

life's point

spring 2006

Focus on **Health Care**

Colorado Plains Medical Center

Don't Live with Aching Joints

Read our special feature on page 4

Need Sleep? We Can Help!
page 2

Emergencies Are Our Business
page 3

Dear Friends,

To reach higher, your vision must be broader. We at Colorado Plains Medical Center understand the big picture and offer a broad array of services—along with the traditional care and compassion of yesteryear. We're diligently working harder for you every day in our attempts to bring you quality care and quality service closer to home. We are attempting to provide you with a community magazine that reflects what the community desires. Everyone weighs in with ideas, and we do our best to keep improving.

In this issue, you will learn more about our orthopedic and joint replacement program. Also, find out what causes runny noses and itchy eyes and learn how to lessen these annoying symptoms now that spring has arrived. Finally, if you are not sleeping well, learn about sleep disorders in our special article on this page.

Make no mistake, our people are what set us apart. In April and May, we have the honor of recognizing several important employees who serve our community as healthcare professionals, either as nurses or emergency medical

technicians, or even as volunteers. Read about them and about our capabilities on pages 3 and 7.

We look forward to hearing from you and wish to thank you for the wonderful response we received on our inaugural issue of *Life's Point—Focus on Health Care*. We appreciate the kind remarks on what you read and the thoughts for our future editions.

Thank you and keep sharing!

Michael A. Anaya Sr., FACHE
Chief Executive Officer
Colorado Plains Medical Center



life's point

Get the *Sleep* You Need

If you find you're unusually sleepy during the day, you could have sleep apnea—a potentially fatal condition.

Sleep apnea, one of the most dangerous and common sleep disorders, causes an estimated 18 million Americans to stop breathing for several seconds hundreds of times each night.

Symptoms of sleep apnea include:

- loud snoring
- daytime grogginess
- poor concentration
- depression

For those who suffer from sleep apnea, help is available thanks to a local sleep lab, which can provide physicians with information to aid in diagnosing the disorder before it creates more serious problems.

“High blood pressure, heart attacks, congestive heart failure, and stroke are all associated with untreated sleep apnea,” says Scott E. Faulkner, MD, internist and Chief of Staff at Colorado Plains Medical Center. “By seeking evaluation and any appropriate treatment, you'll decrease your chances of major health problems related to the sleep disorder. You'll also be more alert, you'll get more done, and you'll be happier.”

To learn more about sleep apnea or any of the other disorders that disrupt sleep, talk to your doctor, or call Dr. Faulkner at (970) 542-0360.





Put Your Best Foot Forward

WARM WEATHER IS COMING

While you're probably ready to free your feet from the clunky confines of heavy winter boots and shoes, think twice about purchasing strappy sandals and flip-flops.

"Sandals and flip-flops don't provide the support you need," says Lorin Brandon, DPM, podiatrist on staff at

CPMC. "Ill-fitting shoes can lead to painful problems such as ankle sprains, ingrown toenails, bunions, and blisters."

When shopping for warm-weather shoes, take these tips from the American Podiatric Medical Association.

1 Get Support. To prevent a condition called plantar fasciitis (a strained ligament that runs

through the arch), make sure your shoes provide the correct balance of support and flexibility.

2 Don't Go Flat. If you're going to wear sandals, look for some that have an arch, such as Teva brand.

Completely flat shoes—such as flip-flops—shouldn't be worn for everyday use.

3 Shop Smartly. Shop for shoes at the end of the day when your feet may be slightly swollen. Take the type of stocking or sock you'll be wearing to the store, try on both shoes, and walk around before making the purchase.

April is National Foot Health Awareness Month, so take time out to schedule an appointment with podiatrists Lorin Brandon, DPM, or Scott Taylor, DPM. Call their office at (970) 542-0221. Dr. Taylor also provides convenient outreach clinics in Akron and Wiggins.

Because of constant use, your feet are the part of your body most prone to injury.

"An average day of walking puts tons of pressure on your feet," says Scott Taylor, DPM, podiatrist on staff at Colorado Plains Medical Center. "This makes good shoe selection essential, because without healthy feet, other areas of your life will begin to suffer."

An Answer for Any Emergency

Whether you've been in an automobile accident, broken a bone, or suffered a heart attack, the Level III Trauma Center at Colorado Plains Medical Center is equipped to handle your emergency.

