

# life's point

Colorado Plains Medical Center

Spring 2009

Focus on Health Care

## Men: Master Your Health page 4

Bob Oleskevich and his dog, Blue, take a break from playing fetch one spring day. —Photo by Sandy Schneider Engle

**Special Section Just for Moms**

page 3

**The Truth about Vitamins**

page 6

Dear Friends,

Springtime is here, which means it's time to rid your house of clutter during your annual spring-cleaning. This is also a time for a "health" cleaning of sorts. Open your medicine cabinet and look for expired medicine that should be thrown away. If you have questions about your medications, contact your local pharmacist.

In this issue of *Life's Point*, we offer an in-depth exploration of the world of vitamins on page 6. Several of our knowledgeable physicians offer tips for adults and children on what's needed and what you should avoid.

If the family dog has your nose running, turn to page 7. Many Americans suffer from allergies caused by the family pet, and William Lanting, MD, offers ways you can prepare your house to be sneeze-free without being pet-free.

Moms are quite special to us in the month of May—we even have a holiday dedicated to them. To ensure moms—and their babies—are in the best health possible, we have dedicated page 3 to new mothers. Our Center for Rehabilitation and Wellness can provide help for mothers who need to strengthen their core muscles postpartum, and our expert lactation specialist gives moms yet another reason to try breastfeeding their infants.

We at Colorado Plains Medical Center want our community to remain

healthy. As such, our feature story on pages 4 and 5 highlights men's health. Our cardiac and urologic specialists weigh in on screenings for men, and they even offer tips on the nine ways you can lead a healthier life.

All of us at CPMC wish you the best health possible.

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

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## Heart Surgery and Seniors

Older adults with coronary artery disease or other heart conditions are getting a new lease on life thanks to advances in open heart surgery and improved quality of life.



Fernando Lamounier, MD

In the past, many surgeons wouldn't consider performing open heart surgery on senior patients, but recent studies have shown that many older patients have decreased risk of complica-

tions, as well as an increased rate of survival after open heart surgery.

"Advances in surgical techniques, anesthesia, and treatment methods have resulted in more and more elderly patients opting for open heart surgery with remarkable survival rates," says Fernando Lamounier, MD, board-certified thoracic and cardiovascular surgeon on staff at Colorado Plains Medical

Center and Heart Center of the Rockies. "Because of newer technologies that allow for minimally invasive procedures, recovery times are faster, making patients less timid when considering more serious surgeries."

### THE BEST IN CARDIAC CARE

In June 2008, CPMC teamed with Heart Center of the Rockies to provide patients with comprehensive cardiac care five days a week in Fort Morgan. Heart Center of the Rockies specialists offer patients a full range of services from prevention and testing to surgery and rehabilitation, all at CPMC, which has a diagnostic Cardiac Catheterization Lab on-site to assist in the diagnosis and treatment of certain heart conditions.

To schedule an appointment at CPMC with a cardiologist from Heart Center of the Rockies, call (970) 867-7900.



Thomas Downes, MD, is one of the cardiologists who treats patients at CPMC.





Connie Weingarten, PT, Director of Rehabilitation

## Your BABY Gap

Protecting and repairing your abdominal muscles during and after pregnancy is important in regaining core strength postpartum.

**During pregnancy**, the increasing stress on a mother's abdominal muscles can cause a separation called diastasis recti. A common occurrence, especially after multiple pregnancies, a large diastasis can increase a new mother's risk of hernia.

"The rectus abdominis muscles are part of your core muscle group, which is necessary for mobility, posture, and most activities of daily living," says Connie Weingarten, PT, Director of Rehabilitation at Colorado Plains Medical Center. "Weak abdominal muscles also can lead to back pain, as muscles overcompensate for the lack of support."

Most diastases go away on their own, but preventive measures and gentle exercises can help you get back in shape. Ask your physician for an evaluation and plan to regain your abdominal strength.

### INDIVIDUALIZED THERAPY OPTIONS

If your physician recommends physical therapy, the Center for Rehabilitation and Wellness at CPMC has therapists with a broad range of expertise and high-tech equipment to help you achieve your individual goals.

"We educate women on how to care for their bodies during pregnancy, helping with back pain and body mechanics," says Weingarten. "We also offer the full spectrum of care postpartum to address any area of concern."

