



Flagstaff Medical Center
Northern Arizona Healthcare

Winter 2009

health at heart

Patients Are Our Purpose

What Women Should Know About Heart Disease

Page 6

How Weight Loss Surgery Changed One Patient's Life

Page 3

Trauma Center Keeps Family Together

Page 4



Changed Lives:

In Their Own Words

■ Here's a look at how the excellent, compassionate care delivered each day by the team at Flagstaff Medical Center benefits patients in need. Below are letters sent to FMC, in the words of the patients themselves.

"In this age of speed and technology, the staff at FMC took the time to treat me like a neighbor, a friend, a mom or a sister. The people I met applied human qualities of kindness, graciousness, thinking clearly and communicating to accelerate my recovery and lift my nagging spirits. The staff created a mood that caused so many people to feel better."

– Flagstaff

"From my first visit with Dr. Schor at the Heart & Vascular Center to my open heart surgery with Dr. Peterson, I have had nothing but exemplary treatment. Every member of the staff I came in contact with were skilled professionals. They came in and ministered to my needs with a smile and positive attitude that comforted me and my family during a stressful time. In my opinion I could not have been in more skilled hands for surgery."

– Cornville, Ariz.

"As a former employee at a large hospital in New York City, I want to commend you on the atmosphere of your hospital. Everyone I came in contact with was polite, patient and understanding. I received the best care I have ever had. Everyone was most reassuring about my condition. I want to let you know how impressed I was with your hospital and staff."

– Rutherford, NJ

"I write this letter to say thank you and commend the wonderful and professional staff at FMC. As a retired ICU/CCU nurse, I can identify with your devoted staff. Every individual I spoke with throughout my brother's stay radiated a true sense of what every patient, regardless of insurance coverage, physical conditions or physical attributes, should receive – professional and compassionate care."

– Martinez, Calif.



Flagstaff Medical Center
Northern Arizona Healthcare

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Patients Are Our Purpose

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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.

Back in the Game After Weight Loss Surgery

Give Us 60 Minutes and We'll Change Your Life

If you are considering weight loss surgery, join Flagstaff Medical Center for a free information session. This presentation by one of our bariatric surgeons includes information on our bariatric weight loss program, the required steps for surgery, insurance verification and the types of weight loss surgeries available. Attending an information session is required before your first appointment with one of our surgeons.

Information sessions are held the second Tuesday of each month from 6 to 7 p.m. at the Northern Arizona Healthcare Education Center, just south of the hospital at 1000 N. Humphreys in the Fort Valley Shopping Center. A question and answer session follows the presentation. If you are traveling from out of town, please call ahead to coordinate attendance at an information session with an appointment with a surgeon.

For more details about the information seminars or weight loss surgery at FMC, call 928 214-3737 or visit FlagstaffMedicalCenter.com.

One year after weight loss surgery at Flagstaff Medical Center, Michael Smith is celebrating better health. Having left his Type 2 diabetes behind, Smith is back to playing the sports he loves.



LAST YEAR, MICHAEL SMITH, A 55-year-old Joseph City resident, could not do many of the activities he enjoyed. His weight and Type 2 diabetes restricted his daily physical activity and limited his ability to work, so he was teaching only part time.

"I can't say enough about my weight-loss surgery experience at FMC," Smith said. "I am a much happier, and healthier, person now than I was one year ago."



Now, 107 pounds lighter, the retired Navy seaman is exercising regularly at the gym, no longer has to check his blood sugar levels and is applying for full-time teaching jobs.

"Since the surgery, I have lost weight steadily," Smith said. "I feel good

about my size and my health. I just got back from Hawaii where I was able to surf again. The surgery allows me to do things I only dreamed of doing for a long time."

A Winning Team

Smith felt supported at every step on his weight-loss journey, beginning with the first step in attending the free information session. He credits the team at FMC for his success.

"The caring specialists in FMC's program have really made the difference for me," Smith said. "I put them all on a pedestal; they're heroes to me. They walked me through the bariatric surgery process, from helping me work with insurance to making sure I understood the lifestyle changes I needed to make to be successful."

For comprehensive information on what to expect from bariatric surgery at FMC, visit FlagstaffMedicalCenter.com and choose the "Weight Loss Center" link.

