

life's point

Focus on Health Care
Colorado Plains Medical Center



Each year, CPMC employees give thousands of dollars and volunteer hours to the community. Mike Moon, Bill Garcia, and Travis Freeman help deliver school supplies from the annual school supply drive.

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Dear Friends,



Gene O'Hara, CEO

We continue to grow our services — and our quality — to meet the healthcare needs of our friends and neighbors in Fort Morgan, Sterling, and Brush.

In November, we opened the Colorado Plains Express Care Clinic, located across the street from the hospital and the main medical office building, to offer treatment for minor injuries and illnesses that are too urgent to wait for an office appointment during regular business hours but not serious enough for an emergency department (ED) visit. Clinic hours are 2:00–8:00 p.m., Monday through Friday, and 1:00–5:00 p.m. on Sunday.

One of the goals of the Express Care Clinic is to keep less serious medical issues out of the ED, where the cost of treatment is significantly higher. The Express Care Clinic is staffed with very experienced family nurse practitioners, who will also provide some preventive and wellness services.

We are also hard at work to recruit providers to replace physicians who have left the area and expand the availability of convenient primary care and specialty services in Fort Morgan and the surrounding area.

After our urologist, Dr. Fauconier, left the community in 2014, we have had urology services one day a week from the University of Colorado Health Medical Group. We are also recruiting a new pediatrician to replace Dr. Obeto, as well as internal medicine and family medicine providers and several other specialists who should be joining us throughout 2016.

Of course, the healthcare services we provide must always be high quality. We have always done very well on national evaluations of quality and safety, and we are working to make our quality even higher.

Duke University Health and LifePoint Health, our parent company, have jointly developed a National Quality Program. We are working to meet all the rigorous standards of this program by the third quarter of 2016, which will put us in a very elite group in the LifePoint System and nationwide.

We appreciate your confidence in CPMC as your healthcare partner.

Good health to you,
Gene O'Hara, PharmD, MHA, FACHE
Chief Executive Officer
Colorado Plains Medical Center

Mindful Exercise for Kids

Adults aren't the only people who are susceptible to the daily stresses of life. Kids may also be affected by overbooked schedules and ever-present technologies.

To help children of all ages stay centered in the midst of chaos and overcome developmental challenges such as anxiety and attention deficit disorder, Colorado Plains Medical Center hosted a series of yoga classes for kids during the summer.

Developed and led by Katie Hare, DPT, physical therapist at CPMC, and occupational therapist Lee Phillips, OTLR, the twice-weekly sessions were designed to enhance emotional and physical health for children ages 3 to 7. By practicing calming yet challenging poses such as butterfly, frog, and rabbit, kids of varying abilities had the opportunity to develop their balance, confidence, and concentration skills.

“Our world is very fast-paced and characterized by excessive stimulation,” says Hare. “By practicing breathing and determination during a yoga class, kids are better equipped to handle the day-to-day stressors of life.”

CPMC offers an array of pediatric therapy programs. For more information, call 970-867-6544.



The Age of

ANXIETY

Anxiety disorders affect between 3 and 14 percent of seniors, but many resist admitting they have a problem and getting the help they need.

“Anxiety can affect physical health because people don’t want to go to the doctor for treatment,” says Judith Bishop, RN, Director of Psychiatric Services at Colorado Plains Medical Center. “Many older Americans need regular checkups for conditions such as heart disease and diabetes, but they’re fearful of what a physician might say, so they don’t go.”

Common symptoms of anxiety disorders include a rapid heart rate, chest pains, headaches, stomachaches, sweating, and feeling fearful without knowing why. Anxiety may also manifest itself as phobias, including fear of social situations, driving, or the outdoors.

FINDING RELIEF FROM ANXIETY

Bishop suggests people first speak with their primary care physician to see whether a physical condition may be causing

their anxiety symptoms. If your physician feels you may be experiencing an anxiety disorder, the Geriatric Behavioral Health Unit (GBHU) at CPMC can provide assessment, diagnosis, and individualized treatment using medications, individual or group therapy, and education about coping and stress reduction techniques.

“Many older Americans grew up being taught it wasn’t acceptable to discuss panic attacks, post-traumatic stress disorder, and other similar problems,” Bishop says. “It wasn’t OK to talk about those things back then, but if you or a loved one are suffering from anxiety, please get help.”

