

Health

at HEART



Flagstaff Medical Center
Northern Arizona Healthcare

WINTER 2007

Meet FMC's Newest "Patients"

SimMan and TraumaMan
Are Valuable Training Tools

Could Your Leg Pain Be PVD?

Find out on page 7.

Say Goodbye to Joint Pain

Our Total Joint Program Is Here



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Flagstaff Medical Center Northern Arizona Healthcare



Dear Community Members,

This past summer, FMC entered into a collaborative agreement with local orthopaedic physicians to create a comprehensive total joint center at the hospital. FMC partnered with Marshall Steele and Associates, a nationally recognized group that specializes in the development of joint replacement centers, to facilitate the design of this program. The program is in full swing at FMC.

Total joint programs are a win-win situation for all involved. In my prior experience at other hospitals, I have seen these programs bring dramatic benefits to patients, including decreased patient length of stay and improved patient outcomes and satisfaction.

Specific features of the joint program include having a dedicated unit devoted to the care of knee and hip replacements patients, a dedicated nursing staff, a pain management program, newsletters, group therapy, activities, encouraging family members to serve as “coaches” for patients, reunion lunches for patients after they have left the hospital and community education programs.

These programs are successful because they approach joint replacement patients as people who are on the road to recovery – not sick patients. Healing begins immediately after surgery, and patients are encouraged to take an active role in their recovery. We’ve had great results so far – we’d love to help you see great results too.

As you read through this issue of *Health at Heart*, you’ll find success stories from a variety of different areas at FMC. Patient care is our top priority, and it shows. We hope the innovative Joint Surgery Center will be just one example of this commitment.

Bill Bradel
President

Your Total Solution to Joint Pain

Is joint pain keeping you from activities you once enjoyed? If so, explore your options through the Joint Surgery Center at Flagstaff Medical Center and find the road to recovery.

If you're one of the more than 46 million Americans suffering from arthritis, there is good news: the Joint Surgery Center at FMC was designed to help you ease back into everyday life with the following steps.

1. The ABCs of Arthritis –

FMC sponsors seminars to inform community residents about conditions such as arthritis that affect the joints. These seminars – which also outline treatment options – allow you to get involved and ask questions as you and your physician decide whether surgery is a viable option.

2. Great Expectations – When you choose to undergo joint replacement surgery, FMC staff plans for your successful recovery even before you enter the operating room. You attend weekly preoperative classes in addition to one-on-one consultations with a surgeon so you'll know what to expect throughout your patient experience.

4. Expert Care – After surgery, nurses and technicians who specialize in treating joint replacement patients will care for you during your inpatient stay. This dedicated team of professionals undergoes continual quality improvement studies to ensure you receive the best possible care through evidence-based practices.

5. A Community of Caring – Group lunches and physical therapy sessions allow you to socialize and recover with other patients who have undergone joint replacement surgery. After returning home, you will join your new friends every four to six weeks at reunion luncheons, where you can give feedback about the total joint program and visit the coaches who helped you regain your quality of life.

“At many facilities, undergoing joint replacement surgery is like being sick – you wear the standard hospital gown, get into a bed and stay isolated,” said Sherry Mace, M.S., F.N.P., coordinator of the Joint Surgery Center at FMC. “We understand that you're healthy and just have a bad joint, so we provide a wellness atmosphere that helps you get back to life as fast as possible.”



When to Talk with Your Doctor

Does constant knee or hip pain make you wonder whether total joint replacement is an option?

If you're experiencing the following symptoms, consult your physician about whether knee or hip replacement surgery might be an option.

- Severe knee or hip pain that limits everyday activities
- Knee or hip pain while resting
- Inflammation and swelling that doesn't improve with rest or medication
- Bowing in or out of your knee
- Difficulty bending or straightening your knee
- Pain that doesn't subside with nonsteroidal anti-inflammatory drugs
- Failure to improve substantially with other treatments such as cortisone injections or physical therapy

The decision to have joint replacement surgery should be made cooperatively by you, your physician and an orthopaedic surgeon.

