



Health Fair – May 16th

Final preparations are underway for Central Valley Medical Center’s annual Health Fair, scheduled for May 16th from 9:00 a.m. to 12 Noon to be held at the hospital.

According to event organizer, Heidi Kelso, “This year marks the hospital’s 25th anniversary and we are celebrating in a big way in connection with our health fair!”

In addition to the free health screenings and discounted laboratory tests, there will be some fun door prizes and free balloons for the kids!

This year lab tests will be offered early, beginning May 11-15, from 8-10 a.m. each morning. Remember you must come fasting! All test results will be mailed.

Lab tests offered include: a comprehensive metabolic profile and lipid profile (cholesterol) test for \$20.00, and a prostate specific antigen (PSA) screen for \$15.00.

Thanks to a grant

from the Six County Association of Governments Agency on Aging, seniors living in the Six County area can receive these tests for just \$5.00 each. “We are happy to receive a sponsorship once again, which allows us to offer these lab tests at greatly reduced prices,” said Dale Nielsen, Laboratory Manager.

Another popular service is bone density testing. This service is provided by Osteo Imaging, Inc., and is free of charge on a first-come, first-served basis.

Besides the above offerings, there will be blood pressure checks, blood glucose tests, oxygen saturation checks, and body fat testing.

Nebo Vision Clinic is a regular vendor at the Health Fair, and provides free vision screenings to participants. Dr. Jared Clegg, Podiatrist, offers free foot and ankle evaluations.

As always there will be a wealth of information on topics such as diabetes, drug and alcohol abuse prevention, emergency preparedness, and fitness.

Outdoor exhibits include disaster preparedness, the UHP seat belt convincer, and tours of local ambulances and the Air Med Helicopter.

Everyone is welcome to attend. For more information contact Heidi Kelso at 435-623-3115.



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Did you know?

- *Central Valley Medical Center supports many community and school functions. Last year CVMC contributed over \$10,000 in cash and in-kind donations to Juab School District for programs such as career experience, scholarships, and sponsorships of clubs and athletic teams.*

Lower Back Pain Best Treated by Physical Therapy

A new review article published in the *Journal of the American Academy of Orthopaedic Surgeons* should help convince many patients with low back pain to consider physical therapy as a first line of treatment for their condition, according to Greg Rowley, MPT, MTC, Central Valley Physical Therapy and Sports Medicine.

The review, published in February 2009, recommends that in most cases of symptomatic lumbar degenerative disc disease, a common cause of low back pain, (LBP), the most effective treatment is physical therapy combined with anti-inflammatory medications. Approximately 75 to 85 percent of adults will be affected by low back pain during their lifetimes.

Symptomatic lumbar degenerative disc disease develops when a disc weakens (often due to repetitive strain), is injured, or deteriorates from aging. As a result, the disc is unable to hold the vertebrae as it should and the lack of stability can cause back pain.

The review details the different treatment methods for symptomatic lumbar degenerative disc disease, including physical therapy with the use of nonsteroidal anti-inflammatory drugs (NSAIDs), and concludes that, in most patients with low back pain, symptoms resolve without surgical intervention. The review also concludes that physical therapy and nonsteroidal anti-inflammatory drugs are the “cornerstones” of non-surgical treatment.

Physical therapist intervention includes strengthening of core muscle groups, including the abdominal wall and lumbar musculature, which can have positive effects in patients with this condition. According to American Physical Therapy Association (APTA) spokesperson Julie Fritz, PT, PhD, ATC, clinical outcomes

research scientist at Salt Lake City’s Intermountain Healthcare and associate professor at the University of Utah, physical therapists have several treatment options that can help patients with LBP whether due to degenerative disc disease or a variety of other causes.

Exercise and manual therapy including spinal manipulation, have been shown to benefit many patients. In addition, patient education to remain active and use appropriate body mechanics is beneficial. Physical therapists are trained to identify which of these treatment strategies will be most effective for an individual patient, which further improves the effectiveness of care.

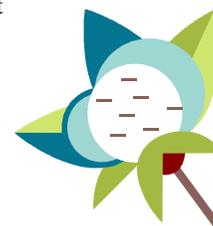
In previous systematic reviews of the literature, it was found that exercise has been shown to improve function and decrease pain in adult patients with chronic LBP and that physical therapy was beneficial for the treatment of acute LBP. In another systematic review, NSAIDs were found to provide LBP patients with short-term symptomatic relief.



“Receiving care from a licensed physical therapist can further improve the odds that a patient can maintain their quality of life and avoid surgery,” said Fritz. In addition to building the core muscle

groups, hands-on therapy to mobilize the spine has been shown to be particularly effective. Spinal manipulation can be an important component of the physical therapist’s treatment for low back pain.

Supplementing exercise with spinal manipulation is also beneficial for many patients.



