

life's point

Spring 2012

Focus on Health Care
Colorado Plains Medical Center



Fort Morgan resident Terry Warner enjoys one of spring's warm days by running. Read more about this local athlete inside.
Photo by Sandy Schneider-Engle

Stay Safe this Summer

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Dear Friends,

The sunny weather and warmer temperatures of springtime signal the anticipated shift from winter to summer. As the seasons change, we want to ensure your family is fully prepared to get out and be active throughout the warmer months.

I am very excited about 2012 because it marks Colorado Plains Medical Center's 60th anniversary! On page 3, you will see our hospital's history and how the care we provide the citizens we serve has transformed over many years. We thank you for your continued support and look forward to another 60 plus years!

Also in this issue of *Life's Point*, you will find essential health and wellness information you can use to keep your family healthy and happy. In particular, you will read about ways to protect

yourself and your loved ones from some of summer's most common health concerns, including heat stroke (see pages 4 and 5).

On page 6, you will learn more about the importance of disciplining children and gain valuable insight from our experienced behavioral health specialists. On page 7, you will find valuable information about identity theft, and get to know one of Fort Morgan's most active seniors, Terry Warner.

This spring, CPMC embarks on our newest expansion project. Our 10-bed Inpatient Behavioral Health Unit will feature 14 beds and offer intensive outpatient therapy. This newest addition is just one of the ways we seek to be your

provider of choice for every season of your life.

As always, we hope this issue offers the information you need to live more healthfully in addition to details about some of the exciting events taking place at CPMC.

Yours in health,
Mike Patterson
Chief Executive Officer
Colorado Plains Medical Center

life's point



Got Arthritis? Get Moving!

For people suffering from osteoarthritis, moderate exercise is vital to maintaining quality of life without hurting joints.

Research has shown the total number of adults who are physically active in their leisure time has increased in the last two decades. However, arthritis sufferers represent more than half the number who choose sedentary leisure activities.

Don't let joint pain keep you from being active. Exercise can:

- boost self-esteem
- build muscle around joints
- decrease depression
- help control weight
- improve energy throughout the day
- increase endurance and flexibility
- promote a good night's rest
- reduce joint pain and stiffness

"Talk with your physician before you begin exercising, and start slowly," says Ken Keller, MD, orthopedic surgeon on staff at Colorado Plains Medical Center. "If regular exercise and conservative measures, such as taking non-steroidal anti-inflammatory drugs, do not effectively manage joint pain, surgery to repair or replace the joint may be recommended."

If exercise alone doesn't help your arthritis symptoms, you may be a candidate for joint replacement surgery. Visit www.ColoradoPlainsMedicalCenter.com, or contact Beth Thompson, RNFA, CNOR, ONC, Orthopedic Case Coordinator, at (970) 542-3335 for more information.



Ken Keller, MD



www.ColoradoPlainsMedicalCenter.com

Celebrating 60 Years of Care for the Community

When you need to schedule an appointment at Colorado Plains Medical Center, you may not consider how the facility came to be a part your family's life. However, thanks to concerned citizens, CPMC has grown to be a true part of the community.



Following the Great Depression, a group of citizens led by George Epperson, a Fort Morgan attorney, rallied together to form the Fort Morgan Community Hospital Association (FMCHA). After a decade of fundraising, the FMCHA broke ground, establishing the foundation for what is now CPMC.

"The founding members were ahead of their time," says Sandy Schneider-Engle, Director of Marketing at CPMC and Executive Director of FMCHA. "They saw and addressed the needs of their families and anticipated the local health needs of future generations."

The technology and caliber of hospital staff at CPMC rivals that of much larger facilities and is something CPMC and community supporters have been proud of for decades. Residents can receive top-notch care and treatment locally.

CONTINUE A RICH TRADITION

If you're thankful for the care you've received at CPMC, you can give back just as

the facility's founders did 60 years ago.

"Whether a person gives time or money, it really makes a difference," says Schneider-Engle. "The FMCHA still exists today and its membership is composed of community residents who continue its mission of providing care to patients and supporting and maintaining the hospital to do this. In fact, the hospital is owned by this non-profit organization, which is recognized as a tax-exempt 501(c)(3) corporation. This hospital was founded by community members and seeks to serve Northeast Colorado residents for many years to come."

To learn more about how you can get involved in Colorado Plains Medical Center's great history of caring for the community, visit www.ColoradoPlainsMedicalCenter.com or request a giving brochure by contacting Sandy Schneider-Engle at (970) 542-3346. Watch for upcoming announcements for special events planned to mark the hospital's 60th anniversary of serving the community.

Avoiding Your Appointments?

One of the most important aspects of a healthy lifestyle is staying up to date with preventive health screenings. For some people, however, regular checkups aren't on the agenda.



