Putting Our Best Foot Forward

Staying ahead of the curve at Southridge and beyond

At the heart of excellent healthcare are a few key things: knowledgeable and compassionate medical providers, appropriate facilities in which to care for patients, and quality tools with which to deliver that care. We take each of these very seriously at Trios Health, and in fact have been working diligently over the course of more than a decade to put our best foot forward in all of the ways that matter most.

Providers. With the establishment of Trios Medical Group in 2005, we began a steady build-up of our provider base to include a broad range of specialists and depth in primary care providers. Today that group is one of the largest regionally—comprising more than 100 providers across multiple specialties—and growing. Our medical staff has reached over 300 in total, which includes providers not part of our Medical Group with privileges to care for patients in our hospitals.
Facilities. After more than 10 years in the making, Trios Southridge Hospital opened its doors in 2014, followed this year by the adjacent Trios Care Center at Southridge. These spacious, state-of-the-art facilities offer convenient access to inpatient and outpatient services as well as important opportunities for efficient interplay between providers and the services they enlist to help care for patients day in and day out. Where we provide care makes a difference in how we provide care, and the Southridge campus is enabling us to raise the bar even higher for Tri-Cities healthcare.

Tools. With the addition of two new facilities, we were also in a unique position to re-evaluate and update some key technology—including a brand new suite of diagnostic imaging equipment currently considered at the top of its class.

“As soon as you say you have the newest this or the latest that, technology evolves,” said Larry Zackula, director of diagnostic imaging. “But currently, we do have the most advanced imaging technology in the state available to us from Philips across the full range of modalities.”

Some of the “modalities” Zackula refers to include magnetic resonance imaging (MRI), computed tomography (CT), X-ray, ultrasound, fluoroscopy, and more. They’re all used for a little something different, with varying outputs and levels of detail depending on a particular patient’s health situation and diagnostic needs. Some are used in combination to offer providers further insight and precision.

“Newer technology definitely comes with its advantages in terms of image quality and tools for our providers,” said Zackula. “But it also offers design improvements that address patient comfort and safety as well.” Reduced scan times in some cases and exposure to lower radiation doses are among the most notable improvements for patients.

“One of the things we’re most excited about with the new Philips package is the digital Vereos PET/CT scanner we’re expecting very soon for the Care Center at Southridge,” said Zackula. “Digital PET/CT is groundbreaking technology, never available before now, and our new Care Center will be one of the first locations in the world to have it.”

The package was secured for both new Trios facilities in an agreement with Philips.

Are You Due for a Mammogram?
Trios Health was the first in the Tri-Cities to offer 3D mammography, offering up to 30 percent improved detection capability. Call 509-221-5441 to schedule this important appointment.

Trios Medical Group Welcomes Three Internal Medicine Physicians

Stanley S. L. Ling, MD, FACP, a longtime Tri-Cities internal medicine provider, has joined Trios Medical Group and continues to practice in his existing location at 4309 W. 27th Place, Suite 300 in Kennewick—which also known as the Trios Care Center at Synergy Centre. Dr. Ling has been in private practice since 1998 in Kennewick. He practiced with Kennewick Internal Medicine from 1995–1997, and has maintained privileges at Trios Health (formerly Kennewick General Hospital) since 1995. During this period, he held leadership positions within several clinical departments and organizations, and served on various committees to support hospital planning and quality initiatives. He is board certified in internal medicine.

Make an Appointment Today
Call 509-783-9185 to schedule a visit with Dr. Ling.
that designated the Southridge campus a Northwest Regional Show Site for professional on-site demonstrations of the latest in Philips imaging technology. This agreement allows Trios Health to stay up to date with the most advanced imaging technology on the market while giving Philips Healthcare a regional location to which its other current and potential customers can travel to see the state-of-the-art equipment in use. “It’s extremely important to us to continue evolving along with our community, and not only to stay up to date with the latest in high quality healthcare, but also to get ahead of the curve wherever we can,” said Brad Gould, executive director of Trios Medical Group. “We are honored and excited to offer top rate services to our patients using leading edge technology, shepherded by highly trained, caring medical providers, offered in some of the state’s newest healthcare facilities. We’re going to keep striving for that next level of excellence in all of the ways that count for our patients.”

Two additional internal medicine providers have joined the Trios Medical Group—Internal Medicine practice located at the new Trios Care Center at Southridge at 3730 Plaza Way in Kennewick. They join Ranji Pillai, MD, and Nadia Toshani, MD, and are both accepting new patients.

