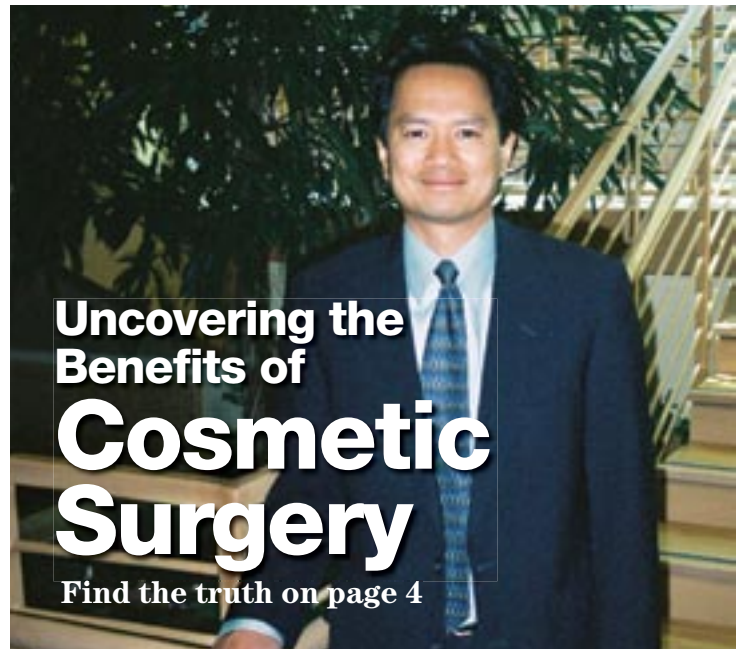


life's point

Colorado Plains Medical Center

summer 2006

Focus on Health Care



Uncovering the
Benefits of
**Cosmetic
Surgery**

Find the truth on page 4

**What You Should Know
to Keep Your Baby Safe** page 3

**Outpatient Therapy?
We've Got It!** page 7

Dear Friends,

There's an old adage that goes like this: "The capacity to care is the thing which gives life its deepest meaning and significance." It all comes down to compassion, caring, attitude, and an emotional intelligence of people who love caring for people.

The other day while I was rounding through our wonderful hospital I had the opportunity to observe our team of professionals working tirelessly to save a life. Watching these folks give their all for "our" patients was nothing short of miraculous. Their tenacity to do what is needed no matter what the circumstance demonstrates was extremely impressive.

We are very pleased here at Colorado Plains Medical Center to have approximately 200 staff members who have these wonderful traits. In fact, we recently had four of our very own nominated for the prestigious 2006

Nightingale award. The goal of the Nightingale award is to promote the general image of the nurse, to honor these professionals personally, and to recognize the contribution of nurses to the community.

Our nominees for the Nightingale award included: Naomi McGinnis, LPN (Home Health); Sonya Bass, RN (Quality Improvement and Risk Management); Deborah O'Kelley, RN (Home Health); and Marie Turner, RN (Obstetrics). Bass was one of six registered nurses out of more than 35 nominees in the Northeast Colorado area who won the Centennial Regional Nursing Award from the Centennial Area Health Education Center. After more than 20 years of caring and giving, she is most deserving of this recognition.

life's
point



I would also like to add that in this newsletter we will be featuring ear, nose, and throat (ENT) surgery services, baby safety issues, gynecology cancer, plastic and cosmetic surgery options, and ablation services, along with other various health-related articles.

Our enthusiasm runs deep and long, and our staff members pride themselves in making true believers of the patients who receive care here at CPMC...so thank you for allowing us to care for you and your family.

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



Brad Runyan, MD, has been treating patients at CPMC for more than 8 years.

Adios, Adenoids!

Whether your child has frequent ear infections or your spouse's loud snoring keeps you from getting a good night's rest, make CPMC your family's center for ear, nose, and throat (ENT) surgical care.

