

life's point

Colorado Plains Medical Center

Winter 2011

Focus on Health Care

Dr. Anil Shrestha, Dr. Ed Lopez, Dr. Michelle Soriano, and Dr. Anne Manchester are just four of CPMC's committed medical staff members serving Northeast Colorado.

*Photo by:
Sandy Schneider-Engle*



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Mike Patterson,
CEO
Colorado Plains
Medical Center



Dear Friends,

Welcome to a new year! 2010 proved to be a year of many great accomplishments at CPMC. We are excited about the care we have been able to provide and are committed to continuing to provide world class health care in Morgan County.

Since the founding of CPMC, the goal has been to be a partner of the community. One of our accomplishments in 2010 was an increased focus on customer service. We will continue to focus on and achieve this goal as we head into 2011. We will continue our focus to be the hospital where patients choose to get their care. We will do this by providing the best care and best customer service, introducing new physicians to the community, and adding additional services as they are identified by the community.

We recently welcomed a husband-and-wife team of excellent physicians. Anne Manchester, MD, internist, and Thomas Manchester, MD, general surgeon, have joined the CPMC family to serve a variety of our friends in the community. Additionally, we are actively recruiting physicians who specialize in cardiology and family practice to ensure the best care is close to home. The Colorado Plains Internal Medicine & Pediatrics clinic has recently extended its office hours and is open from 8:00 a.m. to 8:00 p.m. Walk-ins are welcome.

We all know that prevention is the best medicine, and it is our goal to provide the best medicine possible. This February 12 marks our annual Community Health Fair. Blood draws are available at CPMC the week before the fair, February 7–11, and

results of these early tests will be available at the health fair.

CPMC recently purchased a dual-energy X-ray absorptiometry (DXA) scanner. This instrument allows us to screen for osteoporosis, a condition that if not treated early can lead to more serious complications. More information about this type of screening will be in the next issue of *Life's Point*. You can also call our imaging services department at (970) 542-3341 for a brochure. If you are a woman over the age of 50, talk with your doctor about the benefits of getting this test done.

We look forward to seeing you at the health fair and to many more years of being your health partner.

Mike Patterson
Chief Executive Officer
Colorado Plains Medical Center



William A. Lanting, MD

Food Allergies: A Growing Concern

According to the Centers for Disease Control and Prevention (CDC), approximately 3.9 percent of children and 2 percent of adults currently have a food allergy. One study completed in 2008 shows that in just 10 years, food allergies in children rose more than 18 percent.

Some experts have speculated the rise could be attributed to being too clean, while others blame it on pollution. Although there's currently no definitive reason for the rise of food allergies, some things are certain.

The CDC explains that eight foods—peanuts, tree nuts, milk, eggs, fish, shellfish, soy, and wheat—account for approximately 90 percent of all food allergies. These items may cause a variety of symptoms, including hives, swelling of the tongue or throat, trouble breathing, nausea or vomiting, and wheezing, among others.

“About one-third of eczema cases in children are caused by a food allergy,” says William A. Lanting, MD, allergist on staff at Colorado Plains Medical Center. “I encourage people to be proactive about their health. If you think you or your child could be experiencing a food allergy, seek an evaluation from an allergist. Testing can determine a food allergy or sensitivity, as well as severity of an allergy to a certain food.”

The Specialty Clinic at CPMC, where Dr. Lanting practices, provides medical services for allergies, dermatology, neurosurgery, oncology, and much more. Call (970) 867-6430 to learn more.



Assessing Independence

Adulthood comes with its fair share of responsibilities and a high level of personal independence. As people age, the ability to care for oneself may decline, and regular activity may become an increasing burden.



For aging adults, decreasing levels of independence may be a harsh realization. Likewise, watching a loved one slowly lose the ability to care for

him or herself may be equally difficult for relatives or caregivers. The balance between age and independence is often difficult to maintain.

It is never easy to seek help for an aging loved one, but certain signs may indicate it is time to ask for assistance. These signals require careful observation and include:

- increased confusion or disorientation
- insufficient nutrition or poor eating habits
- poor hygiene or grooming
- social withdrawal

SEEKING HELP

Seeking assistance from a local healthcare provider is a vital first step in

helping a loved one. At Colorado Plains Medical Center, the Geriatric Behavioral Health Unit (GBHU) offers services that may help families continue to care for their eldest members.

“Every family wants to preserve independence for its elders,” explains Bob Oleskevich, licensed professional counselor and Program Director of the GBHU at CPMC. “The assessments and treatment provided by the GBHU may help determine the appropriate level of care for seniors and allows us to design individual plans to maintain as much independence as possible.”

To contact the GBHU to discuss how they may be able to help your loved one, call (970) 542-4357.

