

# Specialty Clinics & Services Reference Guide



Live life in a better state of health.



**TriState Health**

## OUR MISSION

Your Health Is Our First Priority!

## OUR VISION

We place the healthcare needs of our community first by partnering to bring care beyond our walls through innovative technology and collaboration. We are a regional healthcare leader and employer of choice, delivering the highest quality of care to facilitate health, healing, and well-being throughout our community and those we touch.

## OUR VALUES

Quality, Compassion, Collaboration, Innovation, and Respect

## HOSPITAL CLINICS & SERVICES

24-Hour Emergency  
3 Family Practice Clinics  
Behavioral Health Clinic  
Comprehensive Breast Health  
Dialysis Center  
General Surgery Clinic  
Hyperbaric Medicine  
Imaging Center  
Internal Medicine  
Interventional Pain Consultants  
Joint Orthopedics Program  
Minor Care Center  
Nephrology  
Podiatry  
Pulmonology  
Respiratory Therapy  
Rheumatology  
Sleep Lab  
Surgery Center  
Urogynecology  
Urology  
Wellness Clinic  
Wound Healing

## HOSPITAL BOARD

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# TriState Health

1221 Highland Avenue, Clarkston, WA 99403  
TSH.org | 509.758.5511

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## Additional Information

### ADMISSION PROCESS

TriState Health's Specialty Clinics accept new patient referrals from primary care and specialist providers. Some specialty clinics have specific requirements for patients; please refer to the information listed on the clinic's page.

Once a primary care or specialty provider has referred a patient to a TriState Health Specialty Clinic, a new patient packet will be mailed to them for completion. There will be a postage-paid return envelope with the packet.

Some clinics and services do not need a referral from a primary care or specialist provider, these include:

- Behavioral Health
- Interventional Pain Consultants
- Urogynecology
- Urology
- Podiatry
- Wound Healing & Hyperbaric Services

### ACCEPTED INSURANCE

We accept most types of insurance at TriState Health. For questions about what insurance is accepted, please contact TriState Patient Access Representatives at 509.254.2716.

### CLINIC HOURS

TriState Specialty Clinics are open Monday through Friday; please call to confirm hours of operation.

- ▶ For the most up-to-date Specialty Clinic Reference Guide, please visit [TSH.org/Clinics-Services](https://TSH.org/Clinics-Services).

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# BEHAVIORAL HEALTH



1119 Highland Avenue, Suite 6, Clarkston, WA

TriState Behavioral Health will be moving to 1271 Highland Avenue, Clarkston, WA, in Summer 2024.

Phone: 509.769.2211 | Fax: 509.769.2210

## Why Choose TriState?

TriState Behavioral Health is sensitive to the needs of each patient. TriState's professional team offers cutting edge, evidence-based, addiction and psychiatric services so that every person that walks through our doors has access to informed, quality care. We do not believe in a "one-size-fits-all" approach and will work with you to create an individual customized care plan to achieve the best, and most optimal results. Our clinic coordinates with collaborating partners to provide comprehensive, therapeutic treatment, including providing referrals to community resources as needed. At this time, we do not offer one time evaluations.

## What We Offer

### Compassionate Care In Psychiatric Services

At TriState Behavioral Health, we understand the need to offer treatment options to children, adolescents, and adults who experience mental health challenges. TriState provides an assessment of current concerns, diagnoses, and presents recommendations for appropriate treatment with medication or psychotherapy. The psychiatric services are focused on taking a holistic approach with an emphasis on obtaining accurate diagnoses through a thorough history evaluation. Specific services focus on diagnosis, treatment planning, as well as psychopharmacological medication management. We provide brief psychotherapy and medication management evaluations that focus on improving our patients' overall well-being through coping skills, the use of mindfulness strategies, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Motivational Interviewing.

### Compassionate Care In Treating Addiction

TriState Behavioral Health is committed to providing the highest quality of comprehensive support to patients wanting help with addiction. We provide resources for the prevention, intervention, and treatment for substance or alcohol use disorders in an outpatient setting.

## Detailed Services

Services offered, but not limited to:

- Pharmacotherapy for addiction and/or mental health
- Comprehensive evaluation and treatment of substance use, mental health conditions or co-occurring disorders
- Medication-Assisted Treatment (MAT) for alcohol and substance use disorder- MAT combines behavioral therapy and medications to treat substance abuse disorders, including opioid use disorders. MAT provides treatment for the entire patient.
- Psychiatric care for all ages – including child and adolescent
- Detoxification outpatient

## Admission

Patients do not need a referral to be seen at TriState Behavioral Health.



### Elina Chernyak, DO

Elina Chernyak, DO, received her Doctorate of Osteopathic Medicine from Des Moines University College of Osteopathic Medicine in 2007. She completed her Residency at Meadville Medical Center in Pennsylvania and received her certification from the American Board of Family Medicine in 2012. She completed her Fellowship in Addiction Medicine at Case Western Reserve in Cleveland, Ohio, in 2013. She is committed to addressing addiction and the sequela of ailments associated with substance abuse. Dr. Chernyak is board-certified by the American Board of Preventative Medicine, board-certified in Obesity Medicine, and board-certified in Addiction Medicine.



### Nick Phillips, MD

Nick Phillips, MD, received his Doctorate of Medicine from St. George's University School of Medicine in 2014. He then completed his General Psychiatry residency at the University of Florida College Of Medicine – Jacksonville in 2017, serving as the Chief Resident for the Adult Psychiatry Residency Program. He is double board-certified in Adult and Child and Adolescent Psychiatry. Particular clinical interests include working with the adolescent age group and treatment of mood disorders such as depression. Dr. Phillips understands and encourages the development of a healthy lifestyle through proper diet, exercise, engagement in extracurricular activities, and a balance between work, school, and hobbies.



### Jessica Bringman, MSN, PMHNP-BC

Jessica Bringman, MSN, PMHNP-BC, received her Bachelor of Science in Nursing from Lewis-Clark State College in 2010 and her Master of Nursing from Walden University in Minneapolis, MN, in 2019. Jessica is certified by the American Nurses Credentialing Center as a Psychiatric Mental Health Nurse Practitioner and completed her Master of Psychopharmacology certificate through the Neuroscience Education Institute. Jessica began her nursing career at TriState Health over 20 years ago. Since then, she has managed the Community Based Outpatient Clinic in Lewiston, ID, and worked at the Department of Veteran Affairs in Walla Walla, WA.



# GENERAL SURGERY

1119 Highland Avenue, Suite 4, Clarkston, WA  
Phone: 509.254.2722 | Fax: 509.769.2022

## Why Choose TriState?

TriState General Surgery provides the diagnosis, treatment, and postoperative care for a wide range of surgical procedures. Our board-certified general surgeons are highly trained and committed to providing you with the best quality surgical care in the region. From your pre-operative appointment to post-op care, our team of surgeons, nurses, and staff will do everything they can to make sure you feel prepared and comfortable for your surgery.

