



memorial regional
health

LIVING WELL

Improving the quality of life for the communities we serve

Spring 2019



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CEO Update



Dear Community Members,

It's nearly spring, and just like what we're seeing in our outside surroundings, things at Memorial Regional Health are starting to bloom. If you haven't had the chance to

visit the hospital campus lately, you may not have seen the progress being made on the new Medical Office Building. Our contractors were able to get the building enclosed before the snow started falling, so work has continued throughout winter. The construction remains on schedule, and we anticipate opening in early September.

You may recall from my last letter that late last year we added three much-needed physician specialties – dermatology, ear-nose-and-throat (ENT), and orthopaedic spine care. Inside this magazine, you'll find some very interesting stories of the patients who are thrilled to access this level of specialized care close to home.

As this community's primary resource for healthcare, we are always working with and listening to our community members and community partners. Each year, as we develop our strategic plan for the next year, we meet with our physicians and board and talk about what we are hearing. Each year, one area that rises to the top as a serious issue with few resources is that of substance abuse and mental health. Our last strategic planning session was no different. One of our top priorities for 2018 and 2019 was finding solutions for both.

Last year, we integrated behavioral health into our primary care clinic. We hired Steve Walls, a licensed professional counselor, and we also offer access to psychiatric care. Making behavioral health available in a primary care setting helps reduce the stigma associated with seeking care for mental health. It also makes available critical resources at the time they're identified.

This year, we have identified a community-based resource for providing access to outpatient substance-abuse treatment. Recently, you may have heard about the opportunity that we are pursuing with both public and private investors. This program will provide medication-assisted treatment for those who are struggling with opioid addiction. This program will build upon the work that was started by Dr. Elise Sullivan. This program will add intensive outpatient therapy, which is intended to provide ongoing support to those recovering from addiction. This program has seen great success in the communities in which it has been implemented.

I am aware of the concern, and I'd like to share some facts about treatment programs:

1. "Drug treatment centers are a public health need; they are as necessary as urgent care centers and emergency departments. Research indicates that DTCs do not impact communities any more than other commercial businesses." (John's Hopkins University, 2016)
2. The substance abuse epidemic costs our nation \$740 billion in lost wages and healthcare costs. (National Institute on Drug Abuse)
3. Every dollar invested in treatment saves between \$4 and \$7 in drug-related crime, criminal-justice costs, and theft. (National Institute on Drug Abuse)
4. Substance abuse treatment of 60 days or more can save \$8,200 in healthcare and productivity costs. (whitehouse.gov)
5. For those who participate in treatment, the likelihood of being arrested decreased by 16%, and the likelihood of felony convictions dropped 34%. (whitehouse.gov)

I hope you'll take some time to look through this issue of Living Well. Inside you'll find a lot of great information about our services and providers, including information about what is new.

Sincerely,

A handwritten signature in blue ink that reads "Andrew J. Daniels". The signature is written in a cursive, flowing style.

Andrew J. Daniels, MHA, FACHE
Chief Executive Officer

Construction on the Medical Office Building is Ahead of Schedule - Open House and Tours Scheduled for Early Fall!



Construction progress on the MRH Medical Office Building.

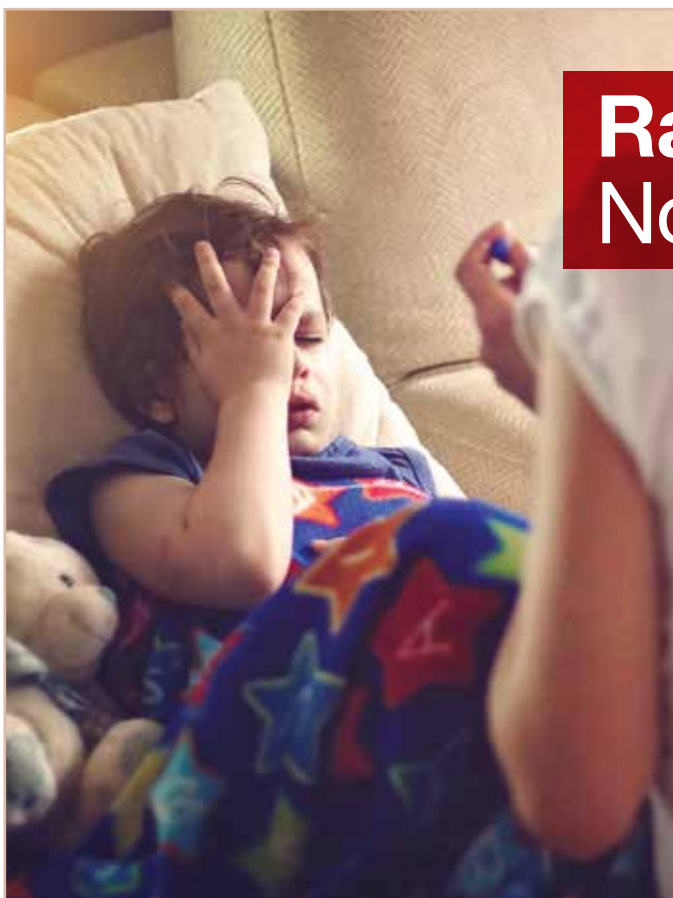
Construction Parking

Please excuse our mess...while we build something great!

