



Flagstaff Medical Center
Northern Arizona Healthcare

health *at* heart

winter 2009

Patients Are Our Purpose

A photograph of medical professionals in a clinical setting. A woman in a white lab coat is focused on a patient lying on a table. Another person in a dark polo shirt with 'GUARDIAN' and a logo is also attending to the patient. A third person in a dark polo shirt with 'OPN' is visible in the foreground. The background shows medical equipment and charts.

FMC Helps Patients *Survive Cardiac Arrest*

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The Heart & Vascular Center

A New Level of Care

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Supporting Women

*Diagnosed With
Breast Cancer*

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We Value Your Opinion.

At Flagstaff Medical Center, we are committed to providing the best care to our patients. Often this care begins before they ever need our services through education, prevention and information.

Recently, we included a readership survey in the fall *Health at Heart*. The response was great. More than 90 percent of those who took the survey rated *Health at Heart* very good or excellent and felt the publication provided them with the opportunity to learn about the services and programs FMC offers, as well as connect with FMC physicians. Thanks to your suggestions on future topics, *Health at Heart* will continue to provide timely and relevant health information to our readers.

As part of the survey, FMC drew the names of 10 individuals who participated in the survey to receive a \$10 gas card. The winners are:

Sandy Bayes, Flagstaff
Leilla Brooks, Flagstaff
Tamara Daymude, Munds Park
Deborah Evans, Grand Canyon
Sarah James, Winslow
Dorothy Jolly, Flagstaff
Helen Montoya, Flagstaff
Patricia Oberbeck, Page
Leone Rector, Flagstaff
Mr. & Mrs. Young, Williams

Thank you to all our readers who participated in the survey – we value your opinion.



Flagstaff Medical Center
Northern Arizona Healthcare

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Patients Are Our Purpose

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PRODUCED BY



800 624-7496

Our Mission

Flagstaff Medical Center will improve the health of the people and communities we serve.

Our Values

Patients – We are committed to meeting the needs and exceeding the expectations of our patients.

Colleagues – We strive to create an organizational culture where colleagues feel valued and take a sense of pride in their work.

Quality – We continuously strive to achieve excellence at all levels in the organization.

Safety – We are committed to maintaining a safe environment for our patients, visitors and colleagues.

Leadership – We promote leadership as an attitude, not a position, putting value on both people and the work they do.

Teamwork – We are colleagues working together, sharing knowledge, talents and skills to achieve common goals.

Integrity – We will be forthright, honest and respectful.

Diversity – We embrace the diversity of our people, patients and the communities we serve.

This publication in no way seeks to serve as a substitute for professional medical care.

Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

More Than Heart and Vascular Care

A Whole New Level of Care

The Heart & Vascular Center of Northern Arizona offers the world-class physicians and cutting-edge technology you'd expect from a leading medical program and the individualized care you know you'll get as a partner in your healthcare.

Total Heart and Vascular Care

The Heart & Vascular Center offers comprehensive services ranging from prevention and diagnosis to the treatment of chronic heart and vascular conditions, including open heart surgery and rehabilitation. The Center integrates the exceptional cardiovascular programs of Flagstaff Medical Center (FMC) and Verde Valley Medical Center (VVMC) into a comprehensive system of inpatient and outpatient care, including a network of physician offices and clinics.

Largest Team of Cardiovascular Specialists in Northern Arizona

The Center offers the expert care of the largest team of cardiovascular physicians ever assembled in Northern and Central Arizona, as well as scores of specially trained nurses and technicians utilizing the most advanced technology available.

Whether you receive care at FMC or VVMC, you're getting the very best from the largest healthcare provider in Northern and Central Arizona – Northern Arizona Healthcare.

To make an appointment with one of our world-class physicians, call 877 928-WELL.

For more information, visit NAHeartCare.com.