## What We Offer

### Procedures & Conditions We Treat

We offer a variety of procedures and treatments. If you have any questions, please reach out to your primary care provider or our clinic.

- Amputations of limbs at all levels
- Appendectomy
- Benign and malignant tumors
- Breast surgery, including mastectomy and male breasts for benign and malignant
- Colon and rectal surgery
- Colonoscopy and upper endoscopy
- Diagnostic laparoscopy
- Gallbladder and bile duct surgery
- Gastric (stomach) resections for cancer and perforations
- Hernia (inguinal, umbilical, all incisional, and Spigelian)
- Lymph node removal
- Mediport placement
- Skin and soft tissue, including cancers
- Splenectomy
- Thyroid and parathyroid surgery

### Surgical Oncology

We offer comprehensive breast health services right here in the Lewis-Clark Valley! Our physician, Dr. Byron E. Wright, MD, FACS, is the only fellowship trained surgeon in the region who specializes in breast cancer. He has over 15 years of experience in the following services:

- Breast conservation surgery (BCS)
- Benign breast disease
- Mastectomy
- Sentinel lymph node biopsy

▶ Learn more about our breast health services by scanning the QR code or visiting [TSH.org/BreastHealth](https://www.tristate.org/BreastHealth)



## Admission

Patients can be self-referred or referred by a primary care provider.



### LeRoy Smith, MD


LeRoy Smith, MD, brings over 35 years of experience in general surgery and is certified by the American Board of Surgery. He received his Bachelor of Science in Pre-Medical Science from Saint Augustine's College in Raleigh, NC and his Doctor of Medicine from Washington University School of Medicine in St. Louis, MO. Dr. Smith continued his internship and general surgery residency in the US Army Medical Corps at Fort Lewis in Washington and received the Army Commendation Medal. He was most recently a General Surgeon at Western Arizona Regional Medical Center in Bullhead City, Arizona.



### Byron Wright, MD, FACS

Byron Wright, MD, FACS, received his Medical Doctorate from Chicago Medical School in North Chicago, Illinois, in 1995. He completed his general surgery residency at Hennepin County Medical Center in Minneapolis, MN and completed his fellowship in Breast and Surgical Oncology at The John Wayne Cancer Institute in Los Angeles, California. Dr. Wright has a broad array of expertise in managing many cancers, extensive experience in Acute Care Surgery, and has performed a high number of minimally invasive procedures. He was born and raised in the Seattle area but fell in love with the Inland Northwest while attending Gonzaga University as an Undergraduate.

# HYPERBARIC MEDICINE

 1119 Highland Avenue, Suite 7, Clarkston, WA  
Phone: 509.758.1119 | Fax: 509.758.1140

## Why Choose TriState?

Our cutting edge, hyperbaric chamber is overseen by our provider, licensed nurses, and technical staff that received specialized training in advanced wound care and hyperbaric medicine. If a patient has a wound that has not healed 50% in 4 weeks, they may have a chronic, non-healing wound. This can result from diabetes or other health problems. If you or a loved one dealing with chronic, or a slow-healing wound, you'll find support at TriState Health.

At TriState Health, you benefit from friendly and professional team from multiple specialties – including our podiatrist and general practitioners – who combine their expertise to diagnose and treat chronic and complex wounds. We offer individualized, comprehensive wound care programs for each of our patients.

## What We Offer

Our wound healing and hyperbaric team provides skilled and compassionate care using the latest techniques to diagnose and treat a broad range of conditions, including:

- Air or gas embolism
- Carbon monoxide poisoning
- Central retinal artery occlusion
- Chronic infected diabetic foot ulcers
- Chronic intracranial abscess
- Chronic refractory osteomyelitis
- Crush injuries
- Decompression illness (the "bends")
- Delayed radiation injuries of the bone and soft tissues
- Gas gangrene
- Idiopathic sudden hearing loss
- Preparation and preservation of compromised skin grafts and/or flaps
- Progressive necrotizing infections
- Severe anemia
- Severe thermal burns

In addition to diagnosing and treating the above conditions, we offer a variety of services, including:

- Advanced dressings
- Call and tissue based products
- Chemical and electro cautery
- Compression
- Hyperbaric oxygen therapy
- LUNA Florescent Microangiograph
- Negative pressure wound therapy
- Non-invasive vascular studies (ABI, TBI, Sensilase, TCOM)
- Surgical debridement, grafting, repair, and reconstruction
- Total contact casting

## Admission

Patients do not need a referral to be seen at TriState Hyperbaric Medicine.

**CALL TO SCHEDULE AN APPOINTMENT TODAY!**



### Brandon Whitlock, AG-ACNP

Brandon Whitlock, AG-ACNP, attended nursing school at Walla Walla Community College, and went on to obtain his master's degree in Nursing for Adult Gerontology Acute Care Nurse Practitioner through Walden University, headquartered in Minneapolis, Minnesota, in 2017. Brandon has over 15 years of experience working in various hospital environments, including sub-acute and long-term care. In his previous roles, he provided hospital evaluation and management of adult and geriatric patients, including those with complex medical needs. Brandon chose Wound Care as his specialty because of the impact wounds and infectious diseases have on his patients' daily lives.



# IMAGING CENTER



1221 Highland Avenue, Clarkston, WA

Phone: 509.758.4658 | Fax: 509.751.4558

## Why Choose TriState Health?

Our new all-digital Imaging Center offers a full range of diagnostic imaging services including, but not limited to 3-D mammography, stereotactic breast biopsy, breast ultrasound, bone density, ultrasound, CT, MRI, diagnostic x-ray, and cardiac echo. There are many benefits to receiving care at an imaging center that is integrated into an acute setting. Some advantages include:

- More timely scheduling
- Immediate referrals to surgeons and other specialists
- State of the art technology, right here at home
- A timely decision about the best course of therapy, if needed

Whether you need a mammogram, ultrasound, or diagnostic imaging, we are committed to providing the highest quality of care to our patients. Schedule your appointment today! Walk-ins for mammography are welcome.

## Admission

Patients can be self-referred or referred by a primary care provider.

## What We Offer

### **Aquilion One Genesis 320 Slice CT scanner**

The Aquilion One Genesis 320 Slice CT Scanner offers a full 360 rotation, which allows visualization of an entire organ in one volume scan. It also has a 78 cm patient opening and a 690lb patient weight capacity. Utilizing this advanced technology allows our registered CT staff to provide improved low dose lung cancer screenings, cardiac CT scanning, improved image quality, quicker scan times, and enhances the overall patient experience.

