

HealthyColorado

Spring 2011

NORTH COLORADO MEDICAL CENTER

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Banner Health®



LETTER FROM THE CEO

I am pleased to tell you that Banner Health recently awarded North Colorado Medical Center (NCMC) its **Best of the Best Award** for most outstanding performance in the health care system. NCMC is the only hospital in Banner Health's Western Region to receive the award.

The award is given to the Banner facilities or entities that achieve the most targeted goals in Banner's strategic initiative categories and demonstrate high performance across the board.

"This award is a direct reflection of the commitment by our staff, our physicians and our volunteers to make a difference in people's lives through excellent patient care," Sutton says. "I am so proud to work with a team so focused on serving our community."

I am also excited to introduce a new version of our quarterly community newsletter with the mailing of this issue! A new name – *Healthy Colorado* – and an increased number of pages will provide you with more health care news and information.

For starters, we have expanded our publication from 12 pages to 16 so we can incorporate more news and information from NCMC; our sister facility, McKee Medical Center, in Loveland; and Banner Health. You'll learn about services you may not have realized were available through Banner Health Front Range facilities, in addition to classes and presentations that may be of interest to you.

In order to maximize the strengths of each of our hospitals, there may be times when a physician will refer a McKee patient to NCMC or an NCMC patient to McKee. Because our staffs work so closely together and many of our physicians have privileges at both facilities, you are assured of more treatment options and the same high-quality care at either hospital.

We are also combining our *Where Experts Work Best* publication that you may have seen in your local newspaper into our newsletter. This will allow us to introduce you to more of our physicians and providers and their services than ever before. Our newsletter will still provide you with the latest news and stories about NCMC so you can stay up to date with your local hospital.

We will continue to highlight information and stories around our five priorities – people, service excellence, quality, physician friendly and finances. These priorities and our focus on them are resulting in more people choosing NCMC and McKee for their health care as well as higher quality service, increased patient satisfaction and an increase in the number of physicians choosing to provide your care through the Banner Medical Group.

I hope you enjoy the new publication and our communication with you.

May God Bless you, the United States military and the United States of America.

Rick Sutton
Chief Executive Officer

Ethical Treatment Dilemmas

Hospital Ethics Panel Helps Family Decision-Making

Medical and moral decisions about treatment must be made with a patient or family members. But what if there's no written directive for guidance? Family and caregivers may disagree. What now?

Every day, in a hospital somewhere in the United States, a group of individuals from various backgrounds – the hospital ethics committee – is called in to help people make the choices of a lifetime when it is not obvious what to do. At North Colorado Medical Center (NCMC), this group is known as the Bioethics Advisory Committee.

Approximately 40 volunteers – physicians, nurses, chaplains, social workers, attorneys, psychiatrists, ethicists and others – mediate among facts, emotions, hope and fantasy.

They help physicians, patients and their families resolve ethical treatment dilemmas and navigate the difficult decisions that so often accompany medical care, particularly at the beginning or end of life.

History of NCMC's Bioethics Committee

In 1992, The Joint Commission mandated that health care organizations establish a process

for addressing ethical concerns. The NCMC bioethics advisory process was organized in 1985, well ahead of the mandate, at the request of then president and CEO Dick Stenner.

Richard Blanke, Ph.D., professor of philosophy at the University of Northern Colorado, answered Stenner's call to assist with the formation of an ethics group and training of its members. For just over 25 years, Blanke, now an emeritus professor of philosophy at UNC, has been involved in NCMC's committee and continues to serve as its chairman.

Is Social Media Good for Your Health?

Facebook, Twitter and YouTube offer ways to connect with friends, join groups, express “likes.” You can also share information, photos, videos, links and more. So what can it do for your health? Here are some of the ways people are using social media for better health, as well as tips for proceeding with caution.

Health blogs. Bloggers write about everything from losing weight and staying young to coping with cancer and managing diabetes. *Caution:* The information may not be accurate, or it may not apply to you.

Health video clips. There are thousands of clips on YouTube including healthy tips from health experts. *Caution:* Again, keep in mind that content may come from unreliable sources.

Social groups for health goals. Whether you want to lose weight, lower your cholesterol or start practicing yoga, online groups can help you stay accountable. Sites like www.dailyburn.com and www.twit2fit.com help you track your diet and fitness progress, share challenges and successes, as well as connect with others for

support. *Caution:* This type of support may work for some people, but can be overwhelming or frustrating for others. Don't lose sight of the value of in-person health assessments and support groups.