If you are experiencing anxiety, talk with your physician. If you need a doctor, call 1-800-424-DOCS (3627) or visit www.ColoradoPlainsMedicalCenter/findadoc.

Quiz: Test Your Health Knowledge

How much do you know about healthy eating?

TRUE OR FALSE: If you use an ingredient that’s good for you, it doesn’t matter how much you use. It’s healthy.

Answer: False. Some foods are only beneficial in moderation.

“For example, olive oil is a healthy oil,” says Joan Unrein, RD, CDE, Registered Dietitian with Colorado Plains Medical Center. “However, adding large amounts to everything you eat would be a problem because it has a lot of calories. One tablespoon has about 120 calories.”



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TRUE OR FALSE: I need to completely cut junk food, sweets, and desserts out of my diet now that I’m trying to eat better.

Answer: False. Completely depriving yourself of tasty treats may cause you to break and then binge. Find ways to limit your intake of sugar-laden foods without cutting them out completely.

TRUE OR FALSE: If a food is labeled as “natural,” that doesn’t automatically make it better for me — or even mean that it’s truly a natural product.

Answer: True. Don’t fall for marketing claims on the front of a package. Check the back of the box to carefully read nutritional information.

“Anyone who wants to learn more about variety and different methods of cooking can contact me or Chef Tracy Fisher,” says Unrein. “Either of us can give you ideas and resources.”

To contact a dietitian, call 970-542-3321. Chef Tracy Fisher, RD, cooks healthy, fresh meals at Branches, the newly remodeled CPMC cafeteria open for breakfast and lunch.

Prescription for Prevention

Routine health screenings save money and lives. So why do many people avoid them?

In spring 2015, the Centers for Disease Control and Prevention released some troubling findings: According to 2013 data, about one in five women was not up-to-date with cervical cancer screening and about one in four had fallen behind schedule with breast cancer screening. About two in five men and women were overdue for a colorectal cancer screening.

These screenings and others, such as those for blood pressure, cholesterol, bone density, and diabetes, allow physicians to diagnose conditions early when they're easiest to treat. Neglecting preventive health tests can allow illnesses to develop silently — many serious conditions cause no symptoms at first. By the time symptoms appear, illness may be advanced and aggressive, and treatment may be costly, difficult, or even ineffective. Sounds like a pretty compelling argument in favor of screenings, right? Unfortunately, even when men and women

know how important screenings are, they have trouble overcoming the everyday misconceptions and stressors that stand in the way of prevention.

OBSTACLES TO OVERCOME

Lack of insurance is one significant reason individuals avoid screenings, but the coverage that many men and women now



Paula Frantz, MD

have as a result of the Affordable Care Act has helped alleviate this problem. Men, who are often more reluctant than women to visit a physician when sick, may be equally hesitant to do so when well.

“In my experience, women are more likely to have routine screenings,” says Paula Frantz, MD, family medicine physician. “If men feel good and aren’t taking medications, they may have a difficult time justifying taking the time to have screenings. Cost and lack of time are hurdles for both men and women. Many people view screenings as optional; if they feel they don’t have the time or money, they don’t get them.”

Can You Spare an Hour for Your Health?

Of course you can! Bring your spouse or partner, family, and friends to Fort Morgan High School on Saturday, Feb. 13, 2016 for Colorado Plains Medical Center’s 13th annual Community Health Fair. A physician and a pharmacist will be on hand to answer your health questions. You can also learn about chronic conditions, such as diabetes and cancer, and gain a better understanding of your health status with a variety of free and low-cost preventive tests, including:

- blood pressure screenings
- body fat and muscle composition checks

- bone density screenings
- comprehensive metabolic profiles and blood draws
- hearing screenings
- lung capacity screenings
- prostate-specific antigen screenings for men
- pulse oxygen level screenings
- skin cancer screenings
- vision screenings

The event begins at 7:00 a.m. and concludes at 11:00 a.m. See you there!

Inability to take time off from work — perhaps due to uncooperative managers, inflexible schedules, or heavy workloads — can be an impediment to getting screened. Some individuals, particularly women, find it difficult to arrange for child care while they visit the physician.

“Women get caught up in the many roles they play, including wife, working professional, mother, and caregiver to elderly parents, and find it hard to carve time out of their responsibilities to take care of their own preventive health,” says Michelle Soriano, MD, FACOG, OB/GYN at Colorado Plains Medical Center. “They need to realize that if they don’t prioritize their health, they may end up hurting themselves and the people who love and depend on them.”