Mom! I Wet the Bed

Bed-wetting is a normal part of childhood for most toddlers up to age 6. But what if the problem continues into elementary school age and beyond?

Most children outgrow bed-wetting by age 6 or 7. For certain kids, however, the condition may continue into adolescence. In these cases, the emotional trauma that accompanies bed-wetting becomes more severe and endangers aspects of a child's mental health.

“It takes time for a child's body and muscles to achieve bladder control throughout the night,” explains Ian Fauconier, MD, urologist on staff at Colorado Plains Medical Center. “Most children outgrow this stage quickly, but for others, the process may take longer due to a number of factors.”

Prolonged bed-wetting may be attributed to several causes, including:

- genetics
- hormonal imbalances
- physical problem such as a small bladder
- sleeping issues

- slowed central nervous system development
- stress
- urinary tract infections

THE KEYS TO COPING

The first step to helping older children suffering with bed-wetting is behavioral support. A medical professional will talk with your child to determine if any factors at school or in home life may be contributing to the problem.

“Social, academic, and family stressors can have quite an impact on bed-wetting cases,” adds Dr. Fauconier. “By addressing these factors initially, we can identify the main cause of the problem and then move into more focused treatments.”

Find a urologist by calling (970) 867-3391 or by visiting CPMC's website at

www.ColoradoPlainsMedicalCenter.com.



Ian Fauconier, MD

Healthy Foods

for a Diabetes-Smart Diet

If you have diabetes, you're likely well-acquainted with the nutrition hazards that cast a negative shadow over the planning of a diabetes-friendly diet. But how in tune are you with **the foods that deserve a resounding "yes"?**



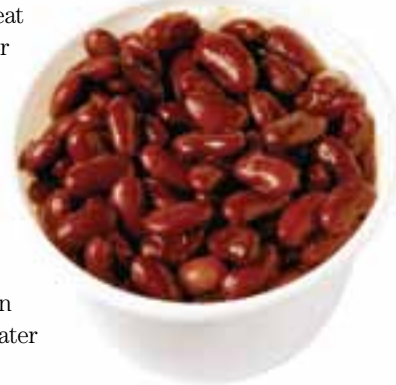
Joan Unrein, RD, CDE

As those who live with diabetes well know, properly managing blood sugar levels begins with a carefully planned diet. According to Joan Unrein, RD, CDE, clinical dietitian and Director of Food Services at Colorado Plains Medical Center, a direct relationship exists between carbohydrate intake and controlled blood sugar levels in those with diabetes.

While few differences exist between what is considered a healthy diet for those who have diabetes and those who do not, one distinction is clear—if you have the condition, the consequences of poor diet choices have an immediate effect. That's why it's important to consume foods containing the slower-acting carbohydrates least likely to interfere with healthy blood sugar levels. According to the American Diabetes Association, the following blood sugar-sensitive foods are safe sources of the key nutrients a person with diabetes needs to bolster daily and long-term health.

BEANS

High in fiber, low in cholesterol, and saturated in magnesium and potassium, just half a cup of most beans contains as much protein as an ounce of meat and comprises a third of the recommended daily portion of fiber. Because beans are a great source of protein, you can substitute them for less healthy sources of protein such as red meat, which tends to be high in saturated fat. The Centers for Disease Control and Prevention recommends incorporating kidney beans, lima beans, red beans, black beans, and a variety of other types of beans into daily meals. This legume is best served when soft enough to mash with a fork and can be prepared by soaking and cooking in hot water or being pressure-cooked.



BERRIES

Blueberries, blackberries, raspberries, strawberries, and a wide variety of other berries are excellent assets to a daily diet. Packed with vitamin C, potassium, and fiber, berries are a great source of antioxidants and contain the most nutritious value when dry, firm, and well-shaped.

“When it comes to planning a healthful diet for those with diabetes, standardized guidelines only get you so far. Nutrition goals are best met when patients work with their physicians and dietitians to establish their individual dietary needs and determine the most appropriate methods of meeting them.”

—Stephen Godar, MD, internist and pediatrician on staff at Colorado Plains Medical Center



Stephen Godar, MD



When shopping for berries, select those that are deeply colored, plump, and smooth. Because the shelf life for most berries is relatively short, be sure to eat them within one week of purchase. You can prolong the edibility of berries up to one year by freezing them in plastic bags or freezer containers. Great as a stand-alone dish, berries can also be added to oatmeal, salads, and yogurt for flavor. But be

careful: According to Unrein, consuming too much fruit may raise your blood sugar levels, so be sure to eat berries in controlled portions.