When Minutes Count Trauma Care Saves Single Dad



**"Thanks to FMC,
I will have many
more days to spend
with my boys."**



Recognizing Michael Saline's injuries were critical, paramedics made the call to fly him to Flagstaff Medical Center, Northern Arizona's only Level I Trauma Center.

Taylor resident Michael Saline, a single father of two boys – Logan, 5, and Gage, 2 – was riding his motorcycle to work in Holbrook when a car pulled out in front of him. He was awake and talking immediately following the accident, however, he had life-threatening internal injuries including a lacerated liver and punctured lung.

"My chest hurt but I was not in a lot of pain," Saline said. "Mostly I just felt very tired."

When paramedics told Saline he was going to be flown to Flagstaff Medical Center's Trauma Center, he knew his injuries must be more serious than he thought.

"I believe the paramedics were divinely inspired as to what to do on my behalf – they got me where I needed to be to save my life," Saline said. "I didn't think I was hurt that bad, but their urgency to get me to a trauma center told a different story."

The accident was eerily reminiscent of an ATV accident Saline had when he was 12 years old that also landed him in a trauma center. The injuries he suffered as an adult were nearly identical to the ones from his childhood accident.

A Network of Caring

On that Tuesday morning last May, the paramedics who

responded to Saline's accident turned to FMC, the only Level I Trauma Center in Northern Arizona. As a Level I Trauma Center, FMC is the hub of the region's trauma network and enables critically injured patients in Northern Arizona to be treated during the crucial moments of the Golden Hour. The Golden Hour is the first 60 minutes after an injury has been sustained. It is during this critical time lives may be saved if specialized medical care is administered. According to a recent study, patients who receive care at a trauma center have a 25 percent greater chance of survival than patients treated at non-trauma centers.

Guardian Air, the air ambulance division of FMC, which has bases in Flagstaff, Cottonwood, Kingman, Show Low and Winslow, flew Saline to FMC. Guardian Air's certified flight nurses, respiratory therapists and paramedics play a crucial role in ensuring patients reach a trauma center within the Golden Hour.

A Life-Saving Commitment to the Region

Serving as the only Level I Trauma Center in a region the size of North Carolina takes a significant investment on the part of FMC, which recently received another three-year designation



Taylor resident, Michael Saline, spends time with his sons, Logan and Gage.

following an extensive survey by the American College of Surgeons and the Arizona Department of Health Services.

Besides offering rapid care to critically ill patients, FMC had to meet many other requirements to receive its Level I designation. First and foremost, an extensive team of physicians, surgeons, anesthesiologists, trauma nurses, respiratory therapists, pharmacists and technicians has to be available. Staff must undergo extensive training and continuous education courses and the facility must meet a very high set of standards related to outcomes and quality of care. Additionally, FMC tracks patient outcomes to determine areas for improvement, offers community outreach programs and publishes medical research papers.

"It takes a very high level of commitment on the part of the hospital and the surgeons to be a Level I Trauma Center," said Andrew Aldridge, M.D., surgeon and medical director of FMC's Trauma Center. "Meeting all the requirements to be a Level I Trauma Center requires dedication and extensive resources. A lot of trauma happens at night and on the weekends. At FMC, we're here for patients at all times."

Saving a Single Dad

Dr. Aldridge and the trauma team were waiting when Saline arrived at FMC following his motorcycle accident.

"Michael's injuries were life-threatening. He was bleeding profusely and we needed to get him into surgery immediately," Dr. Aldridge said.

Saline ended up needing more than 25 units of blood products to replace the blood he lost. His injuries were complicated in part by the previous injury to his liver when he was 12, which made it more fragile and susceptible to tearing and extensive bleeding.

"I remember Dr. Aldridge telling my mom that I had less than an hour to live because of the bleeding and that they needed to get me into surgery immediately, if not sooner," Saline said. "I owe Dr. Aldridge, FMC and the paramedics my life. If they had not reacted so quickly, I would not be here today to raise my boys."

Back to Fishing

Saline spent 10 days at FMC in the Intensive Care Unit. Today, he is back at work as a juvenile probation officer in Holbrook. But, more importantly, he is spending time with his boys – running, fishing and laughing. He says that these days he is sticking with driving vehicles with four wheels and doors.

