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About Fry Healthcare Foundation

Mission

The mission of the Fry Healthcare Foundation is to serve as a non-profit agency dedicated to collecting and dispersing funds, goods, and services to meet the ongoing needs of Boundary Community Hospital and Extended Care Facility. The Foundation assists individuals and organizations wishing to support and contribute to our healthcare facility, whether financially or in kind (time and effort). Gifts received by the Foundation are used to purchase state-of-the-art medical equipment, finance facility construction and renovation, and fund ongoing programs and services at the hospital.

The Fry Healthcare Foundation's goal is to be a non-partisan group of community citizens whose main interest is promoting lifelong healthcare for our community, recognizing individuals, groups and organizations that contribute to local healthcare through tax deductible and/or in kind (time and effort) contributions.

Why Fry?

Dr. E.E. Fry graduated from the University of Toronto Medical School and moved to Bonners Ferry in 1902. He continued his training under a supervising physician until completing his state medical boards and receiving his license. In 1903 Dr. Fry opened his medical practice working closely with the Bonners Ferry Community Hospital.

By 1918, the Bonners Ferry Community Hospital had outgrown its facilities. Dr. Fry purchased the Dawson property, located on the current site of the Restorium. The facility was enlarged and remodeled adding hardwood floors, an elevator run by water pressure, x-ray equipment and a modern kitchen. Until his death in 1937, Dr. Fry devoted his time and efforts toward the development of the hospital. In 1944 the hospital's name was changed to the Fry Memorial Hospital in his honor.

It is in this spirit of giving that the foundation chose the name "Fry Healthcare Foundation."

**Fry Healthcare Foundation is a 501(c)(3) non-profit organization
 Tax ID# 82-0465538**

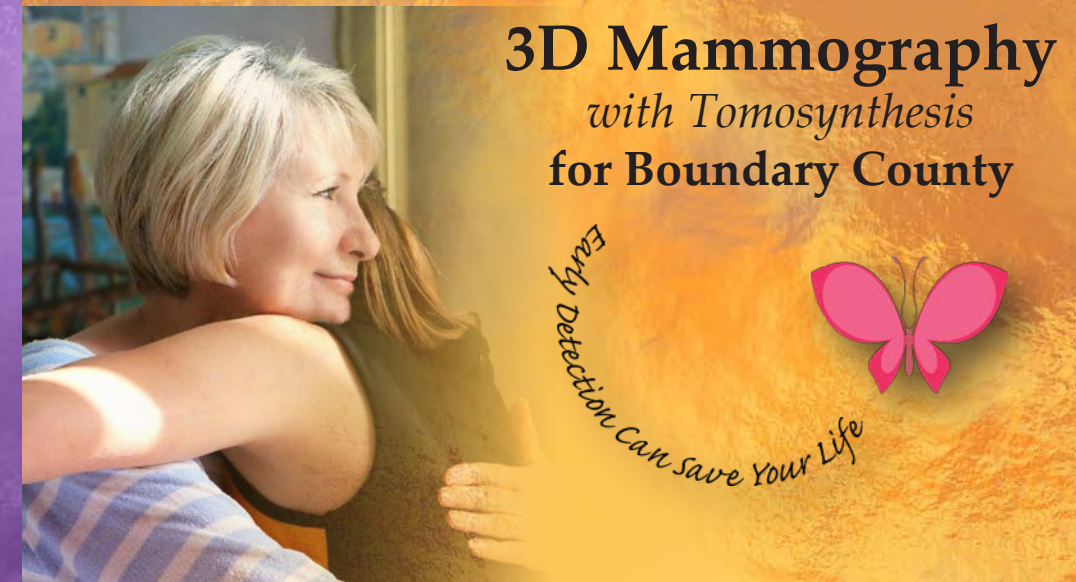
www.boundarycommunityhospital.org/foundation



Fry Healthcare Foundation
 6640 Kaniksu Street
 Bonners Ferry, ID 83805
 (208) 267-6912



Forget Me Not Capital Campaign



3D Mammography with Tomosynthesis for Boundary County

Early Detection Can Save Your Life





Early Detection Can Save Lives

WHAT IS A MAMMOGRAM? A mammogram is an x-ray study of the breast. Usually 2 views are obtained of each breast. The overall mammogram study radiation dose is approximately equal to being outside on 20 summer days. The mammogram study takes approximately 20 minutes. There is some discomfort due to compressing the breast tissue to obtain a clear diagnostic image, but it is well worth the short-term discomfort.

WHY GET A MAMMOGRAM? There are many reasons why a woman should get a mammogram. Mammograms can identify a lump up to 2 years before it can be felt. The earlier breast cancer is found the better the outcome. The best weapon against breast cancer is early detection. The 5 year relative survival rates for patients who have early breast cancer detected with mammography is 100% according to the National Cancer Institute.

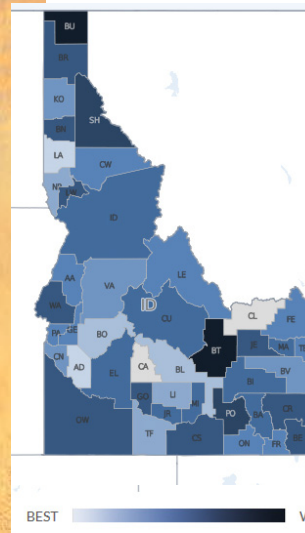
WHO SHOULD GET A MAMMOGRAM AND WHEN? In the United States the Preventative Services Task Force Mammogram Guidelines recommend women begin screening at age 50 and the American Cancer Society recommends screening to begin at age 45. Other medical organizations recommend screening beginning at age 40. If the woman begins screening at age 50 annual mammograms should follow. If the woman begins at 40 or 45, depending on her family history and circumstances annual mammograms are recommended, however, every other year would also be reasonable until age 50 followed by annual mammograms. Women should continue with mammography until age 75 and thereafter it is up to the patient whether she should continue annual follow-up.