Online disease communities. If you or a loved one is diagnosed with a disease, it can be reassuring to find others who can relate. Sites such as www.patientslikeme.com and www.healthcentral.com bring people together in various disease communities. *Caution:* Going public with information about yourself and your health could compromise your privacy, especially when the trustworthiness of the sites and users you interact with is unknown.

Sharing Can Be Good ... and Bad

Social media can be a powerful tool in rallying support for good health and sharing information and experiences. However, it can also be negative, particularly if you become obsessed, stressed or anxious about your health as a result. Try to keep a healthy perspective about the amount of sharing that is right for you. Also

be careful about divulging too many personal details (your real name, where you live and work, etc.) for safety reasons.

If you have a question about your health, your doctor is always your best resource. You can trust that he or she will give advice that applies specifically to you and is in the best interests of your health. For an appointment with a physician, visit www.BannerHealth.com/codoc.

Websites not belonging to this organization are provided for information only. No endorsement is implied.



Visit the McKee and NCMC websites to connect with us on Facebook and Twitter.



Connect with us at McKee:

www.BannerHealth.com/mckeeconnect

Connect with us at NCMC:

www.BannerHealth.com/ncmconnect

We're Plugged in

If you are admitted to North Colorado Medical Center or McKee Medical Center, getting in touch with loved ones quickly can give you a healthy boost. An e-mail, text message, tweet or Facebook status update can let hundreds of friends know where you are, and that you are in good hands.

A guest wireless account will be generated automatically when a patient is admitted to either of our facilities – complete with instructions for logging-on. The account is deactivated when the patient leaves the hospital.

“NCMC should be praised and recognized for its efforts in assisting patients and families faced with ethical dilemmas,” Blanke says. “The process and the committee provide a valuable service to medical staff and families facing difficult decisions.”

Responsibility of the Committee

Upon request, the committee will provide confidential advisory and consultative assistance in discussing the ethical or moral questions surrounding a patient's care with the patient and the patient's family, the physician or other hospital or clinic staff. The primary responsibility is to start dialogue, educate, identify issues, offer viable options, seek supplemental resources and encourage care resolution at the physician and patient level.

The Bioethics Advisory Committee is a recommending body. It does NOT make decisions about the cases or issues that are presented. The committee neither serves as a professional review board, nor replaces the organizational decision-making processes. “We're here to help with discussion and give people information and time to process that information,” Blanke says.

Accessing the Committee

Patients, family members and hospital staff may easily access the committee for assistance and advice when ethical issues relating to patient care arise. Patients or family members should ask their caregiver or the hospital's administrative representative to arrange

a Bioethics Committee consultation when desired. Consultations are confidential and conducted with respect for the patient and the family's decision-making autonomy, authority and quality of life.

C-Section: Know the Facts

Nearly 32 percent of women who give birth in the U.S. each year welcome their baby by way of a cesarean section (C-section),* a surgery in which the baby is delivered through the abdomen. Understanding more about the procedure can help expecting parents prepare for whatever birth experience awaits them.

Avoiding Dangers

“C-section may be necessary for a number of reasons,” explains Alana Revoal, D.O., OB/GYN. “If we are aware of potential problems with the mother or baby during the pregnancy, a C-section may be scheduled in advance. If complications arise during pregnancy or labor, an emergency C-section may be needed.”

Your doctor may suggest scheduling a C-section if:

- The baby is in a breech (feet or bottom first) or transverse (sideways) position.
- The baby has certain birth defects.
- The mother has placental problems, such as the placenta sitting low and covering the cervix (called placenta previa).
- The mother has an infection such as HIV or herpes.
- It is a multiple pregnancy.
- The mother has had a previous C-section or other surgery on her uterus (although it is still possible to safely deliver a baby vaginally in this situation).

An emergency C-section may occur if:

- The placenta separates from the uterine wall (placental abruption), which can cause dangerous bleeding.
- Labor is too slow or stops.
- The baby is too large to pass through the vagina.
- The baby is in distress, such as when the umbilical cord becomes pinched or enters the birth canal before the baby and reduces its oxygen supply.

Risks and Rewards

C-section is generally considered a safe procedure, and it has saved the lives of countless women and children. “It is the most common procedure performed in the U.S.,” Dr. Revoal notes. But as with any major surgery, there are risks. “Women who deliver via C-section are more likely to experience bleeding and blood clots, infection, reactions to medications and bladder or bowel injuries,” Dr. Revoal adds.

