

## Infection Protection: Fighting the Flu

Each year up to 20 percent of the population contracts influenza—a highly contagious respiratory infection also known as “the flu.” Here’s how you can keep yourself and your family safe from the virus.

“The number one way to reduce your risk of contracting the flu is to get a flu shot. By getting vaccinated, you’re doing your part to help keep yourself and your loved ones healthy.” said Yvette Larsen, RN, Infection Control Nurse at CVMC.

Other tips for protection include:

- Frequently wash your hands with soap and warm water or use an alcohol-based hand sanitizer.
- Use your sleeve—rather than your hands or a tissue—to cover your cough or sneeze.
- Regularly clean shared surfaces such as countertops, doorknobs and telephones.
- Stay away from others who appear to be sick with flu-like symptoms.

“If despite your best efforts you still get the flu, it’s critical to stay home to prevent spreading the virus on to your co-workers and friends,” said Larsen. “Rest and keep hydrated until you’re no longer contagious—usually five to seven days after symptoms develop.”



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CENTRAL VALLEY MEDICAL CENTER

# Vital Signs



## 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.

## Major Earthquake Readiness Exercise Held at CVMC

CVMC along with the Utah Division of Emergency Management and the Utah National Guard participated with multiple agencies in an exercise on Wednesday, November 5th, to test emergency response and preparedness for catastrophic events such as an earthquake.

“The exercise provided the opportunity to receive expert training in decontamination techniques, coordination of services, and the operation of a portable hospital unit on the campus,” commented Mindi Turpin, Disaster Preparedness Coordinator at CVMC.

The exercise scenario called for a large-

magnitude earthquake to hit somewhere in Davis and Salt Lake Counties, causing extensive damage to buildings and infrastructure, as well as significant loss of life. Mock patients were transported from the Wasatch Front area via National Guard Black Hawk helicopters to CVMC. The exercise scenario became even more interesting when a



**Decontamination Tent**

exactly the point of the exercise. It was an honor to participate in this training,” said Turpin.

Vigilant Guard is an exercise program sponsored by the U.S. Northern Command and supported by the National Guard Bureau.



**Portable Hospital Unit**



**CVMC Nurses on board Black Hawk helicopter**

bus crash was thrown into the mix, forcing additional patients to seek treatment.

“Our resources were tested, which was

**HAPPY  
THANKSGIVING DAY**



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### Did you know?

- In the US, about 280 million turkeys are sold for Thanksgiving celebrations.
- Nephi City will hold its annual Light Parade on Saturday, November 29th at 6:15 p.m. after the lights are turned on at the Old Mill Park. The Light Parade is always a fun way to kick off the holiday season.

## Hospital to Implement Volunteer Program

Central Valley Medical Center is excited to announce that a volunteer program is being organized and will soon be implemented.

"I see a volunteer program being a huge benefit to our organization," said Randy Cuff, Assistant Administrator. "Volunteers can do so much good. Nothing feels as good as a warm smile or calming conversation when you're ill."

**Why volunteer?** It is an opportunity to serve, grow, learn, make new friends, exchange ideas and give back to our community.

Nation-wide hospital volunteers contribute thousands of hours of service annually, and perform a variety of duties all with a common mission—making a patient's visit more pleasant.

**Who can volunteer?** To ensure the health and safety of our patients, volunteer applicants will go through a screening process including filling out an application, attending a volunteer orientation session, completing health

screening tests, interviewing with the Director of Volunteer Services, and passing reference checks. Volunteer applicants must be at least 18 years of age and, if accepted, be willing to serve a three to four hour shift per week.

Volunteers must be friendly, outgoing and willing to work with all types of people.

**What kinds of tasks will volunteers do?**

- Greet and escort patients and visitors.
- Staff information desk.
- Provide directions.
- Offer wheelchair assistance.
- Receive/deliver flowers to patient rooms.
- Offer prepared snacks.
- Comfort patients.
- Feed patients who need assistance.
- Distribute blankets and toy packets

to pediatric patients.

- Provide clerical support such as, stuff envelopes, file or scan paper documents.
- Cuddle babies.
- Knit or crochet something for a patient.

**What are the perks or benefits of volunteering?** Rewards come in feel-good type moments when patients and staff let you know that the service you give is making a difference. Other more tangible perks include:

- Free flu shot.
- Invitations to CVMC employee parties.
- Free meal either before or after your shift.

So, how about brightening someone's day—and yours in turn?

If you are interested in volunteering at the hospital, contact Heidi Kelso, Marketing Director, at (435) 623-3115.

## CVMC Celebrates Breast Cancer Awareness

CVMC is conducting a special campaign, "Do something good for your health and the earth." to celebrate breast cancer awareness. CVMC is offering a FREE reusable grocery tote 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.



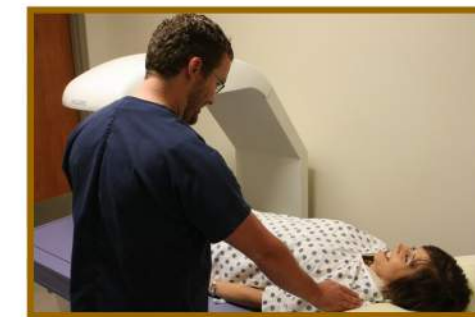
## The Details about DEXA

A dual-energy x-ray absorptiometry (DEXA) scan also called a bone density scan, is a common technique used to measure bone density. This completely painless procedure is easily performed and exposes the patient to minimal radiation.

As men and women age, their bones begin to weaken, and monitoring bone density becomes important. The Imaging department at CVMC can help you do just that with a dual energy x-ray absorptiometry (DEXA) scan.

Post menopausal women are particularly susceptible to osteoporosis, which puts them at an increased risk for fracture as a result of calcium and

bone mineral density loss. To ensure the best bone health, women should begin under going DEXA scans when they reach age 65 and continue to do so every one to two years, particularly if they're diagnosed with osteoporosis.



A DEXA scan takes 10-15 minutes and involves a low dose of radiation. While the patient lies flat on his or her back on a table, a small thin beam scans the lumbar spine and hips—areas that possess the most bone mass.

"A printout lets the radiologist know if bone density is within normal limits or if treatment is warranted," says Shelith Jacobson, Director of Imaging Services at CVMC. "Patients usually receive the results within a few days from their referring physician, who decides what treatment to pursue. The best way to live well with osteoporosis is by catching the disease in its early stages."



### Get ready for cold and flu season



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