TO LEARN MORE ABOUT THE JOINT SURGERY CENTER AT FMC, CALL 928 214-2812 OR VISIT FMCJOINTCENTER.COM.



Simulated Training **Enhances** Patient Care

Two new patients have been permanently admitted to Flagstaff Medical Center – TraumaMan® and SimMan.™ These simulator mannequins now provide realistic training for the FMC clinical staff.

Part of Flagstaff Medical Center's simulated trauma training tools, TraumaMan® is an anatomical human body form that allows healthcare providers to practice a variety of surgical techniques, including chest tube insertion and diagnostic peritoneal lavage, which helps to determine if surgery is necessary for blunt trauma victims. TraumaMan® has received approval from the American College of Surgeons, and is helping FMC medical professionals offer you the best care.

Acquired through the help of partnerships with W.L. Gore & Associates and Northern Arizona University, these mannequins are challenging the clinical staff at FMC with real-life medical scenarios to ensure staff delivers the best care when patients come to the hospital.

“TraumaMan® and SimMan® are allowing our medical staff to identify and treat a variety of realistic conditions, which ensures that our real patients receive efficient and safe care,” said Richard Henn, R.N., B.S.N., M.S.E.D., Education director at FMC. “In many cases, the care we can deliver after training on the simulators reduces the number of days many patients have to spend in the hospital.”

How Mannequins Are Changing Patient Care

Each mannequin is anatomically accurate. **TraumaMan** is mainly used to teach advanced invasive skills and trauma life support. His “body” resembles a human and allows medical professionals to practice surgical procedures in four major areas, including the abdomen, chest, neck and ankle. **TraumaMan**® is made from materials that simulate human skin, fat, muscle, tissue and blood, which makes all procedures feel similar to real-life situations.

SimMan® also provides a realistic experience for FMC medical professionals, enhancing their clinical and decision-making skills. Unlike **TraumaMan**®, who is designed for surgical procedures, **SimMan** can be programmed to display a variety of conditions such as chest pain, congestive heart failure and bowel obstruction. He also features sounds (heartbeats, lung sounds, bowel sounds, coughing, vomiting, moaning and simulation of a patient's voice) to further enhance the training experience. **SimMan**® records his assessment and care technique so that when the situation has been resolved, FMC staff can evaluate how well they responded and determine any areas of improvement.

“TraumaMan® and SimMan® allow nurses, nurse practitioners and physicians to perfect their performance of real-life procedures,” Henn said. “As a result, our patients are receiving the highest level of care close to home.”



Making Hearing Easier

Hearing loss is not uncommon and can occur at any age. In fact, more than 31 million Americans have some type of hearing problem. Fortunately Flagstaff Medical Center is here to help.

Licensed by the Arizona Department of Health Services, the Audiology Center has two audiologists on staff and state-of-the-art equipment to meet the needs of the community.

“We offer hearing screenings, hearing aid fittings, Auditory Brainstem Response (ABR) to search for tumors and lesions, balance testing, educational resources, and we even make custom noise protection gear,” said Sue Bassett, M.S., audiologist at FMC.

In a recent hearing screening at FMC of 70 people, more than 30 were referred for additional testing.

FOR MORE INFORMATION ON AUDIOLOGY SERVICES AT FMC, VISIT FLAGSTAFFMEDICALCENTER.COM AND FOLLOW THE DEPARTMENTS AND SERVICES LINK TO AUDIOLOGY.

Radiation Therapy with Pinpoint Accuracy

New technology available at Flagstaff Medical Center is making radiation therapy for cancer patients safer and more accurate than ever before. Image-guided radiation therapy (IGRT) uses imaging technology to precisely locate the tumor prior to each treatment a patient receives.

In the past, patients undergoing radiation therapy would be tattooed so that therapists could treat the same site every time. As skin changes, these tattoos would move around. However, with IGRT, a physician places small gold “markers” under the skin, and uses high-resolution X-rays to locate the markers each time radiation therapy is performed.