Delivering before 37-weeks gestation can lead to additional risks for the baby, including problems with breathing, feeding, temperature maintenance and jaundice. Because dating a pregnancy is often inexact, it is safest to schedule a C-section between 39 and 41 weeks.

What to Expect

During a C-section, the doctor makes an incision through the abdomen, then the uterus, and pulls out the baby. Many women receive an epidural or spinal block and are awake during the procedure. In most cases, the labor coach can be with the patient and she can see her baby immediately after birth.

“Having a C-section shouldn’t affect your ability to breastfeed, and you may be able to hold and breastfeed your baby in the recovery room,” Dr. Revoal says. “The recovery period and hospital stay for a C-section are generally longer than for a vaginal birth.”

Caring for You

NCMC has the technology and the team in place to handle your special delivery. Nearly 200 babies are welcomed into the world at the Monfort Family Birth Center every month. “Our nurses provide excellent care,” Dr. Revoal shares. “They do a wonderful job helping mothers and their birth partners every step of the way, and that makes a big difference.”

* Source: Centers for Disease Control and Prevention, www.cdc.gov.



To learn more, visit www.BannerHealth.com and search “Monfort Family Birth Center.”

The Monfort Family Birth Center at NCMC

Our facility is equipped with:

- 10 labor and delivery rooms with whirlpool bathtubs for your comfort and relaxation.
- Two operating rooms for C-section births and surgical procedures.
- 22 Mother Baby rooms specifically designed to promote your comfort and bonding with baby.
- A newly redesigned Level II neonatal intensive care nursery.
- A specially trained staff focused on caring for you and your family.



Meet Dr. Alana Revoal

Alana Revoal, D.O., OB/GYN,

joined the Women’s Clinic of Greeley in September 2010. She did her residency at the Philadelphia College of Osteopathic Medicine and is happy to return to practice in her home state of Colorado. To schedule an appointment with Dr. Revoal, please call **(970) 352-6353**.

McKee Medical Center Giving Back to Our Community

For 35 years, McKee Medical Center has been more than a health care provider for Loveland and the surrounding community. We have been a supporter and champion of a variety of events and programs that improve the quality of life for all our residents.

In 2010, we donated thousands of dollars to a variety of causes and events, and provided millions of dollars in charity care. This is part of our commitment to maintaining the values and identity that make our region such a great place to live and raise a family.

Below are a few examples of the programs we provide either for free or for less than the true cost of the service. McKee is honored to give back to our community.

Support for Cancer Patients

Cancer patients have needs that extend beyond their physical treatments. That's why McKee Medical Center offers a variety of free support groups and therapy programs where cancer patients can lean on one another, share their concerns with a professional social worker, or enjoy music or art classes aimed at rejuvenating their souls.

Participants may choose from a variety of support groups, including a general cancer support group, the Man-to-Man prostate cancer support group, a caregiver support group and a breast cancer support group.

In addition, cancer patients may participate in the music and art therapy programs where they can express their needs artistically.

Each support group has about 15 to 20 members who meet regularly on the McKee campus with McKee oncology social workers. The social workers, in combination with the expressive art therapists, spent 800 hours on the program last year.



McKee oncology social worker **Kristen Freund** talks to Loveland resident **Robert Conell** prior to the start of the **Man-to-Man prostate cancer support group**.

Loveland Community Health Fair

For 30 years, McKee and its partners have provided Loveland residents free health information through the Loveland Community Health Fair.

More than 1,200 people attended the 2010 event that was held at the McKee Conference and Wellness Center, and jointly sponsored by McKee Medical Center, City of Loveland, Loveland Chamber of Commerce, *Loveland Reporter-Herald* and Larimer County Medical Society. Visitors could receive free screenings for oral cancer, skin cancer, body mass index, peripheral arterial disease, glaucoma, hearing, asthma, veins, bone density and more.

In addition, blood draws were available prior to the event for a small fee and physicians were available during the fair to answer questions about the results.

McKee donated 2,000 staff hours and 1,000 volunteer hours to the fair, providing a forum for community members to connect with health care professionals in their community.



Healthy Beginnings client **Brittany McIntosh** (left) checks her weight while meeting with program manager **Ronni Orlowski**.

Healthy Beginnings

The Healthy Beginnings Prenatal Program sponsored by McKee Medical Center provides support to uninsured and underinsured pregnant women and their families. The goal is to help each woman give birth to a healthy baby and for each baby to go home to as healthy and stable an environment as possible.