During our construction, we ask that all patients park in the Emergency Department lot through September 2019, when the new medical office building will be complete. Thank you!



The new infusion "pods" will provide more privacy for oncology patients as well as great views.



Rapid Care Now Two Locations

No appointment necessary!

Family Medicine Walk-in Clinic

All insurance, including Medicare and Medicaid, accepted

Mon - Sat, 7:30 am - 7:30 pm

Rapid  Care
MEMORIAL REGIONAL HEALTH

Craig:
2020 W. Victory Way
(in front of Walmart)
970-826-8300

Steamboat:
2201 Curve Plaza, Unit A-101
(behind Mountain Valley Bank,
next to Ace Hardware)
970-826-8440



Dr. John LeBlanc and clavicle patient Ellisa Simpson review a unique implant device that promotes blood flow and healing.

New Breakthrough in Repairing Collarbones

After a fall and hitting her shoulder, Ellisa Simpson sought the help of orthopaedic and sports medicine specialist Dr. John LeBlanc.

“I first went to see Dr. LeBlanc after I came back to town from a family vacation. I slipped at a swimming pool and hit my shoulder, it was one of those freak accidents,” said Simpson. “I wore an arm brace until I came back and could get evaluated.”

A fractured collarbone, or clavicle, is a common problem in children and adults. It is most often seen in young, active patients who participate in rodeo, bicycle, motorcycle, football and hockey sports. The clavicle connects the upper part of the breastbone to the shoulder blade.

Usually from a direct blow to the point of the shoulder with a fall, the collarbone acts as the main strut to absorb impact from this type of fall. “A middle shaft clavicle fracture, like the one we treated for Ellisa Simpson, is the most common clavicle fracture we see in both adults and children,” said Dr. LeBlanc.

SIGNS AND SYMPTOMS: Broken Collarbone

- Pain that increases with shoulder movement
- Swelling
- Tenderness
- Bruising
- A bulge on or near your shoulder
- A grinding or crackling sound when you try to move your shoulder
- Stiffness or inability to move your shoulder



Source: Mayo Clinic

Dr. LeBlanc has been working on minimally invasive alternatives to the traditional metal plate, screws or rods placed during surgery that realign the broken collarbone during healing. In Ellisa Simpson's case, Dr. LeBlanc used a small incision to insert a small implant device that promotes blood flow and healing. The implant was removed several weeks later.

While there are non-surgical treatments of a broken collarbone, surgery has shown to provide an overall improved functional outcome, less pain with overhead activity, faster bone healing, improved cosmetic satisfaction and increased shoulder strength and endurance.

"Minimally invasive techniques are not just about small incisions but about less violation of soft tissue and muscle in the body. This allows quicker recovery and less pain. The instruments that we are able to use allow us to better visualize and more accurately treat injuries than the more open, traditional surgery techniques," said Dr. LeBlanc. "This type of surgery also avoids the supraclavicular cutaneous nerves commonly injured with plating as well, as it is minimally invasive, preventing detachment of muscle and not compromising blood supply."

"Ellisa is doing very well and back to work without any difficulties. She felt so good that she didn't think she had to come see me after removal of the implant," said Dr. LeBlanc.

"My broken collarbone was very painful, and I couldn't use my arm at all. I had surgery with Dr. LeBlanc and began my road to recovery. Being a mom is difficult with one arm, but now I'm back to normal and have no pain," concluded Simpson.



John LeBlanc, DO
*Orthopaedic Surgeon and
Sports Medicine Specialist*

Dr. LeBlanc can often be found on the sidelines of sporting events as one of the medical providers for the Moffat County School District. He also helps with the local concussion organization to help young athletes stay healthy both on and off the field.

Memorial Regional Health Receives Several Recognitions of Achievement

Although patient care is always the first priority at Memorial Regional Health, achievements of excellence recognized by outside accreditation organizations is validation that MRH is reaching for the best practice models in healthcare.

Surgical Services at MRH was recently awarded the Certified Nurse of the Operating Room (CNOR) Strong recognition. The CNOR certification program is for perioperative nurses interested



in improving and validating their knowledge and skills and providing the highest-quality care to their patients. "CNOR is the only accredited credentialing program for perioperative registered nurses and is considered the gold standard," said Andy Daniels, CEO, Memorial Regional Health. "Earning the CNOR Strong recognition is a mark of distinction, recognition of achievement, expertise and clinical judgment." Currently 75% of eligible perioperative RNs are certified as CNORs at Memorial Regional Health.

Additionally, MRH recently learned of their International Organization for Standardization (ISO) 9001 certification. ISO 9001 certification is the most recognized international quality-management standard. It promotes patient satisfaction through continual improvement of the management system's effectiveness. Memorial Regional Health's ISO 9001 certification ensures quality and safety in the treatment of patients, ensures compliance with national and international legal requirements, and helps identify and manage risks to patients, staff and the organization. Memorial Regional Health is one of only three hospitals in Colorado to attain the ISO 9001 certification and is the only Critical Access Hospital in Colorado to be ISO 9001 certified.

Our Feet and Ankles Are a Grounding Force

Did you know that the foot has 26 bones, 33 joints, 107 ligaments and 19 muscles and tendons! Not only are our feet complex, but they hold us up and absorb the shock of each step we take.

