



CVMC Prepares to Welcome New Physician

“It’s official!” exclaimed Heidi Kelso, commenting on a contract being signed with Family Practice physician, Emily S. Poff, M.D.

“We are happy to have reached an agreement with Dr. Poff, to practice fulltime at CVMC beginning this summer,” said Kelso.

Dr. Poff grew up in Arvada, Colorado, but has lived in Utah for the last 13 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 is currently completing a Family Medicine Residency at McKay-Dee Hospital in Ogden, UT.

Dr. Poff states she is thrilled to be moving to Nephi, and always liked the idea of practicing medicine in a small town.

“I fell in love with Nephi while doing a two-week rotation during my second year of residency,” said Poff.

“It just felt like the ideal location to me because I will be able to practice full spectrum family medicine, particularly obstetrics,

“I fell in love with Nephi while doing a two-week rotation during my second year of residency”

which is one of my favorite parts of family medicine.”

“We have lots of family along the Wasatch front, so living in Nephi will afford us the opportunity to be within a reasonable driving distance to them,” noted Poff.

Dr. Poff’s husband, Aaron, grew up in Vernal, Utah, so he is excited about living in Nephi where he won’t

have to worry about traffic. Aaron is currently a law student at the University of Utah, and will graduate this spring.



Emily S. Poff, M.D.

Dr. Poff will see patients in both the Nephi Medical Clinic and the Fountain Green Clinic beginning in August.

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Did you know?

- HealthInsight 2011 National Rankings for Hospitals in Utah HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) Survey ranked Central Valley Medical Center in the 100th percentile!

Healthy Resolutions You Can Keep

The new year is a natural time to try for a new start. More than 40 percent of American adults make New Year's resolutions, and almost half of them keep their resolutions for at least 6 months.

The most common resolutions are to lose weight, exercise more, and quit smoking. You may be more likely to stick to yours if you keep them realistic. We have some ideas for easy, specific goals that could have a significant impact on your health.

- **Organize your medical information**—the US Department of Health and Human Services says that when patients have more information about their health care, they make better decisions and get better care. Gain more control by keeping a Personal Health Record (PHR) of any diagnoses, medications and treatments.
- **Get a checkup**—Regular health exams and tests can help identify problems before they start, or keep

existing conditions from getting worse. If it's been a long time since you've seen a doctor, schedule an appointment.

- **Determine if you should get cancer screenings**—Screening increases the chances of finding certain cancers early, when they are most likely to be easily treated and possibly curable.
- **Get more exercise**—Try for 30 minutes of physical activity on most days of the week. Take a walk, jump rope, dance to music on the radio, or ride a bike. The point is to get moving.
- **Eat a little less**—The US department of Agriculture (USDA) is encouraging Americans to eat healthier, and avoiding oversized portions is a key recommendation. For example, the USDA says a single portion of steak is 5 ounces and a single portion of broccoli is half of a cup.



- **Sleep a little more**—Not everyone needs the same amount of sleep. But the National Sleep Foundation says most Americans get less than they need during most weeknights. Lack of sleep is linked with traffic accidents, obesity, diabetes and heart problems, depression, and substance abuse.
- **Quit Smoking**—OK, we admit it. It isn't easy to quit smoking. But half of all smokers who keep smoking will end up dying from a smoking-related illness. So, make your resolution to stop smoking and visit www.cancer.org/quitsmoking or www.utahquitnet.com

PICC Line Technology Now At CVMC

The hospital has recently added a new service line by purchasing an innovative type of peripherally inserted central catheter, better known as a PICC line system. While the original technology has been around for some time, the newest systems are far superior for many reasons.

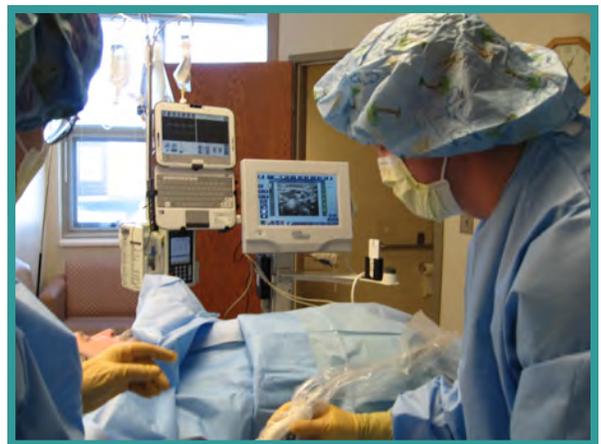
The \$30,000 system was used for the first time at Central Valley Medical Center on December 13th when Dr. Marc Jones placed a PICC line in a patient who required long-term antibiotic treatment.

A PICC line is a form of intravenous access that can be used for a prolonged period of time (e.g. for long chemotherapy regimens, extended antibiotic therapy, or total parenteral nutrition). A PICC is inserted in a peripheral vein, such as the cephalic vein, basilic vein, or brachial vein and then advanced through increasingly larger veins, toward the heart until the tip rests in the distal superior

vena cava or cavoatrial junction. PICC lines are usually inserted by physicians, physician assistants, radiologists, nurse practitioners, or specially trained registered nurses.

Until recently, PICC line placement and confirmation almost always required a chest X-ray, ultrasound, or fluoroscopy. However, the new comprehensive technology eliminates the need for a chest X-ray and allows the clinician to insert, place, and confirm combining ultrasound for vessel assessment and access with a magnetic tip tracking and ECG tip. The procedure is performed at the patient's bedside.