Healthy Beginnings assists participants with finding financial resources for prenatal and delivery costs, and accessing prenatal care as early as possible. The program also helps participants locate resources for personal and family needs, including housing and food, in addition to providing education and support during pregnancy, childbirth and two-to-three months postpartum.

In 2010, Healthy Beginnings provided services to 371 women. A total of 233 babies were delivered to mothers enrolled in the program.



Wellness Manager **Roxane Smith** and Wellness nurse **Peggy Johnson** were busy during the **2010 Loveland Community Health Fair**.

NCMC

Making a Difference in Our Community

North Colorado Medical Center (NCMC), a Banner Health facility, is a fully accredited, private, not-for-profit organization serving as a regional medical center with community-based and specialty services available to Northern Colorado and the surrounding multi-state area. Over its 107-year history, NCMC has grown to become one of the largest service providers in the region.

In addition to a variety of recognitions for quality health care given by independent rating agencies, NCMC and its 2,200 employees are recognized for their commitment to and involvement in the communities we serve. We support and champion a variety of events and programs that improve the quality of life for all our residents.

In 2010, we donated thousands of dollars to a variety of organizations and events. We provided millions of dollars in charity care.

We are proud of our community involvement and making a difference in our community. We're excited to share just a few examples of our community partnerships.

Banner Health and NCMC Create Distinguished Professorship at UNC

Banner Health and NCMC, longtime supporters of the University of Northern Colorado (UNC), created a distinguished professorship in nursing. A \$170,000 gift established an endowment for a faculty member in the School of Nursing. Banner Health and NCMC intend for the endowment to grow to \$500,000 over the next five years.

"Educating and preparing nurses to ensure an adequate workforce is important now and will be even more critical in the years to come," says Rick Sutton, CEO of NCMC. "We are pleased to partner with UNC to assist in expanding their capabilities through this distinguished professorship."

The endowment allows the school to recruit and retain top-notch faculty amid a critical shortage of nursing faculty. The faculty resources help UNC expand nursing programs.

NCMC Supports Weld Food Bank

Approximately 40 departments and hundreds of NCMC employees participated in an NCMC Food and Funds Drive to support the Weld Food Bank and their "Fill the Backpack Program." More than 5,300 (or 3,080 pounds) of food items were donated during the drive. An additional \$2,700 was collected which represented funds that were equivalent to feed 36 children on weekends for an entire year!



Partnerships and Participation

NCMC is proud to provide these examples of our participation and partnerships in community organizations, programs and events:

- American Cancer Society – Cattle Baron's Ball
- American Cancer Society – Relay for Life
- Bike to Work Day
- City of Greeley Arts Picnic
- Colorado Dance Theater: "Nutcracker" Performance
- Evans Chamber of Commerce
- EvansFest
- Greeley Chamber of Commerce
- Greeley Chamber of Commerce – Better Schools, Better Communities
- Greeley Children's Chorale
- Greeley Chorale
- Greeley Philharmonic Orchestra "Poinsettia Pops" Concert
- Greeley Stampede – Tough Enough to Wear Pink Rodeo
- Greeley Triathlon
- 50+ Health Fair
- Home and Garden Show
- Open Trail Bike Park Project
- Northern Colorado Business Report Business Expo
- Northern Colorado Honor Flight Guardian Program
- Sunrise Community Health/Monfort Clinic
- United Way of Weld County
- University of Northern Colorado Athletic Program
- University of Northern Colorado School of Nursing
- Weld County Food Bank
- Windsor Business Expo
- Windsor Chamber of Commerce

Classes and Events

CHILDBIRTH CLASSES

Adopt-A-Mom, A First Steps Initiative

NCMC

Promotes healthy pregnancies.

When: April
Call: (970) 395-2687 to register

Breast-Feeding Classes

MMC

When: April 20, June 1, 6:30-9 p.m.
Cost: \$20/couple
Call: (970) 669-9355 to register

Breast-Feeding Support Group

MMC

When: Mondays, Wednesdays and Fridays (except holidays), 10-11 a.m.
Cost: FREE. No need to register
Call: (970) 669-9355

Bright Beginnings for Infants

MMC

Bright Beginnings is designed to celebrate the birth of new babies and provide families with health, safety, development, play and community resource information.