Francis Thompson, MD

Whether it's a lack of time or fear of a diagnosis, skipping visits to a physician can lead to more problems down the road when conditions can be more difficult to treat.

"Some patients fear their physician will find a serious problem," says Francis Thompson, MD, family medicine physician at Colorado Plains Medical Center. "However, the important thing is to identify and address health concerns as early as possible through preventive screenings, and regular check-ups make this possible."

A MORE COMFORTABLE EXPERIENCE

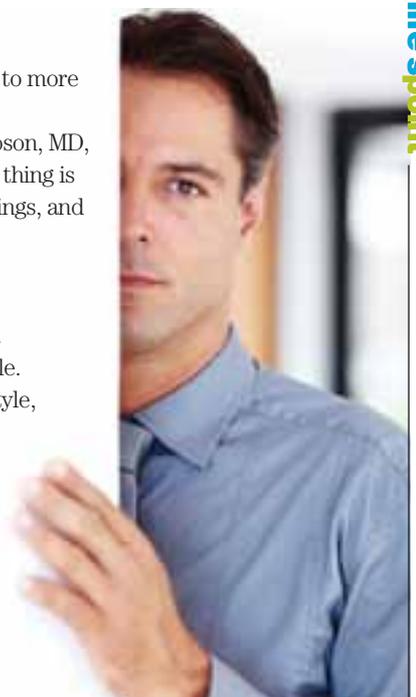
Building a relationship with your physician can help take the stress out of your visit. Consider these tips to help ensure your appointments remain as comfortable as possible.

- Give your primary care provider complete information about your symptoms, lifestyle, and personal and family medical history.
- Keep an open mind when visiting your physician and remember that his or her purpose is to help you stay healthy.
- Visit your physician for regular checkups to stay current with health screenings and to become more comfortable when going to appointments.

"Think of a physician as a health partner—someone to talk to about achieving health goals," says Dr. Thompson. "Doing so can lead to more focused medical care and reduced anxiety for patients."

Colorado Plains Medical Center has 11 family medicine providers on staff. Visit www.ColoradoPlainsMedicalCenter.com and select "Find a Doctor."

www.ColoradoPlainsMedicalCenter.com



Seven Summer

While cold weather may have kept you inside all winter, summer's arrival means it's time to go outside and play. Before you and your family embark on summer adventures, remember that safety should always come first.

This summer, keep the following tips in mind to ensure you and your family have a fun and safe season.

1

SHIFT TOWARD SAFETY

Summer is an excellent time to go on a road trip. Reducing road hazards begins in your vehicle. Keep your car maintenance up to date by getting your vehicle inspected frequently and before each vacation, and start every trip by putting on your seat belt. According to the National Highway Traffic Safety Administration, wearing a seatbelt prevents 13,000 fatal injuries every year. As you continue your journey, avoid distracting habits, such as texting, talking on the phone, or tuning the radio.

2

BEES, TICKS, AND MOSQUITOES—OH MY!

While the warm summer sunshine invites you to spend more time outside, it also encourages insects to be more active. Stings and bug bites can be itchy and painful, putting a damper on enjoying the day.

Before going outside, apply insect repellent approved by the U.S. Environmental Protection Agency. Take extra precautions by wearing protective clothing and using soaps and deodorants that are lightly scented or unscented. If you are allergic to insects, such as bees or ants, pack the necessary medications in case of an emergency.

3

SHIELD YOUR SKIN

When sunlight comes in contact with your skin, it delivers UVA and UVB rays. If you spend too much time in the sunshine, UVB rays lead to sunburn. Receiving too many UVA rays can damage the immune system and increase risk for skin cancer.

Protect your skin year-round by applying sunscreen with a minimum sun protection factor (SPF) of 15 every day. Choose a sunscreen that protects you from both UVA and UVB rays, and remember to reapply sunscreen every few hours when outdoors and more frequently if you are swimming or sweating.

4

BEAT THE HEAT

Just as rain deters you from enjoying your day, so can scorching temperatures. Extreme heat can lead to potentially dangerous situations. When your body's

temperature becomes too high, a potentially life-threatening heat stroke can occur.

"To prevent heat stroke, people need to drink plenty of water and avoid spending long periods of time in direct sunlight," says Anil Shrestha, MD, internal medicine physician at Colorado Plains Medical Center. "If a person shows signs of confusion, dizziness, headache, or nausea, he or she needs to seek treatment from the emergency room immediately."



Anil Shrestha, MD

5

HEALTHY PREVENTION

Summer is perfect for backyard barbecues. While everyone is gathered around enjoying their favorite tasty treats, bacteria, viruses, toxins, and parasites can easily develop to spoil the fun. Practice these few simple steps to prevent food-borne illnesses:

- Only serve foods while they're hot. When guests are finished, refrigerate or discard leftovers.