It's easy to see how something could go wrong with our feet, and we are fortunate to have the region's only podiatrist, Derek Harper, DPM (Doctor of Podiatry Medicine) in our community. He has the depth of knowledge it takes to diagnose and treat (including surgery) conditions of the foot, ankles and lower extremities of the body.

According to the American College of Foot and Ankle Surgeons, foot and ankle surgeons are trained to make all reasonable efforts to treat foot and ankle problems non-surgically if at all possible. Surgery is recommended only if other options are not feasible or do not adequately relieve the patient's issues.

An example is ankle arthroscopy, more traditionally used only to diagnose problems. Today, it's successfully used for many surgeries and procedures. Ankle arthroscopy allows a look inside the ankle joint using a fiber optic camera inserted through a series of small incisions, approximately half a centimeter long. The camera provides a clear, magnified view for the surgeon. The small incisions often result in less tissue damage.

"Ankle arthroscopy is a somewhat newer technique that works really well. Now we can use arthroscopy and make small cuts so healing time is shortened and patients feel a lot less discomfort after surgery," said Dr. Harper.



Dr. Derek Harper, DPM, is an experienced foot and ankle surgeon and the only podiatrist in the region.

SYMPTOMS ALERT: Know when it's time to seek out a **Podiatrist**

- Have severe pain or swelling in your feet or ankles
- Have an open wound that won't heal on your feet or ankles
- Have signs of infection, such as redness, warmth and tenderness in the affected area, or you have a fever over 100 F (37.8 C)
- Are unable to walk or put weight on your foot
- Have diabetes and have any wound that isn't healing or is deep, red, swollen or warm to the touch



Besides ankle fractures, ankle arthroscopy is now being used to repair ankle impingements, relieve inflammation and infection, remove bone spurs and free-floating cartilage, relieve arthritis symptoms and more. Arthroscopy is completed on an outpatient basis at The Memorial Hospital.

Foot and ankle surgeons treat all symptoms and conditions affecting the foot and ankle, such as:

- bunions
- heel pain (plantar fasciitis)
- flatfoot
- foot or ankle arthritis
- sports injuries
- tendon disorders
- fractures (broken bones)
- diabetes complications
- ingrown toenails
- neuromas
- dermatological conditions
- tingly feet
- hammertoes
- and much more

Source: American College of Foot and Ankle Surgeons

Smoking Can Affect Bone Healing

The impact of smoking is widely known when it comes to lung cancer and cardiovascular (or heart) disease. **But did you know it can affect the healing time after foot or ankle surgery as well?** Studies show smokers take nearly 50 percent longer to heal and often suffer side effects and complications.

If you smoke, consider quitting altogether. At a minimum, quitting for a few weeks before and after surgery could improve your outcome.



When it comes to surgery, **we've got you covered**

- General Surgery
- Orthopaedic
- Foot & Ankle
- Ear, Nose & Throat



970-826-2400

Nutrition Services



Inpatient and outpatient nutrition counseling services.

Available to anyone, with or without a provider referral.

Nutrition classes include diabetes prevention and weight-loss support.

The team provides nutrition-related tools and support to help overall health improvement.

The team includes Madysen Jourgensen, Registered Dietician, and Cindy Adams, Dietary Manager.

For more information, call (970) 826-3182 or visit the website:
<https://memorialregionalhealth.com/healthcare-services/nutrition-services>.

Community Pharmacy — Part of the Caregiving Team

The Memorial Regional Health Community Pharmacy conveniently shares a location with the hospital clinic and is staffed by three pharmacists, two certified technicians and one courier driver. One of the large benefits to patients is the staff's close communication with providers and nurses at the hospital.

"Knowing our patients' health conditions and medications has helped us to optimize their medication regimens with providers and assist with any questions that a patient may have about their medications," said Ryan Alberico, PharmD at Memorial Regional Health Community Pharmacy. The pharmacy staff make it a priority to help patients with prescription questions by reaching out to hospital nursing staff that can quickly assist.

For patients looking to save on medications, the pharmacy discount card is a great option. The cost is \$10 per year. With the pharmacy discount card, patients have access to all \$4 generic medications as well as a significant discount on other medications. The discount program is a great option for patients who do not have insurance. And each card can be used by the entire family, resulting in huge savings. The pharmacy staff can also help provide prices for any medications filled using the pharmacy discount card.

The free delivery service also sets apart the Community Pharmacy. It's a free service available for every prescription filled, delivering within 17 miles from the pharmacy. For patients who cannot leave their home due to illness, the service has been extremely helpful. "The delivery of these medications also allows us to promote the well-being of our patients through adherence and education of their medications," Alberico explained.



Ron Areman, Pharmacist, shows off the pharmacy discount card, which is a great way for patients to save money.

The pharmacy staff goes to great lengths to help patients. "One of our technicians, Wanda, has been instrumental this past year in helping Medicare patients save money by switching to plans that would result in more affordable medication costs for them while utilizing their same medication list. Our courier driver, Teresa, was also awarded employee of the month for our organization, and is always excited to meet new people," Alberico said.