Where: Family Birth Center Conference Room, 3rd Floor
When: April 18, May 16, June 20, 11:15 a.m.-12:15 p.m.
Cost: FREE
Call: (970) 495-7528 to register

Childbirth with Confidence

MMC

When: Mondays, March 28-April 25, May 16-June 20 (no class on Memorial Day), 7-9 p.m.
Wednesdays, March 30-April 13, May 4-May 18, June 8-June 22, 6-9 p.m.
Saturday all-day classes, April 16, May 21, June 18, 9 a.m.-4 p.m.
Cost: \$65/couple
Call: (970) 669-9355 to register

Childbirth with Confidence – Spanish Class

MMC

When: April 14, June 16, 1-3 p.m.
Call: Marian or Myrna, (970) 667-6241 for cost and information

Family Life Education and Online Childbirth Education

NCMC

NCMC Family Life Education classes are designed to provide support during your birth and parenting experiences. NCMC offers all the classes listed above and more. Classes for moms, dads and siblings are taught by skilled nurses and certified instructors. We also offer online childbirth education. Online learning is especially helpful for moms on bed rest,

couples whose schedules don't allow for class attendance, or for those who have taken a childbirth class and desire a refresher. To see a preview or obtain information on all classes, please call (970) 378-4044 or visit www.BannerHealth.com/NCMCFamilyLifeEdu.

Sibling Preparation Classes

MMC

When: March 26, May 14, 9-10:30 a.m.
Cost: \$15/family
Call: (970) 669-9355 to register

COOKING CLASSES

It's All About Technique! Chef Peter Sisneros and Mary Branom, R.D.

NCMC

Where: NCMC Cardiac Kitchen
When: April 13, 6-7:15 p.m.
Cost: \$10
Call: (970) 350-6633 to register

Toddler Nutrition with Danielle Lynch, R.D.

NCMC

Where: NCMC Cardiac Kitchen
When: April 18, 5:30-6:45 p.m.
Cost: \$10
Call: (970) 350-6633 to register

Meal Planning and Quick Cooking Tips with Mary Branom, R.D.

NCMC

Where: NCMC Cardiac Kitchen
When: May 11, 6-7:15 p.m.
Cost: \$10
Call: (970) 350-6633 to register

More New Ways to Cook Fish

MMC

Where: McKee Education Office, 1825 E. 18th St.
When: May 17, 5-6:15 p.m.
Cost: \$15
Call: (970) 669-9355 to register

Kids Cooking Class with Danielle Lynch, R.D.

NCMC

(Recommended age for this class is 5-10 years old.)
Where: NCMC Cardiac Kitchen
When: June 6, 5:30-6:45 p.m.
Cost: \$10
Call: (970) 350-6633 to register

Kids Can Cook

MMC

(Recommended age for this class is 9-15 years old.)

Where: McKee Education Office, 1825 E. 18th St.
When: June 15, 4-5:15 p.m.
Cost: \$15
Call: (970) 669-9355 to register



DISEASE MANAGEMENT

Asthma Education

MMC

This four-session multidisciplinary educational series helps people manage asthma.

Where: McKee Conference and Wellness Center
When: Mondays, 6-7:30 p.m. Four-week session begins April 4
Cost: FREE
Call: (970) 635-4138 to register

COPD (Chronic Obstructive Pulmonary Disease)

MMC

This seven-session multidisciplinary education series helps with the management of COPD. The team reviews the respiratory system, how it works, what has gone wrong and how you can conserve energy and decrease shortness of breath.

Where: McKee Conference and Wellness Center
When: Tuesdays 1-3 p.m. Upcoming sessions begin April 12, May 31
Cost: FREE
Call: (970) 635-4138 to register

Total Joint Education

MMC

Physical therapists and occupational therapists prepare patients for surgery. This program is coordinated through your physician's office as part of the surgery scheduling process.

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Classes and Events

DISEASE MANAGEMENT

... continued from previous page

Where: McKee Conference and Wellness Center
When: Thursdays, 3 p.m.
Cost: FREE
Call: (970) 635-4172 to register

Tricks and Tools for Better Breathing

NCMC

This series of classes is taught by Pulmonary Rehab staff at NCMC. Sessions provide updates, information and proven techniques to help you breathe better.