“The Heart & Vascular Center of Northern Arizona brings comprehensive cardiovascular care to the people of Northern and Central Arizona,” said James Dwyer, M.D., interventional cardiologist and medical director of the Heart & Vascular Center. **“By providing care at FMC, VVMC and outreach offices in surrounding communities, we are ensuring patients can stay in this region for all their cardiovascular needs.”**

World-Class Physicians



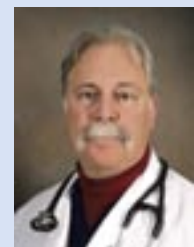
James Dwyer, M.D.
Interventional
Cardiologist



Kenneth Bescak, M.D.
Diagnostic
Cardiologist



Samuel Butman, M.D.
Interventional
Cardiologist



Eric Cohen, M.D.
Interventional
Cardiologist



Bruce Peek, M.D.
Interventional
Cardiologist



Steven Peterson, M.D.
Cardiothoracic/Vascular
Surgeon



John Schor, M.D.
Cardiothoracic/Vascular
Surgeon

Giving the Gift of Life

For many, organ donation is an opportunity to turn tragedy into life. Rebecca Jakubowski, R.N., has been taking care of critically ill patients since 1985. As an intensive care nurse, she knows caring for patients and their loved ones can be as much about the dying process as it is about living.

“SOMETIMES A PATIENT’S BODY IS JUST NO LONGER ABLE TO LIVE,” Jakubowski said. “When this is the case, my role is to assist the patient and their loved ones through the dying process.” Jakubowski believes that for some, organ donation is part of this process.

“Nursing is so much more than the physical care of the patient – vital signs, machines, medications – it is also about the emotional and spiritual sides of the patient and their loved ones,” she said. “As a nurse, I strive to connect with my patients and their families on all levels – especially end-of-life decisions.”

Jakubowski said for many families, organ donation allows a tragic event to become an opportunity to extend life. “Choosing organ donation often brings a great deal of peace to the loved ones of a patient who has passed – they know that in some way the death of their loved was not in vain, but served a purpose, and in some way they live on.”

She also knows not all patients or their loved ones choose organ donation and that is fine. “What’s important is that the patient is allowed to die with dignity, and their loved ones are able to grieve the way they need to grieve,” Jakubowski said. “My job is to be there for all of them, accepting their choices and loving them through the process – whether that is life or death.”



FMC Recognized for Organ Donation Efforts

Flagstaff Medical Center was awarded the Medal of Honor by the U.S. Department of Health and Human Services for its achievements in increasing organ donation rates. FMC is one of only four Arizona hospitals to receive the national recognition; nationwide only 413 out of more than 7,500 hospitals received the award.

Additionally, FMC was one of 81 hospitals nationwide recognized because its donors’ families chose to have multiple organs donated, benefiting many people waiting for a transplant.

Fifty-three FMC nurses are specially trained to support the families of those patients who meet the criteria for organ donation.

To Become an Organ Donor

According to the Donor Network of Arizona, more than 1,700 Arizonans and 100,000 people nationwide are on the organ donation waiting list. For more information on organ donation or to register to become an organ donor, visit the Arizona Donor Registry Web site at azdonorregistry.org.

Going the Extra Mile for Assault Victims

Pam Turner, R.N, is an *Arizona Daily Sun* 2008 Citizen of the Year. Turner was recognized for her work with assault victims and as an emergency nurse. Each year, the *Arizona Daily Sun* honors some of Flagstaff's most inspirational citizens.

TURNER, A FORENSIC NURSE AND SEXUAL ASSAULT nurse examiner, has worked at FMC since 1981, caring for patients in Pediatrics, ICU and most recently in the Emergency Department (ED). She also trains new nurses at FMC and gives lectures on domestic violence, sexual assault and sexual predators to college students.

In addition to caring for patients, Turner works with law enforcement to help solve cold cases in which people have died and volunteers with several organizations to combat domestic violence.

A Safe Place for Victims

As an emergency and forensic nurse dedicated to caring for victims of sexual assault, Turner knew the ED was not always the best place for sexual assault victims to receive care. The ED is often noisy and full of patients, which may contribute further to the distress of the victims.

In an effort to provide a more sensitive environment, Turner and another FMC nurse, Lee Harsh, established the Northern Arizona Center Against Sexual Assault (NACASA) in 2002. NACASA is a safe place for victims of sexual violence (age 16 and older) to seek help. The center relies on specially trained healthcare workers who volunteer their time by being on-call to examine and care for sexual assault victims. The center also provides evidence that can be used in the prosecution of adult sexual assault cases.

"Rape and sexual assault cases aren't as simple or straightforward as one might think," said Jessica Pope, NACASA director. "Pam has a lot of compassion for people in difficult circumstances."



Pam Turner, R.N., 2008 Citizen of the Year: "The best part of my job is seeing a patient recover."

