

The Urgency of Emergency



It's summer time and that means more of us are recreating outdoors enjoying activities such as camping, hiking, boating, fishing, swimming, riding ATV's and just taking a vacation from our normal routine.

Unfortunately, this also means there are more accidents, injuries, or other serious conditions that require immediate access to emergency medical care during the summer months.

The Emergency Department at Central Valley Medical Center can be a real life saver in these situations, and now has reason to officially brag about it. On July 15, 2011, the Emergency Department was reviewed and certified as a "Stroke Receiving Facility" by the Utah Department of Health.

According to Tami Scott, RN, Director of Emergency Services, "We are extremely proud of this new certification. Not many rural hospitals can meet the stringent criteria to be a "Stroke Receiving Facility" as part of the Utah Stroke System."

Our hospital's Emergency Department features expertly trained physicians, state-of-the-art equipment, comprehensive surgical capabilities and the resources of a full-service hospital close to home.

The Emergency Department treats approximately 5,000 patients annually, which includes those recreating at nearby attractions such as the Little Sahara and Yuba Lake.

abdominal pain.

- Chest pain
- Difficulty breathing or shortness of breath
- Sudden changes in mental status
- Uncontrolled bleeding
- Headaches with a stiff neck or fever
- Numbness or slurred speech
- Stroke symptoms



So when should you go to the Emergency Department?

- Sudden or severe pain that doesn't go away, including headache or

And remember if you're not sure whether someone needs immediate medical care, it is always better to play it safe and go to your local ER, even if you find your trip was unnecessary.



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Did you know?

- *Central Valley Medical Center's Emergency Department wait times are less than half the national average? In fact, 85% of patients are seen within 30 minutes.*
- *Almost 50% of patients treated in our Emergency Department are from outside Juab County*

Getting Ready for School



Summer is winding down and school will be starting up soon. “Now is the perfect time to ensure your children have a safe and healthy school year by receiving a regular physical or sports physical,” said Marc Jones, D.O.

✔ Sports Physical

Many sports require a signed permission form from a doctor. Your family physician is the best choice for conducting a sports physical because he or she is familiar with your child’s medical history. Your doctor will take a medical history, and check the basics such as: determine height and weight, and check the child’s blood pressure, heart and overall health.

✔ Vaccinations

Dr. Jones stated, “It is very important to make sure your child is up-to-date with his or her vaccinations before beginning school. Even though most infants and toddlers have received all recommended vaccines by age 2, many under-immunized children remain, leaving the potential for outbreaks of disease.”

✔ Eye Exam

It is estimated that 5-10% of preschool children and 25% of school-aged children have some sort of vision problem, which could lead to frustration and poor performance. According to the American Optometric Association, a child’s first eye check-up should be at six months, followed at three years old, and then before entering kindergarten or first grade. After that, a child’s eyes should be checked at least every two years.

✔ Nutrition

Childhood obesity is a growing problem in America. Packing a healthy lunch for your children will keep the pounds off and give them more energy and focus during the school day. If your child eats at school, check out the lunch menu together and encourage smart choices.

✔ Backpacks

A backpack that is too heavy or not fit-



Marc Jones, D.O.

ted properly can cause neck, shoulder and back pain. A backpack should never weigh more than 20 percent of a child’s weight. For example, if a child weighs 75 pounds, the backpack should weigh no more than 15 pounds. It should have adjustable padded straps. Finally, the size of the backpack should fit your child’s size. A backpack is not something that a child should “grow into.”



Treating Sleep Disorders



Are you always feeling tired during the day? Do you have trouble falling asleep at night? Do you snore loudly or wake up frequently?

If you answered “Yes” to any of these questions, you may be suffering from a sleep disorder and need to seek medical advice.

Why Sleep Is So Important

Sleep is not optional. It is essential to your health and vitality. The lack of restful sleep can lead to a number of medical conditions, including diabetes, heart disease, high blood pressure, stroke, obesity and even depression.

Unfortunately, most people aren’t getting the 7-9 hours of restful sleep they need. 40 percent of Americans need more shut-eye. And, an esti-



mated 50 to 70 million Americans suffer from long-term sleep loss and sleep disorders.

Finding Mr. Sandman

The best way to determine if you have a sleeping disorder is to have a sleep study, also called a polysomnogram. The sleep study electronically records specific physical activities during your different stages of sleep.

Equipped with this information, your physician can detect any sleep disorders and recommend appropriate treatment.

Here are some of the common sleep disorders:

Insomnia

You may have insomnia if it takes more than 45 minutes to fall asleep or if you wake up frequently during the night and

can’t go back to sleep.

