these components, and the activities that workers perform during mechanical operation.

Work practices, employee training, and administrative controls can help prevent and control amputation hazards. Machine safeguarding with the following equipment is the best way to control amputations caused by stationary machinery:

- Guards provide physical barriers that prevent access to hazardous areas. They should be secure and strong, and workers should not be able to bypass, remove, or tamper with them. Guards should not obstruct the operator’s view or prevent employees from working.

- Devices help prevent contact with points of operation and may replace or supplement guards. Devices can interrupt the normal cycle of the machine when the operator’s hands are at the point of operation, prevent the operator from reaching into the point of operation, or withdraw the operator’s hands if they approach the point of operation when the machine cycles. They must allow

See **WORKPLACE**, Page 6

FMDH Orthopaedics Hi-Line General Surgery

HMS

Hi-Line Medical Services

Orthopaedics

To schedule an appointment, contact FMDH Orthopaedics at (406) 228-3536

Kae Sukut, PA-C is here for your orthopaedic needs. With over 10 years of experience, her practice includes:

- Cortisone Injections
- Synvisc-One® Injections
- Evaluations and Treatments
- Referrals to Orthopaedic Specialists

Questions?

Call Hi-Line Medical Services Orthopaedic Clinic at (406) 228-3536



Kae Sukut, PA-C
FMDH Orthopaedics

621 3rd St. South • Glasgow, MT
(406) 228-3536

Are you having trouble paying for medical services?

CONTACT US TO SEE IF YOU QUALIFY FOR FINANCIAL ASSISTANCE.

Call or email

TERRY REDDY

FMDH Financial Counselor

406-228-3633

terry.reddy@fmdh.org



Frances Mahon Deaconess Hospital
621 3rd St. South • Glasgow, MT 59230



Robert F. Crochelt, MD, PhD, FACS
General Surgery
621 3rd St. South • Glasgow, MT

FMDH Orthopaedics Hi-Line General Surgery

HMS

Hi-Line Medical Services

General Surgery

Specialties Include:

- | | |
|------------------|---------------|
| Gastrointestinal | Lesions |
| Breast | Burns |
| Biliary | Venous Access |
| Soft Tissue | Endoscopy |
| Hernia Repair | Trauma Care |

To schedule an appointment, contact Hi-Line General Surgery at (406) 228-3653



Anne M. Williams, MD, FACS
General Surgery
621 3rd St. South • Glasgow, MT

Seeing an Audiologist Can Solve Hearing Issues

An audiologist is a professional who diagnoses and treats hearing and balance problems. An audiologist has received a Master's or Doctorate Degree from an accredited university graduate program in audiology.

Your local Audiologist Sharlene Schmidt has a Master's Degree from Minot State University and has been employed by the Frances Mahon Deaconess Hospital for the past 17 years. She provides audiology services for the local and surrounding areas along with performing school and pre-school screenings throughout the Hi-Line region.



Sharlene Schmidt

Schmidt provides hearing tests from newborn to elderly, She also provides complete state of the art diagnostic and hearing aid services, industrial testing, a variety of quality hearing aids to fit your individual needs, hearing aid batteries, and custom hearing protection for anyone exposed to loud noise.

Hearing aids are a life changing investment. Nobody wants to spend money on hearing aids which is understandable, but if you need them to improve your quality of life and better enjoy those around you why make a bad investment elsewhere. FMDH Audiology offers very competitive prices and Schmidt is here to help with questions or problems that may occur throughout your ownership. Do you want

to run to Billings or Great Falls every time you need an adjustment? Not only that but Schmidt offers free 30 day trials on all hearing aids and there are no high pressure sales tactics.

The following is a hearing loss checklist to see if you can benefit from seeing Schmidt.

Hearing Loss Checklist

- I require frequent repetition in order to understand speech

- I have difficulty following conversations with more than two people - I think other people's voices

sound muffled.

- I have difficulty hearing in noisy situations

- I have trouble hearing children and women (not selectively men) - I turn the TV or radio up louder than others

- I answer or respond inappropriately in conversations

- I experience ringing in my ears

- I read lips or depend on other people's facial expressions during conversations

If you answer yes to any or all of these statements and feel you would like to have your hearing checked please feel free to give Sharlene a call at 228-3530. A quick 30 minute hearing test and consultation can help to determine if she can help you with your hearing needs. Life is too short to miss the little things.



