



Diabetes Clinic Goes The Extra Mile

James Christensen is as active today as any other six year old boy. However, in January 2008, he became critically ill and was diagnosed with Type 1 diabetes.

“The initial diagnosis was overwhelming,” commented James’ mother, Celeste, “We simply did not know where to turn.”

Celeste learned that Central Valley Medical Center offers a full service Diabetic Management Clinic under the direction of Jody Green, RN,

BSHA, who, ironically is a Type 1 diabetic herself.

With the help of Dr. Oveson, a referral was made to the diabetic clinic. “We worked as a team teaching James’ family how to give insulin injections, check blood glucose levels, and count carbohydrates. Our goal was to educate the whole family. Even James’ grandmothers attended the classes with him to offer support,” said Green.

Initially James required insulin injections four or five times each day. Knowing this would create a major inconvenience for James and his family, Green suggested getting James set up with an insulin pump. The pump ad-



Green is passionate about helping people with diabetes learn to take the best care of themselves. She notes, “Technology has advanced the management of this disease. The products we are using today are far superior to what was available yesterday.”

A team approach is how the Christensen’s described the care James received at Central Valley Medical Center. “I couldn’t have felt better if we had gone anywhere else. Jody even made a house call or two to give injections to James before we got him on the pump.” said

Celeste.

Green summarized the experience by saying, “It was very rewarding to be involved in James’ care. He is a remarkable child and has learned to take care of himself with amazing ease.”

ministers insulin to the body as needed and allows more freedom. Plus, James would only need injections once every third day now.

“This made a huge difference in James being able to resume his normal lifestyle,” said his mother, Celeste. “I no longer had to worry about whether his blood sugar was too high or too low. The pump has an alarm that sounds in those instances.”



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Did you know?

- *Central Valley Medical Center’s Laboratory was recently surveyed by the State of Utah and received high marks.*
- *October is National Breast Health Awareness Month. You can schedule a mammogram by calling 623-3165*

Drug Awareness/Red Ribbon Week at Red Cliffs Elementary



Dr. Marc F. Jones

Red Ribbon Week was celebrated at Red Cliffs Elementary School the week of October 6-10, with fun activities and guest speakers.

According to Janet Everitt, Event Chairman, "Red Ribbon Week presents the opportunity to reinforce to our children the belief that no use of illegal drugs and no illegal use of prescription drugs shall prevail in our community."

At the conclusion of the week, Dr. Marc F. Jones from CVMC, shared a presentation on the effects of drugs on the body.

Red Ribbons are worn and displayed

every year during Red Ribbon Week in October to present a unified and visible commitment toward the creation of a drug free America.

The Red Ribbon program has become a leading force in the formation of community coalitions to identify, examine, publicize and act upon alcohol, tobacco and other drug issues. With year-round focus on prevention education activities and programs, millions of people are impacted and develop an attitude of intolerance to the use of drugs. CVMC believes Red Ribbon celebrations are an important education tool for kids.

Flu Vaccinations Now Available

The Center for Disease Control (CDC) advises the single best way to protect against the flu is to get vaccinated each year.

With flu season just around the corner, Central Valley Medical Center wants to make it easy and convenient for you to receive the flu vaccine this year. Both the Nephi Medical Clinic and the Fountain Green Medical Clinic will be offering flu vaccination clinics during October.

Nephi Clinic Vaccination Schedule

October 20th—9 AM to 4 PM

October 21st—9 AM to 7 PM

October 22nd—9 AM to 4 PM

October 23rd—9 AM to 8 PM

October 24th 9 AM to 4 PM

Ftn.Green Clinic Vaccination Schedule

October 21st—6 PM to 9 PM

How Much Does It Cost? The flu vaccine is \$25 per person. Cash only. Insurance companies will not be billed for this service.

Who Should Get Vaccinated? In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, it is recommended by ACIP that certain people should get vaccinated each year. They are either people

who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications. People who should get vaccinated each year are:

- Children aged 6 months up to their 19th birthday.
- Pregnant women.
- People 50 years of age and older.
- People of any age with certain chronic medical conditions.
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from the flu, including: a) health care workers, b) household contacts of persons at high risk for complications from the flu, and c) household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated).

Who Should Not be Vaccinated? There are some people who should not be vaccinated without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction

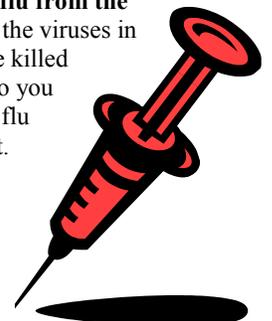
to an influenza vaccination.

- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine.
- Children less than 6 months of age.
- People who have a moderate to severe illness with a fever (They should wait until they recover to get vaccinated.)

How Effective Is The Vaccine?

The ability of flu vaccine to protect a person depends on the age and health status of the person getting the vaccine, and the similarity or "match" between the virus strains in the vaccine and those in circulation. Testing has shown that both the flu shot and the nasal spray vaccine are effective at preventing the flu.

Can I get the flu from the vaccine? No, the viruses in the vaccine are killed (inactivated) so you cannot get the flu from a flu shot.