### **Aquilion PRIME 80 Slice CT Scanner (Currently not installed, will be summer 2024)**

Our Aquilion PRIME 80 Slice CT Scanner has a patient weight capacity of 660lbs. It allows advanced visualization of body structures in an incredibly rapid manner. The speed of this scanner allows our staff to capture diagnostic images of organ structures that slower scanners are not able to visualize very well. This scanner will have a fluoroscopy option that will enable our radiologists a real-time live view to better target lesions for biopsy, resulting in a better patient experience.

### **Vantage Fortian 1.5T MRI Machine**

The Vantage Fortian 1.5T MRI Machine has a 71 cm patient opening, offers quiet and efficient scanning technology, and has a patient weight capacity of 550lb. It allows our registered and certified MRI staff to perform neuro, breast, musculoskeletal, vascular, cardiac, prostate, and body imaging with astonishing detail and accuracy. The MRI team is composed of specially trained technologists and two board certified Magnetic Resonance Safety Officers to assure best safety practices!

### **C-Arms**

The TriState Imaging Center has top of the line C-Arms that offer substantial improvement in diagnostic accuracy. Our C-Arm machines convert x-ray technology into real-time images, enabling surgeons to make surgical decisions in the moment.

### **Diagnostic X-ray**

Whether it is a routine chest x-ray, a gastrointestinal exam, or a PICC line placement, we can meet your needs! Our registered technologists, radiologists, and specialist radiology nurse are here to provide the care you need.



### 3D Mammography, DEXA and Stereotactic Biopsy

Our 3D Tomosynthesis Digital Mammography machine is the most advanced technology available for the detection of breast cancer. Using 3D technology makes it easier for providers to detect breast cancer early and see the cancer size better than a regular mammogram. Our DEXA unit can determine bone density for patients who may be susceptible to osteoporosis. We also offer stereotactic breast biopsy if needed. Our mammography team are all certified and specialty trained in breast health.

### Ultrasound

Although ultrasound is most commonly associated with pregnancies, it is also used to obtain images of the heart, abdominal and pelvic organs, and vascular (blood) systems throughout the body. Ultrasound is also used to perform image-guided procedures such as fine needle aspirations and thoracentesis, both therapeutically and diagnostically. Specially trained and certified ultra-sonographers staff the TriState Imaging Center and provide services on call, as needed.



TriState Imaging Center collaborates with Phoenix Radiology, PLLC, to provide comprehensive interpretation services for TriState Health. Phoenix Radiology is comprised of a team of board-certified physicians committed to providing the highest quality of diagnostic imaging, image-guided procedures, and therapies to the region. Due to our ultra-modern imaging equipment and partnership with Phoenix Radiology, TriState Imaging Center can offer Breast MRI, Prostate MRI, and Coronary CT Angiograms (coming soon).




With the installation of a new 320 slice CT scanner, a new 1.5 MRI scanner and the pending installation of an additional CT scanner, combined with recent upgrades to our Ultrasound fleet, the imaging technology at TriState is state of the art!

**Wendy Stirnkorb**  
Director of Imaging Services

- ▶ Learn more about our Imaging Center by scanning the QR code or visiting [TSH.org/Imaging](https://TSH.org/Imaging)



# INTERVENTIONAL PAIN CONSULTANTS

 1119 Highland Avenue, Suite 11, Clarkston, WA  
Phone: 509.780.4450 | Fax: 509.758.3700

## Why Choose TriState?

**Physicians with 90+ years of combined experience.**

TriState Interventional Pain Consultants is committed to providing the best possible care to their patients while using state-of-the-art techniques. Our pain clinic has six providers, all of which are clinically trained in pain management, including residencies, pain fellowships, and board certifications. We understand that experiencing pain is unique to every individual, which is why when a patient comes to us in distress, we develop a treatment program that considers the many ways your pain is impacting your life.

## What We Offer

Conditions treated, but not limited to:

- Acute and chronic back, leg, neck, and upper arm pain
- Acute shingles and post-herpetic neuralgia
- Cancer pain
- Complex Regional Pain Syndrome (CRPS)
- Disc herniation(s)
- Nerve pain
- Spinal stenosis
- Vertebral body compression fracture(s)

Services offered, but not limited to:

- Epidural steroid injections
- Intrathecal pump implantation
- Joint injections
- Minimally invasive spine surgery
- Neuroablative procedures
- Spinal cord stimulation (both the trials and permanent implants)
- Sympathetic blocks
- Therapeutic and diagnostic injections
- Vertebroplasties

## Admission

Patients do not need a referral to be seen at TriState Interventional Pain Consultants.



### Talmadge Caviness, MD, DABA

Talmadge Caviness, MD, DABA, is a board-certified anesthesiologist with 20+ years of professional medical experience. He graduated from Loma Linda University School of Medicine in 2003 with his Doctor of Medicine and then went on to complete his internship in General Surgery. In 2013, Dr. Caviness completed his residency in Anesthesia at the Loma Linda University Medicine Center. Dr. Caviness enjoys an array of outdoor activities including water sports, hiking, mountain biking, motorsports, snow sports, and golf.



### Craig Flinders, MD, DABA, DABPM

Craig Flinders, MD, DABA, DABPM, has practiced pain management with special interests in minimally invasive spine surgery in Lewiston since 1994. A graduate of the University of Utah and Texas Tech University, he obtained his Doctor of Medicine in 1990. After completing a general surgery internship and anesthesia residency, he moved to Lewiston to join Valley Anesthesia and North Idaho Pain Management Center. Dr. Flinders and his family enjoy many outdoor activities this region offers including horseback riding, snowmobiling, and hunting.



### Gary Haas, DO

Gary Haas, DO, has been a partner in Valley Anesthesia and North Idaho Pain Management Center since 1999. He is a graduate of Baker University in Kansas and received a degree in osteopathic medicine from the University of Health Science in Kansas City, Missouri, in 1988. After practicing family medicine for several years, he completed an anesthesia residency at the University of Missouri and a pain fellowship at the University of Michigan. Dr. Haas and his family enjoy water and snow skiing and are very involved in their local church.



**Laure' Larsen, CCRN-K,  
AG-ACNP**

Laure' Larsen, RN, BSN, CCRN-K, AG-ACNP, went to nursing school at Lewis-Clark State College and received her master's in Nursing from Walden University in Minneapolis, MN. She brings 30+ years of experience, with most of her career being actively involved in Intensive Care Services at St. Joseph Regional Medical Center and Pullman Regional Hospital. Laure' is board certified in Adult Gerontology Acute Care with a focus on pain management. She enjoys the challenge of this specialty, and she finds it rewarding to help improve her patients' quality of life in a meaningful way.