**The pharmacy is open from
8:00 am to 8:00 pm, Mon - Sat.**
We accept all insurances, including
Medicare and Medicaid.

Treatment for Pain, Going Beyond Medications

Pain is something everyone will experience at some point in their lives. And while chronic pain is often defined as pain that can last 12 weeks or longer, acute pain is a normal sensation that alerts us to possible injury, explained Keith Prescott, Certified Registered Nurse Anesthetist (CRNA) at Memorial Regional Health. “Chronic pain is different because it can persist for months or even longer,” he said.

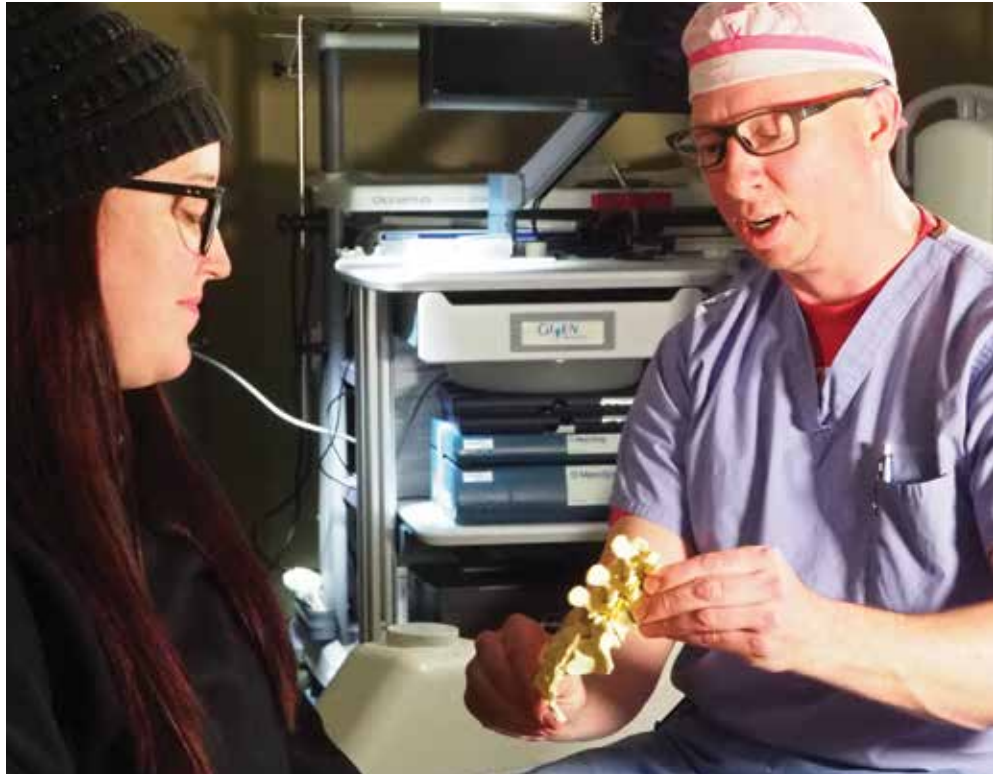
And when it comes to pain management at Memorial Regional Health, it’s not just treatment through medications. “We are utilizing advanced interventional techniques such as fluoroscopic-guided injections as well as reviewing the patient’s entire pain history to personalize their care with our pain management program,” Prescott said. By using imaging and a multi-modal approach for pain management, Prescott, Sarah Vreeman, RN, and the rest of the team are addressing the issues more thoroughly and helping patients to overcome pain.



Keith Prescott, CRNA

to get over the pain,” Prescott said. He reminds his patients they can get through their pain.

Early pain-management treatment is important, he explained, as the focus is treating the underlying cause of pain, especially when the pain is a symptom of injury. “My biggest concern that I hear from patients is that they may not be able



Carolyn Holzbauer discusses her treatment plan with Keith Prescott, CRNA.

If you’re feeling pain, Prescott recommends seeing your primary care doctor first. He then encourages patients to get MRIs and other forms of imaging to help identify the treatment required. And if there’s been an injury, seek treatment to understand the nature of the injury and seek out the help of a pain-management specialist early in the process so they can help sooner.

“Effective pain management addresses issues about depression and anxiety – pain gets you down and causes a vicious circle that intensifies the pain – which is why we utilize behavioral health,” Prescott said. Prescott’s goal is to provide his patients with the building blocks to promote healing.

For any questions or to schedule an appointment with Keith Prescott, please call the Memorial Regional Health Medical Clinic, 970-826-2400.

Helping Our Population Age Well

With Americans living longer today, concerns over the well-being of aging parents can be top of mind. Questions arise about the overall care, including physical and mental healthcare. And for those who are still independent and self-sufficient, it's important and necessary to begin conversations about future care.

Care for aging parents and older adults can be provided by geriatricians, physicians who specialize in the healthcare of older patients. Catherine Cantway, MD, specializing in geriatric medicine at Memorial Regional Health, explained that her geriatric training included a large focus on learning what the normal aging process entails. "A lot of little things happen that contribute to normal aging – physicians need to be able to understand what is normal, what is abnormal, and how to take care of the abnormal concerns within the normal aging processes," Dr. Cantway said.

The foundation of geriatric medicine is not only to diagnose and treat diseases, but rather how to take care of the patient as a whole. This includes the careful consideration of how far patients want to continue with treatments and learning a patient's values and goals for living out their older years. Geriatricians also provide support with resources available to patients, such as senior centers, local hospice, national support networks and helping with insurance coverage questions. "Helping people understand these systems is something geriatricians focus on – we learn to understand those resources," she said.