Safety Concerns



“Summer is meant for being outdoors and enjoying the many fun activities the season brings. Don’t stay cooped up indoors this summer just to avoid injuries. Limit your risks by practicing simple safety precautions.”

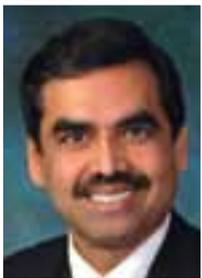
—Bentley C. Tate, MD, Director of the Colorado Plains Medical Center Emergency Department

- Serve cold foods over ice or leave them in the cooler to keep their temperature.
- Use a meat thermometer to ensure meats are cooked to the perfect temperature.

6 FORECAST FOR HEALTH

The weather outside may look enjoyable, but the pollen forecast and ozone alerts may say otherwise.

During summer, pollen and pollutants reach levels high enough to cause disturbances for people with allergies and asthma.



Vel Kailasam, MD

“Many people experience pollen allergies in the summer due to grass, weeds, and other plants,” says Vel Kailasam, MD, dermatologist and board-certified allergy, immunology, and internal medicine physician at the Specialty Clinic on campus at CPMC. “Keep your air conditioning running and try an over-the-counter antihistamine for relief. If you are still experiencing problems after a week or two, you should schedule an appointment with your physician.”

If you have asthma and are enjoying outdoor activities, be sure to carry any necessary medications or inhalers to avoid emergencies.



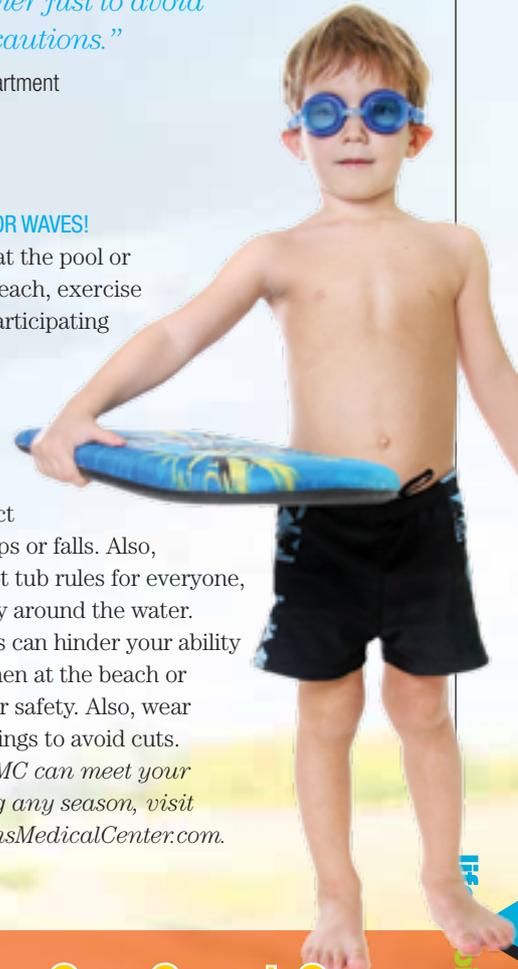
7 WATCH OUT FOR WAVES!

Whether at the pool or visiting the beach, exercise caution when participating in water activities.

If you have a pool or hot tub at your house, make sure it is properly covered or fenced in to protect against accidental slips or falls. Also, establish pool and hot tub rules for everyone, such as no rough play around the water.

Tides and currents can hinder your ability to swim properly. When at the beach or lake, swim in pairs for safety. Also, wear protective foot coverings to avoid cuts.

To learn how CPMC can meet your health needs during any season, visit www.ColoradoPlainsMedicalCenter.com.



Care You Can Count On

From heatstroke to food poisoning, the Emergency Department (ED) at Colorado Plains Medical Center is equipped to help you handle summer time emergencies. Recognized by the state of Colorado as a Level III Trauma Center, CPMC’s ED treats thousands of patients each year.

“We have served as Morgan County’s only Level III Trauma Center for almost 20 years,” says Bentley C. Tate, MD, Director of the CPMC ED. “We meet the stringent requirements that enable our hospital to handle many moderate and severe injuries.”

As a Level III Trauma Center, CPMC’s ED provides immediate access to emergency physicians along with quick availability of surgeons and specialists. After assessing, resuscitating, and stabilizing the patient, the ED can admit the patient for comprehensive inpatient services.

Discipline's Fine Line

If your child continually misbehaves, it's important for him or her to understand the consequences of disobeying.

Different stages in a child's life trigger behavioral experimentation. Throughout these phases, it is the responsibility of parents to guide children by teaching right from wrong.