As a result, radiation beams hit the tumor with pinpoint accuracy each time, dramatically reducing side effects that could occur as a result of beams hitting healthy tissue.

FOR MORE INFORMATION ON CANCER TREATMENT AND SERVICES AT FMC, VISIT FLAGSTAFFMEDICALCENTER.COM AND FOLLOW THE LINKS TO THE CANCER CENTER AT FMC.

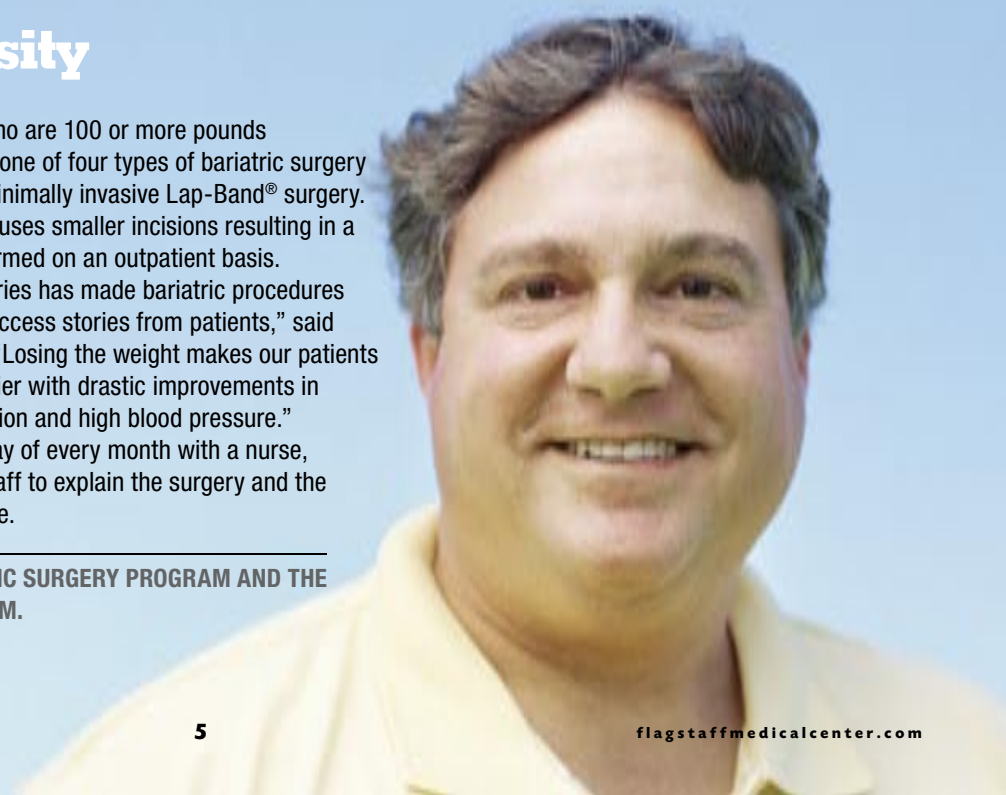
An Answer to Obesity

If you're one of the 9 million Americans who are 100 or more pounds overweight, you may be a candidate for one of four types of bariatric surgery at Flagstaff Medical Center, including minimally invasive Lap-Band® surgery. Thanks to the minimally invasive approach, which uses smaller incisions resulting in a shorter recovery time, the procedure can be performed on an outpatient basis.

“Our ability to perform more outpatient surgeries has made bariatric procedures more convenient, and there have been so many success stories from patients,” said Becky Nelson, Therapy Services director at FMC. “Losing the weight makes our patients not only look and feel better, but also much healthier with drastic improvements in conditions such as sleep apnea, diabetes, depression and high blood pressure.”

Education classes are held the second Tuesday of every month with a nurse, dietitian and a member of the Therapy Services staff to explain the surgery and the importance of diet and exercise after the procedure.