**Victoria Ozeran, PA-C**

Victoria Ozeran, PA-C, joined TriState Interventional Pain Consultants in February 2019 and previously worked as a provider within an Emergency Department in the Lewis-Clark Valley for 16 years. She graduated with a Masters Degree in Physician Assistant Studies from Oregon Health & Science University in 2002, where she also received her Physician Assistant Certification through the NCCPA. She is a member of the American Academy of Physician Assistants, the American Academy of Surgical Physician Assistants, Society of Emergency Medicine Physician Assistants, and the American Society of Addiction Medicine.



**Lyndal Stoutin, MD, DABA,  
DABPM**

Lyndal Stoutin, MD, DABA, DABPM, has practiced anesthesia in Lewiston since 1990 and has been a part of the pain management practice for 20 of those years. He obtained his undergraduate degree from Indiana State University and graduated in 1986 with his Doctor of Medicine from Southern Illinois University. He then completed his residency in Anesthesiology at St. Louis University. Dr. Stoutin and his family enjoy the outdoors and are active in their church and community.


## Educational Materials

We offer a variety of videos to learn about the conditions and treatments we provide. Our experienced providers treat a wide variety of pain using a multi-disciplinary approach. Don't hesitate to reach out to our clinic if you have any questions.

- ▶ Learn more about our clinic by scanning the QR code or visiting [TSH.org/IPC](https://TSH.org/IPC)



# NEPHROLOGY

 1119 Highland Avenue, Suite 5, Clarkston, WA  
Phone: 509.751.0312 | Fax: 509.751.0314

## Why Choose TriState?

The team at TriState Nephrology provides compassionate, state-of-the-art patient-centered care, with respect and professionalism, in partnership with our patients. We treat patients diagnosed with kidney diseases, hypertension (high blood pressure), and those requiring renal replacement therapy, including dialysis and renal transplant patients.

## Conditions We Treat

- Acute renal failure, or sudden loss of kidney function
- Chronic kidney disease or declining renal function, usually with a continuous rise in creatine
- Hematuria, or the presence of blood in your urine
- Proteinuria, or the loss of protein, especially albumin, in your urine
- Kidney stones, usually only recurrent stone formers
- Chronic or recurrent urinary tract infections
- Hypertension that has failed to respond to multiple forms of anti-hypertensive medication, or that could have a secondary cause
- Electrolyte disorders, or an acid/base imbalance

## Admission

**TriState Nephrology only see patients 18 years of age and older through referral.** Talk to your primary care provider today about referring you to our clinic. Once you are referred to TriState Nephrology, a new patient packet will be mailed to you for completion.

Please return the completed forms in the postage-paid return envelope as soon as possible so we can complete your admission process quickly. When you come to your first appointment, bring your current medications in their original bottles.



### **James Onorato, MD**

James Onorato, MD, Ph.D, received his Doctorate of Philosophy in Pharmacology from Case Western Reserve University in 1982, his Doctorate of Medicine in 1984 from Case Western Reserve University School of Medicine, and completed his residency in General Internal Medicine at Duke University Medical Center in Durham, NC in 1987. He completed his fellowship in Nephrology at the Duke University Medical Center in 1988. Dr. Onorato is a member of the American Society of Nephrology and has over 25 years of experience in Nephrology. Dr. Onorato enjoys reading books, grilling, and shopping with his wife.



### **Onder Orgul, MD**

Onder Orgul, MD, is a board-certified Nephrologist and Internist. In 1991, he received his Doctor of Medicine from Hacettepe University, in Ankara, Turkey. He went on to complete his Internal Medicine Residency at State University of New York at Buffalo in Buffalo, NY. In 1999, he completed his Nephrology Fellowship at Johns Hopkins University. Dr. Orgul brings 20 years of experience in nephrology and has been working with TriState Health periodically since 2013.

# PODIATRY

1119 Highland Avenue, Suite 7, Clarkston, WA  
Phone: 509.758.1119 | Fax: 509.758.1140

## Why Choose TriState?

If you are having foot pain, our team at TriState Podiatry can offer you high-quality care. We help maintain healthy legs and feet, specializing in complex wounds, reconstruction, and comprehensive care of the foot and ankle. Our clinic treats a wide variety of conditions, from calluses to fractures for patients of all ages. With us, you are placing your feet in good hands!

When you come to TriState Podiatry, our board-certified podiatrist will work closely with your primary care provider to develop a useful, personalized treatment plan. Patients with chronic and non-healing wounds will also work in conjunction with TriState Wound Healing & Hyperbaric Services to treat foot and ankle issues due to complications from diabetes, trauma, and more.

## What We Offer

At TriState Health, our podiatry provider provides skilled, compassionate care using the latest techniques to diagnose and treat a broad range of foot and ankle conditions, including:

- Achilles tendinitis
- Ankle sprains
- Athletes foot
- Bunions
- Calluses
- Corns
- Diabetic foot care
- Flat feet
- Fungus toenails
- Hammertoes
- Heel pain
- Ingrown toenails
- Orthotics
- Plantar fasciitis
- Warts

In addition to diagnosing and treating the above conditions, we offer a variety of services, including:

- Arthroscopic surgery
- Charcot foot reconstruction
- Flat foot reconstruction
- Gait analysis
- Minimally invasive surgery

## Admission

Patients do not need a referral to be seen at TriState Podiatry.

**CALL TO SCHEDULE AN APPOINTMENT TODAY!**



### Karl Johnson, DPM, FACFAS

Karl D. Johnson, DPM, FACFAS, was born and raised in Mesa, Arizona. He attended Brigham Young University in Utah, where he met his wife. He graduated with a BS in Biology and went on to graduate from the College of Podiatric Medicine and Surgery at Des Moines University. He completed a podiatric surgical residency program at Foundation Surgical Hospital in Houston, TX. During that time, Dr. Johnson gained extensive experience in advanced foot and ankle reconstruction as the Chief Resident. Dr. Johnson is board certified by the American Board of Podiatric Medicine and the Board of Foot and Ankle Surgeons. He is a Fellow of the American College of Foot and Ankle Surgeons. As an avid runner, Dr. Johnson knows how important feet are to a healthy lifestyle. His primary goal is to help patients overcome foot and ankle conditions to allow them to live life to the fullest.




### Brandon Whitlock, AG-ACNP

Brandon Whitlock, AG-ACNP, attended nursing school at Walla Walla Community College, and went on to obtain his master's degree in Nursing for Adult Gerontology Acute Care Nurse Practitioner through Walden University, headquartered in Minneapolis, Minnesota, in 2017. Brandon has over 15 years of experience working in various hospital environments, including sub-acute and long-term care. In his previous roles, he provided hospital evaluation and management of adult and geriatric patients, including those with complex medical needs. Brandon chose Wound Care as his specialty because of the impact wounds and infectious diseases have on his patients' daily lives.



