

# Clinic Connection

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Summer 2010

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## Chang featured in MD News!

Wichita Clinic's Michael Chang, MD PhD, and his expansion of spine care services across Kansas is the featured cover story in June's issue of *MD News*.

At a time when back injury incidents are on the rise and access to spine care has become a major concern across the nation, this article shows how Dr. Chang is making a difference in the Midwest.



"Since coming to Wichita in 2007, he has made a point of doing outreach so he can bring spine care to many patients in an increasingly expansive area. Treating patients in the East Wichita, West Wichita and Newton locations, Dr. Chang sees a real value in serving the community in this capacity ... Dr. Chang will [now also] be traveling several hours from Wichita once a month to Pratt, which has been identified by Wesley Medical Center as an underserved area where patients need and would greatly benefit from access to spine care."

— Expanding Spine Care Across Kansas  
*MD News*, June 2010

Check out the full story in the June issue of *MD News* or read it online at [greaterkansas.mdnews.com](http://greaterkansas.mdnews.com).

View this and past issues of the Clinic Connection on [wichitaclinic.com](http://wichitaclinic.com)

## Ways Wichita Clinic employees stay in shape

**Robert Lakin, MD**  
**Sleep Medicine Center of Kansas**  
**Indoor rowing** — For the second year in a row, Dr. Lakin finished first in his age category at the Crash-B sprints world indoor rowing championships, held in Boston on February 15. Dr. Lakin competed in the 2000 meter race with a time of 7:03.6 minutes.

**Mignon Layman, RN MBA**  
**Advanced Aesthetics, Manager**  
**Running** — Layman has competed in four marathons so far this year including Phoenix, Boston, Big Sur and Seattle Marathons. Later this year she'll compete in both the St. George Utah and New York Marathons.

**Donald Luellen, DDS**  
**Murdock, Dentistry**  
**Workouts** — Dr. Luellen exercises six days a week. He does a variety of upper and lower body workouts, cardio conditioning and works out with a personal trainer at Genesis Health Club once a week.

**Jose Sanchez, MD**  
**Carriage Park, Pediatrics**  
**Yoga** — Dr. Sanchez takes yoga classes with his wife at the YMCA.

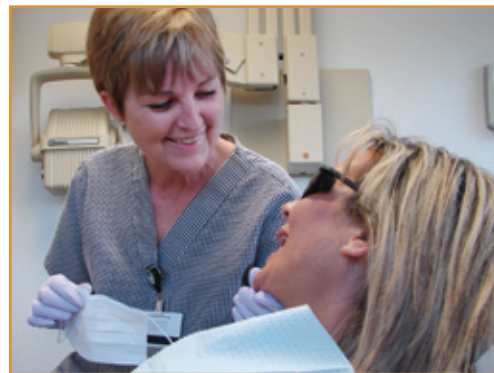
**Valentin Tandoc, MD**  
**Bethel-Newton, Urology**  
**Bonnie Tandoc, PhD ARNP**  
**Bethel-Newton, Obstetrics and Gynecology; Founders' Circle, Breast Care Services**

**Dancing** — The Tandocs are dedicated international ballroom dancers who dance daily, usually a minimum of two hours a day, and take both private and group lessons. They entered their first national competition in June and won first place in each event at the bronze level. They can waltz, quickstep, tango, cha cha, rumba, jive and samba and are currently learning paso doble for their next competition.

Talk to your doctor about these and other ways you can stay fit.

## Huston says "Yes" to a healthier lifestyle

There's no denying it ...  
**Lavonna Huston is a changed woman.**



*Wichita Clinic Dental assistant Lavonna Huston no longer worries about smelling like smoke when with a patient.*

When August 2009 rolled around, Huston, a dental assistant at Wichita Clinic Murdock, decided she'd had enough and it was time to quit smoking. "It's bad for you, I was tired of smelling bad and it's becoming socially unacceptable," she explained. "I'd go out to dinner and couldn't wait to get up for a cigarette."

With these thoughts circling in her mind, Huston set a quit date: December 31, 2009. She had a few months to go, so in the meantime she continued on with her routine of smoking 20 cigarettes a day. As the date drew nearer, Huston didn't really focus on the battle she was about to face. But when she found herself sitting in the emergency room on December 15 with chest pain, she knew she had to give it her all. After 30 years of smoking, it was time to quit.