Laboratory Services Receive High Marks

The laboratory services at CVMC received high marks during a recent inspection. According to Dale Nielsen, Laboratory Department Manager, the inspection was conducted by the Utah Department of Health & Human Services, and verifies the quality of the testing performed in the laboratory. “We were pleased with the outcome of the inspection. It’s always reassuring to have others verify the quality of your work,” commented Nielsen.

The laboratory department is one of the busiest places at Central Valley Medical Center. The department generally assists over 70 patients per day.

A new chemistry analyzer was recently

purchased and installed. Testing has already been performed using the new equipment.

The laboratory department has seven fulltime employees and one part-time employee. The laboratory hosts learning experiences for high school students and clinical rotations for Weber State University students in the Medical Technology program.

Three employees in the department have recently completed advanced training through Weber State University.

Anjalynn Mitchell completed the necessary training for a registered Medical Technologist (MT) degree. Vicki Jones and Jana Broadhead earned Medical

“We were pleased with the outcome of the inspection. It’s always reassuring to have others verify the quality of your work.”

Dale Nielsen, Laboratory Dept Mgr

Laboratory Technician (MLT) certifications.

Dale Nielsen, Laboratory Manager, commented, “These employees have worked very hard to complete their education. We are proud to have them on our team.”



Jana Broadhead, MLT and Vicki Jones MLT (standing) and Anjalynn Mitchell, MT, seated.

Two New Family Practice Physicians at CVMC

In July, Dr. Marc Jones and Dr. James Rosenbeck both began seeing patients at Nephi Medical Clinic and Fountain Green Medical Clinic. Both are board certified in Family Medicine.



Marc F. Jones, D.O.

Dr. Jones is a graduate of the University of Utah and Des Moines University. He completed his Family Practice residency

training at Mercy Family Medicine Residency in Mason City, Iowa.

Both natives of Utah, Dr. Jones and his wife, Sallie, are happy to be home. Marc grew up in Spanish Fork, while Sallie hails from Mapleton. They both currently have family living in Utah County and are delighted to be close to them once again. The couple has three children: Lexie 9; Kellie 3; and a brand-new baby girl, Abbie.

Dr. Jones enjoys hunting, skiing, biking and snowboarding. He loves the outdoors and is a fitness enthusiast. Dr. Jones and his family enjoy watching movies and playing games together.

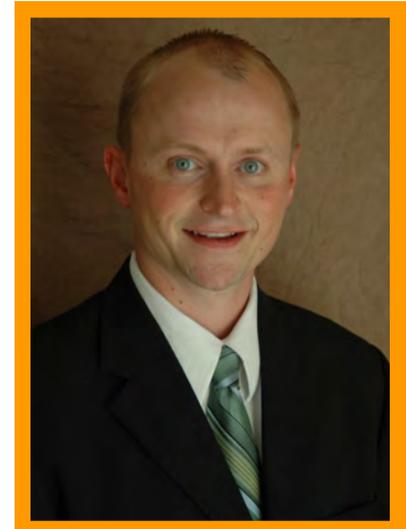
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Dr. Rosenbeck is a graduate of Brigham Young University and Kirksville College of Osteopathic Medicine. He completed a residency in Family Practice at Ventura County Medical Center.

Dr. Rosenbeck grew up in Colfax, Washington and is married to Mandi Matheson from Fillmore, Utah. He and Mandi are the parents of two children, Jimmy age 4

and Maggie age 2.

Dr. Rosenbeck’s favorite activities include athletics; coaching, watching, and participating.



James F. Rosenbeck, D.O.

Dr. Rosenbeck is glad that he chose Nephi as his home and states he is already enjoying his practice immensely.

New VA Coordinator at CVMC

CVMC has a new face working in the Veteran's Administration Clinic. Cody Royce assumed the duties of coordinator for the clinic in September.

Cody graduated with an associates degree in Aviation Maintenance Technology from the Air Force Community College. He spent 12 additional years serving in the Air Force.

"We assist Vets living in Central Utah which often means everywhere in between the area South of Provo to North of

St. George," chuckled Royce.

The coordinator can help VA patients with scheduling appointments, medication refill requests and medical record requests. Cody also assists new VA patients with the health benefits application process.

"My job is to serve as a liaison between the Veteran's Administration and our local health care providers. I will do anything I can to make this process go smoothly," noted Royce.



Cody Royce

Central Valley Medical Center
PO Box 412
Nephi, UT 84648



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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

James Besendorfer, M.D.

Molly Brotherson, PA-C

Brian Gasser, FNP

Marc F. Jones, D.O.

Christie Mangleson, FNP

Mark Oveson, M.D.

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

Jerald Taylor, D.O.

Ftn. Green Medical Clinic 445-3301

Monday thru Friday 9 AM—5 PM

Tuesday Evenings 6 PM—10 PM

Stanton Bailey, M.D.

Molly Brotherson, PA-C

Marc F. Jones, D.O.

Christie Mangleson, FNP

James F. Rosenbeck, D.O.

Women's Clinic 623-3200

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Thursday Evenings 1 PM—7 PM

Stanton Bailey, M.D.

Christie Mangleson, FNP

General Surgery Clinic 623-3202

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.