*To learn more about any of the rehabilitation services at CPMC, visit [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com) and select "Services and Technology."*

## Better Breathing through Breastfeeding

**A new** University of South Carolina study adds better lung function to the long list of benefits for children who were breastfed.

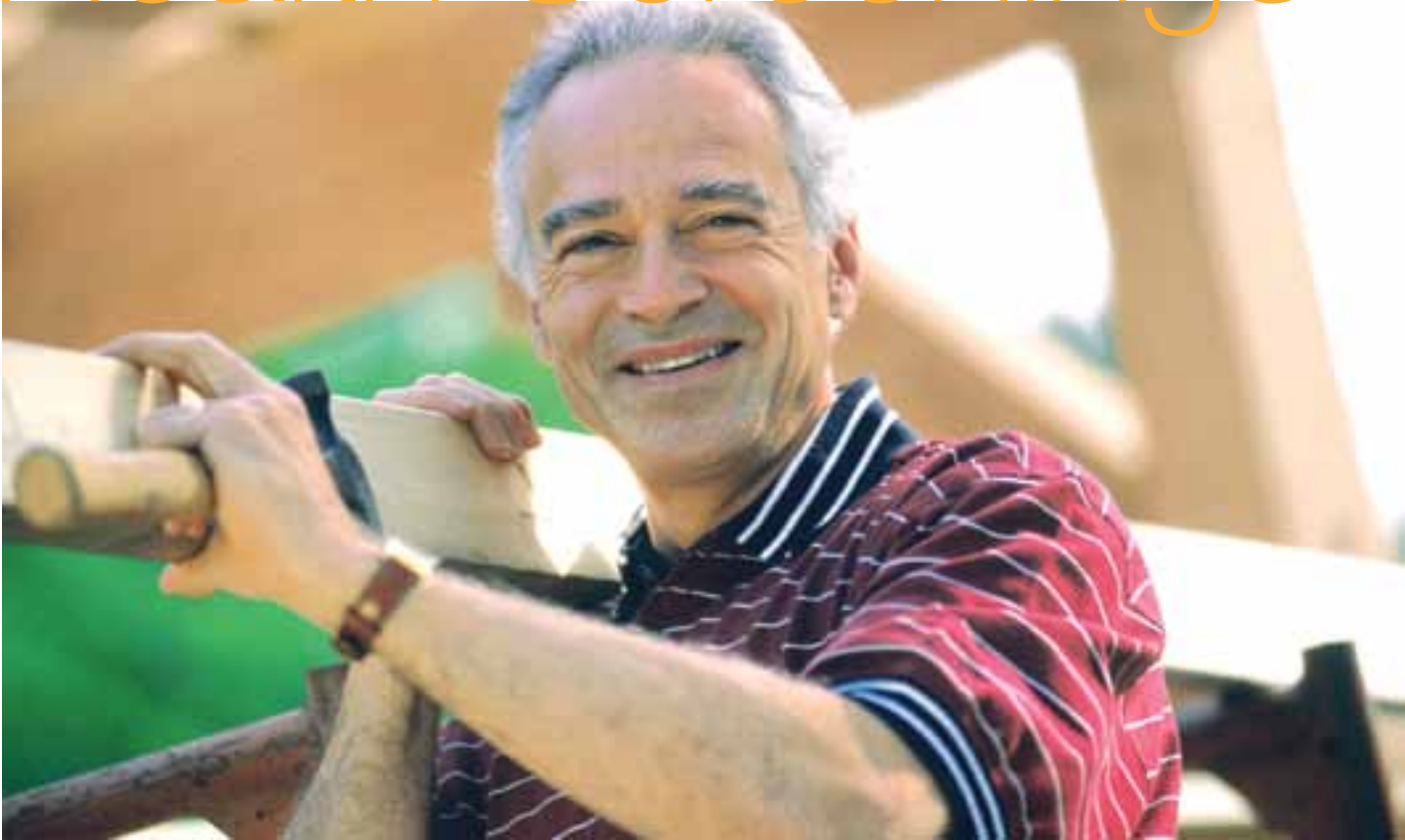
Out of more than 1,000 children, those who were breastfed for four months or longer had greater lung function, which is likely related to the physical exercise nursing requires. No extra benefit was seen for children who were breastfed fewer than four months.