Huston decided to stop cold turkey — no weaning and no medications. She started out by simply altering her day so she wouldn't have time to smoke. She wakes up later in the mornings. She doesn't allow much time for taking breaks, and if a craving hits, she gets up and finds something to do. She did unfortunately have to stop reading books since smoking had always coincided with her reading enjoyment. Luckily, she's found a new passion to replace it with.

On January 19, Huston joined the YMCA and was deeply bothered by what she saw. "I saw women older and heavier than me jogging and I was mad I couldn't do it," she remembers. "I didn't have the air or the stamina."

Motivation immediately set in. Huston started out by jogging half a lap, then increased to a full lap and then two laps. By February 17, Huston was able to jog her first continuous mile. Just two days later she jogged two miles. After two more days, she jogged 3.1 miles (the equivalent of a 5K). Then on March 20, her 54th birthday, Huston jogged 6.2 miles (10K). She has since jogged a 10K distance four times, and after much encouragement from her physician, Dr. Thomas Reals, she participated in the Senior 5K.

"It takes me over an hour to do 10K, but at least I can do it," she beams, her smile stretching from ear to ear. "I love doing it ... It just clicked with me — who would've ever thought?"

Not only is Huston in better shape, but Dr. Reals also began reducing her blood pressure medication once she quit smoking. After popping these pills for four years, Huston is completely off of them, something Dr. Reals told her is highly unusual.

It's been about seven months since she quit smoking and Huston's not worried about starting back up. She says she no longer has cravings and that as long as she continues to exercise, she doesn't believe she will ever want to. "As long as I can breathe freely, I am so over it!"

September 25 is Family Health and Fitness Day — [fitnessday.com](http://fitnessday.com)

# New physicians at Wichita Clinic



Hilary E. Rainbolt, MD  
Joined July 12  
Obstetrics and  
Gynecology  
Murdock • 689-9234



Cindy W. Tom, MD  
Joined July 26  
Cardiovascular  
Disease  
Murdock • 689-9370



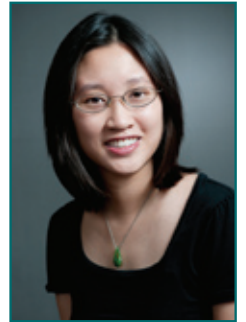
Katie R. Sutton, MD  
Joined August 2  
Obstetrics and  
Gynecology  
Murdock • 689-9234



Miki Matsuda,  
DPM MBA  
Joined August 2  
Podiatric Surgery  
Founders' Circle and  
Northeast • 613-4640



Ahmad Y. Izard, MD  
Joined August 2  
Radiology  
Murdock • 689-9422



Beryl F. Yaghmai, MD  
Joining September 1  
Pediatric Hospitalist  
Murdock • 689-9381

Visit [wichitaclinic.com](http://wichitaclinic.com) for complete bios of all our physicians and locations. Our online search function makes it easy to locate physicians and extenders based on specialty, education, location, languages spoken, etc.



Healthy recipe  
recommendations  
from Wichita Clinic  
Dietitian

**Sheryll Clarke,**  
MS RD LD



## Red, White and Blueberry Crisp

25 Minutes to Prepare and Cook  
Makes 8 servings

### Ingredients

- 2 cups blueberries
- 2 cups strawberries, hulled and quartered
- ½ cup uncooked old fashioned oats
- 4 tsp sugar, divided
- 4 tsp unpacked brown sugar
- 2 tbsp light butter, melted
- ½ cup light whipped cream



### Directions

Preheat oven to 375°F.

In a small bowl, toss blueberries with 2 teaspoons of granulated sugar; set aside. In another small bowl, toss strawberries with remaining 2 teaspoons of granulated sugar; set aside.

In a third small bowl, stir together oats, brown sugar and butter. Spread mixture in a single layer on a sheet pan; bake, stirring occasionally, until lightly browned, about 15 minutes.

Spread blueberries and strawberries in an 8 x 8-inch glass dish, alternating to create stripes. (Or prepare in individual serving bowls.) Sprinkle with oat topping, decorate with whipped topping and serve.