FOR MORE INFORMATION ABOUT FMC'S BARIATRIC SURGERY PROGRAM AND THE EDUCATION SESSIONS, VISIT FMCBARIATRICS.COM.





Options ^{More}

for Those with Diabetes

Thanks to innovative interventions, people in Flagstaff with diabetes and vascular disease now have new options to avoid amputation.

Currently, diabetes is the most common cause of amputation of the lower limbs. Fortunately, care offered at hospitals like Flagstaff Medical Center is reversing that trend.

“It’s important for people to know that alternatives to amputation exist,” said James E. Carter Jr., M.D., F.A.C.C., interventional cardiologist and medical director of Vascular Medicine and Cardiopulmonary Rehabilitation at FMC. “When treatment is sought early enough, a variety of surgical and nonsurgical techniques can help prevent limb loss and improve a patient’s quality of life.”

A Clear Connection

The path between diabetes and amputation is clearly marked, though not completely understood. When the nerves and blood vessels are exposed to excessive amounts of blood glucose (sugar), the artery walls become hardened. Combined with plaque (fat and cholesterol) buildup, it becomes difficult for sufficient blood flow to reach all areas of the body. Once the damage has developed, the person with diabetes may lose sensation in extremities such as the legs – a condition called diabetic neuropathy.

A number of complications arise from diabetic neuropathy. One of the most dangerous is the inability to feel wounds

that develop in unexpected places like the bottom of the foot. If these wounds go undiagnosed and untreated, they grow worse and lead to serious, deep wounds that won't heal on their own, gangrene or possibly even amputation.

A Convenient Alternative

Until recently, there was no alternative to amputation for individuals with chronic wounds caused by diabetic neuropathy. However, advances in wound care have now made it possible to overcome wounds in a matter of weeks. For wounds that need more help than standard care provides, FMC offers an array of ways to get the blood flowing back to your damaged extremities.

Vein Bypass – This procedure is similar to bypass surgery of the heart. A portion of your leg vein or an artificial vessel is grafted into the diseased artery, allowing blood to bypass the damaged section and reach the feet and toes. Hospitalization after the procedure takes between three and seven days, and more time is required to recover fully.

Catheterization Procedures – By inserting a thin, flexible tube (catheter) into the affected artery, FMC physicians can visualize the damaged artery and perform a variety of procedures that allow the patient to return home the next day, including the following:

- **angioplasty:** inserting and inflating a tiny balloon in the diseased artery, pushing plaque against the artery walls and making

“Amputation is difficult to overcome physically and emotionally, and to help people sidestep amputation is incredibly gratifying. It changes people’s lives.”

– James E. Carter Jr., M.D., F.A.C.C.,
interventional cardiologist and medical director
of Vascular Medicine and Cardiopulmonary
Rehabilitation at Flagstaff Medical Center

it possible for blood to pass through to reach the foot and toes.

- **stenting:** often coupled with angioplasty, a small, mesh tube is inserted at the site of plaque buildup to keep the affected artery open long-term.

- **atherectomy:** sometimes used before angioplasty and stenting, excessive plaque is loosened from the artery and removed through a catheter.

“Patients who undergo these procedures are incredibly pleased with their outcomes,” Dr. Carter said. “To save someone from an amputation is among the most gratifying work I do – it’s right up there with saving someone who is in the midst of suffering a heart attack.”

**FOR MORE INFORMATION, VISIT
FLAGSTAFFMEDICALCENTER.COM
AND FOLLOW THE LINKS TO THE
HEART CENTER AT FMC.**

Keep It Under Control

If you have diabetes, keep these tips in mind to avoid surgical intervention or amputation due to diabetes-related wounds.

1. Use warm water and mild soap to clean your feet every day, and dry them thoroughly and gently with a soft towel.
2. Examine your feet and toes daily for scrapes, cuts, blisters and other abnormalities. If you can't see the bottom of your feet, have someone help or use a mirror.
3. To prevent foot injuries, always wear shoes, whether you're at the mall or in your own home.
4. Be sure to wear socks that aren't too tight and don't have seams, which could cause damage to the feet.
5. Visit a podiatrist at least once a year and have your primary care physician examine your feet at every visit.