"The American Academy of Pediatrics recommends breastfeeding for at least one year, but even one day is better than none," says Debra Tolson, RN, Childbirth Education Coordinator and Lactation Specialist at Colorado Plains Medical Center. "Mothers owe it to their babies to try breastfeeding, and we're here to help you."

*For questions about breastfeeding practice, classes, or our support group, contact Debra Tolson at (970) 542-3333.*



# A Male Priority: Health Screenings



**Great news guys!** When it comes to your health, some of the most deadly diseases are highly preventable. So, **what's the key** to beating these illnesses to the punch? **Regular health screenings.**

We never saw Rocky Balboa visit his doctor for a prostate exam. And it's hard to imagine James Bond stopping in for a colonoscopy. Like most men, those guys never seemed to think about that stuff.

That's the problem. Men, especially those of the macho variety, tend to be passive when it comes to their health, and they never quite get around to the fundamentals. However, given the devastating toll certain illnesses can cause, it's important for men to get a grip on them early with proper testing.

"The three main benefits of regular screenings are prevention, early detection, and timely treatment," says

Fernando Lamounier, MD, board-certified thoracic and cardiovascular surgeon on staff at Colorado Plains Medical Center and Heart Center of the Rockies. "I encourage all men to have coronary artery disease testing, a colonoscopy, and a prostate exam."

#### CORONARY ARTERY DISEASE

Coronary artery disease should not be taken lightly. It is the number one killer of men and women in the United States, accounting for roughly 450,000 annual deaths. This disease occurs when arteries are clogged, hampering blood flow to and from the heart. It causes tremendous stress on the body, inducing

a number of potentially deadly problems such as heart attacks.

A good number of screenings are available to check for coronary artery disease, including electrocardiogram, computed tomography, and stress tests. If one of these tests indicates coronary artery disease, your physician can prescribe medications to alleviate symptoms and suggest lifestyle changes to decrease your chance for future problems.

#### COLORECTAL CANCER

According to Dr. Lamounier, colorectal cancer, a top cause of cancer deaths, is almost completely preventable.

*“One of the greatest detriments to men’s health is the general unwillingness of men to be screened regularly. Many men have a macho mentality, which tells them they are so tough they don’t need regular testing, or they ignore problems, hoping they will disappear. Neither approach is appropriate. Although screenings may force guys out of their comfort zones a bit, they are imperative to healthy living.”*

—Fernando Lamounier, MD, board-certified thoracic and cardiovascular surgeon on staff at Colorado Plains Medical Center and Heart Center of the Rockies



Fernando Lamounier, MD

Colorectal cancer is slow growing, and if caught in its earliest stages, it can be successfully treated.

Dr. Lamounier recommends men with a family history of colorectal cancer have

a routine colonoscopy when they reach age 40. Men without a family history of cancer should schedule a colonoscopy by the age of 50.

#### PROSTATE CANCER

Like colorectal cancer, prostate cancer is highly treatable with early screening and detection. Even if everything seems to be working fine, prostate exams are an essential component to men’s health.

“I tell men they need to have annual prostate exams once they turn 50. If

male family members have had prostate issues in the past, I tell them they need to have the screening done at least five years earlier,” says Ian Fauconier, MD, board-certified urologist on staff at CPMC. “Let’s get the monster while it’s small. If we can detect problems early, it

will minimize the amount of treatment required, minimize the effects on the patient and his loved ones, and maximize the cure rate.”

*Guys, if you are overdue for some routine health maintenance, visit [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com) and click on “Services and Technology” to help get you back in gear.*