Jennifer L. Smith, MD, joined Ling Medical Associates in Kennewick in 2010. Before that she worked as a primary care physician and instructor of medicine for nearly three years at The Emory Clinic in Atlanta, Ga., where she also completed a medical residency in internal medicine. She is board certified in internal medicine.

Geepress Corpuz, MD, has worked as a hospitalist at Our Lady of Lourdes in Binghamton, N.Y. She received her Doctor of Medicine degree from Saint George’s University School of Medicine in Grenada, West Indies, and completed an internal medicine residency at Jersey City Medical Center in Jersey City, N.J. She is board certified in internal medicine.

FOLLOW YOUR HEART TO HELP OTHERS—EXPLORE VOLUNTEERISM

Volunteers play a special role in the lives of patients, visitors, and staff at Trios Health, and we’re always on the lookout for caring hearts who wish to give back to the health of our community. Whatever your motivation, the hours you devote to helping others in need are meaningful and appreciated.

There are volunteer opportunities in a number of departments at Trios facilities, serving in a variety of roles. The benefits are many:

▶ A complimentary meal for each four-hour shift completed
▶ Free annual tuberculosis tests and flu shots
▶ Quality training and educational opportunities
▶ Recognition activities
▶ Camaraderie with fellow volunteers and other Trios team members
▶ Having a positive impact on patients, their loved ones, and staff.

Visit trioshealth.org/Volunteers or call Trios Volunteer Services at 509-221-7771 to learn more.

Make an Appointment Today
Call 509-221-6450 to schedule a visit with one of these providers.
COLUMBIA CENTER ANNUAL HOLIDAY PARADE  
(SANTA SPONSORED BY TRIOS HEALTH)  
Date: Saturday, Nov. 21, at 9 a.m.  
Location: Columbia Center Mall • Kennewick  
Anyone who believes in the spirit of Christmas—kids of all ages—is invited to gather at the mall to welcome Santa in a community celebration of the season. Visit trioshealth.org/Events for more info.

TRIOS HEALTH AT THE TRI-CITIES FAMILY EXPO  
Dates: Friday and Saturday, Jan. 29 and 30  
Location: TRAC • Pasco  
Join Trios Health at the Expo for some family friendly fun and prizes. Visit tcfamilyexpo.com for more info.

Trios Health Welcomes New Hospitalist  
Sheik Khan, MD, is the newest member of Trios Health’s team of hospital medicine specialists—or hospitalists—focusing on the care of admitted and critically ill patients. He practices at Trios Southridge Hospital at 3810 Plaza Way in Kennewick.  
Dr. Khan most recently served as an internal medicine staff physician for the Department of Veterans Affairs, American Lake Division in Tacoma, Wash. Since 1999, he has worked in a range of medical capacities including consulting internal medicine physician, hospitalist, and emergency department and attending physician at medical centers across the state of Washington. He is board certified in internal medicine.

Keep the Bite of Winter at Bay this Holiday Season  
Following a few simple tips can help you and your family stay safe and well despite the inherent hazards of winter.

**Take your time on your merry way.**  
Wintery conditions can quickly turn hurrying into harrowing. Walk and drive slowly, taking extra care to ensure good traction, make sure you’re visible to others, and maintain a safe distance between yourself and potential hazards. Being late is better than not arriving safely.

**’Tis the season for clean hands.**  
Toys and handshakes aren’t the only things your hands might be sharing this time of year. When it comes to spreading viruses like colds and the flu, germs on the hands are as generous as it gets. Wash your hands frequently and thoroughly with soap and water to help everyone stay healthy. As an added precaution, cover sneezes and coughs with the inside of your elbow and avoid touching your face.

**Leave the flu out in the cold.**  
The only way to protect your entire household from the flu is for every member to be vaccinated against it. Those who get flu shots can still carry the virus and expose others, so make sure everyone is protected.  
For more information about what vaccinations you need and when, visit the Centers for Disease Control and Prevention website at cdc.gov/vaccines/schedules. For a list of Trios family and pediatric providers, visit trioshealth.org/FindPhysician.

**We’re here however and whenever you need us.**  
Illnesses and accidents do still happen despite our best efforts to avoid them. If you find yourself in need of medical attention this holiday season—or anytime—we’re here for you day or night. Our full-service emergency room is ready around the clock.  
For non-emergencies that need attention before your family doctor can see you, we offer four convenient urgent care locations throughout Kennewick, plus no-appointment after-hours pediatric care for kids 17 and under. Visit trioshealth.org/UrgentCare for locations and hours.