Sleep Apnea

Sleep apnea is present when a person repeatedly stops breathing for 10 to 15 seconds or longer during sleep. If you snore loudly, toss and turn, or wake up with a headache, you may have sleep apnea.

Narcolepsy

With narcolepsy, a person engaged in normal daily activities suddenly falls asleep for a few seconds or several minutes. Narcolepsy is caused by the brain’s inability to regulate a normal sleep-wake cycle.

CVMC has a comprehensive sleep study lab. If you are experiencing any of these sleep disorders, ask your physician about a sleep study.

Knee Seminar



Joel E. Holman, M.D.

Joel E. Holman, M.D., is an orthopaedic surgeon practicing full-time at Central Valley Medical Center in Nephi.

Dr. Holman performs total joint replacement of the knee and hip. He will be presenting a free seminar on knee replacement, basic knee anatomy, arthritis, signs and symptoms of arthritis, and conservative treatments for arthritis.

Dr. Holman is the first in this area to offer this program. The program focuses on the joint replacement patient's education, exercise and comprehensive care. It also consists of minimally invasive techniques, which promote faster recovery for patients.

FREE Seminar on Knee Replacement

Date: Wednesday, August 17, 2011

Time: 6:00 p.m.

Place: Central Valley Medical Center
2nd Floor Education Room

Contact Heidi Kelso at 435-623-3115 to reserve your seat for the upcoming knee replacement seminar.

Digital Mammography at CVMC

Recent reports indicate mammography screening rates are lower among women in Juab, Sanpete and Millard Counties, when compared to other women both state-wide and nationally. This discrepancy caught the attention of State health officials, and funds were directed to Central Utah Health Department to conduct an intensive community intervention campaign to increase screening rates in these areas.

To aid with this community intervention Central Valley Medical Center, is continuing to offer discounted or in some cases a FREE screening mammogram to women who qualify, thanks in part to a donation made by a local group called "Tough Enough to Wear Pink."

Digital Mammography offers a number of advantages to women over the traditional mammogram. A digital mammogram delivers images to a computer so they can be electronically enhanced by the radiologist. It enables the doctor to zoom in, magnify, and optimize different parts of the breast tissue using just four standard pictures. Readability and interpretation of the images are enhanced, so the physician can focus on areas of concern.

In addition, these digital images can be stored on the computer and transferred throughout the patient's care network.

According to the American Cancer Society, early detection offers the best chance to survive breast cancer. Shelith Jacobson, Director of Radiology at CVMC said, "Each of us has known or will know somebody with breast cancer. We should take advantage of the technology available to us today and undergo screening early."



While breast cancer can be a genetically related disease, 85 percent of those diagnosed have no family history. According to the American Cancer Society, breast cancer is the leading cause of cancer deaths among women and the second-

leading cause nation-wide.

Jacobson believes many women don't get regular mammograms as recommended. And one of the reasons is the discomfort felt during mammography compression. The cold surfaces and hard edges of a mammography machine make the experience uncomfortable.

CVMC's mammography machine has a soft breast cushion attached which provides a warm contact to the breast during mammography. "We have noticed that women seem to be more relaxed during the exam, which makes it easier for technologists to get the best possible image," Jacobson said.

Mammograms can identify lumps that a woman's self-exam wouldn't find until an average of 1.7 years later, which in many cases would be too late. "Early detection is critical," Jacobson said. "When we find it early, a women's chance of survival greatly improves."

Call Heidi Kelso @ 435-623-3115 to see if you qualify for a FREE or discounted screening mammogram.



Relay for Life

Central Valley Medical Center employees organized a team and participated in our local American Cancer Society's Relay for Life event on June 24-25 at the Nephi City Park.

Relay for Life is an event which honors cancer survivors, pays tribute to the lives lost to the disease, and raises money to help fight it—all in our own community.

Relay for Life is much more than a walk around a track. It is a time to celebrate

those who have battled cancer, remember those lost and get inspired to fight back. All donations assist with the American Cancer Society's progress toward a future where cancer doesn't take the lives of our friends and family.

CVMC employees worked hard and raised nearly \$6,000 by sponsoring several activities such as raffles and a "pay to wear jeans to work" day.



CENTRAL VALLEY MEDICAL CENTER
PO BOX 412
NEPHI, UT 84648

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 STANDARD MAIL
 PERMIT 15
 NEPHI, UT

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 until 8 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

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

Marc F. Jones, D.O.

Mark Oveson, M.D.

Christie Mangelson, FNP

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

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

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.