Where: NCMC Cardiopulmonary Kitchen – first floor off of east parking lot.
When: Fridays, June 3, 10, 17, 24, 10-11 a.m.
Cost: All four sessions \$40. Classes can be purchased individually, \$10 per class. The book “Living Well with Chronic Lung Disease” is available for \$5.
Call: (970) 350-6924 to register

SUPPORT

Breast Cancer Support Group

MMC

Where: McKee Cancer Center Lobby
When: Second Thursday of the month, 5:30-7 p.m.
Call: (970) 622-1961

Caregiver Cancer Support Group

MMC

Where: Call for locations
When: Every other Thursday, 11:30 a.m.-1 p.m., March 31, April 7 and 21, May 5 and 19, June 2, 16 and 30
Call: (970) 635-4129

Caregivers Support

MMC

For caregivers of elderly adults. The group focuses on providing support and education about community resources and behavior issues, particularly for people with Alzheimer’s and memory impairment.
Where: First Christian Church, 2000 N. Lincoln Ave., Loveland
When: Third Thursday of the month, 1:30-3:30 p.m.
Cost: FREE. Care of elderly adult family members or friends is available through Stepping Stones Adult Day Care program during meeting times at no charge.
Call: (970) 669-7069

General Cancer Support

MMC

Where: McKee Cancer Center lobby
When: Tuesdays, 5:30-7 p.m.
Call: (970) 635-4129

ICD Education and Support Group

NCMC

Learn about implanted cardioversion defibrillators (ICDs) and related cardiac topics. Get your questions answered and meet others who have an ICD. Refreshments will be provided.
Where: NCMC CVI Classroom third floor
When: April 26, 5 p.m.
Cost: FREE
Call: (970) 350-6204

Man-to-Man: Prostate Cancer Support Group

MMC

Where: McKee Conference and Wellness Center
When: Fourth Thursday of the month, 5:30-7 p.m.
Call: (970) 622-1961

Sleep Apnea Support Group

NCMC

Where: NCMC Auditorium A and B
When: Third Friday of the month, 3-5 p.m.
Cost: FREE
Call: (970) 392-2026

Soulplay Art Therapy

MMC

People whose lives are touched by cancer experience the benefits of expressing themselves through art. No art experience needed.
Where: McKee Cancer Center Conference Room
When: Wednesdays, 1:30-3:30 p.m.
Call: (970) 635-4129

WELLNESS CLASSES/SCREENINGS

Adult Fitness

NCMC

Join an exercise program supervised by health professionals and choose from four class times that are convenient for you. No contracts are required.
Where: NCMC Cardiac Rehabilitation
When: Class times vary
Cost: \$45 per month/person or \$80/couple
Call: (970) 350-6204 to register

Blood Pressure Screening

MMC

Have your blood pressure checked by a Wellness Specialist.
Where: McKee Wellness Services, 1805 E. 18th St. Suite 6, Loveland
When: Monday through Thursday, 8 a.m.-4:30 p.m.
Cost: FREE
Call: (970) 669-9355

Body Check ... What You Need to Know Head to Toe

NCMC

This head-to-toe health assessment gives you the tools to put your health first by receiving a comprehensive set of preventive health screenings. All results are sent to your personal physician and to you.
Where: Summit View Medical Commons, 2001 70th Ave., Greeley
When: First and third Tuesdays, 7-10 a.m.
Cost: \$175 Payment is due at time of service. No insurance billing available.
Call: (970) 350-6070 for appointment

Body Shoppe

NCMC

Get in shape and improve your daily health habits by joining Body Shoppe, a 12-week lifestyle change program that includes stress testing, lipid testing, flexibility and body fat measurement, an exercise prescription, exercise and eight evening education classes.
Where: NCMC Cardiac Rehabilitation
When: June 1-10 (Fitness testing by appointment)
 Classes June 14-Sept. 12
Cost: \$299/person or \$500/couple
Call: (970) 350-6204

Cardiac Education Classes

NCMC

Learn about your heart, risk factors to heart disease, and the benefits of exercise, healthy eating, stress management and more! Topics include:
April 13-14 – How Your Heart Works
April 27-28 – Eating for a Healthy Heart
May 11-12 – The Exercise Prescription
June 8-9 – Keep Your Heart Healthy
June 22-23 – Managing Stress and Change
July 5-6 – What’s For Dinner?
Where: NCMC Cardiac Rehabilitation
When: Wednesdays, 8:30 and 10:30 a.m., Thursdays, 3:30 and 5:30 p.m.
Cost: FREE
Call: (970) 350-6204 to register

CPR for Health Care Providers (Initial)

MMC

This class is designed for licensed and nonlicensed health care providers. Topics covered include: cardiopulmonary resuscitation, airway obstruction and rescue breathing for adult, children and infants. The certification is valid for two years.

NCMC

MCKEE MEDICAL CENTER

Where: McKee Conference and Wellness Center

When: May 14, 8 a.m.-noon

Cost: \$50 includes cost of book. Registration and payment due prior to class. Recertification available as well.