For more information on FMC's Trauma Center and other FMC programs and services, visit FlagstaffMedicalCenter.com.

Heart Disease and Women – What YOU Should Know



Heart disease often is thought to be a condition more related to men than women; however, just the opposite is true – more women than men die of heart disease each year. Women are six times more likely to die of heart disease than breast cancer. Heart disease is the leading cause of death for women age 65 and older, the second leading cause of death for women ages 45 to 64 and the third leading cause of death for women ages 25 to 44.

Risk factors for coronary artery disease, such as high cholesterol, high blood pressure and obesity, affect women and men; however, other factors may play a bigger role in the development of heart disease in women than in men.

Factors Unique to Women

- Metabolic syndrome – a combination of fat around your abdomen, high blood pressure, high blood sugar and high triglycerides.
- Mental stress and depression.
- Smoking.
- Low levels of estrogen after menopause pose a significant risk factor for developing cardiovascular disease in the smaller blood vessels.

“Knowing the symptoms and risks of heart disease that are unique to women including anxiety that is out of character, dizziness or lightheadedness, nausea or vomiting can help reduce your chances of developing heart troubles,” said Omar Wani, M.D., cardiologist at the Heart & Vascular Center of Northern Arizona.

Reduce Your Risk

Making a few simple changes in your daily routine can greatly improve your heart health, including:

- Eating a balanced diet low in saturated fat, cholesterol and salt
- Exercising 30 to 60 minutes a day, most days of the week
- Maintaining a healthy weight
- Managing high blood pressure, high cholesterol and diabetes
- Quitting smoking

Know your BMI

What’s considered a healthy weight varies from person to person, but having a normal body mass index (BMI) is helpful. The BMI calculation lets you know if you have a healthy or unhealthy percentage of body fat. A BMI of 25 or higher can be associated with an increased risk of heart disease.

“Losing just 10 to 15 pounds can help lower blood pressure and prevent diabetes, both of which increase the risk of heart disease,” Dr. Wani said. “It is really a very small resolution that gives big health rewards.”

An Aspirin a Day?

In women, aspirin therapy seems to reduce the risk of stroke more than in men; while in men it reduces the risk of heart attack more than stroke. Talk with your physician about the risks and benefits of taking aspirin based on individual stroke and heart attack risk. The higher the risk of heart attack or stroke, the more the risk is reduced by taking aspirin; however there is a higher risk of bleeding as a side effect of the aspirin therapy.

To make an appointment with Dr. Wani or one of the other cardiologists at the Heart & Vascular Center of Northern Arizona, call 877 928-WELL or visit NAHeartCare.com for more information.

Meet Dr. Wani



Omar Wani, M.D., interventional cardiologist, joined the Heart & Vascular Center of Northern Arizona in May 2009. The Heart & Vascular Center of Northern Arizona (HVCNA) is a partnership between Flagstaff Medical Center and Verde Valley Medical Center. It combines physician office practices with extensive hospital-

based services including diagnostic and interventional cardiology procedures and open heart surgery.

Dr. Wani is board-certified in cardiovascular disease, interventional cardiology, nuclear cardiology, echocardiography, vascular medicine and internal medicine. In addition to his clinical work, Dr. Wani is an accomplished researcher, resulting in multiple scientific papers that have

been published in prestigious peer-review journals including the *New England Journal of Medicine*, *Journal of American College of Cardiology*, *Circulation* and *American Journal of Cardiology*. Dr. Wani also has coauthored several chapters for reference books.

Dr. Wani is passionate about treating and preventing heart disease in women. Not only does Dr. Wani bring extensive experience to the Heart & Vascular Center, he also brings his personal goal to combine state-of-the-art, evidence-based medicine and technology with a personal touch and deep caring for his patients.

"The practice of medicine is a privilege," Dr. Wani said. "With that privilege comes the responsibility to treat patients with dignity and respect. Educating and informing patients, and enabling them to actively participate in their medical care, are key ways that a physician can demonstrate their respect for patients."

If you are interested in having Dr. Wani or one of the world-class HVCNA physicians come speak to your community group, call 928 773-2080.

