

life's point

A baby with blue eyes is sitting on a lawn with fallen leaves. The baby is wearing a giraffe costume with a long neck and a yellow basket with a jack-o'-lantern design. The baby is holding a piece of paper or a leaf.

Preparing for **Joint Replacement Surgery with PRE-HAB** Pages 4 & 5

Jenson Manchester enjoys the fall season and fallen leaves for a moment before embarking on Halloween trick-or-treating with his parents, Dr. Tom and Dr. Ann Manchester.

Photo by Sandy Schneider-Engle

Breastfeeding:
Be Sure You Know the Facts
Page 3

Protect Young Athlete
from Overuse Injuries
Page 7

Dear Friends,

Experience matters. Colorado Plains Medical Center has been improving our community's health since our founding in 1952. We show our age, not by accumulating gray hairs—though many of us have a few—but through the cumulative expertise of the staff we have developed during six decades and the outstanding services they provide.

Consider obstetrics, for example. CPMC has been delivering babies for more than 60 years, starting with 421 births recorded in our first two years. Now we go beyond providing a positive birthing experience to offer new mothers the expertise of staff members such as Debra Tolson, RN, whose breastfeeding tips appear on page 3.

The collective expertise of our Rehabilitative Services team is dramatically shown in the article on pages 4 and 5 about the benefits of

“pre-hab”—pre-surgical physical conditioning that prepares joint replacement patients for a better, faster recovery.

Other articles in this issue share CPMC's expertise—being sure pregnant and breastfeeding mothers have the proper amount of iodine in their diet (page 6); guiding young athletes to prevent overuse injuries through proper training (page 7); helping teens form a support structure of trusted adults (page 7); and navigating the new affordable health insurance options available from the Health Insurance Marketplace (below).

Of course, excellence is our ultimate goal. We're aiming high, building on our experience and expertise to deliver excellent care that helps everyone in

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the community get healthy, stay healthy, and return to health when they need medical care or emergency services.

We sincerely appreciate your confidence in CPMC, and we hope to be your healthcare partners of choice.

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

Affordable Health Insurance

If you are not eligible for employer-sponsored coverage—or if you can't afford it—the Health Insurance Marketplace has affordable options and opportunities for assistance paying the premiums if you can't afford them. You can

compare, view, and purchase various health insurance products. To prepare yourself:

- Make sure you understand how insurance works, including deductibles, out-of-pocket maximums, copayments, etc.
- Start gathering basic information about your household income. You'll need it to find out if you're eligible for a discount.

- Set your budget. There will be different types of health plans to meet a variety of needs and budgets. Remember that it takes a few weeks for coverage to take effect after you sign up.
- If you sign up by Dec. 15, you'll be covered Jan. 1.
- To avoid paying a penalty on your 2014 income tax, you need to sign up by March 31.

Colorado Plains Medical Center has certified counselors trained to provide assistance with navigating the state website, ConnectForHealthCo.com, as well as to suggest other ways to help lower your medical bills.

For more information, visit www.HealthCare.gov, or visit www.ColoradoPlainsMedicalCenter.com and click on “Health Insurance Marketplace” under the “Patients & Visitors” pull-down menu.

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A Better Breakfast Beckons

Eating a breakfast that helps you stay healthy is easier than you think.

Breakfast prepares you to face the challenges of each day and to make wiser dietary decisions.

“Studies have repeatedly shown that people who eat breakfast tend to avoid overeating throughout the day,” says Joan Unrein, RD, CDE, Clinical Dietitian and Director of Food Services at Colorado Plains Medical Center. “Breakfast balances blood sugar and controls your metabolism. Your morning meal should include a combination of protein, which your body uses to build and repair tissue, and the carbohydrates it needs for energy.”

Your refrigerator and pantry probably already hold many of the ingredients of a nourishing breakfast. Add peppers, tomatoes, or zucchini to scrambled eggs to liven up a protein-rich morning staple. Follow the American Heart Association’s advice and mix your favorite berries, a banana, fruit juice, and some nonfat, sugar-free yogurt in a blender to make a smoothie.