Frances Mahon
Deaconess Hospital
Glasgow Clinic

406-228-3400 • 800-322-3634 • 221 5th Avenue South • Glasgow, MT 59230 • www.fmdh.org



Janet Armstrong, MD
Internal Medicine



Gordon Bell, MD
Family Practice



Anne Millard, MD
Family Practice with Obstetrics



Kari Wiens, FNP
Family Nurse Practitioner



David Knierim, MD
Family Practice with Obstetrics



Summera Qamar, MD
Family Practice



**Robyn Hardie, Licensed
Clinical Psychologist**
Behavioral Health
(by referral only)



Kevin Ross, MD
Family Practice with Obstetrics



Donna Smith, MD
Obstetrics and Gynecology

Providing Complete Family Medical Care

Call us first for all your medical needs. We specialize in caring for you.

Discover the quality of care that comes from the close-by, close knit, medical community at Frances Mahon Deaconess Hospital, Glasgow Montana



BLOOD DRIVE
IDENTIFICATION IS REQUIRED.

Wednesday November 30th, 2016

FMDH Conference Room

9:00 AM — 2 PM.

To schedule your appointment please visit
www.redcrossblood.org
Sponsor code: fmdh
or call the American Red Cross at
1-406-403-0956.



redcrossblood.org | 1-800-RED CROSS

September is National Childhood Obesity Month

About 1 of every 5 (17%) children in the United States has obesity and certain groups of children are more affected than others. While there is no single or simple solution, National Childhood Obesity Awareness Month provides an opportunity for learning about ways to prevent and address this serious health concern.

Childhood obesity is a major public health problem.

- Children who have obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems, including diabetes and increased risk of certain cancers.

- Children who have obesity face more bullying and stigma.

- Childhood obesity is influenced by many factors. For some children and families factors include

too much time spent in sedentary activities such as television viewing; a lack of bedtime routine leading to too little sleep; a lack of community places to get adequate physical activity; easy access to inexpensive, high calorie snacks and beverages; and/or a lack of access to affordable, healthier foods.

There are ways parents can help prevent obesity and support healthy growth in children.

- To help ensure that children have a healthy weight, energy balance is important. To achieve this balance, parents can make sure children get adequate sleep, follow recommendations on daily screen time, take part in regular physical activity, and eat the right amount of calories.

- Parents can substitute higher nutrient, lower calorie foods such as fruit

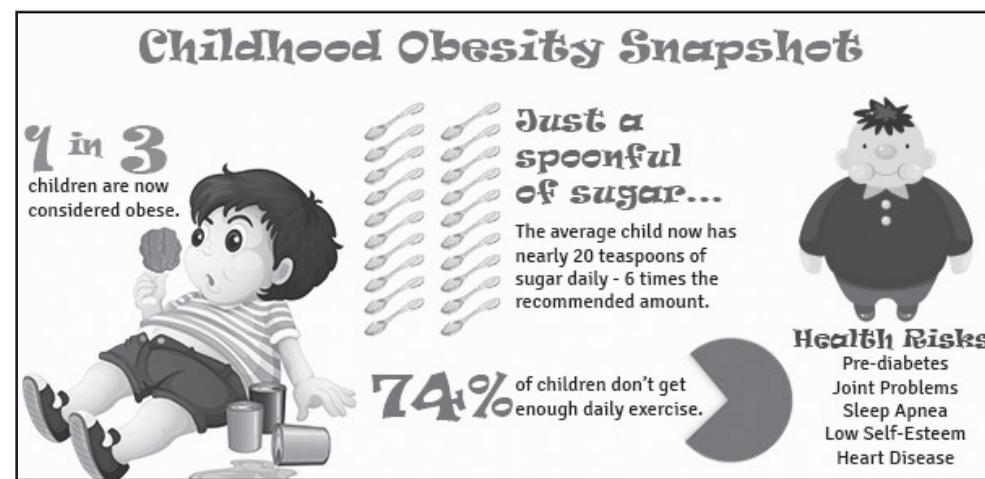
and vegetables in place of foods with higher-calorie ingredients, such as added sugars and solid fats.

- Parents can serve children fruit and vegetables at meals and as snacks.