Calculate
Your BMI

<http://www.naheartcare.com/OurServices/SelfAssessmentTools/default>

Open Heart Surgery Program at Flagstaff Medical Center Celebrates Five-Year Anniversary

Northern Arizona gained a significant medical resource when Flagstaff Medical Center started the first open heart surgery program in the region. Since August 2004, nearly 750 patients, ranging in age from 19 to 91 years old, have benefited from this life-saving program. Today, the program is part of the Heart & Vascular Center of Northern Arizona.

The hallmark of FMC's open heart surgery program is its focus on Off-Pump Coronary Artery

Bypass, or "Beating Heart" surgery. Only about 25 percent of all open heart surgery programs in the United States perform off-pump open heart surgery. This approach, which does not require putting the patient on a heart-lung bypass machine, has been shown to reduce the risk of complications such as stroke and neurologic side effects.

FMC has two state-of-the-art surgical suites that are specially equipped for coronary artery

bypass grafting, valve repair and replacement, Maze procedure for atrial fibrillation, and major thoracic and vascular surgical procedures. Some of the most cutting-edge technology is offered, including the robotic da Vinci® Surgical System that allows complex surgeries to be less invasive.





Interpreter Marvin Cody helps Navajo patients understand their physicians' instructions.

Bridging the Cultural Gap

As a regional referral center, Flagstaff Medical Center cares for patients from throughout Northern Arizona, including a large number of patients from the Navajo Reservation. Often, these patients have a difficult time adapting to the hospital setting because of language and cultural differences. Thanks to FMC's Navajo Translator Program, Navajo patients feel more at ease at FMC because complex medical issues can be explained in their native language.

THE NAVAJO TRANSLATOR PROGRAM

includes one full-time translator and several part-time translators, all of whom have special training in medical translation.

Though language and cultural differences between healthcare providers and Navajo patients can be difficult to overcome, Marvin Cody works to help bridge the cultural gap.

According to Cody, patients with the greatest need for a Navajo interpreter are typically elderly members of the Navajo nation who have lived on the reservation their entire lives. Besides being less likely to speak English, these patients have often relied on traditional Navajo ceremonies to restore their health.

"In Navajo culture, people look at sickness and disease as being out of balance with nature," Cody said. "They're not accustomed to being asked about signs and symptoms. They're used to being told what kind of ceremony they need. Patients who have always relied on the ceremonies and prayers of medicine men for their healing sometimes don't understand."

Calming Nerves

Beyond helping Navajo patients communicate with caregivers and understand consent forms and procedures, Cody also helps ease any anxiety or fear patients may have.

"For some of our patients, it's like visiting a foreign country," Cody said. "Just imagine if your physician spoke a different language and had a completely unfamiliar way of treating your medical condition. It can be really scary."

Understanding the importance of the Navajo patients' rich culture, FMC takes other extra steps to make these patients feel more at ease. Navajo patients and their families can request a medicine man to come in and offer prayer and ceremonies before surgery or if a patient is very ill. Additionally, Navajo patients can request traditional foods – like mutton stew and blue corn mush – with their physician's approval.

For more information about FMC and its programs, please visit FlagstaffMedicalCenter.com.

Grant Provides Relief for Breast Cancer Patients

Flagstaff Medical Center's Therapy Services and Breast Cancer Resource Center recently received a \$61,380 grant from the Phoenix Affiliate of Susan G. Komen for the Cure®.



FOR SOME BREAST CANCER PATIENTS,

beating the disease is only one step in their return to health.

Lymphedema, an often unexpected, secondary condition following breast cancer surgery, brings chronic pain and discomfort, and the risk of serious infection. Thanks to a grant from Phoenix Affiliate of Susan G. Komen for the Cure®, Flagstaff Medical Center is helping women control this often painful chronic condition.

The grant allows breast cancer patients who do not have insurance or other financial means the opportunity to receive lymphedema treatment, massage therapy, education, post-surgical and mastectomy undergarments and prosthesis. The grant also provides additional funding for travel and lodging for patients who live outside the Flagstaff area who are receiving their cancer care at the Cancer Centers of Northern Arizona Healthcare – Flagstaff campus.

What Is Lymphedema

During breast cancer surgery, surgeons may remove the lymph nodes under the arms to reduce the risk of the cancer spreading. The lymph nodes are part of the lymphatic system, which helps remove bacteria and toxins from the body.