In 2019, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 62,930 new cases of non-invasive (in situ) breast cancer. However, mammograms are the best form of early detection and can save your life. There are more than 2.5 million survivors of breast cancer in the United States. In Boundary County I'm quite sure that you know or may know of a breast cancer survivor. Or possibly, you are a breast cancer survivor. I have been the primary physician interpreting mammograms at Boundary Community Hospital for the past 18 years and I can attest that we have discovered numerous early cancers of women who are cancer free since the diagnosis and treatment. In fact, mortality rates for breast cancer have declined in the past 20 years by 31% nationally.

Boundary Community Hospital has been performing mammograms for over 3 decades. We have state of the art digital mammography. We recommend that patients who have extremely dense breasts have a 3-D mammogram (tomosynthesis). In some cases an MRI breast study, ultrasound, or biopsy may be necessary to exclude a breast cancer.

Incidentally, men can also develop breast cancer even though it is 100 times less likely than women who develop breast cancer. Any adult male, usually older males, who develops a breast lump should see his physician to determine if a mammogram is indicated. Most male breast lumps are due to hormonal changes and or medications.

*Michael Melendez MD
Consulting Radiologist
Certified by the American Board of Radiology*



3D Mammography Overview

A 3D mammogram (breast tomosynthesis) is an imaging test that combines multiple breast X-rays to create a three-dimensional picture of the breast.

A 3D mammogram is used to look for breast cancer in people who have no signs or symptoms. It can also be used to investigate the cause of breast problems, such as a breast mass, pain and nipple discharge.

When used for breast cancer screening, 3D mammogram machines create 3D images and standard 2D mammogram images. Studies show that combining 3D mammograms with standard mammograms reduces the need for additional imaging and slightly increases the number of cancers detected during screening. But more study is needed to understand whether 3D mammograms may reduce the risk of dying of breast cancer more than a standard mammogram alone.

According to County Health Rankings 2019 Report Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening:

Boundary County: 23%*

Overall in Idaho: 39%
Top US Performers: 49%
Bonner County: 30%
Kootenai County: 40%

*Worst Ranking in Idaho

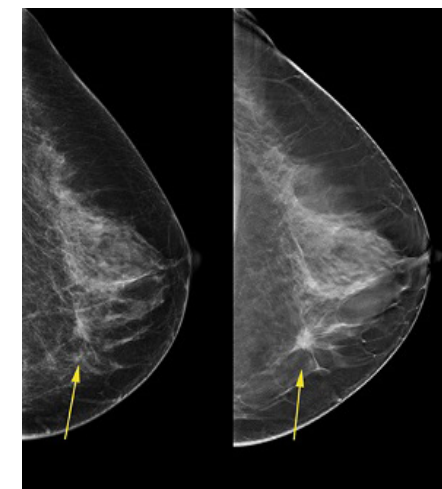


Why We Need 3D Mammogram in Boundary County

Due to technological advances in the field of mammography, Boundary Community Hospital (BCH) needs to upgrade/replace their current mammography equipment with Digital Breast Tomosynthesis (3-D Mammogram) equipment at an estimated cost of \$300,000 so that the citizens of Boundary County have access to the best possible breast exams to detect invasive breast cancers as early as possible. The cost of the equipment cannot be passed on to the patients who will use it due to insurance coverage/charge limitations, therefore the entire cost of the equipment must be raised from grants, endowments and donations. As a county-owned community hospital, funds received from the county to support the hospital are used for facility maintenance and operations. No funds are set aside to replace equipment; therefore, replacement costs must come from other sources.

Donations to the Forget Me Not 3D Mammogram Capital Campaign can be made through Fry Healthcare Foundation the 501(c)3 non-profit organization dedicated to collecting and dispersing funds, goods, and services to meet the ongoing needs of Boundary Community Hospital and Extended Care Facility.

Not only do we want to improve the technology, but also increase awareness of the importance of regular screenings. We want to improve the chance of catching breast cancer early so that we can save lives.



2D vs. 3D Mammography:

3D Mammography is 34% more effective at detecting tumors resulting in earlier treatment. Images from BreastCancer.org

3D Mammography is recommended by physicians for women with dense breasts. It is estimated that 50% of women age 40-55 have dense breasts and currently all of them must go out of the county to get this important exam. Additionally, 2D mammogram screenings for women with dense breast tissue could be harder to interpret which may require additional tests to check for cancer. With new equipment, women in Boundary County will be able to have enhanced imaging so that their radiologist can make better diagnosis reducing the need for multiple screenings and the anxiety, travel time and other expenses related to traveling out of county for testing.



Donor Recognition

All contributors to this capital campaign will be registered in the Fry Healthcare Foundation Honor Roll Book. Gifts of more than \$250 will be recognized with a special plaque on the Fry Healthcare Foundation donor wall displayed in the Outpatient Services lobby of Boundary Community Hospital.



Donations can be a one-time gift, an endowment, or an annual cumulative gift pledged to purchase the mammogram equipment.

FRIEND: Gifts up to \$249.

SPONSOR: \$250 to \$999.

PILLAR: \$1,000 to \$4,999.

BENEFACTOR: \$5,000 to \$24,999.

DISTINGUISHED BENEFACTOR: \$25,000 and above.

Donors can choose to list their donation in their name or in memory or honor of someone.

Priority for gifts and donations received through December 2019 will be used to purchase the mammogram equipment. Otherwise your gift will be used to benefit the community through Boundary Community Hospital and the Extended Care Facility.