FISH HIGH IN OMEGA-3 FATTY ACIDS

According to the American Heart Association, two servings of fish per week are ideal. With lower counts of saturated fat than most other meats, fish is a great source of protein and also contains the omega-3 fatty acids needed to reduce triglyceride levels (a measure of cholesterol), lower blood pressure, and slow the growth of atherosclerotic plaque, which can cause narrowing of the arteries. Fish with the highest concentrations of omega-3 fatty acids include albacore tuna, herring, lake trout, mackerel, salmon, and sardines. Healthiest when baked or grilled, fish should be flavored with seasonings low in fat and sodium, such as herbs, lemon juice, and spices.

SWEET POTATOES

High in vitamin A and fiber, sweet potatoes are among some of the most nutritious and widely available vegetables. Sweet potatoes contain an enzyme that converts many of its starches into sugars as it matures, and they serve as a great substitute for regular potatoes, which are higher in carbohydrates. When shopping for sweet potatoes, be sure to select those with the least amount of bruises, sprouts, or decay. The best-tasting sweet potatoes are those that are firm, dark in color, and smooth. Because these vegetables spoil quickly, make sure to store them in a dry location at temperatures between 55 and 60 degrees Fahrenheit.

To schedule an outpatient diet consultation at Colorado Plains Medical Center, please call (970) 542-3321.



Dine Out with an Eye on Health

It's a valid conundrum: You have diabetes, but the thought of donning an apron and firing up the stove to whip up a glamorous concoction of blood sugar-safe foods isn't exactly your thing. Maintaining a healthy diet outside the household is still possible.

“Most restaurant and fast food chains now have nutrition fact sheets available to their customers,” explains Joan Unrein, RD, CDE, clinical dietitian and Director of Food Services at Colorado Plains Medical Center. “These guides work exactly like the nutrition labels you find on food packages at the grocery store. You can survey the data provided on these fact sheets and order menu items accordingly.”

Unrein also suggests sharing your food with a friend or eating half of it and saving the rest for later. It's important to remember to stretch out your carbohydrate intake over an extended period of time.



Nutrition Calculator

Item	Cal	Total Fat	Total Carb	Total Protein	Sodium	Fiber	Sugar	Cholesterol
1/2 cup Cooked White Rice	216	5g	45g	8g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Rice	216	5g	45g	8g	1mg	1g	0g	0mg
1/2 cup Cooked Quinoa	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Lentils	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Chickpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Kidney Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Pinto Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Navy Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Great Northern Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Cannellini Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Lima Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Broad Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Adzuki Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Mung Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Soybeans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Pigeon Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black-eyed Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Cowpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Horse Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Bengal Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Chickling Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Red Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked White Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Gram	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Split Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Split Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Split Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked White Split Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Split Peas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Lentils	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Lentils	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Lentils	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked White Lentils	111	2g	20g	4g	1mg	1g	0g	0mg
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1/2 cup Cooked Yellow Chickpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Chickpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Chickpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked White Chickpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Chickpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Kidney Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Kidney Beans	111	2g	20g	4g	1mg	1g	0g	0mg
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1/2 cup Cooked Brown Kidney Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Pinto Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Pinto Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Pinto Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked White Pinto Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Pinto Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Navy Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Navy Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Navy Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked White Navy Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Navy Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Yellow Great Northern Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Green Great Northern Beans	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Black Great Northern Beans	111	2g	20g	4g	1mg	1g	0g	0mg
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1/2 cup Cooked Black Pigeon Peas	111	2g	20g	4g	1mg	1g	0g	0mg
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1/2 cup Cooked White Cowpeas	111	2g	20g	4g	1mg	1g	0g	0mg
1/2 cup Cooked Brown Cowpeas	111	2g	20g	4g	1mg	1g	0g	0mg



The Lowdown on Lowering Blood Pressure

High blood pressure, or hypertension, can adversely affect nearly every part of the body. Options for reducing hypertension, however, extend beyond simply taking medications.

Normal blood pressure for adults is characterized as below 120 (systolic) over 80 (diastolic) millimeters of mercury (mmHg). If you receive a reading of 120 to 139 mmHg over 80 to 89 mmHg, you're at risk for developing hypertension, which is characterized as 140 over 90 or higher. Hypertension generally takes years to develop and often occurs without symptoms—meaning careful monitoring is crucial. Most adults should undergo blood pressure screenings at least every two years beginning in their 20s, while those at higher risk for developing hypertension should be checked annually.

4 OPTIONS TO GIVE YOUR HEART MORE

“Several types of medications can be used to treat hypertension,” says Anne Manchester, MD, internal medicine physician on staff at Colorado Plains Medical Center. “Before resorting to medications, however, patients should try exercising regularly, eating a healthful diet, and reducing stress.”

1 To reduce stress, Dr. Manchester recommends participating in any enjoyable activity.

2 Foods with high levels of sodium should be avoided, specifically canned and processed foods. Add a little sea salt or salt-free spices to foods while cooking rather than keeping a saltshaker at the family table. Fresh and frozen foods, such as fruits and vegetables, are good choices.