"Because we're located in a rural community, we can handle most emergencies that come through the door," says Pete Slivkanch, RN, BSN, CCRN, Nurse Manager of the Trauma Center and Manager of the Intensive Care Unit at CPMC. "Our physicians are highly skilled, the nurses are certified in trauma, and we're able to deliver care faster and with more compassion than often seen in larger facilities."

To complement the medical staff, the Trauma Center must follow requirements set by the State of Colorado to maintain its certification



Sue Glaizer, RN, Colorado Plains Medical Center Emergency Room Nurse and former Trauma Coordinator, works hard each day to deliver excellence.

and high level of care, including 24-hour trauma surgeon coverage, a helicopter pad, advanced laboratory and imaging services, and a variety of medical specialties.

"We have several medical specialties to manage your condition," says Bentley C. Tate, MD, Director of the Emergency Department at CPMC. "From obstetrics and gynecology to

orthopedic surgery, pulmonology, cardiology, and pediatrics, CPMC provides quality care close to home."

If you experience an emergency, call 911 immediately or go to CPMC, located at 1000 Lincoln St., Fort Morgan, Colorado.

Two Cheers for EMERGENCY CARE

May marks Trauma Awareness Month and Emergency Medical Services (EMS) Week (May 14–20). Residents of Northeast Colorado are invited to increase safety awareness, honor those who provide lifesaving services, and learn about injury prevention and trauma care at Colorado Plains Medical Center.

For information on the Trauma Center at CPMC, see "An Answer for Any Emergency." Call (970) 542-3346 to request a free copy of your Medical Emergency and Awareness Guide.

Knee diagrams provided courtesy of Stryker Orthopedics.



Ken Keller, MD, at Colorado Plains Medical Center, is seen here visiting with a former patient.



Finding Your

New and Improved JOINT

At Colorado Plains Medical Center, quality joint replacement is making life better for residents of Northeast Colorado every day.

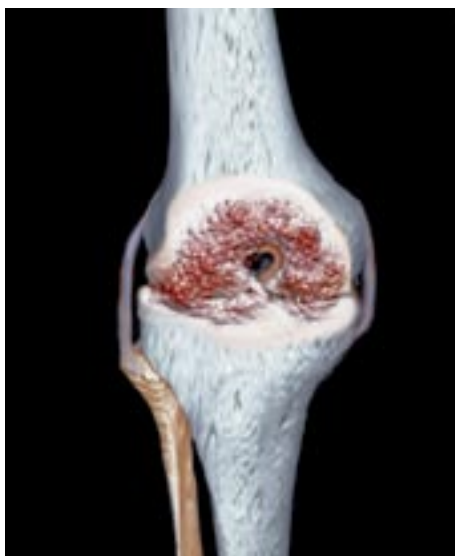
When a sports injury, arthritis, or osteoporosis forces you or someone you love to need joint replacement, take comfort knowing the best joint replacement services are available close to home. For the past eight years, CPMC has been developing a growing joint replacement program, and we think you'll like the results.

"Joint replacement can make a tremendous difference in someone's life regardless of age," says Ken Keller, MD, board-certified orthopedic surgeon on staff at CPMC. "It's very gratifying to offer joint replacement, because many people come into the operating room with debilitating pain. Now, they're able to do practically anything they want in a matter of weeks."

AN IMPROVING SPECIALTY

When joint replacement was in its beginning stages, the first artificial joint was made of glass and had disastrous results, as it couldn't bear the weight of walking. Nearly 80 years later, the materials used in joint replacement surgery have improved drastically. As a result, joint replacement outcomes are better and now provide longer-lasting results than ever before.

Currently, materials used in joint replacement procedures include remarkably hard and tough ceramics and metals. These materials are made to be durable and withstand the constant friction of moving joints. Another improvement in joint replacement surgery is the technique used to perform the



Avoid the Ache

“It’s important for the community to know they can get excellent joint replacement surgery results here *close to home*. We’ve built a nice overall joint replacement program, so there’s no need to travel to Denver or other large cities for effective, quality joint replacement surgery.”

—Ken Keller, MD, board-certified orthopedic surgeon who has been on staff at Colorado Plains Medical Center since the joint replacement program began eight years ago

operation. Instead of large incisions that leave equally large scars and the need for prolonged hospital stays, today’s joint replacement surgery may be performed with minimal invasion. Whether receiving a new hip, knee, or shoulder, the patient leaves the hospital faster than ever and has smaller scars than in the past.

