

Patient Carolina Botero  
moved to Vail and

# FOUND HOPE

► Read Carolina's story on page 2

## 2017 PROGRAM UPDATE

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# LIFE-CHANGING

## Care in Vail

Your generosity allows Carolina Botero to train with Taylor Heppner and regain her active life after four hip surgeries.

“I thought I’d never walk again without hip replacement,” says Carolina Botero. Not something you want to face at 26 years old.

Carolina had torn cartilage in her hip joint while jogging. She had surgery to repair the damage close to her Florida home. But the pain persisted, so eight months later, she was back in the OR.

This wasn’t the end of Carolina’s pain. Doctors said her only recourse was hip replacement. Then she heard about the world-class orthopaedic care in Vail.

### Vail move brings hope

Carolina moved to Vail in 2016 for hip surgery. This was followed by physical

therapy at Howard Head Sports Medicine.

“My physical therapists were amazing,” Carolina says. “They treated my whole person, not just my hip. They explained everything throughout my therapy and were always encouraging.”

### Howard Head provides unequaled rehab

During recovery, Carolina returned to Florida and continued rehab there. Back in Vail six weeks later, her progress had taken a backslide.

“I was actually worse,” she says. “Physical therapists elsewhere aren’t used to working with athletes. They just don’t have the knowledge of sports injuries Howard Head does.”

### Care only available in Vail

Even with successful labrum repair and extensive PT, Carolina’s hip was still unstable. Her anatomy predisposes her to hip injury.

To stabilize her hip, Vail surgeons reinforced all the ligaments in the joint. Now her risk of reinjury is almost nil.

Carolina has been off crutches for nine months. Best of all, she’s returning to the activities she loves—pain free.

“Moving to Vail was the best thing that could have happened to me. I give Howard Head a 10 out of 10.”

## Your gifts rebuild bodies through a UNIQUE PROGRAM

Howard Head Performance offers fitness programs for each person’s needs.

Carolina Botero spent the better part of 18 months on crutches during the course of four hip surgeries. Her entire body had atrophied. She turned to Howard Head Performance by EXOS for help in regaining overall strength and fitness.

“Howard Head Performance helps fill the gap between physical therapy and high performance,” says Nico Brown, vice president, Howard Head Sports Medicine and Total Joint Center. “It’s designed for anyone who wants to become stronger and healthier.”

### Personalized training for each fitness goal

Howard Head Performance is very different from other fitness programs. It uses an integrated system to help people achieve their desired fitness level.

“Our goal is to make Howard Head Sports Medicine a one-stop shop for people recovering from injury. Patients can easily move from

surgery to PT to sports performance. We help them fully prepare for an active lifestyle,” says Chris Knerl, performance manager.

The Orthopaedic Bridge Program is unique to Howard Head Performance. Patients still in rehab work with a coach to strengthen their overall bodies. After finishing physical therapy, they can continue training to achieve greater fitness.

### Generous supporters enhance performance

Your gifts make Howard Head Performance possible. Philanthropy purchased the latest in exercise equipment for the program’s three centers. Each machine’s unique design maximizes training and prevents injury.

“Howard Head Performance is a natural progression in meeting the health and wellness needs of our region,” says Luke O’Brien, Howard Head vice president. “It’s the gold standard of orthopaedic care.”



### The program offers a service for every need, including:

- Individualized performance plans
- Semi-private and group training
- Youth and adult sports camps
- Orthopaedic Bridge Program
- Sports science testing





## Program trains future leaders in SPORTS MEDICINE

Your support enables residents to learn from the best.

**“**I had experiences at Howard Head I couldn’t have gotten anywhere else,” says Caitlin Wooldridge, one of last year’s Howard Head physical therapy residents. “I learned from some of the smartest clinicians in the world.”

Your gifts make it possible for two residents to further their knowledge and skills at Howard Head Sports Medicine each year.

“Our residency exists only because of our supporters,” says Thomas Olson, director of Research and Education. “Your gifts help us provide a program we feel is among the best.”

### Your gifts fund unique experiences

“We know residents learn best by working with senior therapists,” he

says. “That’s why our program includes 200 hours of mentoring. This far exceeds other programs.”

In addition, our residents further their skills through stints at Gundersen Health System’s Sports Physical Therapy Residency in Wisconsin and the USSA Center of Excellence in Utah. They also provide medical coverage for the U.S. Ski, Freeskiing and Snowboarding teams and USA Climbing team.

Thomas says Howard Head’s partnerships with The Steadman Clinic and Vail-Summit Orthopaedic Group also set our program apart. Residents learn about the most complex surgeries from these renowned specialists.

“Experiences like these help our residents become master clinicians,” he says. “They’ll be tomorrow’s physical therapy experts.”

