



CENTRAL VALLEY MEDICAL CENTER

Vital Signs



CVMC in the Top 100 Critical Access Hospitals

Central Valley Medical Center has been named one of the top 100 Critical Access Hospitals (CAH) in the U.S. Only three hospitals in Utah made the list!

The National Rural Health Association recently announced the list at its Critical Access Hospital Conference.

The top 100 scored best on the Hospital Strength Index™, in this first-ever comprehensive rating of CAHs.

The index offers hospital executives, trustees and boards of directors an objective way to measure their relative performance among their peers and across 56 different performance metrics, the most comprehensive tool on the market.

The Hospital Strength Index™ reflects the multiple challenges of running a hospital by incorporating the measures on

which the industry has worked to gain consensus and standardization.

“Rural hospitals play a vital role in providing needed care in their various communities, yet the challenges are uniquely different from urban hospitals,” said Mark Stoddard, President & CEO of CVMC.

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The Hospital Strength Index™ incorporates 56 different measures of performance to help identify those hospitals that are best prepared for success under the new healthcare reform.

The Index also includes a unique set of measures rating market strength, value-based strength and financial strength as key pillars for benchmarking

and setting new goals under healthcare reform.

NRHA named the Top 100 Critical Access Hospitals in the nation, as determined by the Hospital Strength Index™, recognizing the top performance of hospitals that are the safety net to communities across the country.

For a complete copy of the press release and a listing of hospitals in alphabetical order by state, see the following link: <http://www.ivantagehealth.com/top-100-critical-access-hospitals-named/>



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Did you know?

- Only about ten percent of physicians choose to practice in rural America despite the fact that nearly one-fourth the population lives in these areas.
- There are 60 dentists per 100,000 population in urban areas versus 40 per 100,000 in rural areas.

Hospital Launches New Website & Logo

“It’s been a busy Summer at the hospital. We’ve adopted a new logo and launched a brand new website,” said Heidi Kelso, Marketing Director.

The new logo is easily visible on the outdoor signs and will continue to be implemented gradually on all communications. “It’s hard to let go of something so familiar,” noted Kelso, “but we are excited about the new look and feel of our logo.”



The new website <http://www.cvmed.net/> is easy to navigate and offers content that is meaningful to patients. For example, patients can now pay their bills online using the secure online bill payment feature, search for a physician, or find out about classes and events.

The new website is more interactive and boasts a career center where job seekers can learn about available positions and apply for those jobs online if interested.

The website offers the ability for patients to provide feedback



about their experiences in a non-threatening environment.

We are super excited about the changes!” said Heidi Kelso, Marketing Director.

Visit www.cvmed.net and sign-up to receive our newsletter via e-mail and you could win a \$50 gas card!

New DEXA Scanner Technology

Central Valley Medical Center has expanded its health and wellness services available to men and women with the addition of the Discovery™ QDR bone densitometry system from Hologic®. This new technology is commonly referred to as a DEXA scanner and is used to measure bone mineral density.

The new DEXA scanner is the most accurate tool available to detect osteoporosis early, before a broken bone occurs. It generates less radiation than a CT scan and is more accurate than the traditional x-ray, which can detect bone loss only after 25-40 percent of the bone density is gone.

“We are excited to offer this new technology which ex-

poses a patient to less radiation while providing a very accurate diagnosis,” said Shelith Jacobson, Diagnostic Imaging Department Manager.

According to the National Osteoporosis



have a bone density test. Testing should be done sooner if there is a family history or other risk factors that could lead to osteoporosis.

The new DEXA scanner is also used for accurately measuring body composition. Athletes and those interested in weight loss will be extremely interested in a body composition study. The DEXA scanner body composition study shows a person the precise distribution of muscle tissue and fat masses in the body, and provides the most accurate BMI score available.

Central Valley Medical Center provides a comprehensive scope of services addressing the physical, emotional and educational needs of our patients. Each patient receives personalized care designed to meet his/her individual needs. Our staff is highly trained and our equipment is state of the art. We are committed to providing exceptional care to the residents of our community.

For more information about using the new DEXA scanner for the detection of osteoporosis or to measure body composition, please call 435-623-3165.