TREATING THE PROBLEM

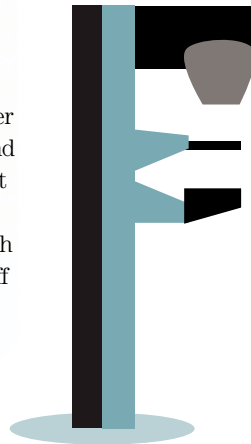
Look for simple fixes to the factors preventing you from getting screenings. Ask your primary care physician if his or her practice offers extended or weekend hours, for example, or find a clinic that does. Take advantage of screening opportunities at local health fairs. Ask friends or family if they can watch your children during your appointments, even if it means sitting with them in the waiting room. As for worrying about taking time off from work, consider the alternative.

“You’re not going to be efficient at work if you’re sick,” Dr. Frantz says. “Imagine the impact on your job if you have a stroke because of undiagnosed high blood pressure.”

Use this (nonexhaustive) table of important health screenings as a quick reference guide to help you keep track of the tests you need and when you should have them.

“We work hard to save money so we’ll be able to do what we want to do when we retire,” Dr. Frantz says. “Think of your health as a retirement account and screenings as investments in your future that can help you live the way you want to live after retirement.”

Are you behind schedule for an important screening? To find a physician who offers it, call 1-800-424-DOCS.



“Screenings such as Pap tests and mammograms are simple exams, and if an abnormality is found, it will be easier to treat before cancer develops or progresses.

Early detection helps prevent serious consequences.”

— Michelle Soriano, MD, FACOG, obstetrician/gynecologist on staff at Colorado Plains Medical Center

SCREENING	MEN	WOMEN
Blood pressure	at least every two years if pressure is normal or more often if pressure is high	at least every two years if pressure is normal or more often if pressure is high
Bone density	no recommendation	at least once at age 65 or older; earlier if at risk for osteoporosis
Breast cancer	no recommendation	every year from age 40 to 44, if requested; every year from age 45 to 54; every two years starting at age 55
Cervical cancer	not applicable	every three years beginning at age 21 and every five years beginning at 30
Cholesterol	from age 20 to 35, if you are at increased risk for heart disease; starting at age 35, test regularly	from age 20 to 35, if you are at increased risk for heart disease; starting at age 35, test regularly
Colorectal cancer	as recommended by your physician from age 50 to 75	as recommended by your physician from age 50 to 75
Diabetes	as recommended by your physician based on risk factors	as recommended by your physician based on risk factors

Source: United States Preventive Services Task Force, American Cancer Society.

TAKING BACK the Control

If you are one of the millions who struggle with bladder issues, the help you need is around the corner.

Urinary incontinence, or loss of bladder control, is often thought of as an issue that worsens with age, although many women experience incontinence after childbirth.



Michelle Soriano, MD

“Incontinence is common, especially in women who do a lot of strenuous lifting, such as farming, ranching, or completing high-intensity workouts, such as CrossFit,” says Michelle Soriano, MD, FACOG, OB/GYN at Colorado Plains Medical Center. “Many women have the false impression that bladder incontinence is just a part of life. Once they come in for a visit, we can work with them and refer them to physical therapy.”

RELIEF IS A REALITY

“Many patients feel so relieved when they talk with me about their bladder control issues,” says Cathy Larino, physical therapist for outpatient and rehabilitation services at Colorado Plains Medical Center. “When they find out that there are nonsurgical options that can relieve up to 80 percent of incontinence problems, they are excited to start treatment.”

The most common treatments for bladder incontinence are exercises that strengthen the pelvic floor muscles.

“Physical therapy for the pelvic floor — the muscles that form a “sling” to support the organs inside the abdomen — works to strengthen these muscles through Kegel exercises,” Larino says. “In general, women aren’t very aware of these muscles, and learning how to control them can take time. In therapy, we help patients visualize the strengthening process by using biofeedback technology. This equipment uses electrodes to track the contraction of the muscles and then shows those results on a screen for patients to see.”

After learning how to perform Kegel exercises in the clinic and using biofeedback technology to improve their form, patients can then practice at home. Though Larino finds more women experience incontinence, men can struggle with it as well, especially after prostate cancer treatment.

