

# life's point

Focus on Health Care  
Colorado Plains Medical Center



Colorado Plains Medical Center's Home Care team recently moved to a new location at 515 E. Riverview Ave. in Fort Morgan to better serve its patients. The agency has been dedicated to providing comprehensive, quality health care, including skilled nursing, rehabilitation therapy, and medical social services in the comfort of patients' homes for more than 20 years. *Photo: Sandy Schneider-Engle*

## Details on Detox — *Is It Good For You?*

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*Dear Friends,*



Gene O'Hara, CEO

Spring is a time of new beginnings. This is especially true at Colorado Plains Medical Center. We're celebrating two recent facility enhancements and looking forward to adding to our medical staff and upgrading a vital piece of imaging equipment in 2016.

In November 2015, we opened the Express Care Clinic, giving community members expanded access to after-hours care for minor injuries and illnesses. Local women's care received a big boost earlier this year with the opening of a freestanding C-section surgical unit at the Paul E. Woodward Birthing Center, as well as upgraded and remodeled labor and delivery rooms. We are pursuing a leading-edge, 64-slice computed tomography scanner to replace our current 16-slice machine. A new OB/GYN physician and a new urologist will join our CPMC physician team in the fall of 2016.

None of these projects and additions would be possible without the support of CPMC's three boards. These bodies act as liaisons between the hospital and community, and they help CPMC ensure we meet the needs of those we serve. Learn more about our boards on page 6.

Elsewhere in this issue of *Life's Point*, we offer useful information to help you stay healthy. On page 3, you can read about what older adults can do to monitor their foot health — a critical issue for people with diabetes — and tips everyone can use to keep their motivation high for health-promoting exercise.

One of CPMC's newest physicians, Dolly Lent, MD, provides some professional medical guidance on pages 4 and 5 regarding detox diets, a common practice that may not do what people think it does.

Page 7 offers tips for young athletes about how to compete mindfully rather than pushing through pain. On that same page, people who have undergone joint replacement can learn about using the food they eat to support their new joint.

You — the friends, family members, and neighbors we serve — are the reason we do what we do at CPMC. Thank you for your confidence and support.

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



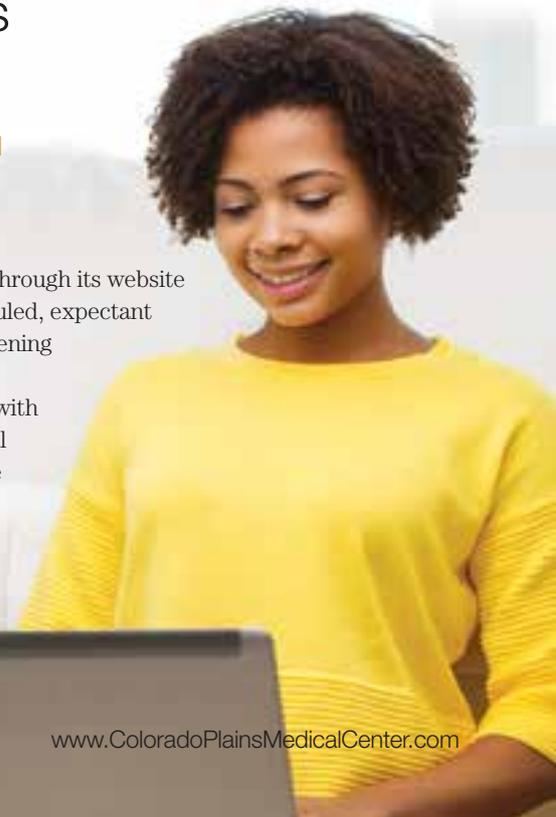
## Colorado Plains Medical Center Offers Online Pre-Registration

**Today's consumers have come to expect quick and easy, personalized business encounters, from online banking to booking airline tickets. Colorado Plains Medical Center is delivering.**

A few months ago, CPMC started offering patients the ability to pre-register online through its website for an upcoming healthcare procedure. Patients who already have a procedure scheduled, expectant women needing to pre-register for their baby's delivery, and anyone requesting a screening mammogram appointment can now take advantage of this service.