- Parents can ensure access to water as a no-calorie alternative to sugar-sweetened beverages

- Parents can help children get the recommended amount of physical activity each day by encouraging them to participate in activities that are age-appropriate and enjoyable. There are a variety of age appropriate aerobic, muscle and bone-strengthening activities that kids can do.

Addressing obesity can start in the home, but also requires the support of communities. We can all take part in the effort to encourage more children to be physically active and eat



a healthy diet. One initial step would be parents communicating with their child care providers. With more than 60% of US children younger than age 6 participating in some form of child care on a weekly basis, parents can engage with child care providers to support healthy habits at home and in child care settings.

Additionally to the

information above, it is important for adolescents to have access to quality, wholesome snacks. FMDH currently sponsors a Fresh Fruit and Vegetable Program (FFVP) for both Glasgow Middle School and Nashua Public Schools. The FFVP is an important tool in our efforts to combat childhood obesity. The program has been successful in introducing school children

and adolescents to a variety of produce that they otherwise might not have the opportunity to sample.

To maintain and be aware of your overall health and well-being, it is important to make sure you also have your annual wellness exam as well. If you have not had a wellness exam in the past year, call the Glasgow Clinic to schedule your exam 228-3400.

Prairie Ridge's

Homecoming Dance

Thursday, September 15th

5:30 pm until 8:00 pm

Refreshments and Live Music by "The 3 Amigos"

Located at Prairie Ridge

FREE TO THE PUBLIC!!

Questions? Contact Matt at matt.donovan@fmdh.org

Dr. Curtis Settergren Orthopaedic Surgeon



Dr. Settergren is an orthopaedic surgeon from Ortho Montana. Specializing in upper extremities, shoulder, elbow, and hand procedures, Dr. Settergren is currently taking patients the first and third Mondays of the month. He will provide orthopaedic evaluations and outpatient surgeries.

To schedule an appointment, call



FMDH Orthopaedics at 228-3536

Workplace

FROM PAGE 3

safe lubrication and maintenance and not create hazards or interfere with normal machine operation. In addition, they should be secure, tamperresistant, and durable.

You are responsible for safeguarding machines and should consider this need when purchasing machinery. New machinery is usually available with safeguards installed by the manufacturer. You can also purchase appropriate safeguards separately or build them in-house.

Certain jobs can be particularly hazardous from employees so

under the Fair Labor Standards Act, the Secretary of Labor has designated certain nonfarm jobs as especially hazardous for employees under the age of 18. These workers generally are prohibited from operating band saws, circular saws, guillotine shears, punching and shearing machines, meatpacking or meat-processing machines, paper products machines, woodworking machines, metal-forming machines, and meat slicers.

You can find more information about amputations, including the full text of OSHA's standards, on OSHA's website at www.osha.gov. In addition, publications explaining the subject of amputations in greater detail are

available from OSHA. Concepts and Techniques of Machine Safeguarding (OSHA 3067) and Control of Hazardous Energy (Lockout/Tagout) (OSHA 3120) are available on OSHA's website. For other information about machine guarding see www.osha-slc.gov/SLTC/machineguarding/index.html. A Guide for Protecting Workers from Woodworking Hazards (OSHA 3157) is available either on OSHA's website at www.osha.gov or from the Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954, or phone (202) 512-1800, or online at bookstore.gpo.gov/index.html. To file a complaint by phone, report an emergency, or get OSHA advice,

assistance, or products, contact your nearest OSHA office under the "U.S. Department of Labor" listing in your phone book, or call us toll-free at (800) 321-OSHA (6742); teletypewriter (TTY) number is (877) 889-5627. To file a complaint online or obtain more information on OSHA federal and state programs, visit OSHA's website at www.osha.gov. Frances Mahon Deaconess Hospital has met all criteria for Laboratory Accreditation by COLA, a national healthcare accreditation organization. Accreditation is given only to laboratories that apply rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency test-

ing, and pass a rigorous on-site laboratory survey.

Frances Mahon Deaconess Hospital has earned COLA accreditation as a result of a long-term commitment to provide quality service to its patients.

COLA is a nonprofit, physician-directed organization promoting quality and excellence in medicine and patient care through programs of voluntary education, achievement, and accreditation.

COLA is approved by the federal government and sponsored by the American Academy of Family Physicians, the American Medical Association, and the American College of Physicians-American Society of Internal Medicine.