When they are removed, the lymph fluid might not drain adequately, causing lymphedema or abnormal swelling. Swelling can range from mild to extreme and make it impossible to use the affected arm, hands and fingers. Symptoms include heaviness or tightness, restricted range of motion, aching or discomfort, recurring infections, and hardening and thickening of the skin.

Hands-On Treatment

“Although there is no cure for lymphedema,

the condition can be controlled through diligent care of the affected limb,” said Susan Enerson, O.T., C.L.T., occupational and certified lymphedema therapist with FMC's Therapy Services. “Lymphedema treatments include manual lymphatic drainage, therapeutic massage and a combination of special exercises and bandaging techniques. Because lymphedema can become chronic, many therapy sessions and prolonged treatments may be needed to help women be more comfortable.”

Living Well With Lymphedema

Margaret Jaramillo, 68, of Flagstaff, knows firsthand the difficulty of living with lymphedema. Diagnosed with breast cancer in 1998, Jaramillo underwent surgical removal of her breast and surrounding lymphatic tissue, as well as radiation and chemotherapy treatments. These surgeries left her susceptible to lymphedema.

After her breast cancer treatment, a fall caused Jaramillo's left arm to swell and it became infected. Hospitalized three times for infections associated with lymphedema in the injured arm, Jaramillo turned to FMC's Therapy Services and Breast Cancer Resource Center for help.

“Thanks to the therapists at FMC, I am back to enjoying my life. The therapists helped reduce the pain and the swelling,” Jaramillo said. “Before I started the lymphedema treatments, I was in constant pain. But now I am back to work and spending time with my family without letting this condition interfere with my life.”

To learn more about lymphedema treatment options, visit the [Therapy Services page at FlagstaffMedicalCenter.com](#). To make an appointment with a certified lymphedema therapist call, 928 773-2125.

A Grateful Patient

Dear FMC,

I wanted to let you know how grateful I am for the sharing of the massage therapist and lymphedema components of the grant with cancer patients. It literally has saved my life. I am still here thanks to God and the healing hands of the therapists. You have taken my pain and made my tortured muscles work again. There is no amount of thanks that could ever repay you for giving me back my life.

Corina Edgar
Flagstaff



Aura Leaf Edmondson, Trauma Nurse Practitioner

Honoring Excellence in Nursing



Joan Moore, Pediatric Nurse, and Cindy Beckett, Director Pediatric/Perinatal Departments

Flagstaff Medical Center has long been committed to high-quality medical care provided by experienced and dedicated professionals. Recently three FMC nurses were honored for extraordinary contributions to their patients, to other nurses and to the nursing profession.

NurseWeek/Nursing

Spectrum Nursing Excellence Awards

Aura Leaf Edmondson, R.N., A.C.N.P., trauma nurse practitioner, was selected as a winner in the Regional 2009 NurseWeek/Nursing Spectrum Nursing Excellence Awards, sponsored by Johnson & Johnson. Edmondson, a nurse practitioner in FMC's Trauma Services, was nominated by her coworkers and was selected from finalists in Arizona, Colorado, Idaho, Nevada, Utah and Washington.

Edmondson was the winner in the category of "Advancing and Leading the Profession," for her role in leading, advancing and strengthening the nursing profession and the delivery of patient care. She was recognized for her achievements in building more unified trauma services between community physicians and FMC. Her efforts expanded the continuum of care for patients between FMC and primary care physicians; reduced the length of stay in the hospital for trauma patients below national averages; and increased communication between all healthcare providers.

"I love working as a trauma nurse practitioner, it is challenging and rewarding," Edmondson said. "The patients I see have very traumatic injuries. Being part of their healthcare team is a great honor and drives me to go above and beyond to make their experience as positive as possible."

Arizona March of Dimes Nurses of the Year Awards

Two FMC nurses recently were honored at the sixth annual Arizona March of Dimes Nurse of the Year Awards for their dedication to the nursing profession and to their patients.

Joan Moore, R.N., received the 2009 Arizona March of Dimes Nurse of Year award in the category of "Rising

Star" – awarded to nurses who within the first three years as a nurse exemplify outstanding caring, leadership and professionalism. A pediatric nurse for less than two years, Moore was nominated by her coworkers for her role in implementing journals as a method of sharing research and information about best practice models for pediatric patients.