Another big part of geriatric training, explained Dr. Cantway, is learning how to diagnose and manage cognitive (brain) health disorders, a common issue with older patients. Normal aging processes can affect the brain, but greater concerns arise when symptoms may be caused by Alzheimer's or other forms of dementia. "These diseases are all treated and managed differently; being able to identify that and give patients and families proper information is incredibly helpful," Dr. Cantway said.



Dr. Catherine Cantway and her nurse Laura Douglass are new to the Geriatrics Department at Memorial Regional Health.

If anyone has concerns about memory or cognition, she explained, the recommendation is to see a specialist as soon as there is even a thought that something may not be right because early detection is critical.

Lifestyle recommendations she provides to almost all of her patients include a healthy diet, regular exercise and staying socially active. While it's important to spend time with family, Dr. Cantway explained, it's just as important to engage with those outside of family, such as in church groups and community centers.

Dr. Cantway is new to Memorial Regional Health. She grew up in Steamboat Springs, went to college at the University of Colorado for undergraduate studies and after spending some time in New York, she went to the University of Washington, Seattle, for medical school. Afterward, she continued with her family-medicine training at St. Mary's in Grand Junction. Most recently, Dr. Cantway completed her geriatric fellowship at the University of Utah, where she worked with Dr. Norman Foster, one of the leading Alzheimer's researchers in the nation.

To schedule an appointment with Dr. Cantway, please call 970-826-2400.



Classes, walking with friends, or a friendly game of pinochle! The Senior Social Center is a great resource for anyone looking for activities or just conversation with friends.

Visit their website to find out more! Better yet, stop by with a friend and check it out in person.

SeniorSocialCenter.org

Open Daily – 9:00 am – 1:00 pm

50 College, Craig • 970-326-3188

SYMPTOMS ALERT:

Knowing when it's time for Home Health Care



- Trouble walking
- Frequent falls
- Difficulty breathing
- Chronic pain that's not controlled
- Frequent ED visits
- Advanced neurological disease
- Wound care
- Oxygen use
- Needing fluids
- Chronic illnesses

MRH Home Health & Hospice
785 Russell Street • 970-824-6882

Nurse Students



Memorial Regional Health created a program dedicated to Hispanic outreach that will provide ten bilingual applicants the opportunity to receive a college education in nursing. “As the director of the program I get to work with these students every day to ensure they succeed, and I am so excited to watch them grow and excel through this program,” said Director of Community Outreach Adrie Salcido. “Not only does this benefit the students, but it will help us to provide better care for patients who require language services. We are so lucky to have this program in our community!”

“I am excited that this program is helping me to develop the skills needed to provide healthcare for our community. I still feel overwhelmed that I was accepted into this program. Some days it feels unreal.” – Sitclali Guevara

Know Your Heart Health Numbers

Anyone, including children, can develop heart disease, according to the Centers for Disease Control and Prevention. Heart disease occurs when plaque builds up in the arteries – over time, plaque hardens and narrows the arteries. Arteries are blood vessels that carry oxygen-rich blood to the heart and other parts of the body. Plaque consists of fat, cholesterol, calcium and other substances found in the blood.

“Major risk factors for heart disease include smoking, high LDL (low-density lipoprotein, or bad cholesterol), low HDL (high-density lipoprotein, or good cholesterol), hypertension (high blood pressure), uncontrolled diabetes and a family history of premature CAD (coronary artery disease),” said Dr. Gerald Myers, Cardiologist and Internal Medicine physician at Memorial Regional Health.

Individuals with pre-existing conditions, such as Type 2 diabetes are at an increased risk of developing cardiovascular disease and other serious health complications. The American Heart Association states that those who suffer from prediabetes and Type 2 diabetes are likely to also have high blood pressure, high blood sugar, and be overweight, which can increase the chances of developing cardiovascular disease.

And just because individuals are showing no symptoms or warning signs, it’s not a clear indication that levels are under control. As there are no symptoms for prediabetes and those with diabetes may be far advanced with the disease before any warning signs appear, the best way to know where you stand is by getting tested.



Dr. Gerald Myers, MRH cardiologist, knows the importance of numbers and how they can indicate problems with your heart.

Consider participating in the low-cost blood and screening tests available during the month of March — and then visiting with a provider about what your numbers mean and if further testing is recommended at our annual Health Fair on April 13. Details on page 13.