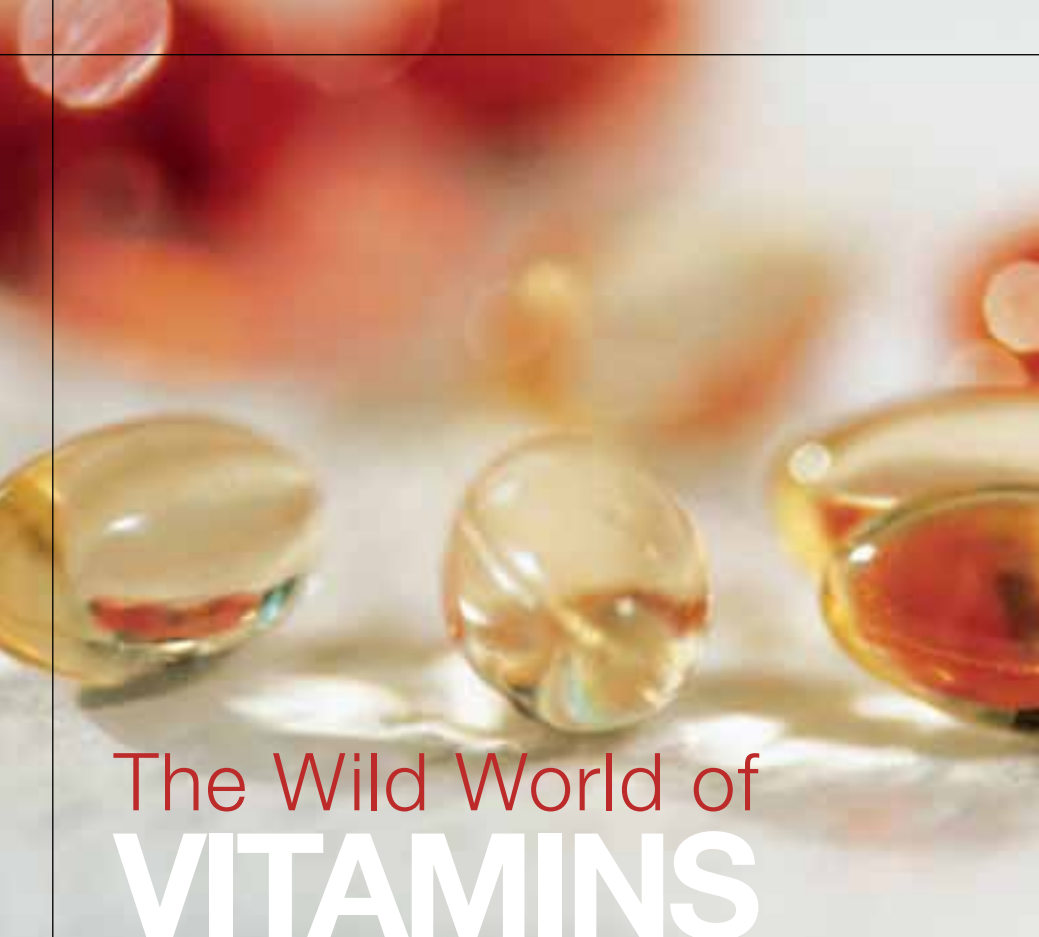


Ian Fauconier, MD

## Men’s Health Tips

It’s important that men get proactive about their health. Here are nine easy steps that can lead to a healthier life.

- 1 Get screened regularly.** Men, starting in their 40s, need to discuss screenings with their primary care physicians regularly. These tests are essential to prevention and early detection of diseases.
- 2 Stop smoking.** There is no shortage of information available detailing the health problems linked to smoking. If a loved one smokes, help him quit. If you smoke, nip it in the “butt!”
- 3 Maintain a healthy weight.** You’ll feel better and reduce your risk for a variety of chronic health conditions including diabetes.
- 4 Eat smart.** Follow the guidelines set by the new food pyramid. A healthy diet includes a balance of grains, vegetables, fruits, milk, meats, and beans.
- 5 Take a daily multivitamin.** A daily supplement will help protect against dietary deficiencies. Talk with your doctor about what vitamins and minerals your body may need.
- 6 Reduce stress.** Find an activity, whether it is yoga or kickboxing, that helps alleviate your daily stressors. It will be good for mental and physical health.
- 7 Get a well-rounded workout.** Aerobic exercise is central to cardiovascular health, but it’s also important to include weight training in your workout regimen for optimal well-being.
- 8 Curb your alcohol consumption.** Yes, moderate wine consumption can protect against heart disease, but excessive alcohol consumption is harmful to health.
- 9 Be social.** The benefits of a healthy social life are wide-ranging. Bonds with friends and family can enhance your quality of life while decreasing stress.



# The Wild World of VITAMINS

**Roughly 150 million Americans use dietary supplements, but only half of them know about their safety regulations.**

**Seventy-nine percent** of doctors recommend some type of dietary supplement to patients, and 72 percent use supplements themselves. With an overabundance of multivitamins and dietary supplements on the market, it's hard to know what is effective—and what is safe.