"I am passionate that my patients, no matter how old they are, receive the best care possible," Moore said. "That is why it is so important to work together and collaborate with others on how to provide that care."

Cindy Beckett, Ph.D., R.N.C., L.C.C.E, received the 2009 Arizona March of Dimes Nurse of the Year award in the category of "Advancing the Profession." Beckett was instrumental in implementing new processes that improved care for newborns and their mothers in the first six hours after delivery.

"There is nothing more amazing than helping bring a new life into the world," Beckett said. "Those first few hours are so important for baby, mom and family. It is vital that we have the resources and processes in place to help everyone get off to the best start possible."

In addition to her role as director of FMC's Pediatric/Perinatal Departments, Beckett is responsible for implementing shared governance models, professional development programs and activities, and evidence-based practice research methods.

Additionally, four FMC nurses qualified as finalists in the 2009 Arizona March of Dimes Nurses of the Year Awards including Sally Bond, R.N., Medical/Surgical Unit; Kim Horn, B.S.N., M.P.H., Infection Prevention; Sherry Mace, M.S., F.N.P., Spine and Joint Surgery Center; and Cindy Sanders, M.S.N., Pediatrics.

To learn more about FMC services or nursing careers at FMC, visit FlagstaffMedicalCenter.com

The Taylor House

Offers More than Just Hospitality

For Debbie Gardner, 51, of the Grand Canyon, the thought of having to travel 150 miles on a daily basis to receive cancer treatments could have added more stress to her life. Fortunately, charitable contributions enable The Taylor House to offer cancer patients and families of patients a comfortable, convenient and inviting place to stay while receiving care or while their loved one is in the hospital.

FOR NEARLY A DECADE, THE TAYLOR HOUSE HAS

provided a “home away from home” for cancer patients receiving care at the Cancer Centers of Northern Arizona Healthcare and for families of FMC patients.

“Because cancer treatment itself can be stressful on anyone, traveling long distances from home to receive that treatment can be all the more exhausting,” said Bridget Morson, manager of The Taylor House. “We offer patients and their families a relaxing haven so they don’t have to worry about commuting back and forth during this difficult time.”

Calming Nerves

When Gardner learned she had cancer, she knew she would have to travel from home to receive the quality care she needed. While undergoing five and a half weeks of radiation therapy at the Cancer Center at FMC – rather than having to travel repeatedly to and from home – Gardner found a welcoming place to stay at The Taylor House.

“I’m so thankful that during this difficult time, not only was I receiving the best cancer care in the area, but I had a comfortable place to rest and supportive people to confide in,” Gardner said. “It was so nice to know that after my treatment each day, other cancer patients who were staying at The Taylor House were there to offer support and encouragement to each other.”

A Soothing Environment

Since The Taylor House opened its doors in 2001, the staff has provided accommodations for more than 6,000 families from 28 countries.

With 19 spacious bedrooms with private bathrooms, The Taylor House has an array of amenities, such as four fully



Bridget Morson (right), manager of The Taylor House, talks with cancer patient Debbie Gardner on the front porch of The Taylor House.

equipped kitchens, wireless Internet and two outside garden patios. The Taylor House staff also can arrange for patient transportation to and from the Cancer Center and FMC.

For more information about The Taylor House or to make a contribution, call 928 226-0300 or visit FlagstaffMedicalCenter.com.

If you'd like to support The Taylor House or other FMC programs, please use the tear out form in this issue of Health at Heart.



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The da Vinci[®] Robotic Surgical System and Flagstaff Medical Center surgeons are redefining the

Surgical Experience

"The use of the da Vinci Robot takes prostate cancer surgery to a level of accuracy and precision not previously possible."

Urologist William Badger, M.D.

Flagstaff Medical Center surgeons and the da Vinci Robotic Surgical System are giving men a new surgical option for prostatectomies, a treatment for localized prostate cancer. Surgeons like Dr. Badger are able to perform even the most complex and delicate procedures through very small incisions with unmatched precision. Patients benefit from less pain, less blood loss and a faster recovery than with a traditional prostatectomy.

To learn more about da Vinci surgeries at FMC, visit FlagstaffMedicalCenter.com.

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