How to Recognize and Alleviate Eustachian Tube Problems

Ear problems come and go, and some may be the result of seasonal allergies or the accumulation of wax or water inside the ear canal.

But some ear problems originate deeper within the anatomy of the ear, in an area called the eustachian tube. Dysfunction or clogging of the eustachian tube can create different symptoms and problems that will need to be addressed.

Baylor College of Medicine in Houston, Texas, says the eustachian tube is a narrow tube that connects the middle ear to the back of the nose.

Normally, this tube opens with every swallow or yawn to act as a pressure-equalizing valve for the middle ear. It also serves to drain the mucus produced by the lining of the middle ear. At times, the tube can get blocked, causing a negative pressure that draws the eardrum inward. When this occurs, dull or muffled hearing is sometimes evident, and individuals may feel pain and pressure.

Colds, sinus trouble, allergies, and other ailments can contribute to eustachian tube dysfunction. The pressure change within the ear as well

as a buildup of mucus can lead to trouble and a visit to a doctor. In many cases, eustachian tubes will become clear again on their own. However, some doctors will prescribe a decongestant nasal spray to help the process along. If an ear infection is suspected, antibiotics may be prescribed. Various all-natural remedies, such as holding one's nose and blowing to try to clear the congestion, can be attempted as well.

Those suffering from eustachian tube congestion should consult their physicians to develop courses of treatment



To schedule an appointment with Dr. Kevin Ross for Botox and Fillers, contact Hi-Line Med Spa at (406) 228-3536



Kevin Ross, MD
is now taking patients for Botox and Fillers!



WORLD MARKET CENTER™
LAS VEGAS

**PRODUCTS THAT HAVE
NEVER BEEN IN GLASGOW!**



NEW INVENTORY!

5th Avenue Pharmacy just returned from the World Market Center in Las Vegas...
with a bunch of *new inventory!*
Come by and see products Glasgow has yet to see!

Have a wedding coming up?

We do wedding registries!



Items include:

- Kitchenware
- Home Decorations
- Seasonal Items
- And more!

How about the birth of a baby?



Fill out your baby shower registry here!

Items include:

- Hooded Towels
- Infant Clothing
- Infant Toiletries
- And more!

Come stop by to
take a look at our selection 😊



Open Monday - Friday
9:00 am—5:30 pm

Conveniently located inside of Frances Mahon Deaconess Hospital

Keeping Montana Tobacco/Smoke-free

In 2005, the Montana legislature passed the Clean Indoor Air Act (CIAA), one of the most important public health policies in state history. Laws like the CIAA reduce heart attack rates by at least 20 percent. They also reduce lung disease, including lung cancer, as well as other debilitating and fatal illnesses, and they protect unborn children and

young children from health problems.

The law requires all enclosed public places and workplaces to be smokefree and it requires businesses to prominently place smoke-free signs on all public entrances. The Montana Department of Public Health and Human Services has adopted rules.

The health benefits of

the law are three-fold:

- Patrons and workers alike are protected from the deadly health effects of secondhand smoke exposure.

- More people who smoke will try to quit.

- Fewer Montana youth will begin smoking.

October 1, 2009, marked an important day for tobacco use prevention in Montana. Full implemen-

tation of the Montana Clean Indoor Air Act requires all enclosed public places and workplaces, including bars, taverns, and casinos, to be smokefree, and requires businesses to prominently place smokefree signs on all public entrances. Laws like Montana's CIAA protect public health and prevent diseases caused by exposure to secondhand tobacco smoke. The significance of this major public health policy extends to future generations who will grow up healthy in a smokefree Montana.

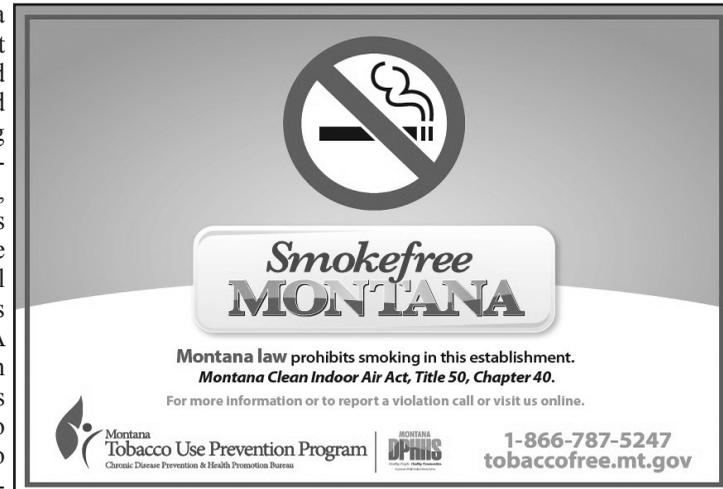
We encourage businesses and community members to learn more about the CIAA by visiting www.dphhs.mt.gov/publichealth/mtupp/CIAA.aspx.