Ear infections, swollen adenoids, and tonsillitis are among the most common infections, especially in kids. The good news is that you don't have to travel to Denver to seek surgical treatments for these and other conditions.

Brad Runyan, MD, a board-certified otolaryngologist on staff at Colorado Plains Medical Center, inserts ear tubes and performs tonsillectomies, adenoidectomies, and other ENT specialty surgeries.

"We're proud to offer ENT surgical services to treat common problems in people of all ages," says Dr. Runyan. "At CPMC, we take pride in offering advanced care closer to home."

Other ENT surgical offerings at CPMC include:

- tympanoplasty (for perforated eardrums)
- treatment for snoring and sleep apnea
- endoscopic sinus surgery (for chronic or recurring sinus infections)
- septoplasty (for deviated septum, which causes nasal obstruction)
- salivary gland surgery (for infection/inflammation or tumors)
- removal of head and neck tumors

To schedule an appointment with Dr. Runyan, call the Specialty Clinic at CPMC at (970) 867-6430.

Baby Safety *on Your Mind*

It seems like you just brought your baby home from the hospital, but now he or she is wiggling and reaching for everything in sight. Now is the time to take action in order to avoid dangerous and preventable accidents like choking.

“Babies depend on their parents for care,” says Lisa Norman, RN, Obstetrics Nurse Manager at Colorado Plains Medical Center. “That’s why it’s important to keep a close eye on your child and make sure his or her environment is safe.”

Here are a few ways to prevent everyday accidents:

Car injuries—Always place your child in a car safety seat. When placing the seat in your car for the first time, read the instruction manual to ensure the car seat is secured correctly.

Falls—Never leave your baby alone on changing tables, beds, or sofas. Use gates to block stairways. Also, close doors and place your infant in a crib or playpen when you’re not holding him or her.

Choking and suffocation—Never leave small objects within a child’s reach or place him or her on a surface that is soft enough to cover the face, such as beanbags.

“Protecting your baby also means not letting him or her sleep in bed with you,” says Robert Thiel, MD, pediatrician on staff at CPMC. “Instead, infants should be placed on their backs in a crib, which also reduces the risk of sudden infant death syndrome (SIDS).”

September is Baby Safety Month! For more tips and information about keeping your infant safe, call the Paul E. Woodward Birthing Center at Colorado Plains Medical Center at (970) 542-3333.



Lois Elliott, MD, OB/GYN, is seen here holding a precious newborn at Colorado Plains Medical Center. More than 400 babies are born every year at CPMC.



What Women Should Know about **CANCER**

Gynecological cancers include ovarian, cervical, and uterine cancer. More than 82,550 women are diagnosed with these types of cancer every year in the United States.

CPMC is a proud sponsor of the Morgan County Relay for Life, a fundraiser benefiting the American Cancer Society. Information on gynecological cancer can be found at www.cancer.org.

WHAT ARE THE CAUSES?

Gynecological cancers are caused by the growth and spread of abnormal cells in the female reproductive system. Several risk factors are involved with these types of cancer, including family history and lifestyle. The presence of a sexually transmitted virus known as the human papilloma virus (HPV) is also a risk factor for cervical cancer.

HOW CAN I PREVENT THESE CANCERS?

In addition to living a healthy lifestyle, yearly gynecological check-ups are a must for women. Your gynecologist can screen for the presence of HPV and other forms of cancer. At these check-ups, it is important to inform your physician of your family’s medical history to increase your chances of early diagnosis.

If you have any abnormal symptoms, such as changes or discomfort in the

pelvis, changes in bowel or bladder patterns, or excessive discharge and abnormal bleeding between periods, consult your doctor.

WHY IS EARLY DETECTION AND TREATMENT IMPORTANT?

Treatments for these types of cancer include surgery, radiation therapy, chemotherapy, and other options given by your physician.