The new FDA approved technology allows for immediate confirmation of proper tip position at the bedside and immediate release of the PICC line which



helps reduce time for infusion therapy. Another benefit of the new system is that the patient's exposure to X-ray and the cost associated with a chest X-ray is eliminated.

February is American Heart Month

February is a time we think of love, candy hearts, and valentines. It is also the perfect time to celebrate American Heart month!

What can you do to be heart smart? You can learn the warning signs of a heart attack. **A heart attack occurs every 30 seconds somewhere in America.**

A man is going about the ordinary business of the day—eating breakfast or running errands. Everything is fine until he starts to experience pain and pressure in the center of his chest. He thinks it is probably just heartburn, but the pain persists. Soon, he has trouble breathing and feels nauseated. He is having a heart attack.

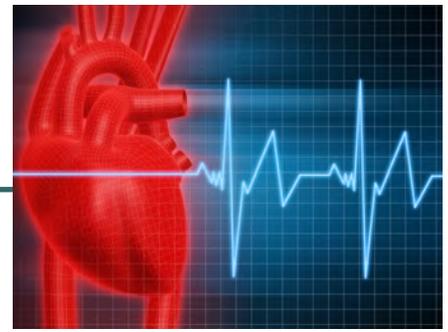
The next 60 minutes are critical. More than 80 percent of heart attacks that could be fatal can be reversed if action is taken during the first hour. Here is how you can spot a heart attack.

- Most heart attacks involve **discomfort in the center of the chest**. Peo-

ple describe the sensation as an uncomfortable pressure, squeezing, fullness or pain. The discomfort lasts for more than a few minutes or goes away and returns again. However, one in three people who have a heart attack do not experience chest pain.

- **Discomfort in other areas of the body** can include pain in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** can occur with or without chest discomfort.
- **Other symptoms include** a cold sweat, nausea and lightheadedness.

In many cases the symptoms of a heart attack can be vague and mild. This is especially true for women, who are more likely than men to have silent heart attacks (no symptoms) or have symptoms that make it difficult to determine a correct diagnosis.



Take Action Now!

If you think you or someone else is having a heart attack, the first step is to call 9-1-1 immediately. Time is life. The faster you call, the greater your chance for recovery. If you are able to obtain medical help in three to five hours, the damage to the heart is usually not serious. But if you wait more than 12 hours, the heart damage is almost always irreversible.

Having a heart attack also greatly increases the risk for cardiac arrest, when the heart stops beating. The chances of surviving cardiac arrest are much greater if medical care is available. The key is to seek medical care as soon as possible, and you can only do that if you take action now and make sure you know the warning signs of a heart attack. It could save your life.

What's your risk of having a heart attack?

The older you are, the greater your risk for having a heart attack. Talk to your doctor if you have any of the following risk factors for heart disease:

- You have high cholesterol: 240 and higher is considered high for total cholesterol and 200 to 239 is considered borderline.
- You have a family history of heart disease. This is especially true if you have a brother or father who had a heart attack before age 55 or a sister or mother who had a heart attack before age 65.
- You smoke. You are physically inactive.
- You are overweight, especially if you weigh 20 percent more than your ideal weight.
- You have blood pressure above 120/80 or take medicine for high blood pressure.

We Have Specialists Available to Care For You!

| | | |
|--------------------|--------------------------|--------------|
| Audiology | Curtis Thomas, Aud. | 801-377-7499 |
| Cardiology | Marvin Allen, M.D. | 801-373-4366 |
| Dermatology | Chad Peterson, M.D. | 435-623-2023 |
| | Michael Eyre, D.O. | 435-623-2023 |
| Ear, Nose & Throat | Kirt Beus, M.D. | 801-357-7499 |
| General Surgery | Richard Anderson, M.D. | 435-623-3200 |
| OB/GYN | Stanton Bailey, M.D. | 435-623-3214 |
| Ophthalmology | Scott Lohner, M.D. | 801-374-1818 |
| Orthopedics | Joel Holman, M.D. | 435-623-3633 |
| Pain Management | John Dana, M.D. | 801-235-7246 |
| Podiatry | Jared Clegg, D.P.M | 435-623-3200 |
| Urology | William Collins, M.D. | 801-465-2511 |
| | Patrick Kronmiller, M.D. | 801-465-2511 |

CVMC Goes Smoke-Free

Effective immediately, Central Valley Medical Center and its affiliates: Nephi Medical Clinic, Fountain Green Clinic, Central Valley Community Pharmacy, as well as Central Valley Home Health and Hospice prohibit smoking. The initiative is in effect in all areas of the businesses previously mentioned.

You may be asking yourself, "What has changed? I thought CVMC was already a smoke-free environment?" The



organization previously allowed patients and visitors to smoke on their campuses, as long as it was 25 feet away from the building. That is no longer the case. Smoking is strictly prohibited anywhere on the campuses.

Central Valley Medical Center believes that as an organization dedicated to the health of the community, promoting an environment of wellness and healing is an important priority.

Mark Stoddard, CEO, said, "For some time now, we have struggled to adopt a smoke-free policy, because we want to create a healthy environment, yet when tobacco is used in or around any of our facilities, it is counter-productive to our efforts."

While the goal of the smoke-free policy is to promote better health for everyone, measures will also be in place to make those who smoke as comfortable as possible.

**CENTRAL VALLEY MEDICAL CENTER
PO BOX 412
NEPHI, UT 84648**



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NEPHI, UT

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.

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.