"With online pre-registration, we are providing healthcare options to our patients, with the level of service and choice they expect," says Charity Woodward, Patient Financial Services Director at CPMC. "By improving the pre-registration process in this way, we have given our patients increased control of their healthcare experience and greater flexibility in the pre-registration process."

*To pre-register online or get additional details about the service, patients can go to [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com) and select "Patients & Visitors" then "Pre-Registration."*



# 3 Ways to Get Pumped about Exercise

New to the workout world? Try these simple strategies to set the stage for success.



Tim Harvey, DPT, PT

**1. Stay consistent.** Make exercise a regular part of your life.

“Exercise is a lifestyle, not just a hobby,” says Tim Harvey, DPT, PT, physical therapist with Colorado Plains Medical Center’s Rehabilitation Services team. “Once you make time for exercise, you find the results you’re looking for, including a confidence boost.”



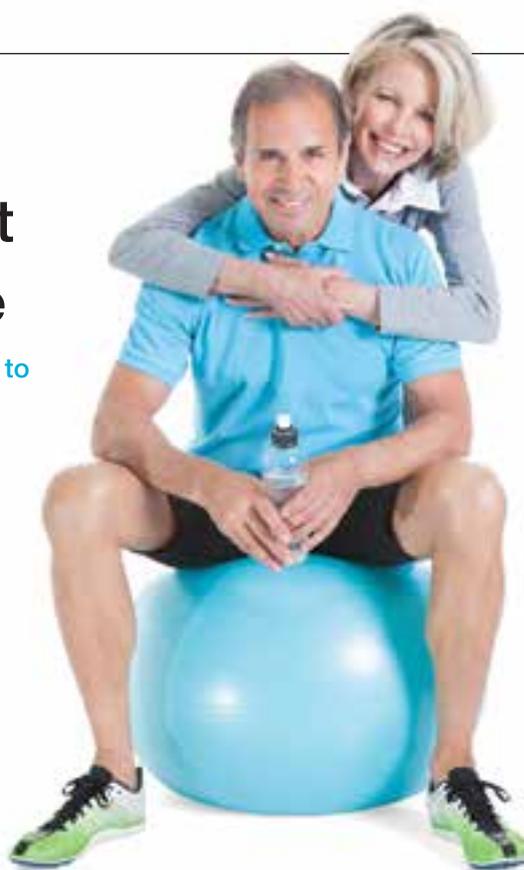
Diana Oden, PTA

**2. Make it measurable.** Goals work best when they are specific.

“It’s not enough to set a goal of losing 50 pounds — that’s too broad,” says Diana Oden, PTA, physical therapist assistant at CPMC. “Make it your goal to lose five pounds within the first month. Better yet, measure your body fat and then set a goal to lose two percent of your body fat and gain one percent more muscle within two months.”

**3. Keep it fun.** Exercise is more appealing with a friend and an engaging plan.

“Do more of what you enjoy,” Harvey says. “If you prefer group classes, spend time talking with the instructor to learn



better technique and then invite your friends along. It’s more enjoyable when you know what you’re doing and have someone special by your side, cheering you on.”

“Find a program with variety, our Perfect Combination Fitness Program, for example,” Oden says. “From personal training group sessions to cardio and aquatics, this program offers something for everyone.”

*Are you motivated to get started? Call 970-867-6544 today and sign up for our Perfect Combination Fitness Program.*



## Feeling Your Feet

For older adults, foot health is the first step to wellness.



Christina Slivkanch, RN

“As you age, you may lose sensation and feeling in your feet,” says Christina Slivkanch, RN, WCC, Wound Care Clinical Coordinator at the Betty Baker Wound Clinic at Colorado Plains Medical Center. “This could be related to diabetes or simply having poor circulation. Many of my patients had foot wounds for months but didn’t realize it because they couldn’t feel or see the wound.”

Left untreated, wounds in your feet can lead to foot infections and other serious complications. Slivkanch recommends the following to prevent foot problems:

- **Always wear socks and shoes.** These protect your feet from dangers you may not notice. Keep a pair of slide-on shoes with sturdy soles for wearing around the house. Make sure your shoes don’t pinch or cramp your toes.
- **Keep them clean.** Gentle soap and water is all you need to keep your feet in tip-top shape. Make sure to dry well between your toes.
- **Take a look, every day.** “Get a mirror and look for open wounds or areas of concern,” Slivkanch says. “If you have corns or calluses, keep those smooth, and trim your toenails regularly.”