**“I learned from  
some of the  
smartest clinicians  
in the world.”**

Caitlin Wooldridge,  
former Howard Head resident

Resident Katie  
Weigand learns  
best-practice  
care from Matt  
Dudek.

## HEART HELPERS



You helped stop 20 heart attacks in their tracks in our cardiac cath lab.

**S**ince 2015, over 500 life-saving heart procedures have been performed in the Precourt Family Cardiac Catheterization and Electrophysiology Lab. In fact, the team has stopped 20 heart attacks in the lab so far.

One grateful patient says, “I was on vacation when I had a heart attack. From the moment the paramedics arrived, I was confident in the care I was receiving. I have been in many hospitals, but Vail Health surpasses them all.”

Our team also cares for people with artery disease, acute coronary syndrome, congestive heart failure and arrhythmias. They treat

these patients with angiography, catheterization, ablations, implants and other advanced procedures

### Recovery through rehab

Your gifts also make a difference in the lives of heart patients through our cardiac rehabilitation program. In 2017, 112 people participated in the program, accounting for 1,377 visits.

They used our many services, including heart health education, personalized exercise in our rehab gym, nutrition counseling, fitness classes and much more.

Thanks to you, heart patients at Vail Health regain healthy, active lives.





Wellness program treats the

# WHOLE PERSON



Spirit of Survival helps patients cope with cancer, thanks to you.

**A**t Shaw Cancer Center, we believe in treating each patient's body, mind and spirit. Our Spirit of Survival program is designed to do just that.

Each year, your support allows Shaw patients to access free programs and services that dramatically impact the quality of their lives.



Your gifts provided Shaw patients expanded services last year through our Spirit of Survival wellness program.

## In 2017, philanthropy covered the cost of:

- 1,297 counseling sessions
- 429 nutrition consults
- 734 massages, acupuncture and reiki sessions
- 1,854 fitness classes
- 861 wellness and exercise classes
- Cooking demonstrations, art and pottery classes, educational lectures and group outings
- Expanded services in Eagle, Gypsum and Summit County

## A Special Thanks

Thank you to over 9,000+ people who participated or donated to Pink Vail in 2017. You raised more than \$817,000 to fund the Spirit of Survival program. Your support helps provide cancer patients relief during one of the most difficult times in their lives.



Celebrating 10 years  
of caring at

# JACK'S PLACE



Your gifts provide out-of-town patients home-like lodgings.

**"**It's impossible for me to express what a huge difference the welcoming environment of Jack's Place made during my treatment. I felt like a guest in a good friend's home."

This is from a patient who stayed at Jack's Place, A Cancer Caring House during treatment at Shaw Cancer Center.

In 2017, 419 patients and their caregivers enjoyed a comfortable refuge at Jack's Place.

Your gifts allow patients to enjoy luxury bedrooms, a fully equipped kitchen, a mountain-view patio and more at little or no cost. Philanthropy also keeps Jack's Place in tip-top condition by covering daily operating and maintenance costs. Also last year, your gifts spruced up the facility with new decor.

Thanks to people like you, Jack's Place will be a home away from home for our patients for years to come.

## Philanthropy offers cancer patients support when needed most.

As if dealing with cancer weren't enough, Shaw patients can also face financial stress caused by the disease. That's when your support of Shaw's Patient Assistance Fund comes to the rescue. During 2017, 44 patients received financial assistance, totaling just over \$60,700.

Because of you, the program provides patients a one-time payment for expenses not covered by insurance, such as rent, mortgages, home healthcare, transportation and groceries.

In a thank you note to the Shaw staff, a patient said the check he received through the program was "a shot in the arm." He said it came as a "great relief."

He closed his note by writing: "Shaw is such a wonderful place, I feel like a character in the old TV show 'Cheers' where everybody knows my name. The entire organization is geared to making this otherwise depressing life event as pleasant as possible."





# HIGH TECH, HIGH TOUCH

Your gifts ensure patients receive state-of-the-art care across the hospital.

## Laser-focused cancer treatment augments cancer care

The Shaw Cancer Center may be small, but philanthropy enables us to purchase the most up-to-date technology. This helps us provide the best, personalized care possible.

Benefactor gifts purchased ARIA last year. This oncology-specific software complements our TrueBeam linear accelerator. Linear accelerators deliver exact beams of high-energy X-rays into tumors. This precision helps reduce damage to surrounding tissue.

"Since its installation, we've used the TrueBeam to provide our patients excellent care," says Merrill Mann, medical physicist. "But ARIA gives us full functionality of this amazing piece of equipment."

Other benefits include improved safety protocols and a more efficient process for creating treatment plans.

It also shortens the time it takes to load therapy details into the TrueBeam. This reduces treatment times and provides physicians immediate access to treatment data.