Call: (970) 669-9355 to register

NORTH COLORADO MEDICAL CENTER

Where: Longs Room, on the second floor, unless otherwise noted

When: May 2, 5-8 p.m.

Cost: \$55. Registration and payment due prior to class.

Call: (970) 350-6633 to register

CPR for Health Care Providers (Recertification)

NCMC

This class is designed for licensed and nonlicensed health care providers who need to recertify through the American Heart Association. The certification is valid for two years. You must have a current American Heart Association card to register for this class – expiring no later than the month the class is held.

Where: Longs Room, on the second floor, unless otherwise noted

When: May 13, 2-4 p.m.

Cost: \$50 includes cost of book. Registration and payment due prior to class.

Call: (970) 350-6633 to register

CT Heart Score

MMC

CT Heart Score provides a noninvasive test that accurately measures the amount of calcified plaque in the arteries. The Heart Score program includes a 10-minute consultation with a wellness specialist, focusing on cardiac risk factor education, identification of nonmodifiable and modifiable risks and lifestyle behavior change options. No insurance billing is available.

NCMC

MCKEE MEDICAL CENTER

When: Monday-Thursday, 2 p.m. and 3 p.m.

Cost: \$199 due at time of service.

Call: (970) 593-6191 for appointment

NORTH COLORADO MEDICAL CENTER

When: Monday-Friday, 1 p.m. and 2 p.m.

Cost: \$199 due at time of service.

Call: (970) 350-6070 for appointment

Free PAD Screening

NCMC

Find out if you are at risk for peripheral arterial disease (PAD). Cardiology specialists will ask several questions related to PAD. If you are found to be at risk of PAD, you will be scheduled for a free ABI (ankle brachial index) screening.

Where: Cardiology Clinic of the CardioVascular Institute of North Colorado

When: By appointment only

Cost: FREE

Call: (970) 351-8020

Heartsaver CPR with AED

MMC

The class is taught by American Heart Association certified health care professionals and covers adult and infant/child CPR, obstructed airway, the Heimlich maneuver, the use of a barrier device and AED hands-on training. Upon completion of the course participants will receive a Heartsaver course completion card. The certification is valid for two years.

NCMC

MCKEE MEDICAL CENTER

Where: McKee Conference and Wellness Center

When: June 14, 6-10 p.m.

Cost: \$42 (includes required book)

Call: (970) 669-9355 to register

NORTH COLORADO MEDICAL CENTER

Where: Class is contracted with City of Greeley Leisure Services and is at Greeley Family Fun Plex – 1501 65th Ave., Greeley

When: April 14, May 12, 6:45-9:15 p.m.

Cost: Varies. Save \$5 if class is taken in conjunction with Heartsaver First Aid

Call: (970) 350-9400 to register

Skills Check for Heartsaver CPR or Health Care Provider CPR

MMC

Renew your Heartsaver CPR with AED card by completing an online CPR module (www.onlineaha.org) which includes watching a video, reviewing content and taking an exam. When the online module is complete and a course completion certificate is printed, call wellness services to schedule a 30-minute skills check. Please bring a copy of the course completion certificate and a copy of your current CPR card at the time of skills check session.

NCMC

When: Skills check session by appointment only

Cost: \$40 for Heartsaver CPR with AED/\$50 for CPR for Health Care Providers. Includes skills check. Separate fee for online course, payable online.

Call: (970) 669-9355 for McKee
(970) 350-6633 for NCMC

Heartsaver First Aid

NCMC

Taught by the American Heart Association certified health care professionals, this First Aid class provides participants with an understanding of first aid basics, medical emergencies, injury emergencies and environmental emergencies. Upon completion of the course, participants receive a Heartsaver First Aid course completion card. Certification is valid for two years.

Where: This is a contract class with the City of Greeley Leisure Services. Held at the Greeley Family Fun Plex – 1501 65th Ave., Greeley

When: April 14, May 12, 4:15-6:15 p.m.

Cost: Save \$5 if taken in conjunction with Heartsaver CPR with AED.

Call: (970) 350-9400 to register

Metabolism Screening

MMC

A 30-minute metabolism screening includes a MedGem[®] indirect calorimeter measurement (10-15 minute procedure). The screening includes a 10-15 minute consultation with a registered dietitian. Fasting required.

Where: McKee Wellness Services, 1805 E. 18th St. Suite 6, Loveland

When: By appointment only. May 18, June 15, 7-9 a.m.