Recipe courtesy of SparkRecipes®, online user CMMIRANDA72

For more healthy recipes, visit [wichitaclinic.com](http://wichitaclinic.com)

### Nutritional Information for this recipe:

- Calories: 74.8
- Total Fat: 2.5 g
- Cholesterol: 0.0 mg
- Sodium: 24.5 mg
- Total Carbs: 14.0 g
- Dietary Fiber: 1.5 g
- Protein: 0.4 g

## Magidson named 2009 Founders' Award winner

Elliot A. Magidson, MD (Pathology) was honored as the 2009 recipient of Wichita Clinic's Founders' Award at the clinic's annual Founders' Award celebration held in May.



The Founders' Award is presented each year to the Wichita Clinic physician who most exemplifies the following criteria: provides excellent patient care, enhances patient care by positive interactions with others in the group and maintains excellent rapport with peers, personnel and patients.

"The Founders' Award is given to the physician that best exemplifies the strongest and best motivation of the group, advancing patient care by interacting positively with colleagues and staff," says Dr. Robert S. Kenagy, Chief Medical Officer at Wichita Clinic. "Dr. Magidson has earned the trust and respect of his clinic colleagues by delivering the best in pathology services over the past 22 years. He has helped set the tone with his commitment to excellence."

Founders' Award recipients are nominated by the Board of Directors and chosen by a vote of the professional staff. Previous recipients include Drs. Hummer, Drevets, Menking, Leitner, Skibba, Lucas, Schlicher, Murphy, Taylor, Capper and Fitzig.

## Taking the green initiative

Thanks to a patient's letter of concern, Wichita Clinic has taken yet another step toward becoming a more eco-friendly company.

The mammography area distributes a plastic bag for each woman to place their clothes in during their exam. It was brought to the clinic's attention by an observant patient that disposing of these bags in the trashcan was harmful to the environment. The Radiology department has since acquired a hamper to collect the existing plastic bags, and as needed, staff is collecting and taking to a local recycling facility.

In addition to this new process, Wichita Clinic has made several other attempts to be environmentally conscious where possible. The Radiology department has been recycling the plastic containers for contrast media (dye for various radiology procedures) by collecting and taking these containers on their personal time to a Dillon's drop point. Most Wichita Clinic employees have recycle boxes under their desks for paper waste, all box waste generated from supplies is recycled and most employee break rooms have separate containers for aluminum cans and plastic bottles. Wichita Clinic also received the 2007 Rachel Snyder Memorial Landscape Award from the Kansas Native Plant Society for allocating and protecting much of the native plants around the Founders' Circle location.

If you have any suggestions about ways Wichita Clinic can make other green initiatives, please send your ideas to Purchasing Manager Kelly Isham at [ishamwk@wichitaclinic.com](mailto:ishamwk@wichitaclinic.com).

## Wichita Clinic Calendar

**August 18**

**Free Vein Screening**

3 pm–6 pm • Advanced Aesthetics  
Call 609-4440 to schedule an appointment.

**September 15**

**Free Vein Screening**

3 pm–6 pm • Advanced Aesthetics  
Call 609-4440 to schedule an appointment.

**September 17**

**Lunch and Learn**

Top Ten Questions about Varicose Veins and Spider Veins  
Jack Shellito, MD FACS  
Jason Slaikeu, MD RPVI  
11:30 am–1 pm  
Wesley Medical Center  
Call 962-8400 to RSVP.

**September 17**

**KAANP Annual Meeting**

Philip Harris, MD FACS  
8 am–10 am

**September 23**

**Senior Expo**

9 am–3 pm • Botanica  
[cpaaa.org/Senior\\_Expos](http://cpaaa.org/Senior_Expos)

**September 25**

**Komen Race for the Cure**

8 am • Towne East Square  
[wichitaracefortheure.com](http://wichitaracefortheure.com)

**September 25**

**WRRS Mini-Golf Masters Tournament**

10 am • All-Star Adventure Sports  
[kmuw.org/index.php/wrrs/](http://kmuw.org/index.php/wrrs/)

**September 25**

**Harvey County Chili Cookoff**

11:30 am–1:30 pm  
Next to Prairie Harvest, Newton