Unrein suggests preparing a wholesome version of a Northeast Colorado favorite: the breakfast burrito. Simply scramble an egg, mix in some vegetables, cheese, or turkey, and put it in a whole-wheat tortilla. You might also try spreading some peanut butter on apples or almond butter on whole-wheat

toast for the kids; they may also enjoy snacking on dried fruit and raisins during the ride to school.

Is it morning yet?

For more healthy eating suggestions—including recipes for special diets—visit www.ColoradoPlainsMedicalCenter.com and click on “Health Information.” New recipes are added monthly.



Breastfeeding Myths and Facts

If you’re undecided about whether or not to breastfeed, be sure you know the facts.

Myth: Breastfeeding hurts.

Fact: Some women experience slight discomfort in the first week or two of breastfeeding, but often this can be remedied by repositioning your baby to create a better latch.

Myth: Breastfeeding is less convenient than formula feeding.

Fact: Breastfeeding requires no preparation and provides food for your baby anywhere, anytime. It’s also far less expensive than formula feeding and makes night feeding much faster and easier.

Myth: Breast milk and formula contain the same essential nutrients.

Fact: “Nothing can duplicate what a mom’s breast milk gives her baby,” says Debra Tolson, RN, BSN, ICCE, IBCLC, CPST, Childbirth Education Coordinator and Certified Lactation Consultant at Colorado Plains Medical Center. “Breast milk is full of vital hormones, antibodies, and other living cells that formula can’t reproduce, and it’s much easier on a baby’s stomach.”

Myth: Breastfeeding is difficult.

Fact: With the proper education, breastfeeding can be a successful and rewarding activity for most new moms. Receiving breastfeeding information and hands-on help from a certified lactation consultant are key.

“Giving birth at a hospital with expert breastfeeding support helps ensure new moms don’t feel overwhelmed by unforeseen challenges,” Tolson says. “At CPMC, we do everything we can to help moms breastfeed successfully.”

With more than 60 years in the baby business, CPMC has an experienced staff that takes very good care of our moms and babies. Call 970-542-3333 to learn about childbirth and breastfeeding classes.



Before Surgery, Go Into Pre-hab

You've weighed the pros and cons of joint replacement surgery, completed pre-surgery education, and have help lined up at work and home. You're as ready as you'll ever be—or are you?

If you are considering joint replacement surgery to relieve pain and restore function in a painful joint, you may already know how important postoperative rehabilitation is to a successful outcome. But you may not know that preoperative physical therapy—or “pre-hab”—can help ensure a fast recovery before your surgeon even lifts a scalpel.

“The better shape a patient is in before joint replacement surgery, the better the long-term outcome,” says Ken Keller, MD, board-certified Orthopedic Surgeon

on the medical staff of Colorado Plains Medical Center.

“Immediately after joint replacement surgery, the joint itself has limited ability. Building strength, endurance, and mobility in the muscles that directly support the joint—and in the rest of the body—makes the recovery process much easier.”

MAKING SURGERY MORE SUCCESSFUL

A study published in the journal *Arthritis Care and Research* found that, compared to joint replacement patients who did not exercise before surgery, patients who participated in pre-hab improved muscle strength by 20 percent. In addition, these patients left the hospital sooner, had higher levels of functionality at discharge, and reduced their chances of needing to perform postsurgical inpatient rehabilitation by 73 percent.

“Pre-hab begins to pay off shortly after surgery,” says Dave Keller, PA-C, Physician Assistant at CPMC. “In knee joint replacement patients, for example, the faster they are up and walking the sooner they can leave the hospital—and the quicker they make progress in rehabilitation.”