Recognized for Her Care

In addition to being named Citizen of the Year, Turner has also received other awards for her dedication to victims of sexual assault and forensic nursing, including:

- 2008 International Association of Forensic Nurses Service Award – in recognition of her dedication to forensic nursing.
- 2006 Flagstaff Making a Difference for Women Award – presented to a woman in the community who, through her professional or personal efforts, is making a difference in the lives of women and girls.

"Pam is a resource to her coworkers, an asset to our patients and a true advocate for victims of sexual assault in our community," said Lindy Turley, R.N., Emergency Department clinical coordinator. **"She is an inspiration to all who know her."**

What Is Forensic Nursing?

Forensic nursing encompasses providing care to victims of crime and collecting evidence as part of the investigative process in assault cases. Forensic nurses give surviving and deceased victims of violent crimes a voice.



Surviving a Cardiac Arrest

Designated a Cardiac Arrest Center by the Arizona Department of Health Services, Flagstaff Medical Center provides the highest level of cardiac care.

IN THE EVENT OF CARDIAC arrest or heart attack, speed and quick treatment are essential. At Flagstaff Medical Center, providing comprehensive and timely cardiac care is a key priority.

Recently designated a Cardiac Arrest Center, FMC offers cutting-edge technology, top pre-hospital emergency medical services and skilled physicians available 24 hours a day, seven days a week.

FMC's Cardiac Arrest Center utilizes not only staff and physician expertise in the Cardiac Catheterization Labs and Intensive Care Units, but therapeutic hypothermia protocols which can substantially increase a person's chance of surviving a cardiac arrest.

The therapeutic hypothermia treatment offered at FMC helps protect the brain after cardiac arrest.



Following cardiac arrest, patients whose hearts have started beating again but who are unconscious will have their body temperature lowered to 91° F (33°C) for 24 hours. The lower body temperature limits the release of damaging chemicals in the bloodstream and prevents potential brain damage. When combined with adequate emergency care, hypothermia treatment can have a tremendous impact on cardiac arrest survival rates.

"Less than 5 percent of people who suffer a cardiac arrest outside a hospital survive," said Jennifer Conn, M.D., medical director of the FMC Emergency Department. "When a patient is taken to a Cardiac Arrest Center after receiving bystander CPR and prompt emergency care, survival rates more than double."

FMC's Cardiac Arrest Center is prepared to care for patients facing life-threatening cardiac emergencies. However, care begins before a patient ever reaches the hospital.

"Hospital care and hypothermia treatment are just two steps in the treatment of cardiac emergencies," Dr. Conn said. "The coordinated efforts of our Cardiac Arrest Center, Guardian Medical Transport, other emergency medical system agencies and bystander CPR result in comprehensive cardiac care and saved lives."

If you think you or a loved one may be having a heart attack, call 911 immediately. For more information about FMC's Cardiac Arrest Center, visit FlagstaffMedicalCenter.com.



Be a Life Saver

Each year, more than 166,000 Americans experience a cardiac arrest outside of a hospital. In the vast majority of cases, cardiac arrest is fatal, especially if the victim doesn't get immediate attention.

THE CHANCE OF SURVIVING A CARDIAC ARREST

substantially improves when communities, emergency services and hospitals work together – ensuring a chain of survival.

Chain of Survival

“The “chain of survival” doesn't just rest on trained medical personnel and hospitals,” said James Dwyer, M.D., medical director of the Heart & Vascular Center of Northern Arizona. The Heart & Vascular Center of Northern Arizona offers a comprehensive system of inpatient and outpatient cardiac and vascular care to the people of Northern and Central Arizona, including a network of physician offices and clinics.

“Patients have the best chance of survival when bystanders immediately start performing CPR with continuous chest compressions (CCC).”

The second link in the chain is the treatment provided by emergency medical personnel. Lastly, once the patient arrives at the hospital, emergency physicians, cardiologists, and medical staff use their expertise and the latest technology to offer the patient the greatest chance of survival.

In the Field

FMC and local emergency medical service (EMS) agencies have teamed up to provide faster and more comprehensive care during a life-threatening cardiac event. “A 12-lead electrocardiogram (ECG) can now be done by many paramedics at the scene of a heart attack victim,” Dwyer said. “This ECG can be transmitted to FMC's Emergency Department, allowing for early mobilization of the cardiac team which helps save precious minutes in the care of these patients.”