*Need your toenails trimmed? Stop by the Wound Clinic. If you have a wound that has not healed after six weeks, call 970-867-6544.*

A large glass of vibrant green juice, garnished with fresh sprouts and herbs, is the central focus of the page. The background is a soft-focus image of various green vegetables and herbs, creating a fresh and healthy atmosphere.

# The *Detox* Dilemma

Should you detox or **let your body handle things naturally?**

**Juice cleanses, fasts,** and elimination diets may make promises to kickstart weight loss and rid your body of toxins that are making you unhealthy, but they can have some unhealthy side effects themselves. Detox diets can lead to unintended consequences, ranging from nausea and fatigue to more serious side effects, such as issues with blood sugar or severe diarrhea.

“Most of the time, if you lose water weight you will see your overall weight go down,” says Dolly Lent, MD, MSN, internal medicine physician with Colorado Plains Medical Center. “That doesn’t necessarily mean that you are healthier than you were before, because our scales don’t measure muscle weight versus fat weight versus water weight.”

Dr. Lent stresses the importance of knowing what you are trying to achieve when you begin a new diet plan, because if you start without a clear goal, it is much more difficult to know when you have succeeded. In the case of detox diets, this includes knowing what you are trying to get rid of.

“People believe they have these toxins in their bodies, but when pressed they can’t actually name the toxins they are trying to eliminate,” Dr. Lent says. “You can’t fight your enemy if you don’t know what your enemy is. Even more important than that — weight in itself is not the enemy. For diets, the focus should be on long-term health rather than a number on the scale.”

Purveyors of cleanse diets do get one thing right, however. Toxins, which include alcohol, drugs, or other chemicals your body doesn’t need to function, don’t need to hang around — but your body has it covered.

## THE REALITY

Your body doesn’t need fancy juices or a fast to get rid of any toxins in your system. It has its own detoxification system — your liver and your kidneys. Harmful substances go through the liver first in order to be converted to a form that your body can pass through your kidneys.

*“Juice diets don’t provide the same nutrients fruit is better than getting rid of the fiber and for diabetes.”* — Dolly Lent, MD, MSN



People on a cleanse or fast tend to feel better than they might otherwise, but this is due in part to the placebo effect — when something works, or seems to work, simply because the person doing it believes that it will. Because cleanses or fasts cause you to drop water weight quickly and reduce bloating, people on a cleanse believe they feel healthier.

“Juice diets don’t provide the same nutrients fruits and vegetables had before being juiced,” Dr. Lent says. “Eating a whole piece of fruit is better than getting rid of the fiber and just drinking the high-sugar juice, particularly for people who are at risk for diabetes.”

#### BALANCING YOUR DIET

“Be knowledgeable about food choices, and about the things you put in your body,” says Dr. Lent. “Foods such as whole grains, fresh fruits and vegetables, and lean proteins such as chicken or fish will boost your energy and overall health. Eating more fiber will lower your risk for chronic diseases, and choosing lots of colorful fruits and vegetables will up your intake of cancer-fighting antioxidants.”

If you’re committed to finding a way to help your body flush toxins from your system, resolve to drink more water each day. In addition to helping rid your body of toxins and waste products, water is critical for many other actions your body takes every day to keep you feeling healthy and strong.

“I always tell patients that if they want to make a lifestyle change like with their diet, talk to their physician,” Dr. Lent says. “Their physician can help them make a plan.”

Maintaining a balanced diet and making changes that will benefit your overall health is the best way to help keep your body free of toxins. If you get all the nutrients you need, your body will take care of the rest.

*Dr. Lent is now accepting new patients. Call 970-542-4390 or 1-800-424-DOCS to find a physician.*

## Meet Dr. Lent



Dolly Lent, MD, MSN, board-certified in internal medicine, is joining Colorado Plains Medical Center as an internist. Dr. Lent graduated from Grace University School of Medicine, St. Kitts-Nevis and completed her residency in Internal Medicine and

Primary Care at Wright State University School of Medicine with training at Miami Valley Hospital, VA Medical Center and Good Samaritan Hospital.