Is It PVD?

Peripheral vascular disease (PVD) can affect anyone, though people with diabetes are at increased risk for the condition.

If you notice any of the following symptoms, you may have PVD:

- change of color in the legs
- cold legs or feet
- leg or foot numbness when at rest
- pain when walking (advanced PVD causes leg pain even when at rest)
- weak pulse in the legs

Catching PVD fast makes it possible to undergo appropriate treatment and get back to a normal lifestyle. Any time you experience these symptoms, talk with your physician to find out if you should undergo testing for PVD. Your limbs may depend on it.



Practice Respiratory Etiquette

Q: Why should I clean my hands and cover my cough?

A: Because serious illnesses like influenza (flu), respiratory syncytial virus (RSV), whooping cough, Severe Acute Respiratory Syndrome (SARS) and antibiotic-resistant bacteria are spread by coughing, sneezing or unclean hands.

Q: If I am sick, how do I stop the spread of germs?

A: Ways to keep an illness from spreading include covering your nose and mouth with a tissue every time you cough or sneeze; always cleaning your hands with soap and water or an alcohol-based cleanser after sneezing or coughing; and not sharing eating utensils, drinking glasses, towels, razors or other personal items.

Q: How can I prevent illness?

A: The best ways to prevent illness include cleaning your hands often with soap and water or an alcohol-based cleanser; cleaning and covering cuts, scrapes and wounds; and avoiding close contact with people who are sick.

WANT TO KNOW ANOTHER WAY TO PREVENT ILLNESS? FLU AND PNEUMOCOCCAL (PNEUMONIA) VACCINES CAN HELP PREVENT SERIOUS RESPIRATORY ILLNESSES.



A Free Resource for Athletes

Athletes with concerns about minor or major sports injuries can rely on the professionals at the Sports Medicine Center at Flagstaff Medical Center.

The center offers physical therapists, sports nutrition specialists, dietitians and strength and conditioning specialists – all available to field questions about everything from nagging knee pain to twisted ankles during free monthly sports injury clinics.

The free clinics are held in the Outpatient Therapy Gym at 1215 N. Beaver St. every third Thursday of

the month from 6 to 8 p.m. The center’s professionals, who can also offer advice and information, may refer athletes to an appropriate physician if necessary.

FOR MORE INFORMATION ON THE SPORTS INJURY CLINIC OR OTHER SERVICES AVAILABLE THROUGH THE SPORTS MEDICINE CENTER AT FMC, CALL 928 773-2125 OR VISIT FLAGSTAFFMEDICALCENTER.COM.

A Commitment to Community Wellness and Health Education

Flagstaff Medical Center’s Speakers Bureau is a free lecture service for the community, providing speakers for more than 250 health-related topics. The hospital has a host of skilled physicians and healthcare providers eager to share their expertise with the community.

Popular topics include emergency preparedness, diabetes prevention, nutrition for longevity, heart disease and cancer education. Past speaking engagements include Catholic Charity Services, Hozhoni Foundation, EMPACT Program, Flagstaff Parks and Recreation and the Sedona Rotary group.

“You really get a sense of how valuable the education is to these people by hearing the questions and the comments from them,” said Carrie Heinonen, who coordinates the program for FMC. “People are engaged, concerned and genuinely interested in how to take a proactive approach in their health and disease prevention.”

FOR MORE INFORMATION ABOUT THIS SERVICE OR TO REQUEST A SPEAKER, PLEASE CALL 928 773-2083.



Advanced medical technology and the best people committed to extraordinary care

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We want your feedback! Contact Janet Dean, FMC vice president of Community Relations, at 928 773-2081 or janet.dean@nahealth.com. You also can fax comments or questions to 928 773-2395, or send correspondence to:

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