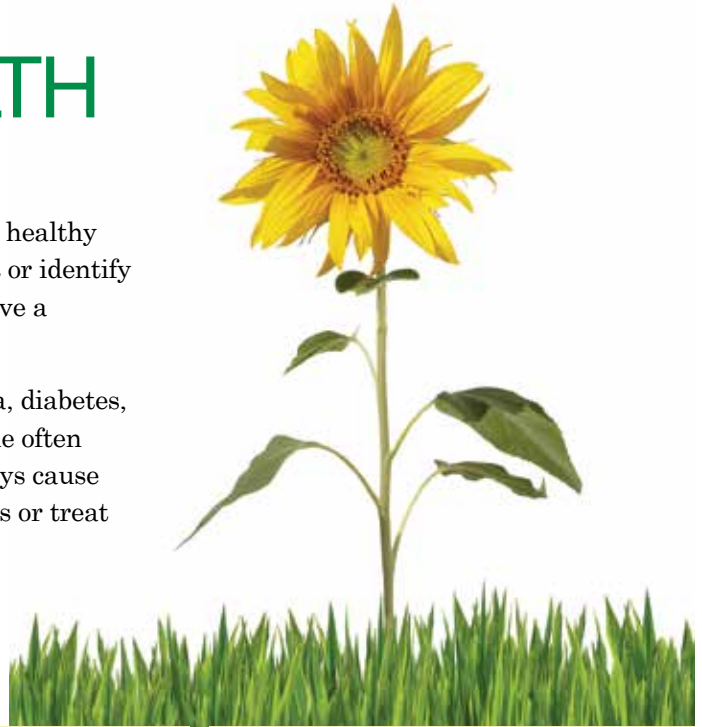


MARCH INTO HEALTH with Annual Lab Tests

We've often heard prevention is the best medicine. By living a healthy lifestyle and getting regular health screenings, we can prevent or identify chronic illnesses early. Annual lab work is a good way to receive a snapshot of your current health.

Conditions discovered from lab tests commonly include anemia, diabetes, high blood pressure and high cholesterol, among others. People often don't know they have these conditions because they don't always cause symptoms. The goal of lab work is to rule out health conditions or treat them before they become serious.

The March Into Health event, during the month of March, offers low-cost screenings along with the gentle annual reminder for prevention.



Make Time in March

Have your blood drawn anytime during the month of March at the Memorial Hospital Lab located at 750 Hospital Loop. You can just walk in Monday through Friday from 6:00 to 10:00 am; Saturdays and Sundays will require an appointment by calling 970-826-3122.

Seniors

If you live at Sunset Meadows, take advantage of our concierge service. Simply call the lab at 970-826-2270 and request an individual appointment in the convenience of your home.

Health Fair

April 13, 8 am – Noon
The Memorial Hospital at Craig
Remember to return for your lab results during our annual Health Fair on April 13, 2019, from 8:00 am to noon. You can discuss your labs with a medical professional and visit booths with additional healthcare resources. During our construction, please use the Emergency Department parking or street parking on Hospital Loop during the Health Fair.



The lab technologists at MRH will be working extra hard during March so that we can provide low-cost screenings to our community.

Participate in this year's March Into Health and enter to win a helicopter ride for 3 from Classic Air at the Health Fair!



Kids Benefit from Dermatology, Too

Dr. Laurie Good, right, and physician assistant Bridget Barnhart examine a pediatric patient.

Dermatology, the branch of medicine concerned with the diagnosis and treatment of skin disorders, is for adults, teens *and* children. In her first few months as the new dermatologist for Memorial Regional Health, Dr. Good has seen quite a few children in her office.

“With the dry Colorado climate, we are seeing a fair number of children with warts and eczema,” said Laurie Good, MD. “We can offer a number of treatment options, and the right one usually depends on the tolerance of the child.”

Warts aren’t just for witches it turns out and can be as simple as a rough patch on the skin, or more of a bump or crusty growth. Kids can tend to pick at these patches, which doesn’t aid in the healing process. Warts are also found on feet, which tend to be sweaty. Treatment can include paring off the dead skin, liquid nitrogen or sometimes a topical medication.

Eczema, or eczematous dermatitis, is more of a patch of skin that becomes rough and inflamed, sometimes with blisters that cause itching and bleeding. “The skin serves as a barrier between our internal organs and the environment,” said Dr. Good.

“With a genetic predisposition to eczema, and a dry environment, the skin can be challenged.”

The rash or patch of irritated skin can appear in the creases of elbows or knees, on the neck, or in the crease between the buttock and the legs. Extreme itchiness can interfere with sleeping, and continuous scratching can lead to skin infections.

What children eat can be a factor, but Dr. Good feels that our dry climate and a genetic predisposition to the condition are mostly to blame.

Again, treatments vary, and some children do grow out of it. While a flare-up of eczema doesn’t look pleasant, it’s good to know that it is not contagious.

“I am happy because Craig now has a dermatologist in town and I don’t have to travel too far when the weather is bad. I was also very happy to have a Spanish-speaking interpreter to help me understand everything. My son is getting better!” – Happy parent of a young patient

Speaking the Same Language

Imagine being in a foreign country, unable to speak the native language, but feeling a strange pain in your abdomen that you know needs medical attention. You're uncomfortable, scared and not sure if you will be able to communicate with medical providers to get the help you need.

That same situation happens in our community when a Spanish speaker needs access to our medical services. According to several online demographic websites, the Hispanic population in Moffat County is approximately 15%; while many are bilingual, some residents have no or a limited understanding of English, especially when it comes to more complicated medical words and phrases.

"I'm thrilled to be helping our community in this way," said Nancy Grijalba, Spanish Interpreter at Memorial Regional Health. "I visit with a lot of very appreciative individuals and families who feel more empowered about their health when they have a better understanding."

Memorial Regional Health has long made a commitment to communicating with the Spanish-speaking population by providing translated forms and various communications. A relatively new service is offering a Spanish translator to work with the patient and the provider to improve overall communication.