“By getting yearly check-ups, including the PAP smear, gynecologic cancers can be detected in their earliest stages,” says Lois Elliott, MD, OB/GYN at Colorado Plains Medical Center. “Early detection makes treatment easier and more effective for women.”

Observe Gynecologic Cancer Awareness Month by making a screening appointment with Dr. Elliott at (970) 867-3885.



A Brand New

LOOK ON LIFE

If you're considering cosmetic surgery to improve your appearance, you're not alone. In 2005, the American Society of Plastic Surgeons reported that more than 15.6 million Americans underwent cosmetic or reconstructive procedures.

Today, people live longer and have more active lives than ever before, and many believe their outward appearances no longer match the youthfulness of their personalities. So whether they're carrying around a few extra pounds, are unhappy with their breast sizes, or are beginning to notice a few wrinkles, many look to cosmetic surgery as an option for regaining a youthful appearance.

In fact, surgeons with the American Society of Plastic Surgeons indicate that from 2000 to 2005, the total number of cosmetic and reconstructive procedures increased by 15 percent.

"There are a number of reasons people consider surgery," says Henry Yang, MD, plastic and reconstructive surgeon on staff at Colorado Plains Medical Center. "A lot of procedures can help improve a person's self-confidence and self-esteem and have a dramatic impact not only on their physical aspects, but on their mental aspects as well."

While liposuction, breast augmentation, eyelid surgery, rhinoplasty (nose job), and breast reduction were the five most common cosmetic surgical procedures performed last year, not all patients seeking plastic surgery do so just to improve their appearances.



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—Henry Yang, MD,
plastic and reconstructive surgeon on staff at
Colorado Plains Medical Center

In 2005, more than 5.4 million people saw plastic surgeons for reconstructive procedures. Of these patients, almost 58,000 women had breast reconstruction—a surgery performed after a breast has been removed due to cancer.

CHALLENGING CHOICES

Recent changes in surgical options, patient education, and insurance coverage have made breast reconstruction more popular than ever before. Today, women can choose to have reconstructive surgery either at the same time as their mastectomy or at any time afterwards—sometimes even years later.

"The timing for breast cancer reconstruction needs to take into account if additional therapies are going to be needed after the mastectomy is performed," says Dr. Yang. "If a patient

is going to need radiation, then it's better for her to delay the reconstruction until her therapy is complete."

Prior to considering breast reconstruction surgery, it's important for the patient to have several consultations with both the general surgeon and her plastic surgeon. By speaking with both, she'll be able to discuss expectations and options that will help her get the end result she desires.

During the consultations, the plastic surgeon talks to the patient about her surgical goals, and then makes recommendations—such as those listed below—based on her health, anatomy, and risk factors.

- **Implant reconstruction.** Following a mastectomy, many women choose to undergo a traditional breast implant reconstruction. During this procedure, a saline-filled implant is placed underneath the skin and chest wall, often providing excellent cosmetic results.

For women with smaller breasts, a single-stage reconstruction (in which the implant is placed at the same time as the mastectomy) is usually possible. However, women with larger breasts often find that the skin that remains following the mastectomy doesn't provide enough space for the implant, so a surgeon will place a tissue expander under the skin at the time of the mastectomy. After the skin has stretched enough to allow an implant matching the remaining breast to be placed, a separate surgery will be scheduled for the implant.

- **Reconstruction with natural chest tissues.** Another option for natural-looking and natural-feeling breast implants is chest tissue reconstruction. These procedures—the transverse rectus abdominis myocutaneous flap (TRAM procedure) or Latissimus Dorsi Flap—use muscle, skin, and fat from your own body to create a new breast.

The TRAM procedure takes tissue from the abdominal wall and creates a breast mound that is tunneled under the skin of the chest wall. Once it's in place, the mound can be adjusted so that its appearance is almost identical to the remaining breast. The Latissimus Dorsi Flap generally uses a combination of an implant and muscle and skin from the patient's back to achieve similar results.