“My philosophy has always been to approach my patients in a holistic manner,” Dr. Lent says. “They aren’t just collections of body parts. They’re whole persons, and their lifestyle affects their health. I would do my patients an injustice if I didn’t help them find ways to achieve a stable, healthy lifestyle.”

In addition to her years of experience as an internal medicine and primary care physician, Dr. Lent has two decades of experience as a nurse practitioner. She is a member of the American College of Physicians and the Christian Medical-Dental Association.

“I’m here to guide my patients and give them information,” Dr. Lent says. “I want them to work with me as a partner to take their health to the highest level that we can achieve together. If we can have a trusting and transparent relationship, I know we can do that.”

*fruits and vegetables had before being juiced. Eating a whole piece of just drinking the high-sugar juice, particularly for people who are at risk*

# Our Boards' Big Roles

Colorado Plains Medical Center's three boards ensure the hospital runs smoothly and safely, provides the services patients need, and has the ability to grow and evolve to help Northeast Colorado stay healthy for generations to come.

## ENSURING QUALITY AND SAFETY

The **CPMC Governing Board** is made up of local business and physician leaders. It guides the way providers care for patients at the hospital by overseeing the development of and approving quality measures and safety policies. The Governing Board ensures the hospital meets the requirements for Joint Commission certification, and it also credentials physicians to join the medical staff.

"This group acts as a liaison to the community," says Gene O'Hara, PharmD, MHA, FACHE, Chief Executive Officer of CPMC. "It helps us get information out to community members and provides valuable perspective on how well we're meeting the expectations of the people we serve."

## PROVIDING VALUABLE STEWARDSHIP

The Fort Morgan Community Hospital Association owns the main hospital building and other CPMC facilities and operates them as part of a long-term lease with LifePoint Health. The **Community Hospital Association Board** purchases equipment for CPMC, as well as buildings in the community where the hospital can place services, such as home health and the Express Care Clinic. The hospital typically leases such buildings from the Community Hospital Association.

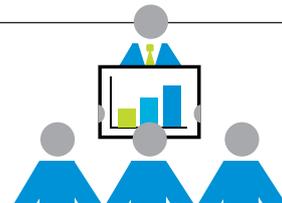
In order to provide updated equipment and furnishings for the hospital, the FMCHS board organizes several fundraising events every year. Additionally, as a non-profit 501(c)(3) organization, they also can accept memorials, bequests, and donations to help with such hospital enhancements.

"The Community Hospital Association Board helps us communicate with the community and vice versa, just as the Governing Board does," Dr. O'Hara says. "I appreciate the Community Hospital Association Board's commitment to ensuring CPMC has the equipment and facilities we need to offer the services patients expect from their community hospital."

## SEEKING AND STEERING YOUR GENEROSITY

"The **Community Hospital Foundation Board** manages an endowment of \$5 million and grows it through fundraising and sound investment practices," Dr. O'Hara says. "The Community Hospital Foundation acts on decisions and recommendations made by the Fort Morgan Community Hospital Association for the purchase of facilities and equipment for CPMC. We rely on the Community Hospital Foundation Board to help us stay attuned to the community's healthcare priorities so gifts are used appropriately."

## Meet the Members



### Colorado Plains Medical Center Governing Board

- Allen Boelter
- Brian Downing
- Kerry Hart, PhD
- Gene O'Hara, PharmD
- Ken Keller, MD
- Jacques LeBlanc, MD
- Summer Owen
- E. Omar Ruiloba, MD
- Geoff Taylor
- Greg Wagers (President)
- Howard Wickham

### Fort Morgan Community Hospital Association Board

- Josh Becker (President)
- Marva Bellendir
- Brian Downing
- Abe Johnson
- Matt Laws
- Kim Prevost (non-voting representative from the Fort Morgan Community Hospital Foundation)
- Roger Schaefer

### Fort Morgan Community Hospital Foundation Board

- Alix Keenan-Courter
- Andy McClary
- Jeff Morford (President)
- Kim Prevost
- Roger Schaefer (non-voting representative from the Fort Morgan Community Hospital Association)
- Roger Segura
- Geoff Taylor



Allen Boelter



Brian Downing



Kerry Hart, PhD



Gene O'Hara, PharmD



Ken Keller, MD



Jacques LeBlanc, MD



Summer Owen



E. Omar Ruiloba, MD



Geoff Taylor



Greg Wagers



Howard Wickham



Josh Becker



Marva Bellendir



Abe Johnson



Matt Laws



Kim Prevost



Roger Schaefer



Alix Keenan-Courter



Andy McClary



Jeff Morford



Roger Segura

# Avoiding Injuries through Mindful Competition



Pain does not always equal gain and may sometimes cause lifelong injuries.