Foundation (NOF), osteoporosis is a potentially crippling disease that affects over 44 million Americans, and 55 percent of those with osteoporosis are 50 years of age and older. Although everyone is at risk for the disease, about 80 percent of those suffering from osteoporosis are women. In fact, one in two women will develop osteoporosis.

The NOF recommends that all women over age 65 and men over age 70 should

CVMC Welcomes Emily S. Poff, M.D.

CVMC has recently welcomed Emily S. Poff, M.D. to the medical staff. Dr. Poff officially began seeing patients on August 13th.

Dr. Poff grew up in Arvada, Colorado, but has lived in Utah for the last 14 years. She attended BYU, earning her undergraduate degree in Chemical Engineering.

Dr. Poff graduated from the University of Utah School of Medicine in 2009, and completed a Family Medicine Residency at McKay-Dee Hospital in Ogden, UT. Dr. Poff is board certified in Family Medicine.

Dr. Poff states she always liked the idea of practicing medicine in a small town, and Nephi felt like the perfect match!

"I am thrilled to be working at Central Valley Medical Center! The staff and facility are top notch. I look forward to the opportunity to meet new patients and provide medical care in general family medicine and obstetrics."

A few of Dr. Poff's favorite hobbies include piano, viola, singing, hiking, running, gardening and travel.

Dr. Poff and her husband, Aaron, have purchased a home in Nephi, and are excited to settle in and become part of our community.

Dr. Poff sees patients in both the Nephi and Fountain Green Medical Clinics.



Emily S. Poff, M.D.

Do You Suffer From Allergies?

Seasonal allergies are usually at their worst during the Spring and Summer months, when plants and trees are in bloom, but can continue to cause trouble well into Fall.

Allergic rhinitis, also known as nasal allergies or hay fever, is a collection of symptoms, mostly in the nose and eyes, which occur when you breathe in something you are allergic to, such as dust, dander, or pollen. Allergic rhinitis is common and treatable.

Symptoms that occur shortly after coming into contact with the substance you are allergic to may include:

- Itchy nose, mouth, eyes, throat, skin, or any area
- Problems with smell
- Runny nose or sneezing

Symptoms that may develop later include:

- Stuffy nose (nasal congestion)
- Coughing
- Clogged ears and decreased sense of smell

- Sore throat
- Dark circles under the eyes



- Fatigue and irritability
- Headache
- Memory problems and slowed thinking

If you seek medical attention, your history of symptoms is important in diagnosing allergic rhinitis, including whether the symptoms vary according to

time of day or the season, exposure to pets or other allergens, and diet changes.

The best treatment is to avoid what causes your allergic symptoms in the first place. However, it may be impossible to avoid all your triggers, but you can often take steps to reduce exposure.

There are many different medications available to treat allergic rhinitis. Which one your doctor prescribes depends on the type and severity of your symptoms, your age, and whether you have other medical conditions (such as asthma).

Those who suffer with only mild allergic rhinitis may find a nasal rinse to be helpful for removing mucus from the nose.

Treatments for allergic rhinitis include: antihistamines, corticosteroids, decongestants, and allergy shots.

Those who suffer with more severe allergic rhinitis, or have symptoms that do not respond to treatment, may want to see a health care provider.



Heart Saver CPR Classes

When was the last time you attended a CPR class? If it has been more than two years, you may want to consider taking the course again. The American Heart Association has changed the guidelines for those trained in CPR.

According to Kris Tatton, RN, Education Specialist at CVMC, “The 2010 AHA Guidelines for CPR recommend a change in the Basic Life Support (BLS)

sequence of steps from A-B-C (Airway, Breathing, Chest compressions) to C-A-B (Chest compressions, Airway, Breathing) for adults, children, and infants (excluding the newborns).”

Following is a schedule of upcoming CPR classes, which are open to the public:

- Sept 6th, 9:30 AM to 12:30 PM

- Oct 3rd, 9:30 AM to 12:30 PM
- Nov 7th, 9:30 AM to 12:30 PM
- Dec 4th, 9:30 AM to 12:30 PM

The cost for the class is \$35.00. All classes will be held in the CVMC education room, located on the second floor. Please call Kris Tatton at (435) 623-3044 to register. Space is limited.



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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

Tues. 9 AM—8 PM

Marc F. Jones, D.O.

Mark Oveson, M.D.

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.