"The U.S. Food and Drug Administration does not regulate the production and sales of dietary supplements, so you have be careful," says Benedict Famoritade, MD, internist on staff at Colorado Plains Medi-

cal Center. "However, most adverse effects of dietary supplements occur when a patient consumes high doses of certain vitamins or minerals. Be sure to consume a multivitamin with no more than 100 percent of the daily value of each listed ingredient."



Benedict Famoritade, MD

Look for brands labeled with the NSF International, US Pharmacopeia, or Consu-

merLab seals to verify that each supplement actually contains the ingredients stated on the label and no contaminants or harmful ingredients. To help maximize the benefit of your multivitamin, look for the following:

Women of childbearing age need 400 micrograms of **foliac acid** each day to help prevent developmental defects during the first month of pregnancy.

Older adults need to consume between 400 and 800 units of **vitamin D** with calcium, which can increase bone density.

Routine supplement with vitamin E, beta carotene, and vitamin B6 is not recommended, according to Dr. Famoritade. Most importantly, consult with your doctor before taking any multivitamin. Some ingredients have the potential to interact with prescription medication, so it's imperative to review your supplements with your physician.

*For more information about dietary supplements, call CPMC at (970) 867-3391 to find a doctor who can help guide you to good health.*

## NUTRITION for Growing Bodies

Ideally, children should get the nutrition they need from a balanced, healthy diet. If your child has a chronic medical condition such as asthma or is simply a finicky eater, dietary supplements may be a helpful option. The following vitamins and minerals are essential for growing kids:



**Calcium** helps build strong bones as your child grows.



**Iron** promotes muscle growth and keeps red blood cells healthy. Iron deficiency is particularly common among adolescents.



**Vitamin A** fosters tissue and bone repair, and healthy skin, eyes, and immune system.



**B vitamins** promote a healthy metabolism and energy production, and they aid the circulatory system.



**Vitamin C** aids in the production of muscle, skin, and connective tissue.



**Vitamin D** is essential for proper bone and tooth formation and helps the body absorb calcium.

While these vitamins and minerals are effective individually, parents should avoid giving their children multivitamins.

"Multivitamins, if taken in excess, can be harmful to children," says Kehinde Obeto, MD, FAAP, pediatrician on staff at Colorado Plains Medical Center. "The fat-



Kehinde Obeto, MD

soluble vitamins found in them can be toxic in large amounts. It's important for parents to ensure their child's diet is healthy and varied enough to get enough vitamins."

# Dementia and Family Finances

Those with dementia are at risk for a variety of health concerns. Did you know financial issues also could be troublesome? Help your loved one by creating a contingency plan before trouble begins.

“It should be addressed in advance,” says Robert Wolfsohn, PsyD, licensed clinical psychologist on staff at Colorado Plains Medical Center. “Adult children should have open and serious conversations with parents or other elders about how to handle family finances should dementia occur.”

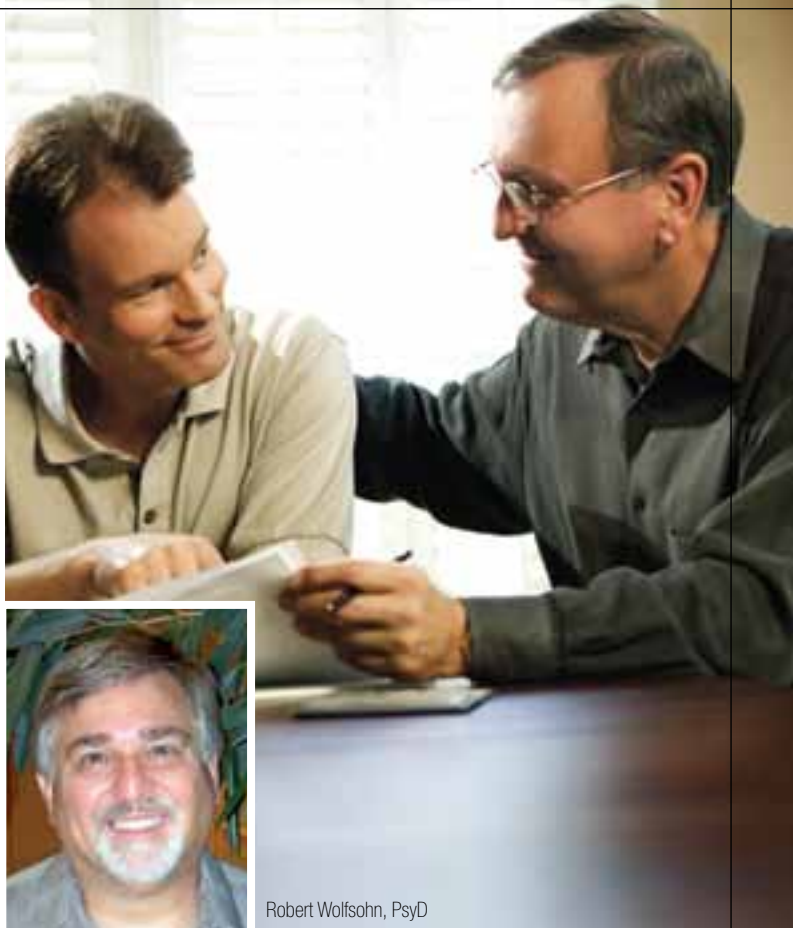
Often, those with dementia spend money unnecessarily or unwisely, quickly depleting checking or savings accounts and sometimes running up high credit card bills.