# PULMONOLOGY

 1119 Highland Avenue, Suite 2, Clarkston, WA  
Phone: 509.769.2201 | Fax: 509.758.9199

## Why Choose TriState?

TriState Pulmonology specializes in the diagnosis, treatment, and management of acute and chronic diseases and conditions of the respiratory system and sleep medicine.

Our staff includes a board-certified pulmonologist who is certified in sleep medicine and internal medicine, in addition to two Family Nurse Practitioners. They each work in partnership with **TriState Respiratory Therapy** and **TriState Sleep Lab** to create patient-centered care plans to improve the overall quality of your life.

## What We Offer

At TriState Health, our pulmonology team provides skilled, compassionate care, using the latest techniques to diagnose and treat a broad range breathing conditions, including:

- Asthma
- Bronchitis
- Chronic cough
- Chronic Obstructive Pulmonary Disease (COPD)
- Chest infections
- Cystic fibrosis
- Emphysema
- Pneumonia
- Scleroderma
- Sleep disorders, such as sleep apnea
- Tuberculosis

In addition to diagnosing and treating the above conditions, we offer a variety of services, including:

- **Bronchodilators:** Relaxes the muscles around the airways.
- **Nebulizers:** The use of compressed air to administer liquids in the form of a fine mist to the airways. They are commonly used to treat patients with severe asthma or COPD.
- **Pulmonary Function Tests (PFTs):** A non-invasive testing to represent how well the lungs are functioning.
- **Sleep Study:** Also known as a polysomnogram, which involves several tests conducted at the same time during sleep to measure specific sleep characteristics and help diagnose sleep disorders.
- **Thoracentesis:** A procedure where a needle is inserted into the pleural space between the lungs and chest wall to remove fluid to help a patient breathe easier.

**TriState Pulmonology is staffed with tele-pulmonologists and two nurse practitioners. Patient appointments will be in-person or virtual at the clinic office. Virtual visits take place through a safe, secure, and private video conference.**



### **Beth Monsebroten, FNP-C**


Beth Monsebroten, RN, MSN, FNP-C, received her Master of Science in Nursing Family Nurse Practitioner from the University of North Dakota in 2012. She previously worked for Syringa Hospital and VA Contract Clinics where she provided primary care and chronic disease management for veterans as well as outpatient procedures. She has also provided primary mental health care and assisted patients with navigating the VA Medical System. Beth is a Certified DOT Medical Examiner.



### **Megan Randall, FNP-C**

Megan Randall, FNP-C, received her bachelor's degree in Nursing from Lewis-Clark State College in 2013 and recently obtained her master's degree in Nursing for Family Nurse Practitioner, at Gonzaga University. Megan has been a part of the TriState family as a nurse for the past seven years and is excited for the opportunity to join as a Provider. She chose pulmonology as her specialty because of the strong need in the Lewis-Clark Valley and surrounding areas for pulmonology providers. We are excited to have Megan's continued expertise in this new capacity.

# RHEUMATOLOGY

 1119 Highland Avenue, Suite 3, Clarkston, WA  
Phone: 509.780.4444 | Fax: 509.780.4443

## Why Choose TriState?

At TriState Rheumatology, we create personalized care plans that fit your conditions and concerns. We evaluate and treat systemic autoimmune conditions which affect the joints, muscles, and bones, causing pain, swelling, stiffness, deformity.

## What We Offer

At TriState Health, our rheumatology staff provides skilled, compassionate care using the latest techniques to diagnose and treat systemic autoimmune conditions, including:

- Ankylosing spondylitis
- Fibromyalgia
- Gout/crystal induced arthropathy
- Inflammatory arthritis
- Inflammatory back pain
- Osteoarthritis
- Other connective tissue disease
- Polymyalgia rehumatica
- Positive ANA
- Psoriatic arthritis
- Spondyloarthritis
- Systemic lupus erythematosus (SLE)
- Vasculitis

## Accepted Insurance

We accept most types of insurance at TriState Health. If you have are not sure if one of our providers is in-network for your insurance plan, please contact your insurance company directly, or you may contact one of our Patient Access Representatives at 509.254.2716.

## Admission

Patients must be referred to TriState Rheumatology by their primary care provider and must be 16 years of age or older.

**TriState Rheumatology is staffed with tele-rheumatologists and a nurse practitioner. Patient appointments will be in-person or virtual at the clinic office. Virtual visits take place through a safe, secure, and private video conference.**



### **Julia Hypes, FNP-C**

Julia Hypes, APRN, FNP-C, received her Bachelor of Science in Nursing from Capital University in Bexley, Ohio, in 2018, and her master's degree in Nursing for Family Nurse Practitioner, at Georgetown University, in 2021. Julia has experience working in a variety of clinical settings, and specializes in the management of rheumatologic conditions. She treats osteoarthritis, rheumatoid arthritis, spondyloarthritis, gout, lupus, osteoporosis, and other autoinflammatory disorders. Julia comes to us from Columbus, Ohio, where she has lived for the past 13 years, and she is excited to learn about her new community, along with her husband and almost one-year-old son. We are delighted for Julia to join the TriState Family and help those in the Lewis-Clark Valley reach their goals and live the lives they want to live.

# UROGYNECOLOGY



1119 Highland Avenue, Suite 4, Clarkston, WA

TriState Urogynecology is temporarily located in Suite 4 and will be moving to 1119 Highland Avenue, Suite 6, Clarkston, WA, in Summer 2024.

Phone: 509.769.2269 | Fax: 509.769.2270

## We are here to help you on your journey.

At TriState Urogynecology, we provide innovative female pelvic medicine and minimally invasive urogynecologic surgery with the da Vinci surgical system. We understand that it's common to feel uneasy discussing pelvic symptoms, but we want you to know that you are not alone. One in every three women will experience a pelvic floor disorder during her lifetime. Even if your symptoms feel minor, we want to empower you to discuss them with us. We recommend you call us if you are experiencing any of these symptoms:

- Frequent or urgent urination
- Leaking urine when laughing or coughing
- Painful urination
- Incomplete bladder emptying
- Lower abdomen pressure

We are here to listen to your concerns and equip you with a personalized treatment plan to restore your quality of life and provide relief to support your long-term health.

## Why Choose TriState Health?

TriState Health is proud to be the only urogynecology clinic in the region. Our board-certified physician has over 30 years of experience and is passionate about serving our area with this important and much needed medical service. At TriState Urogynecology, you can expect an environment where you will feel understood and supported on your healthcare journey.