"Nancy Grijalba has helped on many occasions, helping me understand what my patient is feeling as well as their medical history," said Dr. Dana Miller. "We take for granted that a simple head nod is an affirmation of our questions, but when you don't speak the same language, having an interpreter on site really adds to the compassion and quality of the care we provide."



Dr. Dana Miller, surgeon, and Nancy Grijalba, one of Memorial Regional Health's interpreters, improve patient/physician communication for Spanish-speaking individuals and families.

¿Hablas Español? ¡Nosotros También!

En MRH nos comprometemos a proporcionar una atención de calidad de manera que nuestros pacientes y sus familias entiendan mejor. En un esfuerzo por servir mejor a nuestros pacientes hispanohablantes, ahora ofrecemos servicios intérprete de forma gratuita con estricta confidencialidad.

Si necesita que un intérprete lo acompañe a una cita en una de nuestras clínicas, llame al 970-826-2400 y pida a nuestro intérprete, o si necesita ayuda en el hospital, notifique a nuestro personal de recepción.

También siempre estamos buscando empleados bilingües. Para ver una lista de nuestras ofertas de empleados actuales, visite www.memorialregionalhealth.com.

Treating the Body and the Mind

New to the Behavioral Health team at Memorial Regional Health, Steven Walls shares his concerns about mental health affecting the community and offers helpful tips for keeping body and mind strong.

“I see a lot of depression, panic, seasonal affective disorder (seasonal anxiety and depression), and anxiety in this region,” Walls said. He attributes the geographical challenges and harsh winters in Craig as key contributing factors for those with depression and anxiety who live in the area. And with the cold winters comes a lifestyle of congregating indoors that leaves some light-deprived and cut off from the rest of the world, he explained.

Trauma can also significantly play a part in feeling anxious or depressed. As Walls explained, “Many times when someone experiences a trauma, they begin

“I can see someone to work through their trauma, panic, anxiety, and depression while simultaneously working with doctors and various other care providers to address organism-based problems.”

to experience anxiousness and panic – over time and left unaddressed, folks tend to tire of being anxious and panicked and slip into a depression.” Another reason some may feel depressed can be due to organism-based depression or anxiety. While some people are “wired” to feel this way, for others it may be the result of organism-based issues such as hormonal issues, thyroid issues, vitamin D deficiencies, brain trauma such as concussion and traumatic brain injury, and autoimmune disease, to name a few, Walls said.

Regarding the issues that Walls considers to be predominantly a concern for young adults in the area: substance abuse, depression and anxiety. “Heroin



Steven Walls, Behavioral Health Specialist

and methamphetamine use are and have been on the rise for many years in this community, which is a major concern,” Walls said. What he previously saw a decade ago as an opioid-specific “pill problem” with an occasional young adult has today shifted into young adults starting with the use of highly dangerous drugs like heroin. “I am worried for our young adults, for all of our population,” Walls said.

One of the helpful resources for the community will be the Memorial Regional Health outpatient substance abuse treatment program — something

that Walls considers to be a huge need and benefit to the community.

As a therapist, Walls believes in the integrated care offered at Memorial Regional Health. “I can see someone to work through their trauma, panic, anxiety, and depression while simultaneously working with doctors and various other care providers to address organism-based problems,” he said. “In the few months I’ve been doing integrated care within the team here at the MRH Medical Clinic, the results seem much more efficient and comprehensive than if someone saw me exclusively in private practice – having a team of people working toward good health really seems more effective,” Walls explained.

Steven Walls is a new therapist working in Behavioral Health at Memorial Regional Health. He graduated from Adams State University in 2009 with a master’s degree. While he is trained in EMDR 1&2 and Dialectical Behavior therapy, he is also a Licensed Professional Counselor. He and his wife, Jolene Walls, have been married for almost 24 years. His two adult sons also live in the area. “I have never viewed counseling as a ‘job’ – it’s always been a passion and facet of my being on this earth,” Walls said.

You can schedule an appointment with Steven Walls by calling (970) 826-2400.

More Than Ear, Nose & Throat

When you stop and think about it, our senses, such as hearing, smelling and tasting the food we swallow, make for an enriched life. If you aren't enjoying some basic functions in life, it might be that you need to visit with an otolaryngologist, or an ENT specialist.

Much of the education that Memorial Regional Health has done has been around some of those expected conditions that could benefit from the specialty of ENT, such as chronic ear infections and tube placement and chronic sore throats and tonsil removal. While these conditions are prevalent, it is



interesting to learn what else an ENT specialist does.

"I first saw Dr. McLean for some wax buildup in my ear," said patient Ralph Henderson. "When I was in the exam room, he noticed that my left eyelid drooped, in fact he thought it was blocking a significant part of my vision. I learned he could fix it, and after some thought,

we went ahead with the procedure," continued Henderson. "I was treated like I was at a five-star hotel. There were no complications, and I would recommend Dr. McLean to anyone."

Facial plastic surgery is just one of the less commonly known procedures that an ENT can perform. Hearing and balance, swallowing and speech, breathing and sleep issues, allergies and sinuses, head and neck cancer and skin disorders are all on the list of topics an ENT can help with.