**Young athletes are** no strangers to challenge. But the will to win can sometimes be detrimental. Pushing to the point of pain can cause negative consequences, taking you out of the game later in life.



Eli Martin, ATC

“I was an athlete in my day, and I understand that when you’re competing in high school, nothing seems more critical than beating your competitors no matter what,” says Eli Martin, ATC, certified athletic trainer with Colorado Plains Medical Center. “But injuring yourself will have negative consequences in the long run.”

Martin teams up with his colleagues at CPMC to encourage young athletes to be patient as they build

strength, offering guidance to avoid common injuries, such as shin splints, sprained ankles, and strained muscles.

“When your body experiences sharp, shooting pain, it is sending you a signal that you have pushed too hard,” says Tim Harvey, DPT, PT, physical therapist with Colorado Plains Medical Center. “Pay attention to quality and form of movements instead of going too far when you have not developed the proper strength and endurance.”

*Certified athletic trainer Eli Martin offers sports medicine services to athletes at schools throughout Morgan County. The service is provided courtesy of Colorado Plains Medical Center in an effort to educate students about athletic injuries and provide support for those who get hurt during sports events.*

## Food Is Fuel AFTER JOINT REPLACEMENT

**Maintain energy and control your weight by keeping these nutrient tips in mind while tending to your joints.**

### GO FOR THE GRAINS

Healthy whole grains are good carbohydrates that will increase your stamina. Foods such as oatmeal are easy on the stomach and aid the digestive system, which is helpful after surgery since pain medication can cause constipation issues.



### MAKE PROTEINS YOUR FRIEND

Proteins keep you full for longer, contributing to healthy weight management.

“A healthy diet is critical during the healing phase,” says Joan Unrein, RD, CDE, clinical registered dietitian for Colorado Plains Medical Center. “Proteins are essential nutrition after surgery because they include amino acids, which restore muscle tissue. And proteins are as convenient as they are plentiful. If you don’t have a strong preference for meat, reach for almonds or cook with beans — pinto, garbanzo, black, lentil, and kidney. Eggs are another great and incredibly affordable source of protein.”



Ken Keller, MD

### GO EASY ON THE GREENS

Kale and broccoli may be tasty, but speak with your doctor about eating them after surgery.

“We advise patients on a prescribed blood thinner, warfarin for example, to keep their intake of Vitamin K regular. Vitamin K helps blood to clot. Since warfarin works to keep blood from clotting, high amounts of Vitamin K might work against it. However, it is important to be consistent with your diet. Eat what you normally eat and don’t make any major changes in your diet without calling your doctor” says Ken Keller, MD, orthopedic surgeon for CPMC.

*Are you considering a joint replacement? Dr. Keller has been performing orthopedic operations in Morgan County for 15 years and can help you improve your joint health. Call 970-542-1707 to speak with his dedicated team.*



## Birth, Breast-feeding and Beyond

The big day will be here before you know it! Get the information you need to give your baby the best possible start.

We've been delivering babies since 1952, so we know a thing or two, and we want to share what we know with you.

### Childbirth Classes

#### *Six Sessions*

Tuesdays, 6:30–9 p.m.

April 19–May 24, Aug. 23–Oct. 4, Nov. 1–Dec. 6

#### *Fast Track Weekend*

Saturday & Sunday, 8:30 a.m.–4 p.m.

April 9 & 10, June 25 & 26, Oct. 22 & 23

### Breastfeeding Classes

Tuesdays, 6:30–9 p.m.

April 12, May 31, June 28, Oct. 11, Dec. 13

### Lactation Support

### Infant & Child CPR

### Car Seat Safety

Call for information or dates and times.

*For information about classes, tours, and support, call 970-542-3333 or 970-542-4378 or visit [www.ColoradoPlainsMedicalCenter.com](http://www.ColoradoPlainsMedicalCenter.com) for registration materials and a schedule.*