Raising Survival Rates

“When a person receives bystander CPR before emergency medical personnel arrive to start more advanced care, and is then transported to a Cardiac Arrest Center, the chance of survival



increases significantly. Just a few years ago the average survival rate was less than 2 percent,” Dr. Dwyer said. “This is the first real improvement we have seen in more than 20 years when it comes to treating people who have suffered a cardiac arrest, especially outside of a hospital.”



Be a Life Saver Continuous Chest Compressions

When someone collapses and his or her heart has stopped, continuous chest compressions (CCC) without mouth-to-mouth breathing could save a life. Follow these simple instructions:

- Call 911 – either you or a bystander.
- Position the victim on the floor on his/her back.
- Put your hands on top of each other putting the heel of the bottom hand on the center of the victim's chest.
- Lock your elbows and begin forceful chest compressions at a rate of 100 per minute.
- After each chest compression make sure you lift the heel of the hand completely off of the chest.
- If an AED (automated external defibrillator) is available, turn the unit on and follow the voice instructions.
- If an AED is not available, perform continuous chest compressions until paramedics arrive.
- CCC can be tiring; when possible, take turns with others after doing 100 compressions.
- In suspected drowning or drug overdose, follow CPR procedures (alternate 30 chest compressions with two mouth-to-mouth breaths).

Women, Know the Warning Signs

Cardiovascular disease kills nearly 500,000 women a year. While one in 30 women dies of breast cancer, one out of 2.5 dies from heart disease. Furthermore, men and women experience heart attacks differently. Given these facts, it is important to know heart attack symptoms women may experience, including:

- Abdominal pain
- Difficulty breathing
- Nausea or vomiting
- Unexplained fatigue

What You Should Know About Respiratory Illness



Here When You Need Us

At Flagstaff Medical Center, patients can be certain they will receive the care they need during respiratory illness and flu season.

Intensivists – physicians who care for critically ill patients in intensive care units (ICUs) – and respiratory therapists are available to care for adults in the ICU and children in the Pediatric Intensive Care Unit (PICU).

“When a patient has a respiratory illness, we have the physicians, nurses and respiratory therapists to provide all levels of care,” said Michael Reidy, M.D., board-certified pulmonologist, intensivist and medical director of Respiratory Therapy at FMC. “It’s a true team effort. Our intensivists are specialists in critical care medicine and provide full-time bedside coverage in their ICUs. We have capabilities not commonly found in a community hospital, such as state-of-the-art adult and pediatric ICUs, ventilators, devices that deliver oxygen without the use of masks and specially trained physicians and staff.”

Respiratory therapists care for patients in the pediatric and adult units. In 2009, pulmonologists will begin holding outpatient pulmonary clinics, a new service to the community that will enhance the respiratory care already offered by FMC.

When it seems as if you and everyone you know are sneezing and sniffing, you may think you simply have the common cold. However, it could be something more.

RESPIRATORY SYNCYTIAL VIRUS (RSV) CAN AFFECT ANYONE,

but it’s especially dangerous for infants, young children and adults age 65 and older. According to the Centers for Disease Control and Prevention (CDC), the virus is the most common cause of bronchiolitis and pneumonia in children under 1 year of age. RSV often is spread through the air by sneezing and coughing, making it important to avoid people who are experiencing cold-like symptoms. The virus is extremely contagious among children, so little ones who are infected should be kept away from siblings, playmates and the elderly.

“If your child is younger than 2 years old and has a fever more than 101° and/or difficulty breathing, a productive cough, runny nose and poor feeding, seek medical attention to learn if your child has RSV,” said Nancy Hagerman, FMC Emergency Department nurse. “RSV causes severe symptoms in infants and small children which can be life threatening.”

FLU SYMPTOMS CAN MIMIC THOSE OF THE COMMON COLD,

but usually are more severe. If you experience high fever, headache and generalized muscle aches and pains, you may have the flu.

See a healthcare provider if:

- Your infant younger than 3 months old has a fever and/or difficulty sucking.
- Your child younger than 2 years old has a fever greater than 101°.

Go to the Emergency Department if:

- Your child has difficulty breathing and/or a spell of not breathing.
- Your child has a sudden altered level of consciousness or confusion.
- Your child refuses to eat or drink resulting in fewer wet diapers (concern for dehydration).

To find a physician at FMC, visit FlagstaffMedicalCenter.com and select “Find a Physician.”



Follow these tips to avoid getting sick during respiratory illness and flu season.