## Admission

Patients can be self-referred or referred by a primary care provider.

**CALL TO SCHEDULE AN APPOINTMENT TODAY!**

## What We Offer

At TriState Health, our Urogynecologist and nurse practitioner provide compassionate care using the latest techniques to diagnose and treat a broad range of female pelvic health conditions, including:

- Frequent bladder infections
- Overactive bladder
- Pelvic pain
- Pelvic Organ Prolapse
- Urinary incontinence
- Sexual dysfunction
- Other pelvic floor conditions

## Treatment of Pelvic Floor Disorders

Pelvic floor dysfunction is the inability to relax and coordinate your pelvic floor muscles to have a bowel movement. Symptoms include constipation, straining to defecate, having urine or stool leakage, and experiencing a frequent need to pee. Below some of the pelvic floor disorders we treat:

- Urinary incontinence
- Risk factors include: vaginal childbirth, genetics, chronic constipation, obesity
- Overactive bladder
- Pelvic Organ Prolapse
- Occurs when the pelvic organs – like the uterus or bladder – drop because of weakened vaginal muscles

## Minimally Invasive Surgery with the da Vinci surgical system

We are one of the only clinics in our region to offer minimally invasive gynecologic surgery. Minimally invasive surgery can be used to treat a range of gynecologic conditions and has many benefits over traditional surgery, including lower risk of complications and faster recovery. Our providers will determine if minimally invasive surgery is right for you.

Below are a few of the most common surgical procedures offered by Dr. Szigeti:

- Robotic sacrocolpopexy for pelvic prolapse
- Midurethral slings for urinary incontinence
- Vaginal surgical procedures for when sacrocolpopexy is not the best option
- Complex robotic excision procedures for endometriosis



**Julius Szigeti II, MD**

Julius Szigeti II, MD, received his Medical Doctorate from Case Western Reserve University School of Medicine in Cleveland, Ohio, in 1986, and completed his Obstetrics & Gynecology residency training at Walter Reed Army Medical Center in Washington, D.C., in 1990. He is a board certified gynecologist who specializes in urogynecology and advanced pelvic procedures using the da Vinci robotic surgery platform. Having practiced in both Texas and Washington over the past 30 years, he brings experience in minimally invasive surgery, endometriosis, pelvic pain, and the evaluation and treatment of female incontinence and pelvic support problems. Dr. Szigeti believes in working together with his patients to determine the most effective, least invasive method of treatment to ensure the best possible outcomes.



**Dezirae Berry, NP-C**

Dezirae Berry, NP-C, received her degree in Nursing locally, from Walla Walla Community College, in 2016. She then recently obtained her master's degree in Nursing with a concentration as a Family Nurse Practitioner, at Herzing University, in Menomonee Falls, WI. Dezirae has been a part of the TriState family as a nurse for the past six years, developing her skills and knowledge base while working in a variety of clinical and surgical settings, including Minor Care, Pulmonology, Post-Anesthesia Care Unit, Endoscopy, Outpatient Surgery, and the Operating Room. She is eager to provide the excellent patient care she believes people deserve in this new capacity as she establishes her specialty in urogynecology.




There is a wide range of innovative and successful treatment options available to women. We are here to create a personalized treatment plan to provide long-term relief.

**Julius Szigeti II, MD**  
TriState Urogynecology

- ▶ Learn more about our new urogynecology clinic by scanning the QR code or visiting **TSH.org/Urogynecology**



# UROLOGY

 1119 Highland Avenue, Suite 1, Clarkston, WA  
Phone: 509.254.2722 | Fax: 509.769.2022

## Why Choose TriState?

TriState Urology is staffed with two skilled, compassionate, energetic urologists with over 35 years of combined experience. Our clinic specializes in the treatment and diagnosis of both the male and female tract. Common conditions we treat include urinary incontinence and infection, urinary stone disease, reproduction, kidney, bladder, prostate, and urinary tract infection care for both adult and pediatric.

At TriState Health we are a team driven by respect and human kindness. We are committed to providing the highest quality care and comfort to each person who walks through our doors.

## What We Offer

Our urologist team provides compassionate care using the latest techniques to diagnose and treat a broad range of urologic conditions, including:

- Bladder, kidney, and prostate cancer
- Impotence
- Kidney stones
- Male and female urinary incontinence
- Urinary tract infection
- Pediatric urology

In addition to diagnosing and treating the above conditions, we offer a variety of services, including:

- Aquablation Therapy
- Botox
- Bladder repair and surgery
- Cystoscopy
- Genitourinary syndrome of menopause
- Interstim
- Lithotripsy
- Neurogenic bladder
- Rezum
- Urethral abnormalities
- Vasectomy

## Admission

Patients can be self-referred or referred by a primary care provider.

**CALL TO SCHEDULE AN APPOINTMENT TODAY!**

## What is Aquablation Therapy?

Aquablation therapy is a new type of surgical treatment for benign prostatic hyperplasia (BPH). At TriState Health, we are proud to offer a new solution for men with enlarged prostates that provides long-lasting symptom relief and excellent quality of life. It is the next step to furthering our commitment of providing quality healthcare close to home.

### **Long-term relief**

Aquablation Therapy is a solution to finally find symptom relief due to BPH.

### **First of its kind**

Aquablation uses a heat-free waterjet to remove prostate tissue.

### **Cutting-edge technology**

Aquablation is the only procedure that allows the urologist to see the entire prostate during surgery. This enables them to create a mapped plan to remove the parts of the prostate that are causing your symptoms.

## What Makes Aquablation Different?

Aquablation therapy is a resective procedure, which means that the prostate tissue causing symptoms is surgically removed. No incision is made in the abdomen, as the prostate is reached through the urethra. By choosing to use Aquablation rather than more invasive procedures, your risk of developing erectile dysfunction, ejaculatory disorders, and sexual dysfunction post-surgery is very low. In fact, many men are already experiencing negative symptoms due to BPH and most patients experience improved or relieved symptoms post-surgery.

## About Aquablation Therapy

Aquablation therapy allows our urologists to view the entire prostate so they can create a map that avoids the parts of the prostate that cause irreversible complications. It uses heat-free waterjet to remove prostate tissue. It is the only procedure that uses a heat-free, robotically-controlled waterjet to remove prostate tissue. This robotic technology minimizes human error and ensures the prostate tissue is removed precisely, consistently, and predictably. During the procedure itself, a light pen highlights the tissue to be removed. The tissue is hit with pressurized water, which is extracted through the bladder. It is done while you are under anesthesia and typically takes less than an hour and requires overnight stay.

Every prostate is unique in size and shape. Aquablation therapy is customized based on your prostate structure and is a surgical solution for BPH that provides long-lasting relief without compromise.