“I generally will see a patient once a week for several weeks to ensure the muscles are being strengthened properly,” Larino says. “After that, patients are taught to manage their symptoms and improve their pelvic floor function independently.”

To learn more about nonsurgical therapy for urinary incontinence at CPMC, call the Women’s Clinic of the Plains at 970-542-0390 or CPMC’s Rehabilitation and Wellness at 970-867-6544.

www.ColoradoPlainsMedicalCenter.com

Incontinence Is Common

The most prevalent types of incontinence include:

- **Stress incontinence** — Any abdominal pressure, from a cough to a laugh, can cause urinary leakage.
- **Urge incontinence** — The bladder gets a quick, but intense, warning before the muscles lose control and urine leaks involuntarily.
- **Mixed incontinence** — This combination of types may cause difficulty emptying your bladder in time or sudden urges or leakages.

All of these types can be improved through physical therapy treatment.

A New Way To Restore Sound?

Many older adults use personal sound amplification products (PSAPs) to help them tune into conversations and other sounds. But these devices shouldn't replace an audiologist's care.

Essentially a volume control button for the environment, PSAPs typically fit over the ear like a Bluetooth device. They are designed to magnify sounds during recreational activities such as hunting — not as a treatment for hearing loss.



Alix Keenan-Courter, AuD

“PSAPs provide amplification of environmental sounds, but they can't be programmed to address specific hearing needs,” says Alix Keenan-Courter, AuD, audiologist at the Specialty Clinic at Colorado Plains Medical Center. “PSAPs also amplify fans and other background noises because they don't offer automated noise reduction like hearing aids.”

BRIDGES TO BETTER HEARING

While PSAPs aren't intended as hearing aid replacements, they can offer benefits for adults with mild hearing loss. PSAPs are much less expensive than hearing aids, and they allow people who aren't ready for full-time hearing aid use to selectively amplify sounds in crowded restaurants and other challenging listening situations. Before you make a purchase, however, see an audiologist for a hearing evaluation to rule out wax buildup and other treatable medical conditions.

“Untreated hearing loss doubles the risk of dementia,” Dr. Keenan-Courter says. “Whether you choose a hearing aid or personal listening device, it's important to find a source of amplification.”

The Specialty Clinic at CPMC has several specialists on its medical staff, including audiologists. For more information, call 970-867-6430 or toll-free 1-800-424-DOCS.

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Go the Full 40

The old adage, “Let nature take its course,” is sound advice for expecting mothers.

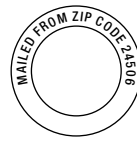
At Colorado Plains Medical Center, as part of our efforts to provide the highest quality, safest care to our patients, we discourage early-elective deliveries because they can cause a number of problems for mom and baby, including hemorrhaging, increased risk of infection, and treatment for prematurity.

In fact, a recent study published in the *American Journal of Obstetrics and Gynecology* shows that more than 25 percent of infants born electively between 37 and 39 weeks require admission to the neonatal intensive care unit for an average of four and a half days, compared with fewer than 5 percent of infants who were delivered at 39 weeks or later.

Experts encourage women to follow Mother Nature's lead. Here are a few more reasons to await baby's arrival patiently:

- Full-term babies adapt to breastfeeding more easily.
- Uninduced births mean quicker recoveries for new moms.
- Your baby's brain will grow one-third of its size between weeks 35 and 40.
- Babies born as little as two weeks early can have twice the number of breathing complications.
- More time in the womb generally means less time in the hospital.
- Your baby will have a lower risk of jaundice, low blood sugar, and infection.
- More time in the womb means more time to gain strength and build muscle.

To learn more about CPMC's childbirth services and physicians, visit www.coloradoplainsmedicalcenter.com or call 970-542-3333.



Care

When You Need It

At night and on the weekend, where do you go for minor injuries and illnesses that are too urgent to wait for an appointment with your primary care provider but not serious enough to seek emergency treatment?

Say 'hello' to our newest healthcare facility — Colorado Plains Express Care, located at 931 Lincoln Street across the street from the hospital. Visit www.ColoradoPlainsMedicalCenter.com or call us at 970-867-1843 to learn about the wide array of services our new clinic offers.

NO APPOINTMENT NEEDED

Monday–Friday, 2:00 p.m.– 8:00 p.m.
Sunday, 1:00 p.m. – 5:00 p.m.
Saturday hours, coming soon.