HANDLING THE PAIN

“The type of anesthesia service we offer isn’t seen much in our area,” Dr. Keller says. “Our anesthesia experts make the joint replacement experience as pleasant and comfortable as possible from the operating room and beyond. This is very beneficial when patients are recovering from surgery.”

The anesthesia service Dr. Keller is talking about is a specialty service called regional blocks. By using regional blocks instead of general anesthesia, the anesthesiologist or nurse anesthetist gives the patient maximum pain relief to the affected area while maintaining feeling and function of other nonaffected areas of the body. Regional blocks also make it possible for the patient to begin rehabilitation without pain.

LEARNING TO USE A NEW JOINT

At CPMC, joint replacement surgery with quality anesthesia is only the first step patients take toward new and improved lives. In an effort to assure positive long-term outcomes for each and every patient, CPMC offers top-of-the-line, individualized rehabilitation services.

Most patients begin rehabilitation the day following joint replacement surgery. After a few days of intensive therapy, patients typically return home and participate in outpatient therapy at CPMC for a few weeks. During this time, the patient is also given home exercises to perform as he or she continues to gain confidence in the new joint.

“Without proper rehabilitation after joint replacement surgery, the patient may never gain full function of his or her new knee or hip or reap the full benefit of surgery,” Dr. Keller explains. “For optimal outcomes, patients require individualized rehabilitation programs that fit their specific needs, and that’s what we offer at CPMC.”

To learn more about joint replacement surgery offered at Colorado Plains Medical Center, please call (970) 542-3328 or (970) 542-3346.

Affecting nearly 70 million adults and 300,000 children in America, arthritis is known to cause nagging joint pain, swelling, and stiffness, which are the results of inflamed joints. If left untreated, arthritis can cause the sufferer to experience debilitation and overall decreased well-being. Fortunately, you don’t have to put up with the pain.

To help your joints “bone up” against arthritis, take advantage of National Arthritis Month in May. Already have arthritis? Ask your physician what you can do to better control your symptoms and find out if you’re a good candidate for joint replacement at Colorado Plains Medical Center. If you experience difficulty sleeping at night, have found no relief for the pain through medications, or are being held back from activities of daily living, it may be time to consider joint replacement.

Treatment and relief are available. Let CPMC help.

To find a physician on staff at CPMC who can help you manage or avoid arthritis, or help you determine if medication or surgical intervention is your best option, call (970) 542-3346.





The Cause of Your

SNIFFLES

Here's a list of allergen-producers that may be causing your sniffles if you live in Northeast Colorado:

Trees

- usually pollinate from March to May
- particularly allergy-aggravating trees include the cedar, maple, and oak

Grasses

- pollinate from April to July
- problematic grasses include quack grass, redtop, brome, and Bermuda grass

Weeds

- become more plentiful from June through October
- your allergies may be bothered by ragweed, tumbleweed, and chenopod

Do You *Aah-Choo?*

Does springtime always mean sniffing and sneezing for you and those you love? Don't let allergies interfere with your daily life.

Runny nose, itchy red eyes, and a cough that won't go away—if this sounds like you every spring, then you are one of the 35 million seasonal allergy sufferers across the country.

HELP FOR ALLERGIES

Symptoms such as a cold that will not go away, a stuffy, runny nose, or frequent sneezing spells are your body's response to allergens in the air that may be spread from trees, grasses, weeds, mold, animal dander, and dust—just to name a few.

“People with allergies must be very aware of their environment and how it affects their symptoms,” says Khalid Ismail, MD, in Pulmonary Critical Care at Colorado Plains Medical Center. “An allergy specialist can work with you to determine what's causing your symptoms and help you treat and avoid them.”

If you think you may have allergies and over-the-counter medications are proving ineffective, see your primary care physician. You may require further testing by an allergy and asthma specialist.

HELP FOR ASTHMA

When allergies are left untreated, asthma can result. Asthma frequently begins as shortness of breath, tightness in the chest or a dry cough persisting after a cold or a cough that presents itself with exercise.

“About a quarter of those with allergies actually have asthma, and it is important for these patients, especially children, to be examined for the condition,” says William A. Lanting, MD, allergy, asthma, and immunology specialty clinic physician at CPMC. “With proper evaluation, those with asthma can lead a normal life and not risk side effects such as underdeveloped lungs and stunted growth.”

