



MRI Services Expanded at CVMC

Central Valley Medical Center is excited to announce that they have recently purchased a new Signa HDxt 1.5T 16 channel MRI machine!

“In the past, we’ve had MRI technology available to patients on a part time basis, but now it is available everyday. The new machine is considered to be among the most sophisticated medical resources available for patient imaging, and we have it right here in Nephi,” said Heidi Kelso, CVMC Marketing Director.

What is a MRI exam?

MRI stands for Magnetic Resonance Imaging, a non-invasive diagnostic procedure that uses magnetic fields and radio frequencies to generate detailed anatomical and functional images.

MRI scans have an advantage over some forms of scanning because they can image different types of organ tissue without

ionizing radiation. More traditional forms of imaging, such as X-rays, are limited in how much tissue they can image.

What are the reasons for a MRI scan?

MRI exams are per-



formed when people are ill or injured, or when a doctor suspects a medical problem that cannot be easily detected with a routine physical examination. They are non-

invasive, meaning no surgical procedures are required to view your body systems. MRI is also used to obtain specific diagnostic information that has not been provided by other imaging technologies such as ultrasound, traditional X-ray and computed tomography (CT).

Can I have a MRI exam at CVMC if my physician is based elsewhere?

Yes, you may have a MRI exam at CVMC even if your physician is located elsewhere. You will need a physician’s order. The results can be sent electronically to your physician.

How long does an MRI exam take?

A typical scan takes about 30-40 minutes.

Does CVMC accept my insurance?

We accept most major insurances including Select Health, Blue Cross Blue Shield, United, PEHP, and Molina just to name a few.

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Did you know?

- CVMC is the second largest employer in Juab County, with 266 employees.
- CVMC’s annual payroll is over \$8 million. The estimated multiplier effect of a business is 7 x the annual payroll—thus providing a benefit of \$56 million to the community.

Who Will Make Health Care Decisions for Me When I Am No Longer Able to Do So?

Advance Health Care Directives allow you to spell out your decisions regarding end-of-life care ahead of time. They provide a way to communicate your wishes to family, friends and health care professionals.

Selecting your healthcare agent or support person is among the single most important thing that you can do as part of planning for possible future incapacity and end-of-life care. By choosing an agent, you identify the person who you want to make decisions for you. Failure to appoint an agent could lead to the need for a guardian, who is appointed by a court in a potentially costly legal process.



When selecting an agent, there are several things to think about. Usually it is best to name one person or agent to serve at a time, with at least one alternate

You should be aware that having a written advance directive by itself does not ensure that your wishes will be understood and respected. Studies have shown that standard advance directive forms do little to influence end-of-life decisions without: 1) informed, thoughtful reflection about your wishes and values, and 2) personal communication between you and your likely decision-makers before a crisis occurs.

or back-up person, in case the first person is not available when needed.

Advance planning for health care is always a work in progress as circumstances and lives change. Our priorities and even our values can change. You might want to re-examine your health care wishes:

- Before each annual physical exam.

- At the start of each decade of your life.
- After any major life change-such as a birth in the family, marriage, divorce, re-marriage, and especially after the death of a loved one.
- After any major medical change-such as being diagnosed with a serious illness, or, if such conditions worsen.
- After losing your ability to live independently.

Individuals who are facing a life-threatening illness, have donor wishes, or who have specific preferences about certain types of care may also want an order that will be followed by emergency services personnel, emergency rooms, or health care facilities.

You Have a Right to Select Your Rehabilitation Services

After experiencing major medical problems or undergoing surgery, it is the patient's right to choose his/her rehabilitation facility, when this type of care is recommended. Sometimes it can be confusing when patients receive hospital services elsewhere, and their case manager or physician recommends transfer to a rehabilitation facility, a skilled nursing unit, or even home health services.

Often times patients or family members don't realize that these services can be provided in a location other than the setting where their initial hospitalization took place. Well-meaning care givers can influence the decision making process, when ultimately it is the patient's right to select his/her provider.