- Wash hands frequently.
- Avoid sharing cups, glasses and utensils with others.
- Cough into your sleeve instead of your hand.
- Stay home from work and keep children home from school when experiencing symptoms.

Helping Navigate Through Breast Cancer

The American Cancer Society estimated more than 3,200 women in Arizona would be diagnosed with breast cancer in 2008. Such a diagnosis often is accompanied by fear and questions about what lies ahead. Fortunately, if you have been diagnosed, you aren't alone – Flagstaff Medical Center has two breast health navigators to help.

AS A BREAST CANCER SURVIVOR, ONCOLOGY NURSE

Nancy Foreman, B.S.N., knows about breast cancer firsthand. Now, as a breast health navigator, she helps other women through their journey.

“The amount of available information about tests, treatments and postsurgical care can be overwhelming,” Foreman said. “Often the patient is given a choice between a lumpectomy with radiation or a mastectomy with or without reconstruction and so much more. There also may be decisions about hormone therapy, chemotherapy and radiation treatments. These are some tough decisions.”

There are so many different and ongoing decisions to be made after being diagnosed with cancer. Every case of breast cancer is as unique as the woman experiencing it, so the role of a breast health navigator adapts to meet each woman's needs.

“There isn't a simple way to define what we do as breast health navigators,” Foreman said. “We work with each woman after diagnosis and help her understand the path ahead, from treatment options to the accompanying emotions.”

For Lori Smith, the FMC breast health navigators have been a self-described godsend. Just days after celebrating her 40th birthday, Smith was diagnosed with breast cancer.

“When I found the lump, I had a feeling that something wasn't right,” Smith said. “But when I was diagnosed, it was still such a shock. Nancy Foreman called me after my diagnosis and talked with me about what to expect and her own personal experience. She was great about listening to my feelings and my emotions and helping me each step of the way.”

Smith initially underwent a lumpectomy. The tissue removed from her breast contained an aggressive form of cancer, requiring her to have a mastectomy of one breast. Because of her family history of cancer and the aggressiveness of the cancer she was diagnosed with, Smith chose to have



Lori Smith, breast cancer patient, and Nancy Foreman, breast cancer navigator, are pictured here in the Breast Cancer Resource Center.

a double mastectomy (both breasts) to reduce the chance of recurrence. Following surgery, she went through seven weeks of radiation, six months of chemotherapy and ongoing medication therapy.

“Nancy has followed me through my journey,” Smith said. “I can't say enough about the help she gave me. My mission once I've finished my treatment is to become as involved as possible with the breast health navigator program at FMC. I want to give back to the people who gave me so much.”

For more information about the Cancer Centers of Northern Arizona, visit CCNAH.com.

The Fun Side of Giving Back

Whether a baby was born or a loved one underwent open heart surgery, there are many reasons people in Northern Arizona want to show their gratitude to Flagstaff Medical Center. Participating in fundraising events at FMC allows them the opportunity to give back to the hospital while having a good time with family and friends.

THE FMC FOUNDATION hosts two major fundraising events each year – Holes for Healthcare in the fall, and the Turquoise Ball in December.

“Proceeds from the golf tournament benefit the Heart & Vascular Center of Northern Arizona. This year, we purchased high-tech visual equipment to be used during cardiovascular surgical procedures,” said Randi Rolle, special events manager for the FMC Foundation. “Proceeds from the Turquoise Ball help to purchase specialized equipment for our Surgical, Pediatric and Imaging departments.”

Each event brings together the business community, nonprofit organizations, physicians, staff, volunteers and those who care deeply about supporting FMC.

“We appreciate the business community in Northern Arizona that helps sustain FMC’s mission and consistently participates in fundraising events,” said Natalie Harlan, manager of the FMC Foundation. “Their support is critical to helping FMC raise funds aimed at ensuring exceptional patient care.”

For more information about ways to help the Foundation, or to learn more about Foundation events, call 928 773-2093, or visit FlagstaffMedicalCenter.com.



Beth Cashatt, Coconino Community College nursing program graduate and Flagstaff Medical Center ICU nurse.

Partnering for a Better Tomorrow

Flagstaff Medical Center’s mission is to improve the health and wellness of the people and communities we serve. One way we work to fulfill our mission is by collaborating with a number of partners. FMC values these partnerships which benefit our patients and the residents of Northern Arizona.