"We're very excited to offer an enhanced and more streamlined radiation therapy platform so patients receive the safest, most advanced care," Merrill adds.

## Pre-surgical marker enhances patient experience

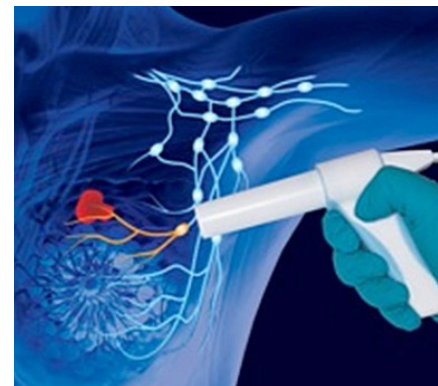
Your gifts make lumpectomies more precise, convenient and comfortable for Shaw patients. How? By purchasing the new Sentimag magnetic seed localization system. It's a great alternative to the traditional needle wire localization method.

The procedure consists of inserting a magseed (the size of a grain of rice) into the breast lesion, which can be done 30 days prior to surgery. This

allows patients to go straight to the OR on the day of surgery or wait up to 30 days to schedule surgery.

Then during surgery, a probe locates the seed and guides removal of the tissue.

"This new technology provides so many benefits to patients," says Colleen Berga, RT(R)(M), manager, Sonnenalp Breast Center. "It alleviates the discomfort and complications of using localization wires to locate tissue in the breast."



## New technology advances EMERGENCY CARE



Now injured skiers have a safer, more comfortable trip to the Emergency Department, thanks to you. Your gifts purchased the new Stryker Power-PRO Cot and Power Load system for the ED.

This system allows a person to be secured to the power cot at the base of the mountain and rolled directly into the hospital. No need for extra transfers. It also provides greater safety, allowing patients to be secured to the vehicle. This reduces jostling and further injury.

"With the power cot and load system, we're able to provide even better emergency care for our patients," says Sarah Drew, RN, director of Emergency Services.

The system also benefits staff. The old transport method required EMTs to pull and push the ski sled out of the emergency vehicle. Then they had to lift the sled with the patient.

Today, a push of a button lets the EMTs raise and lower the cot. And the power loader lifts the cot, eliminating back injury.

In addition to receiving great care, injured skiers are transported to the ED free of charge. Last year, our EMTs transported over 1,000 skiers to the hospital.

Thanks to people like you, Vail Health has offered this service for over 25 years.



"Now with the power cot and load system, we're able to provide even better emergency care for our patients."

Sarah Drew, RN  
Director of Emergency Services



## CONSTRUCTION UPDATE

Newly remodeled west wing

# WELCOMES PATIENTS

Your investment in Vail Health Hospital helps people recover better.



**B**ecause of you, we reached a major milestone in the renovation of Vail Health Hospital in 2017. The west wing officially opened August 22. Now patients enjoy easy access and pleasing spaces in the remodeled and expanded wing.

### Your campaign gifts built:

#### More patient rooms

Now the Patient Care and Intensive Care Units each have five new rooms. The rooms surround a nurse station so staff have direct line of sight to patients. This creates greater efficiencies so nurses can spend extra time with patients.



#### Larger Howard Head Sports Medicine clinic

Your gifts increased the size of the Vail clinic 30 percent. The extra space makes room for additional treatment beds. And it allows therapists to treat more patients with shorter wait times. The clinic's new waiting area is named the Wiegerts Family Lobby.



#### New entrance and lobby

The new Ann Smead and Michael Byram Lobby welcomes patients and visitors to the west wing. Patients can now be dropped off right at the front door.



#### Bigger, better surgery department

Your gifts make surgery a little easier. Patients now prep for procedures in 10 new pre-op rooms. And they recover in eight new post-op rooms. These private rooms improve patient safety and outcomes. The new Surgical Services waiting area is now the Art and Elaine Kelton Lobby.



"The new rooms are incredible. We're better able to monitor and care for our patients in this beautiful new space."

Clinical Manager Cassie Dirks, BSCN

#### Larger research labs

Your investment also built a new regenerative medicine lab and biomotion lab. Researchers at Steadman Philippon Research Institute now have the most advanced labs and equipment. These resources help them discover new orthopaedic treatments.



#### Expanded orthopaedic care

Thanks to you, the wing has a new fourth floor. It's the home of Steadman Philippon Research Institute and The Steadman Clinic. The larger footprint makes way for more labs and exam rooms. Your gifts make a huge difference in patients' lives.



Challenge to raise

# \$100 MILLION

Your generosity to Together-The Campaign for a Health, Active Tomorrow is transforming Vail Health Hospital into the "hospital of tomorrow." In addition, your campaign gifts are helping Steadman Philippon Research Institute discover better therapies for orthopaedic injury and disease. Thanks to you, campaign funds totaled over \$80 million on Jan. 1, 2018.