"If your child constantly defies authority, he or she should face the appropriate punishment," says Omar Ruiloba, MD, MS, psychiatrist at Colorado Plains Medical Center. "Whether you utilize timeouts, revoke certain privileges, or safely spank him or her, disciplining your child is a vital part of parenting."



Omar Ruiloba, MD

TEACHING VERSUS PUNISHING

Children develop the ability to self-control around 3 or 4 years of age. During this period, they often test boundaries and impulses, but they also crave parental influence.

Before implementing verbal or physical discipline, try practicing the following:

- **Correct with love.** Talk to your child the way you want others to talk to you. Avoid yelling or using a disrespectful tone of voice.
- **Give a warning or reminder before punishing your child.** If your child understands the established rule but chooses to break it, he or she should be reprimanded without warning. If the rule hasn't been properly explained or your child doesn't fully comprehend it, clarify the rule and grant him or her a trial period, offering countdown reminders. Do not simply repeat threats of punishment if your child continues to behave badly.

To schedule an appointment with a pediatrician or psychiatrist at Colorado Plains Medical Center, visit www.ColoradoPlainsMedicalCenter.com and select "Find a Doctor."



Kehinde Obeto, MD

▶ Ineffective Discipline?

If your child's temper tantrums, attitude, and aggression continue to escalate, you may find yourself struggling to keep him or her under control.

"Reassess the situation and determine whether an underlying issue is contributing to your child's behavioral issues," says Kehinde Obeto, MD, FAAP, pediatrician at CPMC. "His or her negative attitude could stem from a learning disability, bullying at school, or unexpected changes within the home. Delving deeper into specific problems and addressing them could drastically improve his or her emotional health."

Although disciplining your child isn't always easy, it's an inevitable part of parenting. If you find yourself struggling to make the right disciplinary decisions, talk to a health professional who can offer guidance.

"It's important to seek help when you're going through problems raising a child," says Dr. Obeto. "By obtaining the advice of a pediatrician or psychiatrist, you may be able to unravel emotional issues that have profoundly impacted your child. Understanding him or her and offering unconditional love is key to administering proper discipline."

Still Racing after All These Years

Many people find excuses to avoid exercising. For Terry Warner, 69, however, running is a part of life he just can't give up.

Five years ago, Terry retired from his job at the United States Department of Agriculture, but he wasn't ready to retire from running. An avid runner since his high school days, Terry doesn't plan to leave his hobby behind any time soon.

"After a hard run, I feel healthier," says Terry. "Someday, when I get old, I might have to quit, but I still feel like it's easier to run than walk."

Terry has competed in 5K, 10K, and half-marathon races, even taking first place in his age group in a half-marathon in Fort Collins. In Bolder Boulder, the country's largest 10K, Terry placed third in his age group.

"I run four to five days a week," says Terry. "Anybody can do that, as long as they start slowly."

Although you may not run as much as Terry, you can still practice healthy habits. Colorado Plains Medical Center offers opportunities for people older than age 50 to exercise, receive health screenings, and attend health education classes through the Friends of CPMC.

Call (970) 867-6544, to learn more about the Friends of CPMC program.



An inspiration to people of all ages, Fort Morgan runner Terry Warner can often be found jogging down neighborhood streets.

The Truth about Identity Theft

More than 8 million Americans become the victims of identity theft each year. It's important to take precautions now to secure your personal information.

Identity theft occurs when someone criminally assumes the identity of another person to gain a benefit while victimizing the individual whose identity they assume. Often, these thieves use personal information to open bank accounts or to apply for credit cards, which often go unpaid and may damage the victim's credit history.

PROTECTING YOUR IDENTITY

Understanding how thieves steal identities is key to protecting yourself.

"Thieves will often steal mail to get personal information; however, now the Internet is making it even easier to find the details needed to open bank accounts," says Jim Crone, Morgan County Sheriff. "Birth dates are a huge key to assuming someone's identity, yet we post our birth dates all over social media sites."

To protect yourself from identity theft, shred mail with your name, address, birthday, or other personal details. Also, don't carry your social security card.

It's important to check your credit report annually, so signs of suspicious activity can be identified more quickly.

If you discover your identity has been stolen, you should:

- contact the bank or credit card company fraud department
- report the theft to the Federal Trade Commission at www.ftc.gov
- inform local law enforcement agencies

For more resources about identity theft, visit www.ftc.gov/idtheft.





Just a Click Away



Colorado Plains Medical Center is your trusted source for health information. Our redesigned website makes it easier than ever to find physicians, learn about our services, and access free new features, including:

- customizable *My Health News* e-newsletters
- *Health eCooking* recipes for nutritious, easy family meal planning
- personalized health risk assessments

Ready to get started? Visit
www.ColoradoPlainsMedicalCenter.com.



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