**Kenneth Berger, JD, MD**

Kenneth Berger, JD, MD, received his Juris Doctorate from Emory University School of Law in 1991 and received his Medical Doctorate from State University of New York-Downstate Medical Center in Brooklyn, New York, in 1999. He completed his general surgery and urology residencies at Loma Linda University Medical Center in Loma Linda, California. Dr. Berger is a board-certified urologist and has experience in robotic surgery. He most recently served as the Chief of Robotic Surgery and Chief of Surgery at Lourdes Medical Center in Pasco, WA. Dr. Berger serves as a clinical assistant professor at Washington State University's Elson S. Floyd College of Medicine and is the Washington State Urology Society President.



**Duncan Harris, MD**

Duncan Harris, MD, received his medical doctorate from Loma Linda University Medical Center in Loma Linda, California, in 1992, as well as completed his general surgery and urology residencies there. Dr. Harris is a board-certified urologist bringing over 20 years of experience to TriState Memorial Hospital & Medical Campus. Having spent 19 years in private practice in Grass Valley, California and most recently in a large multispecialty group, he has extensive experience in all facets of general urology, including benign prostatic disease, stone disease, female urology, and urologic cancers. Dr. Harris is an outdoor enthusiast who enjoys snow and water skiing, hiking, and golf. He looks forward to serving the welcoming, small-town Lewis-Clark atmosphere and becoming an active member of this great community.



We are proud to offer a new solution for men with enlarged prostates that provides long-lasting symptom relief and excellent quality of life. It is the next step to furthering our commitment of providing quality healthcare close to home.

**Kenneth Berger, JD, MD**  
TriState Urology

- ▶ Learn more about Aquablation Therapy by scanning the QR code or visiting **TSH.org/Aquablation**



# WELLNESS SERVICES



1254 Highland Avenue, Clarkston, WA

Phone: 509.751.0229 | Fax: 509.758.9223

## Why Choose TriState?

Our TriState Wellness team consists of a Registered Dietitian Nutritionists (RDN) and a Diabetes Care and Education Specialists (RN, CDCES). We are trained and ready to assist you with your nutrition needs! If you need guidance on managing diabetes, our diabetes care team is here to provide you with the right information and support necessary to make diabetes self-care very manageable in your everyday life.

## Admission

**Ask Your Primary Care Provider for a Referral Today!**

## What We Offer

### **Clinical Nutrition**

What is a Registered Dietitian Nutritionist?

A Registered Dietitian Nutritionist is a food and nutrition expert who interprets nutritional needs of individuals to create practical solutions for a healthy lifestyle. As an essential part of your health care, Registered Dietitian Nutritionist's will provide correct and useful nutrition guidance.

Anyone can be a nutritionist but a Registered Dietitian Nutritionist must meet specific academic and professional requirements including:

- Bachelor of Science degree or higher in Food and Nutrition
- Academy of Nutrition and Dietetics (AND) approved Dietetic Internship or equivalent
- Registration through national exam by the Commission on Dietetic Registration
- Mandatory continuing education

### **Diabetes Care**

TriState Diabetes Care Team's mission is to empower patients with the self-care management skills necessary to improve their quality of life.

- A complete individual assessment and education plan for each patient
- Education topics include healthy eating, being active, taking medication (both oral and injectable), monitoring, problem-solving, healthy coping, and reducing risks
- Follow-up reports are sent to the referring provider
- Individual appointments are available with the educator
- Insulin injection, insulin pump, and continuous glucose monitoring system starts and maintenance
- Services require a provider referral

### **Association of Diabetes Care & Education Specialists (ADCES)**

TriState Health's Diabetes Education Program is accredited by the Association of Diabetes Care & Education Specialists (ADCES).



## Wellness Programs

### FREE Diabetes Education Information Seminars

FREE diabetes education information seminars are scheduled for most months of the year and provide up-to-date information related to diabetes. These informational seminars offer an opportunity to network with others who have diabetes. Anyone is welcome, including those that have a loved one with diabetes or people that have prediabetes. Seminars are held on the first Tuesday of the month from 4:00 PM – 5:00 PM in the TriState Health Conference Room unless otherwise specified.

### Individual Medical Nutrition Therapy

Medical Nutrition Therapy is an evidence-based medical approach to help improve a person's health and well-being through creating a comprehensive nutrition assessment, planning and implementing nutrition interventions including, personalized health education. The RDN will then measure and evaluate an individual's progress over regular follow-ups.

### Kid's Nutrition Program

The TriState Kid's Nutrition Program started in 2019 when the team of Registered Dietitian Nutritionists at TriState Wellness decided to commit their time to improve the health and wellbeing of our children in the Lewis-Clark Valley. Over the past few years, 14 elementary schools, with over 3,700 students have received educational videos at home or in school covering lessons on basic food groups and healthy snack recipes. TriState Wellness provided a cookbook and apron to each participating child to equip them in the kitchen with their newly learned skills!

### Prediabetes Education Class

Prediabetes Education Classes are offered four times per year. Prediabetes Education Classes discuss topics including how to make healthy changes to decrease the risk of diabetes, how to maintain those changes over time, and how to improve insulin resistance.



**Jen Scharffer,  
MBA, RDN, LD, CD**

Jen Scharffer, MBA, RDN, LD, CD, graduated from the University of Idaho in 2010 with a Bachelor of Science in Food and Nutrition, Dietetics Option, and went on to receive her Master's in Business Administration at Washington State University in 2021. She has been with TriState since 2010 and has worked in dialysis, inpatient, outpatient, and community nutrition areas. Jen is the Director of Wellness Services at TriState and serves as the Consumer Protection Coordinator on the Idaho Academy of Nutrition and Dietetics Board.



**Jennifer Raykovich,  
RDN, LD, CD**

Jennifer Raykovich, RDN, LD, CD, graduated from the University of Idaho in 2004 with a Bachelor of Science in Food and Nutrition, Dietetics Option. Jennifer has been working at TriState since 2013. Her focus is outpatient nutrition services and community education.



**Ginger Strobel, RN, BS, BSN**


Ginger Strobel, RN, BS, BSN was raised in the Lewis-Clark Valley and is a graduate of both Washington State University and Lewis-Clark State College. She earned a Bachelor of Science in Psychology in 1995 and a Bachelor of Science in Nursing in 1999. She is currently working towards her Master of Business Administration. Ginger has been a registered nurse for 24 years, and has worked in ER, ICU, oncology, cardiology, and education. She has three children: Robert, Olivia, and Emily.



**Chelsey Woods, RDN, LD, CD**

Chelsey Woods, RDN, LD, CD, graduated from the University of North Dakota with a Bachelor of Science in Education and Elementary Education. She also graduated from the University of Idaho in 2010 with a Bachelor of Science degree in Food and Nutrition, Dietetics Option. Her primary focus is inpatient clinical nutrition services.