WHAT TO EXPECT FROM PRE-HAB

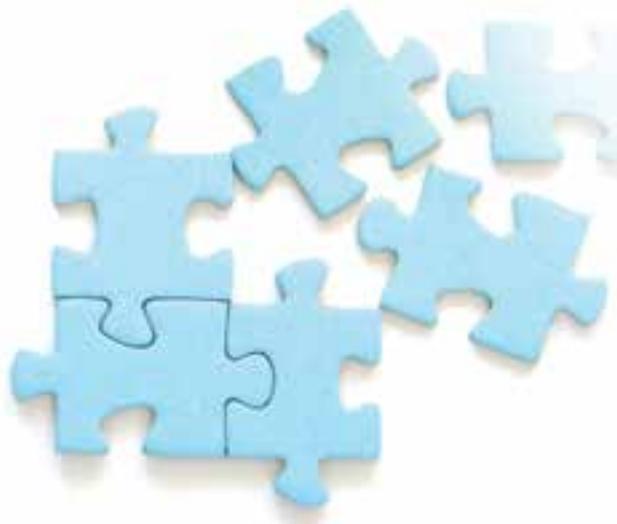
For joint replacement patients, pre-hab consists



Ken Keller, MD



Dave Keller, PA-C



of six weeks or more of supervised exercise to improve overall physical conditioning, flexibility, strength, and range of motion. Patients receive individualized exercise plans to help them be in the best possible condition before surgery.

At the first pre-hab appointment, each joint replacement patient meets with a physical therapist who evaluates the patient's current condition and develops an exercise plan. Patients also work with an occupational therapist to learn the skills needed to perform everyday activities after surgery, as well as how to safely move around on their new joint. Depending on which joint is being replaced, a patient may work with one or more therapists on specialized therapies.

"Pre-hab patients will learn exercises to improve strength, endurance, or mobility," says Angela Eicher, DPT, Physical Therapist at CPMC. "They can expect to receive training with adaptive equipment and adaptive techniques which they will utilize after surgery in order to perform such tasks as dressing, bathing, walking, and stair climbing."

The pre-hab process may also involve an evaluation of a patient's home care setup to help ensure all post-surgical needs are met well in advance.

Connie Weingarten, PT, Director of Rehabilitation at CPMC, advises patients to check with their health insurance carriers prior to scheduling to know whether pre-hab is covered under the policy.

For people who do not have insurance coverage for pre-hab, CPMC offers aquatic exercise classes, yoga classes, and other wellness opportunities.

To learn more about our Rehabilitative Services, visit www.ColoradoPlainsMedicalCenter.com, or call CPMC's Center for Rehabilitation and Wellness at 970-867-6544.

The Pre-hab Team

The Rehabilitative Services team at Colorado Plains Medical Center has the skills and experience to make a substantial contribution to your pre-hab experience.

Katie Hare, DPT, and Lee Glassburn, OTR, specialize in pediatric care. Marla Tappy, PT, ATC, has specialized knowledge in sports injuries and rehabilitation. Tappy, Pat Smith, PT, and Ashley Eckard, DPT, have experience in home therapy with an emphasis in geriatric care and adaptive equipment. Briana Goldrick, OTR, specializes in hand, wrist, and elbow rehabilitation needs.

Angela Eicher, DPT, has received specialized education in spinal rehabilitation and balance training. Lynn Clise, SLP-CCC, a speech language pathologist at CPMC, assists patients undergoing surgeries in the jaw or throat region. Six assistants with a wide range of skills, knowledge, and experience provide support for therapists on staff.