## POWER OF ATTORNEY

“Adult children should talk with their parents about signing over a durable power of attorney for financial and medical issues,” Dr. Wolfsohn says. “It could be stipulated that this would take effect only in the event of dementia or other catastrophic illness.”

A durable power of attorney would grant control of existing finances, but adult children also should consider the costs associated with caring for someone with dementia.

“Those who can afford it should purchase long-term care insurance,” Dr. Wolfsohn says. “This can help pay for care in a nursing home, an assisted living facility, or even in a private home.”



Robert Wolfsohn, PsyD

*If your loved one is exhibiting extreme changes in behavior that may indicate the need for treatment, contact the CPMC Geriatric Behavioral Unit at (970) 542-4357 for a free assessment. Dr. Wolfsohn can be reached by calling (720) 220-8651.*



Even potential allergies from pets or grass can be controlled as demonstrated by local resident Kurt Coup and dog, Rowdy.

## Pets + Proper Allergy Care = One Happy Home



William Lanting, MD

Fifteen percent of Americans are allergic to dogs or cats.

“These pet allergies occur when your immune system reacts to certain animal proteins,” says William Lanting, MD, FAAAAI, board certified in pediatrics and allergy, asthma, and immunology, allergist on staff at Colorado Plains Medical Center. “Symptoms can include a runny nose, shortness of breath, sneezing, and wheezing.”

Fortunately, you and your family pet—whether a dog or cat—can still live hand in paw by limiting your exposure to pet allergens. Get started by replacing your carpet with hardwood floors and using plastic mattress and pillow covers.

*Think you are suffering from a pet allergy? To make an appointment with Dr. Lanting, contact him at the CPMC Specialty Clinic at (970) 867-6430. The second and fourth Thursdays of each month are his normally scheduled clinics.*



# Colorado Plains Medical Center Physician Directory

## Allergy/Asthma

Velusamy Kailasam, MD—  
(800) 231-4519  
William Lanting, MD—(970) 227-4611

## Cardiology—(970) 221-1000

Roger Ashmore, MD  
Anthony Doing, MD  
Thomas Downes, MD  
Charles Green, MD  
Charles Johnson, MD  
Fernando Lamounier, MD  
Dennis Larson, MD  
Gary Luckasen, MD  
William Miller, MD  
Gerald Myers, MD  
Sunil Nath, MD  
John Oldemeyer, MD  
Matthew Purvis, MD  
Chad Stolz, MD  
Stephen Treat, MD  
Wyatt Voles, MD  
Todd Whittsitt, MD  
Stephen Zumbrun, MD  
Ann Anderson, NP  
Thomas Good, NP