Coconino Community College

Since the establishment of the Nursing program at Coconino Community College (CCC) five years ago, FMC has been helping students, including Beth Cashatt, R.N., at FMC, receive their nursing degree.

“As far as I can remember, I always wanted to be a nurse like my grandmother and work at FMC,” said Cashatt. “Thanks to grants provided by FMC for nursing students at CCC, I was able to not only graduate from nursing school in 2005 with hands-on experience through my clinicals at FMC, but also work in FMC’s Intensive Care Unit.”

In recognition of FMC’s huge financial support of CCC’s nursing program, a special plaque is on display at the school.

“FMC recently provided 12 beds for our skills lab, which is where students practice various procedures,” said Don Johnson, R.N., M.S., director of Nursing at CCC. “This partnership provides a win-win situation for both CCC and FMC. FMC offers financial support and donates equipment for our Nursing program, allowing CCC to help provide skilled new graduates to help staff FMC – everyone benefits.” FMC agrees.



2008 Turquoise Ball

“The partnership with CCC provides an effective pipeline for the training of nurses who eventually may come to work for FMC,” said Natalie Harlan, FMC Foundation. “It also provides a needed pool of talent that directly benefits patient care.”

North Country HealthCare

FMC’s partnership with North Country HealthCare (NCHC) dates back to 1991 when NCHC was started as a free clinic to provide expanded primary care options for Flagstaff residents.

“During that time, many FMC staff members and physicians helped establish and staff the free clinic,” said Ann Roggenbuck, NCHC CEO.

Current areas of collaboration include maternal and child health, chronic disease management and healthcare education.

“Our new learning center recently was named for FMC because of the generous capital gift toward our new building project,” Roggenbuck said. “FMC and NCHC are proud to collaborate in an effort to provide primary care in our community.”

Flagstaff Family YMCA

For more than eight years, FMC has partnered with the Flagstaff Family YMCA to help families live healthier lifestyles.

“In honor of FMC’s generous giving and support of the Flagstaff Family YMCA, we are naming our upcoming Family Health and Wellness Center for FMC,” said Paul Giguere, Flagstaff Family YMCA executive director. “The purpose of the facility is to give families, adults, teens and seniors an opportunity to exercise together through the use of a wide array of services. We will offer cardiovascular and weight-training equipment, as well as fitness testing and personal training. This enables us to carry out the focus of our partnership – to help make Flagstaff a better, healthier place to live.”

In addition to providing health and wellness activities to the community, one of the goals of the partnership is to provide FMC employees with a daycare option close to campus.



How You Can Make a Difference

Contributions made by the people living in Northern Arizona to Flagstaff Medical Center help us to better serve our community by enhancing our quality of care.

In addition to cash, check or credit card donations, you can give to FMC in the following ways:

- **Matching gifts.** Companies may sometimes match their employees’ donations to a nonprofit organization.
- **Corporate gifts.** A company can choose to invest in either a program at FMC or sponsor a special event.
- **Planned giving.** Planned giving allows donors to offer support to FMC through an estate plan.
- **Wills.** A will gives people the opportunity to leave a donation to FMC once they are gone.
- **Gift annuities.** This is a signed agreement between a donor and FMC that allows the donor to transfer cash or other assets to FMC, and in return, receive payments of a certain amount throughout his or her lifetime.
- **Gifts of Real Estate.** Gifts of real estate can include developed and/or undeveloped property or gifts subject to prior-life interest.

To learn more about donating to FMC programs and services, visit FlagstaffMedicalCenter.com and click on “How to Give.”

Life feels *twice* as good after two knee replacements.



Carol Lindsay, Flagstaff, AZ.

Carol is the picture of good health – vibrant, athletic and head over heels in love with her golf game. Two years ago, she couldn't walk the course – the only way she likes to play the game. Carol suffered from rheumatoid arthritis and severe degenerative osteoarthritis in her knees. The simple act of walking or kneeling to eye a shot was strenuous and painful.

"I could no longer do the things I loved," said Carol. "I chose the Spine and Joint Surgery Center because their team has the skills and the excellence I value. The surgeries changed my life and now I am back in the swing of things... literally!"

Flagstaff Medical Center's Spine and Joint Surgery Center is a collaboration between the hospital and local surgeons. The program is focused on exceptional care, education and therapy; with the goal of helping patients return to active and healthy lives. Our comprehensive program is tailored to fit the needs of each patient, with a team specializing in total joint care – and giving patients a new start.