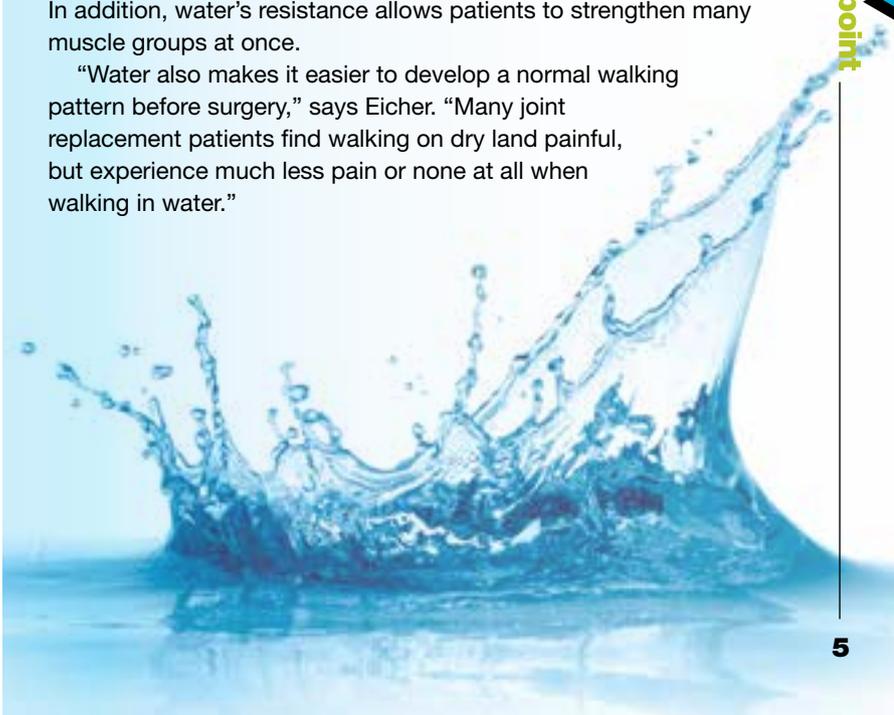
Connie Weingarten, PT, Director of Rehabilitation at CPMC, orchestrates all rehabilitation activities and is available to help with any patient needs.

Water Soothes the Strain

"Many people seeking joint surgeries have difficulty moving or exercising that joint due to pain," says Angela Eicher, DPT, Physical Therapist at Colorado Plains Medical Center. "Exercising in a warm water pool may be a more effective option for these people. Water assists, supports, and resists movement, making it possible for joint replacement patients to accomplish a wide range of conditioning exercises more comfortably."

The warmth of the water helps relax sore muscles, and the buoyancy of the water takes weight off painful joints. By supporting the body's weight, water reduces the stress placed on joints, allowing patients to exercise longer with less discomfort. In addition, water's resistance allows patients to strengthen many muscle groups at once.

"Water also makes it easier to develop a normal walking pattern before surgery," says Eicher. "Many joint replacement patients find walking on dry land painful, but experience much less pain or none at all when walking in water."





Got Iodine?

For pregnant and breastfeeding mothers, having the proper amount of iodine in their diet is crucial to baby's brain and nervous system growth.

Iodine, an essential trace mineral stored in the thyroid, plays a vital role in maintaining healthy metabolic function, as well as the production of thyroid hormones. During pregnancy, a mother's iodine intake can directly impact her unborn child. Possible consequences of a severe iodine deficiency may include:

- brain damage
- mental retardation
- still birth
- delayed growth
- miscarriage

“Women should monitor their iodine levels for proper balance as iodine requirements almost double during pregnancy,” explains Laura Cieslik, MD, obstetrician and gynecologist on staff at Colorado Plains Medical Center. “Women need about 220 micrograms [mcg] per day during pregnancy and about 290 mcg per day while breastfeeding. It's not necessary to hit those numbers every day, but iodine intake over the course of a week or several days should work out to that average. Too much iodine can be a problem, too, so they should not exceed more than 1,100 mcg over the course of a week.”

IT'S IN FOOD

Today, iodine deficiencies are rare in the United States because most table salt is enriched with iodine. In addition, seafood, yogurt, vegetables, cheese, and bread are also excellent sources of iodine. The American Thyroid Association recommends new moms take an iodine supplement or iodine-containing prenatal multivitamins only if they are unable to meet the daily requirements through food.

“If a pregnant woman has issues with high blood pressure or a preexisting thyroid condition, she should speak to her healthcare provider first before increasing her sodium intake or taking an iodine supplement,” says Michelle Soriano, MD, board-certified obstetrician and gynecologist at CPMC. “She should also avoid taking seaweed or kelp supplements due to their high levels of heavy metals such as mercury.”