## Cardiothoracic Surgery

Michael Stanton, MD—  
(970) 619-6176

## Counseling

Karen Silbersweig, LPC—  
(303) 667-4204

## Dermatology

Stephen Castle, DO—(970) 330-6075  
Velusamy Kailasam, MD—  
(800) 231-4519

## Ear/Nose/Throat

Brad Runyan, MD—(970) 212-0169

## Emergency Department—

(970) 542-3320  
Clint Flanagan, MD  
Steven Furer, MD

Gabriel Green, DO  
Richard Kubista, MD  
Allison Lindman, MD  
Lee Moorer, MD  
Kenneth Osgood, MD  
Kathryn Seitz, MD  
Kelli Spotts, DO  
Bentley Tate, MD  
Eric Wideman, DO  
Michael Wisniewski, MD

## Endocrinology—(303) 228-1240

Sarah Bull, MD  
Leslie Gamache, MD

## Family Practice

Jeff Cook, MD—(970) 867-0300  
Haftu Gebrehiwot, MD—  
(970) 867-0662  
Elias Hernandez, MD—  
(970) 867-0300  
Donald Kruglet, MD—(970) 867-5681  
Jacques LeBlanc, MD—  
(970) 867-0300  
Kevin Lindell, MD—(970) 867-8221  
Robert Thiel, MD—(970) 867-5681  
Mitzi Garrison, FNP—(970) 867-8221  
James Moran, PA—(970) 867-0300  
Marshall Unrein, PA—(970) 867-5681

## Hematology

Ross McFarland, MD—  
(970) 542-1472  
James Moore, MD—(970) 542-1472  
Martin Rubinowitz, MD—  
(303) 837-1488  
Michael Stone, MD—(970) 378-4170

## Internal Medicine

Benedict Famoritade, MD—  
(970) 867-6277  
Scott Faulkner, MD—(970) 542-0360  
Stephen Godar, MD—(970) 867-4911

## Nephrology

Don Rademacher, MD—  
(800) 722-0609 ext. 2438

## Neurology

H. Rai Kakkar, MD—(303) 750-8988

## Obstetrics/Gynecology

Lois Elliott, MD—(970) 867-3885  
Michelle Soriano, MD—  
(970) 542-0390

## Oncology

Ross McFarland, MD—  
(970) 542-1472  
Diana Medgyesy, MD—  
(970) 542-1472  
James Moore, MD—(970) 542-1472  
Martin Rubinowitz, MD—  
(303) 837-1488  
Michael Stone, MD—(970) 378-4170

## Orthopedic Surgery

Kenneth Keller, MD—(970) 542-1707  
Steven Sides, MD—(970) 392-4737  
Dave Keller, PA—(970) 542-1707

## Pathology

Joseph Bonelli, MD—(970) 521-3158

## Pediatric Cardiology

Douglas Christensen, MD—  
(800) 452-1536

## Pediatric Pulmonology

Margarita Guarin, MD—  
(303) 831-9853

## Pediatrics

Stephen Godar, MD—(970) 867-4911  
Kehinde Obeto, MD—(970) 542-2229  
Robert Thiel, MD—(970) 867-5681

## Plastic Surgery

Henry Yang, MD—(303) 996-1084

## Podiatry

Jonathon Dormish, DPM—  
(303) 364-3222

## Psychiatry

James Baker, MD—(970) 542-4357

## Psychology

Robert Wolfsohn, PsyD—  
(720) 220-8651

## Pulmonology—(970) 224-9102

Richard Milchak, MD  
Mark Petrun, MD  
Eric Stevens, MD

## Radiology—Advanced Medical Imaging Consultants—

(970) 484-4757; (888) 352-XRAY  
Bruce Berkowitz, MD  
John Bodenhamer, MD  
Jaime Contreras, MD  
Winfield Craven, MD  
Thomas Dunphy, MD  
Christopher Fleener, MD  
Tracy Florant, MD  
Samuel Fuller, MD  
J. Raymond Geis, MD  
Michael Geraghty, MD  
Deborah Gunderson, MD  
Amy Hayes, MD  
Mark Howshar, MD  
Sarah Jess, MD  
Peter Kopyay, MD  
Thomas Luttenegger, MD  
Curtis Markel, MD  
Richard Pacini, MD  
Jean Paquelet, MD  
Steven Peck, MD  
Gary Peet, MD  
Mark Reese, MD  
Charles Singer, MD  
Stanley Weinstein, MD  
Jeffrey Weissmann, MD

## Urology

Ian Fauconier, MD—(970) 542-0444

## Wiggins Clinic

Liz De Young, FNP, ND—  
(970) 483-7283