"There are numerous options available to women who need reconstruction after a mastectomy," Dr. Yang says. "The best thing she can do is talk to her doctor about her options and make this personal decision with his or her guidance."

For more information about breast reconstruction options, visit the American Cancer Society at www.cancer.org. To make an appointment with Dr. Yang, call the Specialty Clinic at (970) 867-6430.

Lasers for Legs

In addition to offering a wide variety of general surgery options, Lawrence Schoelkopf, MD, and Thomas Bryant, MD, general surgeons on staff at Colorado Plains Medical Center, offer the Vascular Solutions procedure for the laser treatment of varicose veins.

The Vascular Solutions method is a fairly new method of treatment for a condition known as venous reflux, which occurs when the valves in the vein become damaged. In veins that are healthy, blood flows only toward the heart. But when a patient has venous reflux, the blood leaks through the valve and collects in the vein, causing it to become twisted and distended. Varicose veins often become swollen, tender, and painful.

The procedure closes unhealthy veins. Vein stripping used to be one of the few options for treating varicose veins. Now, an even more successful result can be achieved in only 45 minutes with the less-invasive laser method.

"While the patient is under local or regional anesthesia, the surgeon makes a small incision in the vein and inserts a tiny laser fiber," says



Lawrence Schoelkopf, MD, and Thomas Bryant, MD, take excellence to the next level at Colorado Plains Medical Center.

Dr. Bryant. "Laser energy is then directed into the vein. The energy causes the vein to seal shut."

Healthy veins take over the work of the closed-off vein, and the patient's symptoms begin to improve fairly quickly. The incision is covered with an adhesive bandage or a wrap, and the patient can usually resume normal activity almost immediately.

For more information about the Laser Solutions method, call Dr. Schoelkopf or Dr. Bryant at (970) 867-5350.

Saving You *More* Than Just Time



Jay Cook, MD, radiologist, and Ian Fauconier, MD, urologist, performing an ablation procedure at CPMC.



Ian Fauconier, MD

Colorado Plains Medical Center offers ablation services that get you in and out of the hospital and back to your life.

Used for treating certain types of cancers—kidney, liver, breast, and select bone and lung cases, radiofrequency ablation uses computed tomography (CT) scans, magnetic resonance imaging (MRI), or ultrasounds to guide a special needle into a tumor. This needle is then electronically heated and after 10 to 15 minutes of heat application, the tumor is essentially “cooked.”

Along with the time-saving aspect of ablation services over surgery, these procedures reduce the amount of blood loss, decrease the risk of complications, and minimally affect surrounding tissue that can be damaged through other treatment techniques.

“Ablation procedures are precise and controlled, and produce very defined results,” says Ian Fauconier, MD, board-certified urologist on staff at Colorado Plains Medical Center. “Patients benefit in many ways from radiofrequency ablation, often preventing open surgery and requiring less extensive healing. As the field of urology incorporates advanced, minimally invasive procedures into the surgical armamentarium, ablation services are part of this shift.”

ADVANCING CANCER CARE

Along with the advance of various imaging technology, such as CT scans and MRIs, there has been an increased

incidence in the detection of all types of tumors. Renal tumors are a great example of the effectiveness of radiofrequency ablation, because in the past these tumors have required a partial nephrectomy—removal of a portion of the kidney—or a radical nephrectomy—removal of the entire kidney. Ablation services can treat the tumor through a minimally invasive procedure, saving the organ.

WAVE OF THE FUTURE

As an alternative to surgery, ablation procedures are specifically useful for patients who have physical factors such as age or a chronic medical condition that do not allow them to have open surgery. Ablation has also been shown to have impressive therapeutic benefits in patients due to reduction of post-procedure pain and quicker recoveries.

“Radiofrequency ablation is a new procedure that holds great promise for certain disease presentations and patients unsuited for traditional surgery,” says Jay Cook, MD, radiologist on the medical staff at CPMC. “Patients no longer have to travel to a metropolitan area to receive this same service. They can have the procedure done on an outpatient basis, close to home, where their families and loved ones are near.”