Many patients return to CVMC for their rehab care after having surgery or after being hospitalized elsewhere. A discharge planner usually meets with patients and family members to facilitate this process.

CVMC provides a full spectrum of rehabilitation services including physical therapy, occupational therapy, speech therapy, and recreational therapy. Depending upon a patient's needs these services may be provided in the hospital or through our excellent Home Health agency.

Along with the above rehab services, a board certified wound care specialist with over 20 years 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 including the patient's family and care givers in the rehabilitative process to enhance individual progress.

To find out if inpatient rehabilitation services may be facilitated at CVMC, call 435-623-3536.

CVMC's Home Health services are available 24 hours a day, and their specially trained nurses will coordinate care with referring physicians. To learn more about rehabilitation services offered through Central Valley Home Health, call 435-623-3050.



10 Reasons to Get a Mammogram



CVMC is conducting a special campaign, “Cheers to Prevention.” to celebrate breast cancer awareness. CVMC is offering a FREE pink tumbler to every woman who receives a digital mammogram at our facility during October, November and December.



10 Reasons to Get a Mammogram

- 1. Early Detection is the Best Defense**—When breast cancer is detected early, at a localized stage, the survival rate is 98 percent. Once breast cancer has metastasized and spread throughout the body, the five-year survival rate drops to 27 percent.
- 2. Mammography Works**—Mammography can detect breast cancer an average of 1.7 years before it can be identified in a clinical breast exam.

- 3. Risk Increases with Age**—The risk of having breast cancer increases with age, which means that there is no safe age to stop having a yearly mammogram.
- 4. Once a Year is Enough**—On average, a mammogram appointment takes about 20 minutes from start to finish.
- 5. Lead by Example**—Encourage the women in your life to get their annual mammogram by having yours.
- 6. Lower Health Care Costs**—While mammograms range in cost from \$75 to \$600, early detection testing for breast cancer saves as much as \$20,000 in initial treatment costs for each breast cancer case that is detected early.
- 7. Financial Support is Available**—Women without health



insurance may be eligible to receive their annual mammogram for little or no cost. To learn more about several programs that are available, contact Robyn at 435.623.3195

- 8. The Exposure to Radiation is Minimal**—The risk of harm from radiation exposure during a mammogram is extremely small.
- 9. Mammography is Safe and Reliable**—The Mammography Quality Standards Act (MQSA) is the federal law that ensures mammography is safe.
- 10. Get in the Habit**—Practice being proactive about your health.



Hospitals Make Donation



Central Valley Medical Center (CVMC), Desert View Hospital (DVH), and the Rural Health Care Foundation have partnered with hospitals in the Philippines to facilitate the donation of used medical equipment.

During the past 2 years, CVMC and DVH have donated several used pieces of medical equipment to a 300 bed hospital in San Pablo, Philippines. The used medical equipment consisted of cardiac monitors, hospital beds, a birthing table, incubator and blood pressure machines. The hospital was extremely appreciative to receive these donations.

CVMC and DVH are proud to be involved in improving the level of care provided in this medically underserved area.



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CVMC
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Clinic Hours

Nephi Medical Clinic 623-3200

Monday thru Friday 9 AM—5 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

Marc F. Jones, D.O.

Mark Oveson, M.D.

Emily S. Poff, M.D.

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

Jerald Taylor, D.O.

Christie Mangelson, FNP

Ftn. Green Medical Clinic 445-3301

M, W, TH, F 9 AM—5 PM

Tuesday 9 AM—8 PM

Marc F. Jones, D.O.

Emily S. Poff, M.D.

James F. Rosenbeck, D.O.

Christie Mangelson, FNP

Orthopedic Surgery Clinic 623-3633

Tuesdays & Thursdays 8 AM—4 PM

Fridays 8 AM—12 Noon

Joel E. Holman, M.D.

Women's Clinic 623-3200

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Stanton Bailey, M.D.

Emily S. Poff, M.D.

Christie Mangelson, FNP

General Surgery Clinic 623-3202

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.