Because asthma is largely a genetic condition, those affected should develop an asthma action plan with their physician.

“People don't have to live with the problems of their asthma,” Dr. Ismail says. “A physician can work with a patient to develop an action plan that will identify triggers to asthma and consider medications, thus helping to eliminate complications and make a healthier life just around the corner.”

For more information on allergies or to schedule an appointment, please contact Colorado Plains Medical Center at (970) 867-3391, or call the Specialty Clinic at (970) 867-6430.



Khalid Ismail, MD

Volunteers

Make the Difference

Colorado Plains Medical Center would like to pay tribute to the 55 members of the Fort Morgan Hospital Auxiliary who have made so many things possible for our patients and team members.

Recently, our volunteers participated in construction of a new medical office building by fulfilling an annual pledge of \$1,200 toward its completion.

Seldom will one not encounter a volunteer's smiling face when first arriving at the hospital. Our auxiliary members man an information desk, take people where they need to go, put worried minds at ease, and spend countless hours helping the operations of the facility run smoothly.

Members lend their expertise through interpreting and sewing skills, and also solely operate the hospital's gift shop. Last year, these 55 auxiliary members donated 5,007 hours to their community hospital—not to mention hundreds of dollars in nursing scholarships.



Elaine Meyer and Marianne Tibbetts, volunteers at Colorado Plains Medical Center, recently donated 150 stuffed bears to the CPMC emergency room. The bears will be gifts for pediatric patients.

In addition to the countless hours volunteers contribute, they also donated several items to various hospital-sponsored functions, and contributed holiday receiving blankets for the babies born at CPMC in December—along with 150 stuffed bears

to the emergency room to comfort pediatric patients!

CPMC extends a huge *thank you* to our volunteers—our everyday heroes.

Interested in being one of the hospital's everyday heroes? Call (970) 542-3346.

Honoring Our Nurses



Every day of the year, nurses at Colorado Plains Medical Center go above and beyond to bring comfort to patients.

May is National Nurses week, and we at Colorado Plains Medical Center want to show our appreciation for the men and women who are the backbone of patient care.

Not only are nurses important to patients and staff here at CPMC, they are an essential part of the healthcare industry worldwide. Both the compassion and expertise nurses provide allow patients and their families to feel secure in the fact that someone cares about their well-being.

Along with National Nurses Week,

May is the birthday of

Florence Nightingale,

one of history's most well-known

nurses. On May 12, celebrate this

special event and thank the

nurses in your life.

Take Care of Your Bones

Osteoporosis is a disease that currently affects 44 million men and women in the United States. To prevent this condition—which causes bones to become brittle and break easily—exercise regularly, and ensure you have plenty of Vitamin D and calcium in your diet.

“Early detection of osteoporosis will help prevent height loss, fractured vertebrae, and broken hips,” says Scott E. Faulkner, MD, internist and Chief of Staff at Colorado Plains Medical Center. “Your physician can't tell how healthy your bones are by looking at you, so it's vitally important that you have the appropriate tests, like a DEXA scan. Your bones are what hold you up—don't let them down.”

May is Osteoporosis Awareness and Prevention Month. Ask your physician what you can do to maintain great bone health.

A motor vehicle accident at 3:00 a.m. on a Friday morning. A slip on the ice and a broken hip at 5:00 p.m. on a late Sunday afternoon. A ruptured appendix at 9:00 p.m. on Tuesday night.

Accidents and illnesses can strike any time of the day or night. When they do, every second counts. Our emergency department is open 24/7. We are staffed around the clock with ER physicians and nurses trained to handle any kind of emergency. Our Level III Trauma Center can provide orthopedic surgery, general surgery and anesthesia when it is needed most—whether it is on a Sunday afternoon or a Tuesday night.

If you need care, go where you are welcome any time of the day or night. Come to Colorado Plains Medical Center. It could save a life!

Providing around-the-clock care...literally.

The community's only medical facility to provide 24/7 emergency services including:

- General Surgery
- Orthopedic Surgery

- Radiology
- Lab Services
- Physician Covered Emergency Room
- OB/GYN Services

- Anesthesia and Pain Management Services
- Cardiology
- Pulmonology
- Urology



1000 Lincoln Street
Fort Morgan, CO 80701

PRSR STD
U.S. Postage
PAID
Fort Morgan, CO
Permit No. 56