According to the American Academy of Otolaryngology, ENT specialists are not only medical doctors who can treat your sinus headache, your child's swimmer's ear, or your husband's sleep apnea, but they are also surgeons who can perform extremely delicate operations to restore hearing of the middle ear, open blocked airways, and remove head, neck and throat cancers. ENTs require an additional five to eight years of intensive, post-graduate training beyond medical school.

SYMPTOMS ALERT: Know when it's time to see an ENT



- **Ears** – ear infections, hearing loss, dizziness, ringing in the ears
- **Nose** – deviated septum (broken nose) and sinusitis
- **Throat** – sore throat, hoarseness, reflux disease, infections, throat tumors, airway and vocal cord disorders
- **Head/Neck** – cancers, neck masses, Grave's disease, enlarged thyroid glands
- **Sleep** – nasal and airway obstructions, snoring and sleep apnea
- **Facial Plastic and Reconstructive Surgery** – facial traumas caused by an accident, injury or birth defect; cleft palates, drooping eyelids, ear deformities, facial paralysis
- **Pediatrics** – birth defects, ear infections, tonsil and adenoid infections, airway problems and allergies



**Robert McLean,
MD, PhD**

Dr. Robert McLean is a board-certified ENT specialist and head/neck surgeon. He has more than 15 years of experience caring for adults and children.

Directory of Providers

Primary Care – Family Medicine



Elise Sullivan, MD
Hablo Español
American Board of Family Medicine
Appointments: 970-826-2400



Tracey Wall, PA-C
National Certification of Physician Assistants
Appointments: 970-826-2400

Specialty Clinic



Larry Kipe, MD
American Board of Family Medicine
Appointments: 970-824-3252



Carol Bolt, PA-C
National Certification of Physician Assistants
Appointments: 970-824-3252



Kelsie Bond, PA-C
National Certification of Physician Assistants
Main Number: 970-824-3252

Primary Care – Pediatrics



Linda Couillard, DO
American Board of Pediatrics
Appointments: 970-826-2480



Kevin Monahan, PA-C
National Certification of Physician Assistants
Appointments: 970-826-2480

Cardiology/Internal Medicine



Gerald Myers, MD
American Board of Internal Medicine,
American Board of Cardiology
Appointments: 970-826-2400
Craig and Steamboat locations

Dermatology



Laurie Good, MD
American Board of Dermatology
Appointments: 970-826-8080
Craig and Steamboat locations



Bridget Barnhart, PA-C
National Certification of Physician Assistants
Appointments: 970-826-8080
Craig and Steamboat locations

Ear, Nose and Throat



Robert McLean, MD, PhD
American Board of Otolaryngology
Appointments: 970-826-8300
Craig and Steamboat locations

General Surgery/Trauma



Jeff Womble, MD
Hablo Español
American Board of Surgeons
Appointments: 970-826-2420



Dana Miller, MD
American Board of Surgeons
Appointments: 970-826-2420

Geriatrics



Catherine Cantway, MD

Geriatrician

Appointments: 970-826-2400



Evan Fleming, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2450



Jarod Schoeberl, PA-C

National Certification of Physician Assistants

Appointments: 970-826-2450

Obstetrics/Gynecology



Scott Ellis, DO

American Board of Obstetrics and Gynecology

Appointments: 970-826-8230



Laura Cieslik, MD

American Board of Obstetrics and Gynecology

Appointments: 970-826-8230



Liz Kilmer-Sterling, RN, MSN, CNM

Certified Nurse Midwife

Appointments: 970-826-8230

Pain Management



Keith Prescott, CRNA

Appointments: 970-826-2400

Podiatry



Derek Harper, DPM

Podiatrist

Appointments: 970-826-2465

Craig and Steamboat locations

Orthopaedics



Kevin Borchard, MD

American Board of Orthopaedic Surgery

Appointments: 970-826-2450



John LeBlanc, DO

American Osteopathic Board of Orthopaedic Surgery

Appointments: 970-826-2450



William Howarth, MD

American Board of Orthopaedic Surgery

Appointments: 970-826-2450

Spine



Clint Devin, MD

Appointments: 970-439-4470

Jessica Nyquist, PA

Appointments: 970-439-4470

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memorial regional
health

750 Hospital Loop
Craig, CO 81625
(970) 824-9411

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Upcoming Events at MRH

Acne Clinic Now Offered

Patients young and old dealing with acne have the opportunity to schedule individual appointments with Bridget Barnhart, PA-C, in our dermatology clinic. The visit will be billed to insurance like a regular office visit.

Tuesday - Steamboat Appointments

Wednesday - Craig Appointments

970-826-8080

Is getting to the pharmacy a struggle?

The Community Pharmacy at Memorial Regional Health offers free delivery to anyone within a 17 mile radius of our pharmacy at 785 Russell Street. Call 970-826-3055 for details.



Don't Miss Our Annual Health Fair

April 13, 8 am - noon

**The Memorial Hospital at Craig
750 Hospital Loop**



MRH Does Not Discriminate

Memorial Regional Health (MRH) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation or gender identity. MRH does not exclude people due to race, color, national origin, age, disability, sexual orientation or gender identity. MRH values the diversity and inclusion of all who enter our doors.

For our full statement, visit:

memorialregionalhealth.com/memorial-regional-health-non-discrimination-policy/

memorialregionalhealth.com