For more information on the services offered at Colorado Plains Medical Center, visit www.lifepointhospitals2.com or www.coloradoplainsmedicalcenter.com.

Need an *Outpatient* Therapy Program?

Many have overlooked a recent change in Medicare Part B, the Therapy Cap, which limits the total combined dollar amount for physical therapy.

The cap applies to outpatient therapy services furnished by rehabilitation agencies, physicians' offices, comprehensive outpatient rehabilitation facilities, skilled nursing facilities, home health agencies, and physical therapists in private practice. However, the cap **does not apply** to these therapy services when they are furnished in a hospital-based outpatient department.

How does this affect someone covered by Medicare? It means that

if you receive your therapy in a setting **other than** at a hospital-based outpatient department, you may reach the Medicare payment cap before your therapy goals are reached. Although the patient may be able to continue therapy at a hospital outpatient program, there is no avoiding a disruption in the treatment plan and a need to establish a new relationship with a different therapist.

For the patient, therapy is about feeling better and regaining function as fully and quickly as possible. When you need physical therapy, turn to Colorado Plains Medical Center!



Residents of Northeast Colorado can receive high-quality outpatient therapy close to home at Colorado Plains Medical Center.

Vitamins and the Heart

*by Ahmad Shihabi, MD,
Cardiologist at CPMC*

Vitamin supplements are a frequent part of over-the-counter treatments used by many Americans, who are often under the impression that certain supplements are beneficial for cardiovascular health.

Vitamin E—It was initially thought that vitamin E may reduce the risk of heart disease. However, there is no evidence that vitamin E or any other antioxidant supplements reduce the risk of heart disease, and there is some evidence of increased risk of heart failure. Supplemental vitamin E is not needed for those eating a well-balanced, healthy diet that contains fruits and vegetables.

Vitamin C—Some smaller studies offered conflicting evidence of its merits, while a large, well-designed study showed no benefits in patients with known heart disease. Thus, there is no solid evidence to recommend vitamin C supplements for the prevention of heart disease.

Vitamin A—Well-performed trials showed no benefit of this antioxidant in prevention of heart disease.

Beta-Carotene—Studies showed no evidence that beta-carotene supplements prevented heart disease, but rather were potentially harmful. This was particularly true for smokers, as supplements were linked to an increased risk of lung cancer.

Folate, Vitamin B12, and Vitamin B6—All of these lower homocysteine, high levels of which have been associated with an increased risk of heart disease. There is no evidence, however, that these vitamins provide any cardiovascular protection, and there is some evidence that they might be harmful. High doses of folate in women, especially young women, may reduce the risk of hypertension, but this has not been confirmed.

It should be noted that the third United States Preventive Services Task Force did not find enough



evidence to recommend for or against supplementation of vitamins E, C, A, or multivitamins with folate for prevention of heart disease. However, it should also be noted that vitamin supplements are indicated in other situations and these should be discussed with your healthcare provider.

A well-balanced and healthy diet that contains nutrient-rich fruits and vegetables, combined with a healthy and active lifestyle, represents one of the most important steps towards prevention of cardiovascular disease.



Women's health is a specialty.

A woman's health is a delicate balance

of many factors. It's not news that women are different from men. But you may have never thought of women's health as a specialty. It is to us.

At Colorado Plains Medical Center, we have some of the most dedicated, highly trained professionals in the field, including a full time obstetrician/gynecologist, offering top-of-the-line medical treatment women may need at different stages of their lives, including mammograms, incontinence, hormone replacement therapy, preventive cancer screenings, prenatal care, birthing classes, osteoporosis prevention, diet consultations, and female surgical services.

Big city health care, conveniently close by. Call us for more information.

1000 Lincoln Street ■ Fort Morgan ■ (970) 867-3391



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



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