



Hospital seeking to win a new MRI System

That's right! CVMC could be the big winner in an MRI system give-away sponsored by Siemens Medical Solutions. Siemens is giving away its newest MRI system to a deserving hospital that secures the most votes for a video posted to www.WinAnMRI.com. Staff in CVMC's radiology department have submitted a video showcasing why we deserve to win. Now they need your help. So, get online and vote!

Currently CVMC is served by a mobile MRI unit, making the service available only two half days each week. Having a fixed MRI system allows the newest technology to be available 24 hours a day.

Answering the question, how would a new MRI system benefit the community? John Gledhill, COO, responded, "The system would deliver improved imaging services in

neurology, orthopedics, body imaging, angiography, cardiology, breast imaging, oncology and pediatric imaging."

Many hospitals the size of CVMC find it difficult to justify the cost of a fixed MRI system —typically \$1.5 million for a system of this magnet strength. However, now CVMC has the opportunity to actually win this advanced piece of medical technology in the Win An MRI contest.

"A new advanced MRI system that generates high-resolution images will help us as clinicians make stronger diagnoses," said Dr.

Connie Vail, Radiologist at CVMC.

The contest closes on December 31. **Community members are encouraged to vote daily at www.WinAnMri.com** and help CVMC bring this valuable technology to Central Utah.



Surgical Services

Dr. Richard E. Anderson is a board certified general surgeon practicing at CVMC. Dr. Anderson has over 15 years experience specializing in: endoscopic carpal tunnel release, hernia repair, gallbladder, colonoscopy, and EGD. If you are considering any of these procedures call Dr. Anderson to make an appointment at 435-623-3202.



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Did you know?

- CVMC is the largest employer in Juab County with over 250 employees.
- CVMC's annual payroll is over \$6 million. The estimated multiplier effect of a business is 7 x the annual payroll—thus providing a benefit of \$42 million to the community.

Physician Recruitment Update

Due to growth in our community, and the recent retirement and departure of several physicians, CVMC has been busy searching for new physicians. The facility has plans to add at least 2 new family practice physicians and 1 internal medicine physician in 2008.

Facing nation-wide physician shortages, Mark Stoddard, President and CEO of CVMC, stated, "In order to meet the needs of our community, physician recruitment must be our top priority."

One new family practice physician that will be joining the CVMC medical staff is James F. Rosenbeck, D.O. Currently

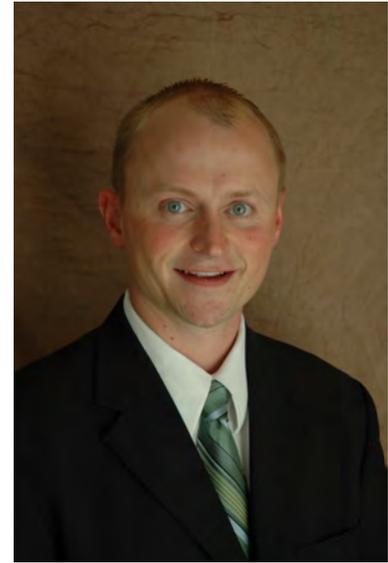
"In order to meet the needs of our community, physician recruitment must be our top priority."
- Mark R. Stoddard, CEO

Dr. Rosenbeck is completing a residency in Family Practice medicine at Ventura County Medical Center. Dr. Rosenbeck grew up in Colfax, Washington. He attended Ricks College before graduating from Brigham Young University and Kirksville College of Osteopathic Medicine.

Dr. Rosenbeck is married to Mandi Matheson, from Fillmore, Utah. He enjoys spending time with his wife and two children. His hobbies include athletics; both coaching, watching, and

participating.

Dr. Rosenbeck is eagerly anticipating moving to the Nephi area. He will begin his practice in July 2008.



James F. Rosenbeck, D.O.

Hospital Leaders Recognized

Randy Allinson, RN, BSN, Director of Nursing at CVMC was recently awarded the Utah Organization of Nurse Leaders (UONL) Excellence in Nursing Leadership Award.

The award, which recognizes nurses for excellence in Nursing Leadership is among the most prestigious awards for nurses. Randy received the award on October 4th at the Utah Hospital Association's Fall Conference held at the Homestead in Midway, Utah.

Randy has developed innovative programs that have improved patient care and advanced nursing practices. One such program is a partnership with Snow College for an outreach LPN nursing program on the CVMC campus.

Randy's concern for patient safety and satisfaction led him to develop and implement routine surveys of hospital inpatients.

Randy is a team player and can often be seen working along side his 70 staff members. Randy possesses a sense of humor and knows how to have fun, laugh, and always looks at the positive side of every situation.



Margaret & Randy Allinson



Alan & Sheree Kenison with Mark R. Stoddard

Alan Kenison, a member of the hospital's governing board for over 22 years, received the Utah Hospitals & Health Systems Association 2007 Hospital Trustee Service Award.

As a trustee of Central Valley Medical Center, Alan has provided exceptional leadership and a strong commitment to serving the citizens of Juab, Millard, Sanpete and South Utah Counties.

Alan is passionate in his efforts to ensure that patients in rural areas have access to quality, affordable health care. It was Alan who championed the cause of building a new facility when CVMC was faced with closing its doors due to condemnation. Alan refused to allow the citizens of the community to be without health care services.

Alan is a kind, generous, dependable, and well-informed individual. The citizens in his community as well as CVMC have been fortunate to be recipients of his service.