Welcome Home, Dr. Manchester

Colorado Plains Medical Center recently welcomed Anne Manchester, MD, internal medicine physician on staff at CPMC, back home to Northeast Colorado.

Dr. Manchester grew up on a farm in Proctor. After completing medical school at the University of Colorado School of Medicine and a residency at Saint Joseph Hospital—both in Denver—she and her husband were ready to leave the big city behind.

“My husband, a general surgeon, grew up on a farm in Vermont and fell in love with Colorado years ago,” says Dr. Manchester. “I love the pace of life and the friendliness of people in Northeast Colorado.”

Dr. Manchester wanted to be a physician from an early age, and she was attracted to internal medicine by the challenge of caring for patients who often have more than one health problem.

“My practice contains three other physicians, and what’s unique is we still see our patients in the hospital,” Dr. Manchester says. “It helps ensure continuity of care when the physicians seeing hospitalized patients already know their medical histories.”



Anne Manchester, MD

3 Budget 30 minutes per day, five days per week, for aerobic exercise.

4 If you experience any symptoms of obstructive sleep apnea (OSA)—such as snoring or excessive daytime sleepiness—speak with your physician about treatment, as OSA can increase blood pressure by raising the body’s stress levels.

Learn more about lowering blood pressure and have your blood pressure checked at our community health fair on February 12. Details are on page 8.



Understanding Your Stroke Risk

You have probably heard that family history and obesity can put you at greater risk for stroke. However, did you also know that migraines, diabetes, and taking hormone replacement therapy or birth control pills could also increase a woman's stroke risk?

Here are some common risk factors women face.

- 1 Birth control pills**—According to the American Heart Association, a woman's stroke risk can double if she is taking birth control pills.
- 2 Diabetes**—Uncontrolled blood sugar levels can elevate stroke risk, so proper diabetes management is vital.
- 3 High blood pressure and high cholesterol**—Eat a low-fat diet and exercise regularly to ensure these numbers are in check.
- 4 Hormone replacement therapy**—Recent research has shown that hormone replacement therapy can increase a woman's stroke risk.
- 5 Alcohol use**—The American Heart Association recommends that women drink no more than one alcoholic beverage daily.



6 Migraines—Women who suffer frequent migraines could have a stroke risk that is three to ten times higher than average patients.

7 Smoking—Smoking cessation is vital to your overall health, as smoking can lead to a wide range of conditions, including stroke.

"You are never too young or too old to start taking measures to prevent a stroke," says Mitzi Garrison, nurse practitioner with the Family Practice Clinic at Colorado Plains Medical Center. "Speak with your provider to find ways to reduce your stroke risk."



Mitzi Garrison, FNP

Looking for a provider for your care? Visit www.ColoradoPlainsMedicalCenter.com and click on "Physician Directory" or call (970) 867-3391.



Surgical Risk Factors

Aging might be considered a risk factor for undergoing surgery, but the underlying conditions that often occur with aging may really be the culprit for increasing surgical risk.

A candidate for surgical procedures is best assessed by his or her cardiovascular and pulmonary health—not just age.

"Surgical risk is mainly determined by the heart and lungs," says Thomas Manchester, MD, general surgeon on staff at Colorado Plains

Medical Center. "It goes with the famous saying—age is just a number. More important factors are blood pressure and pulmonary function tests. Everyone is a candidate for surgery—it's just a matter of the risk that accompanies each surgery."

REDUCING THOSE RISKS

Dr. Manchester performs minimally invasive abdominal and endocrine surgeries. By utilizing smaller incisions, patients can experience reduced healing time with these surgical techniques.

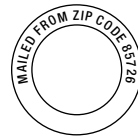
"My use of postoperative pain pumps under the skin leads to a faster recovery with less pain, which is better given certain age-related heart conditions," says

Dr. Manchester. "I really take pride in my work because just a few minutes or hours of my time can make such a big difference for my patients who may have a health condition."

Dr. Manchester joined a practice with Edward Lopez, MD, general surgeon on staff at CPMC, and both physicians are accepting new patients. To schedule an appointment, call (970) 542-4371.



Thomas Manchester, MD



Go Back to School

Erase memories of Saturdays spent in the school gym taking a standardized placement test. Colorado Plains Medical Center gives you the opportunity to take tests that could save your life.

Join us on Saturday, February 12, from 7:00 to 11:00 a.m., at Fort Morgan High School for a variety of free or low-cost screenings and blood work, including:

- blood pressure
- body fat analysis
- glucose
- hearing
- reflexes

Learn more by calling (970) 542-3346.