**Our community deserves the very best medical care. That's why Vail Health and SPRI have accepted the challenge to raise \$100 million—\$25 million above the original campaign goal.**

Raising these additional dollars will greatly impact area residents and visitors—providing them more health services and greater access to new treatments. Every dollar you give helps make Eagle County a healthier, more active community.

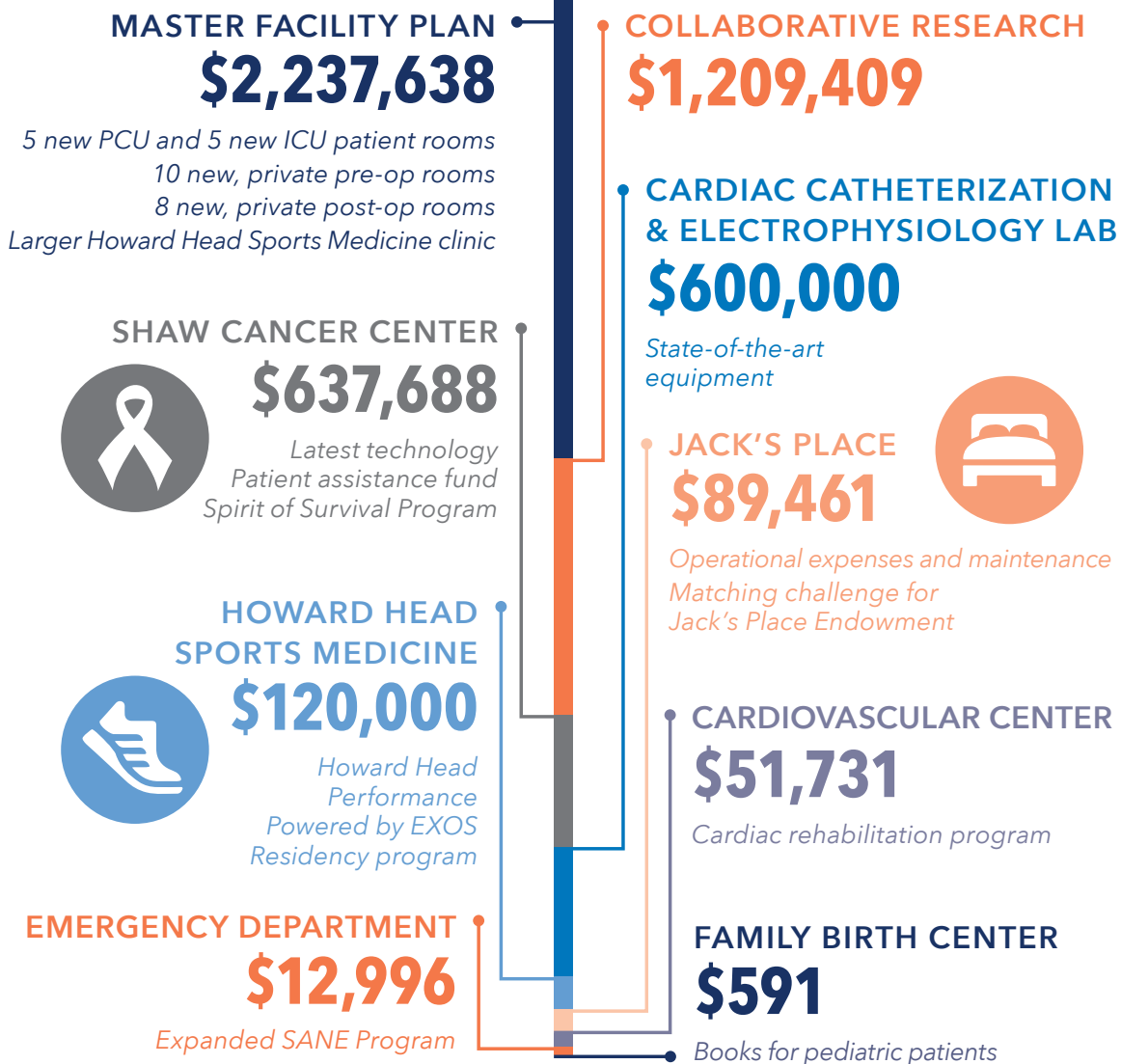
For more information about the campaign:  
[spri-vailhealth-together.org](http://spri-vailhealth-together.org) | (970) 569-7766



# YOUR GIFTS AT WORK

Because of your support, nearly \$5 million enhanced patient care and research at Vail Health in 2017. A huge thanks to you for your generosity.

## \$4,959,514 in 2017



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