Physical therapists can help patients develop a safe and effective exercise program that is tailored to an individual’s specific needs and goals. “Surgery should be the last option, but too often patients think of surgery as a cure all and are eager to embark on it,” said Luke Madigan, M.D., an attending physician at Knoxville Orthopaedic Clinic, Knoxville, TN, and the lead author of the literature review.

Physical therapists are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility—in many cases

without expensive surgery or the side effects of prescription medications.

Central Valley Physical Therapy and Sports Medicine is located within Central Valley Medical Center. They provide comprehensive back education and care from all varieties of back dysfunctions. Greg Rowley, MPT, MTC is a physical therapist with 13 years experience in spinal care and orthopaedic treatments. He

is one of four Utah therapists to have earned the manual therapy certification.

You may call 435-623-3045 to ask about our services, or visit your physician for a referral.

Important Flu Update

The following information was taken from the Center for Disease Control (CDC) website.

http://www.cdc.gov/swineflu/guidance_ho_mecare.htm

Swine influenza A virus infection (swine flu) can cause a wide range of symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. People with swine flu also can have vomiting and diarrhea. Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Severe disease with pneumonia, respiratory failure and even death is possible with swine flu infection. Certain groups might be more likely to develop a severe illness from swine flu infection, such as persons with chronic medical conditions. Sometimes bacterial infections may occur at the same time as or after infection with influenza viruses and lead to pneumonias, ear infections, or sinus infections.

The following information can help you provide safer care at home for sick persons during a flu pandemic.

How flu Spreads

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

People with swine flu who are cared for at home should:

- Check with their health care provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema
- Check with their health care provider about whether they should take antiviral medications.

- Stay home for 7 days after the start of illness and fever is gone.
- Get plenty of rest.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- Avoid close contact with others—do not go to work or school while ill.
- Be watchful for emergency warning signs that might indicate you need to seek medical attention.
- If possible, have only one adult in the home take care of the sick person.
- Avoid having pregnant women care for the sick person. (Pregnant women are at increased risk of influenza-related complications and immunity can be suppressed during pregnancy).
- All persons in the household should clean their hands with soap and water or an alcohol-based hand rub frequently, including after every contact with the sick person or the person's room or bathroom.
- Use paper towels for drying hands after hand washing or dedicate cloth towels to each person in the household. For example, have different colored towels for each person.

Steps to Lessen the Spread of Flu in the Home

When providing care to a household member who is sick with influenza, the most important ways to protect yourself and others who are not sick are to:

- Keep the sick person away from other people as much as possible (see “placement of the sick person at home”)
- Remind the sick person to cover their coughs, and clean their hands with soap and water or an alcohol-based hand rub often, especially after coughing and/or sneezing.
- Have everyone in the household clean their hands often, using soap and water or an alcohol-based hand rub
- Ask your healthcare provider if household contacts of the sick person—particularly those contacts who may have chronic health conditions—should take antiviral medications such as oseltamivir (Tamiflu®) or zanamivir (Relenza®) to prevent the flu.

Protect other persons in the home

- The sick person should not have visitors other than caregivers. A phone call is safer than a visit.

- If possible, consideration should be given to maintaining good ventilation in shared household areas (e.g., keeping windows open in restrooms, kitchen, bathroom, etc.).
- Antivirals can be used to prevent the flu, so check with your healthcare provider to see if some persons in the home should use antiviral medications.

When to Seek Emergency Care

Get medical care right away if the sick person at home:

- Has difficulty breathing or chest pain.
- Has purple or blue discoloration of the lips.
- Is vomiting and unable to keep liquids down.
- Has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry.
- Has seizures, is less responsive than normal or becomes confused.

Additional information can be obtained at <http://health.utah.gov/>

Cataract Surgery now at CVMC

Cataract patients can now save hours of driving time by having their surgery done right here in Nephi.

Through an arrangement with Sightpath Medical, Central Valley Medical Center and Excel eye surgeon Dr. Scott Lohner, the procedure will be available locally each month. The Sightpath company provides specialized surgical equipment, the hospital provides nurses, patient care and surgery facilities and the doctor does the driving instead of the patient.

Nephi resident, Edgar Taylor, had one of

the first procedures on April 22, 2009. According to Edgar's wife, Carrie, "We were thrilled not to drive elsewhere. It saved us so much time."

The cataract surgery done at CVMC is the same quality as that done in any of the larger urban centers. It is the same equipment and doctor as you would have in Provo with the added benefit of not traveling a distance!

Most cataract patients are over the age of 65, and Medicare with a supplemental insurance pays nearly all the costs. Cata-

ract surgery is one of the most common surgical procedures performed in the United States.



Edgar Taylor

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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

Thursday Evenings Clinic until 8 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

Brian Gasser, FNP

Marc F. Jones, D.O.

Christie Mangelson, 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.

Marc F. Jones, D.O.

Christie Mangelson, FNP

James F. Rosenbeck, D.O.

Women's Clinic 623-3200

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Thursday 1 PM—7 PM

Stanton Bailey, M.D.

Christie Mangelson, FNP

General Surgery Clinic 623-3202

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.