Surveys show that the majority of Montanans support the CIAA. This

law belongs to Montana's citizens, and we appreciate your continued support. You can help save lives by complying with the MT Clean Indoor Air Act. If you observe a violation of the law in any enclosed public place or workplace in Montana, you can report it by completing a violation report form on the DPHHS website or by calling the Valley County Health De-

partment at 228-6261.

If you or someone you know would like free help quitting tobacco use of any kind, call the Montana Tobacco Quit Line toll-free at (800) QUIT NOW (1-800-784-8669), visit www.QuitNowMontana.com, call the Valley County Health Department at (406) 228-6261, or stop by the VCHD office at 500 4th Street South in Glasgow.



ATTENTION All Student Athletes

Annual Physicals for the 2016-2017 Sports Season

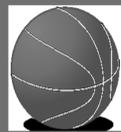
All student athletes will need to make individual appointments at the Glasgow Clinic.

Don't wait! Schedule your appointment now by calling 228-3400.

Recommended scheduled appointments for athletes participating in sports:

Winter/Spring Sports

If you *are not participating* in Fall Sports but do plan to participate in **Winter/Spring Sports** (basketball, golf, softball, track, and wrestling) schedule your appointment to occur between **now and November, 2016.**



Please Bring the Following:

- Approved annual physical form (can be obtained from your school or administration office)
- "Consent for annual physical" form (can be obtained from your school or administration office)
- A current insurance card



Best dress to wear: shorts, loose fitting shirt, and sandals.

If you wear contact lenses or glasses please bring them with you.

The Glasgow Clinic will return the completed form to your school, as well as submitting the bill for this physical exam to your health insurance company. If you do not have health insurance or if your insurance policy does not pay for this exam, financial assistance is provided as a service to our community.

You will not have an out of pocket expense for this service.

DO YOU WANT TO WORK AT

**APPLICATION DEADLINE:
UNTIL FILLED**

FMDH

AVAILABLE POSITIONS

Certified Pharmacy Tech

Customer Service Rep, Glasgow Clinic

HR Assistant & Payroll Manager

Outpatient Position

Surgical Scrub Tech

Health Unit Coordinator (Ward Clerk)

To learn more or apply visit

www.fmdh.org



FMDH sponsored a "Win the Hoop" event at Prairie Ridge Village's Annual Family Appreciation Day in August to promote health and wellness for children and adolescents. Young community members were encouraged to participate in a free-throw contest to win a new basketball hoop. Pictured left is Hayley Stanley, winner of the hoop. Pictured above, Matthew Stevenson presents the brand new hoop to Stanley for her efforts.



Frances Mahon Deaconess Hospital invites you to

Childbirth Preparation Class

Preparing for Labor and the Birth of your Baby



Upcoming Classes:
October 1st, 2016
 9 am - 4 pm

Our Childbirth Educators and Labor Nurses are excited to meet you and help to achieve your best birth experience possible.

Space is limited!

For more information or to register for a class please call (406) 228 3500 Extension 3288



Botox + Dermal Filler

Botox and dermal filler combined work together to achieve optimal results when seeking a refreshed youthful appearance. Botox relaxes the muscles that are contracting to form the lines and wrinkles in the face and neck. Botox can also be used to create lift in certain parts of the face. Dermal fillers work by restoring lost volume that occurs with aging. Areas in the face for volume restoration, include flat cheekbones, deep hollows under the eyes or temples, or lines around the mouth and chin. To truly transform your look, sometimes more than one therapy is required to achieve the best outcome.

For the month of September, we have a promotional package that includes botox + filler.

Purchase one area for botox at regular price and receive \$100 off 2 injectable treatments or \$200 off 3 injectable treatments.

For any questions or to schedule a complimentary consultation, contact Hi-Line Med Spa at (406) 228-3536