Can I receive rehabilitation services at CVMC after I have orthopedic surgery elsewhere?

Absolutely! Many patients return to CVMC for their rehab care after having an orthopedic surgery at an urban hospital. This allows patients to be closer to home and family members to be involved in the rehabilitation process.

After completing the normal post-operative period at another hospital, the



patient simply requests to be transferred for their rehabilitation care to CVMC.

CVMC provides a full spectrum of rehabilitation services including physical therapy, occupational therapy, speech therapy, and recreational therapy.

Along with the above rehab services, a board certified wound care specialist with over 14 years of experience in wound care management is on staff to treat a wide variety of difficult wounds.

CVMC's physical therapy department works closely with referring physicians to coordinate care. They recognize the importance of patient education and involv-

ing the patient's family and caregivers in the rehabilitative process to enhance individual progress.

"CVMC's rehabilitation services are among the finest in the state."

- Dr. Jeff Wallentine, Orthopedic Surgeon

CVMC offers swing bed services. This service is primarily for Medicare recipients and is available to patients who may require nursing assistance to continue coordinated physical rehabilitation services.

A discharge planner assists patients with every extended care and rehabilitation admission. The discharge planner will coordinate the patient's needs both before arrival and after discharge. If you have questions about CVMC's rehabilitation services call 435-623-3041.

Women's Health

Dr. Stanton Bailey, an OB/GYN physician with over 14 years of experience, practices at CVMC. Dr. Bailey noted that in October women are reminded of the importance of breast health.

Dr. Bailey said there is good news recently on breast cancer. For the first time in many years fewer women are getting breast cancer according to the latest data. And for the women who do get breast cancer, it is less likely that they will die from it, 24% fewer in the last ten years. This brighter outlook is due to many things: greater awareness, more research, better education, earlier detection, and improved treatments. As we learn more we continue to discover how important screening is. It's one of your key tools for protecting yourself.

How do I get screened for Breast Cancer? Screening takes many forms, from the basic "do-it-yourself" breast exam to the latest advances using ultrasound and digital technology. These methods are most effective when used together. For example, breast self-exams, breast exams administered by a health care professional, mammography, and ultrasound (if

needed) are highly sensitive tools when used in combination.

When you do a breast self-exam you check your own breasts for lumps or anything that feels new or different. It's easy to do when you're taking a shower or when you're lying in bed. Ask your doctor how to do it, or visit www.cancer.org or www.cancer.gov for guidance. A monthly self-exam (right after your period if you are pre-menopausal) is a good way to become familiar with what is normal for your breast. Then, if something strikes you as out of the ordinary you can describe it more accurately to your physician.

Women should have a mammogram every year beginning at age 40 years, or earlier if there is a strong family history or a genetic risk of breast cancer.

Mammograms are more important as you get older. About 78% of women with breast cancer are age 50 years or older when they are diagnosed, so getting older is a reason to continue having regular mammograms.

What else can you do? You can't change your age or your family history, but you can change some factors that may increase your risk of breast cancer. 1) Lose weight. Although the connection between weight and breast cancer is unclear, studies show that being very overweight is a risk factor for cancer-- especially after menopause. 2) Get more exercise. According to some research, as little as 1 to 2 hours a week of brisk walking can reduce the risk of breast cancer by almost 20%. 3) Drink less alcohol. If you drink more than two alcoholic drinks every day, your risk of breast cancer goes up by about 1.5% compared with women who do not drink alcohol. 4) Rethink hormone therapy. The role of hormones and breast cancer is still unclear. Have a discussion with your doctor about possibly trying hormone therapy. 5) Consider prevention therapy. If you are at very high risk for breast cancer, your doctor may recommend that you consider preventative treatment with drugs like tamoxifen or raloxifene.

You may call Dr. Stan Bailey for an appointment at 435-623-3200.

Podiatrist Brings Service to CVMC

When your feet hurt, nothing feels right. Painful feet make it hard to walk, to stand, to do just about anything. But do you know whom to ask for help?

Jared Clegg, DPM is a board certified podiatric physician and surgeon who has helped thousands of people find relief for foot and ankle pain and injuries, with only a small percentage of those patients ever needing surgery. You, too, can count

on his extensive training and conservative nature.

Dr. Clegg trained at prestigious schools around the country and provides the latest knowledge and training for treating virtually every foot condition imaginable.

Dr. Clegg sees patients at Central Valley Medical Center's Nephi Clinic every Wednesday. Schedule an appointment by calling 435-623-3200.



CENTRAL VALLEY MEDICAL CENTER
PO BOX 412
NEPHI, UT 84648



Visit us on the web at www.cvmed.net

Clinic Hours

Nephi Medical Clinic **623-3200**

Monday thru Friday 9 AM—5 PM

Saturday 9 AM to 12 Noon

Jerald Taylor, D.O.

James Besendorfer, M.D.

Grant Rasmussen, M.D.

David McClain, D.O.

Mark Oveson, M.D.

Christie Mangleson, FNP

Brian Gasser, FNP

Fountain Green Medical Clinic **445-3301**

Monday 9 AM—5 PM

Tuesdays 6 PM—10 PM

Wednesday, Thursday, Friday

9 AM—5 PM

David McClain, M.D.

Molly Brotherson, PA-C

Christie Mangelson, FNP

Women's Clinic **623-3200**

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Thursdays Evenings

1 PM—7 PM

Stanton Bailey, M.D.

Christie Mangelson, FNP