Michelle Soriano, MD

Do you have questions about your pregnancy? For answers, visit www.ColoradoPlainsMedicalCenter.com and select “Services” then “Perinatal/Neonatal,” or call Women’s Clinic of the Plains providers at 970-542-0390.

Meet Dr. Cieslik

Obstetrician and gynecologist Laura Cieslik, MD, is at her best helping women stay healthy. She recently joined



Laura Cieslik, MD

the staff at Colorado Plains Medical Center after practicing for two years in Boulder.

She provides prenatal care and delivery, wellness exams, preventive

screening, gynecological surgeries including hysterectomy, infertility services, hormone replacement therapy, treatment for urinary incontinence, and family planning.

After graduating with highest distinction from the Keck School of Medicine at the University of Southern California, Dr. Cieslik completed a residency in obstetrics and gynecology at the University of Washington in Seattle. She is excited to provide excellent care to area residents and is accepting new patients.

Call 970-542-0390 for appointments.



College football player Bryar DeSanti continues his conditioning during the off-season by participating in Colorado Plains Medical Center's and Total Access's Performance Max program. This specialized sports medicine training program focuses on injury prevention through flexibility and mobility exercises; strength and power development; and speed, agility, and coordination techniques. For more information, call 970-542-4358 or visit www.ColoradoPlainsMedicalCenter.com.

Train Smart

Young athletes who train continuously and specialize in one sport are at an increased risk of sustaining severe overuse injuries.

A recent study funded by the American Medical Society for Sports Medicine (AMSSM) found teen athletes who play sports more hours per week than their age are 70 percent more likely to suffer a serious overuse injury, causing them to end up on the sidelines for six months or more.

"Training intensively for an organized sport such as football, volleyball, or soccer can cause serious problems in children younger than 18," says Marla Tappy, PT, ATC, Physical Therapist and Athletic Trainer at Colorado Plains Medical Center. "The result can be overuse injuries brought on by repetitive motions that can cause stress fractures and injuries to joint cartilage, ligaments, and bone."

TIME OUT

According to Tappy, the desire to stay competitive, along with the possibility of securing a college scholarship or recruitment, drives many young athletes to spend their "off season" in the gym or on the field perfecting their skills.

"Parents should be mindful of the demands year-round training puts on a child's developing body," Tappy says. "Injuries sustained at an early age can follow children for life, impacting their ability to play in the future."

According to the AMSSM study, athletes younger than age 18 should:

- Take a break for up to three months rather than playing year-round.
- Play more than one sport rather than specializing in a single sport.
- Allow one to two days rest between practices and training sessions.

That In-between Age

From ages 13 to 19, young people undergo more sweeping, rapid changes than in any other phase of life except for the toddler years.

Adolescents face challenges, temptations, and difficult decisions as they gain independence. Some of the greatest medical issues adolescents can face come from exploratory behaviors that carry inherent risks such as sexual activity, drinking, and consuming controlled substances.

Parents can help adolescents stay healthy and take charge of their own well-being in a structured way by giving them one-on-one time with a doctor who specializes in patients this age and can provide a confidential place to discuss sensitive issues and health concerns.



Andrea Wisnann, MD

HOW TO HELP

"Having a support structure of adults they trust is important for adolescents," says Andrea Wisnann, MD, MSPH, family medicine physician at Colorado Plains Medical Center. "Be open and understanding. That could mean telling them about your own experiences at their age or holding a monthly family meeting where young people can express themselves and share their concerns."

Other important habits to cultivate during these formative years include healthy eating, being physically active on a regular basis, and learning how to handle stress and other strong emotions.

To find the right physician for every member of your family, call 1-800-424-DOCS.





Choosing where to have your baby? Experience matters.

**We've been delivering babies
for more than 60 years.**

The kids we helped moms bring into the world in our first year, 1952, are having grandchildren now. And we have more resources than ever for pregnancy, delivery, and postpartum care. Call 970-542-3333 for information about childbirth and breastfeeding classes.