# WOUND HEALING

 1119 Highland Avenue, Suite 7, Clarkston, WA  
Phone: 509.758.1119 | Fax: 509.758.1140

## Why Choose TriState?

Our cutting edge, hyperbaric chamber is overseen by our provider, licensed nurses, and technical staff that received specialized training in advanced wound care and hyperbaric medicine. If a patient has a wound that has not healed 50% in 4 weeks, they may have a chronic, non-healing wound. This can result from diabetes or other health problems. If you or a loved one dealing with chronic, or a slow-healing wound, you'll find support at TriState Health.

At TriState Health, you benefit from friendly and professional team from multiple specialties – including our podiatrist and general practitioners – who combine their expertise to diagnose and treat chronic and complex wounds. We offer individualized, comprehensive wound care programs for each of our patients.

## What We Offer

Our wound healing and hyperbaric team provides skilled and compassionate care using the latest techniques to diagnose and treat a broad range of conditions, including:

- Air or gas embolism
- Carbon monoxide poisoning
- Central retinal artery occlusion
- Chronic infected diabetic foot ulcers
- Chronic intracranial abscess
- Chronic refractory osteomyelitis
- Crush injuries
- Decompression illness (the "bends")
- Delayed radiation injuries of the bone and soft tissues
- Gas gangrene
- Idiopathic sudden hearing loss
- Preparation and preservation of compromised skin grafts and/or flaps
- Progressive necrotizing infections
- Severe anemia
- Severe thermal burns

In addition to diagnosing and treating the above conditions, we offer a variety of services, including:

- Advanced dressings
- Call and tissue based products
- Chemical and electro cautery
- Compression
- Hyperbaric oxygen therapy
- Negative pressure wound therapy
- Non-invasive vascular studies (ABI, TBI, Sensilase, TCOM)
- Surgical debridement, grafting, repair, and reconstruction
- Total contact casting

## Admission

Patients do not need a referral for TriState Wound Healing.


**CALL TO SCHEDULE AN APPOINTMENT TODAY!**



### **Brandon Whitlock, AG-ACNP**

Brandon Whitlock, AG-ACNP, attended nursing school at Walla Walla Community College, and went on to obtain his master's degree in Nursing for Adult Gerontology Acute Care Nurse Practitioner through Walden University, headquartered in Minneapolis, Minnesota, in 2017. Brandon has over 15 years of experience working in various hospital environments, including sub-acute and long-term care. In his previous roles, he provided hospital evaluation and management of adult and geriatric patients, including those with complex medical needs. Brandon chose Wound Care as his specialty because of the impact wounds and infectious diseases have on his patients' daily lives.

# SLEEP LAB

 1119 Highland Avenue, Suite 8, Clarkston, WA  
Phone: 509.751.0223 | Fax: 509.758.4697

## Why Choose TriState?

Our experienced staff at TriState Sleep Lab consistently scores in the top percentile for patient satisfaction. Each of our four private bedrooms is complete with an in-suite bathroom, a brand new comfortable spacious bed, recliner, and a flat screen television.

We are accredited by the Academy of Sleep Medicine, which reflects our commitment to ensuring each of our patients receives the highest quality of care from specialized staff. All tests performed in the TriState Sleep Lab are interpreted by Keith Popovich, MD, Board Certified Sleep Physician.

## Common Sleep Disorders

Sleep disorders that affect the quality of sleep can lead to serious chronic health issues, such as diabetes, hypertension, congestive heart failure, irregular heart rhythm, clinical depression, and stroke. Leaving a sleep disorder undiagnosed and untreated can make for frustrating nights, difficult mornings, and impaired function throughout the day.

Some common sleep disorders include:

- **Narcolepsy:** A chronic neurological disorder of the central nervous system that regulates sleep and wakefulness.
- **Obstructive Sleep Apnea (OSA):** Periodic obstruction of the upper airway during sleep. It is the most common medical cause of excessive daytime sleepiness.
- **Periodic Limb Movement Disorder:** Defined by repetitive limb movements that occur during sleep and cause sleep disruption, resulting in daytime sleepiness.
- **Primary Snoring:** Harmless, but can cause small interruptions throughout the night that prevent deep sleep.

## What We Offer

- **Diagnostic Polysomnogram (PSG):** General overnight monitoring and evaluation without treatment.
- **Continuous Positive Airway Pressure (CPAP) Titration Study:** If sleep apnea is diagnosed during a recent PSG, the patient returns to our Sleep Lab to determine an adequate CPAP pressure setting to open the airway and control sleep apnea.
- **Split Night PSG:** When moderate, or severe sleep apnea has been discovered in the first part of the sleep study, the second part is used for treatment of the disorder using CPAP.
- **Multiple Sleep Latency Test (MSLT):** A method used to diagnose narcolepsy and measure the degree of daytime sleepiness. To ensure accurate results, it is performed the morning following a Diagnostic PSG and a two-week recording of a sleep diary.
- **Home Sleep Study:** A home sleep study may be ordered if there is a strong suspicion of OSA. Home studies are not suitable for patients with significant co-morbid medical conditions that may degrade the accuracy of the test (conditions may include pulmonary disease, neuromuscular disease, congestive heart failure, and oxygen therapy).

## Admission

Patients must be referred to TriState Sleep Lab by their primary care provider and must be four years of age or older.



### Beth Monsebroten, FNP-C

Beth Monsebroten, RN, MSN, FNP-C, received her Master of Science in Nursing Family Nurse Practitioner from the University of North Dakota in 2012. She previously worked for Syringa Hospital and VA Contract Clinics where she provided primary care and chronic disease management for veterans as well as outpatient procedures. She has also provided primary mental health care and assisted patients with navigating the VA Medical System. Beth is a Certified DOT Medical Examiner.



### Megan Randall, FNP-C

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# Not feeling well? Where should you go for care?

When you or a loved one needs medical attention, it's important to know where to go for care. At TriState Health, we care about ensuring you know how to make the right choice.

## TriState Minor Care

Urgent, but not serious? Save time and money and get the care you need for sprains, colds, and stitches, at TriState Minor Care.



I'm Congested



I Cut My Finger



Headache

## TriState Emergency

Urgent and serious! Even if you are unsure of how serious your symptoms are, visit TriState Emergency.



I Can't Breathe



I Cut Off My Finger



Head Trauma

TriState Emergency is meant for life threatening or serious illness and injury. If you think you are having a heart attack, stroke, or other life-threatening emergency, always call 9-1-1.



**TriState Health**

509.758.5511 | Visit us online at [TSH.org](https://www.TSH.org)