Cost: \$45

Call: (970) 669-9355 to register

Open Lab

Wellness services offers low-cost blood screenings open to community members; some immunizations are also available upon request and availability. Please fast 12 hours prior to blood draw. Payment is due at time of service. Insurance billing is not available.

MMC

NCMC

MCKEE MEDICAL CENTER

Where: McKee Wellness Services, 1805 E. 18th St. Suite 6, Loveland

When: By appointment only. April 12, May 3, May 17, June 7, June 21, 7-9 a.m.

Cost: Varies

Call: (970) 669-9355

NORTH COLORADO MEDICAL CENTER

Where: NCMC Union Colony Room, Area C on the ground floor, entrance 6

When: April 13, April 27, May 11, May 25, June 8, June 22, 7-8:45 a.m.

Cost: Varies

Call: (970) 350-6633 at least 24 hours in advance. Walk-ins welcome.

continued on next page ...

Classes and Events

WELLNESS CLASSES/SCREENINGS

... continued from previous page

Osteoporosis Bone Density Screening

MMC

Osteoporosis is a disease that causes your bones to gradually weaken and become fragile. With the help of low-cost ultrasound screenings of the heel, we are able to determine if you are at risk for development of osteoporosis.

Where: McKee Wellness Services, 1805 E. 18th St. Suite 6, Loveland

When: By appointment only. May 19, June 16, 11 a.m.-3 p.m.

Cost: \$25
Call: (970) 669-9355

PVD Screening (Peripheral Vascular Disease)

NCMC

The PVD screening program offers the education and prevention proven to be the best tools for fighting vascular disease and stroke.

Where: Summit View Medical Commons
When: First and third Tuesday of the month, 1 p.m.-3 p.m.

Cost: \$100
No insurance billing is available.
Call: (970) 350-6070 for appointments

Safe Sitter

MMC

Safe Sitter is a one-day, five-hour class designed for 11- to 13-year-olds.

Participants learn care of the choking infant and child, babysitting as a business, child care essentials, safety for the sitter, preventing injuries and injury and behavior management.

NCMC

MCKEE MEDICAL CENTER

Where: McKee Conference and Wellness Center

When: June 8, 9 a.m.-2 p.m.

Cost: \$45
Call: (970) 669-9355 to register

NORTH COLORADO MEDICAL CENTER

Where: This is a contract class with the City of Greeley Leisure Services. Held at the Family Fun Plex – 1501 65th Ave., Greeley

When: April 6, May 26, 9 a.m.-2 p.m.

Call: (970) 350-9400 to register

Where: Windsor Recreation Center, 650 11th St., Windsor

When: April 4, 9 a.m.-2 p.m.
Call: (970) 674-3500 to register

Wellness Consultation

MMC

Our wellness specialists can meet with you in a one-on-one 30-minute session using problem solving and goal setting to help you establish an individualized plan to improve your health in a variety of areas ranging from weight loss, physical activity, healthy eating, stress management and sleep.

Where: McKee Wellness Services, 1805 E. 18th St. Suite 6, Loveland

When: By appointment only

Cost: \$35
Call: (970) 669-9355

YOGA CLASSES

Practice yoga in a nurturing environment with focus on individual needs, lots of encouragement and patience.

MCKEE MEDICAL CENTER

Instructor: Wendy Pryor, certified yoga instructor

Seasoned Yoga for Friends 55+

MMC

Where: McKee Conference and Wellness Center

When: Mondays, March 28-June 20, 9-10 a.m.

Cost: \$24 (discount for Seasons Club members available)

Call: (970) 635-4097 or (970) 635-4054 to register

Yoga Support Group

MMC

For anyone touched by cancer. Thirty minutes of gentle yoga and breathing and 30 minutes of holistic therapy education.

Where: TBD

When: First and third Thursday each month, 5:30-6:30 p.m.

Cost: FREE
Call: (970) 635-4054 to register

NORTH COLORADO MEDICAL CENTER

Instructor: Robin Briggs, Yoga Alliance Certified

Restorative Yoga

NCMC

A gentle yoga, recommended for those recovering from surgery or chronic illness. We use chairs and mats only and focus on gentle movements. Students with any level of physical ability are welcome.

Where: NCMC, Auditorium A & B (Ground Floor, Area C)

When: Mondays, March 7-April 11; May 2-June 13, 5:15-6:15 p.m.

Cost: \$40 for six weeks
Call: (970) 350-6633 to register

Yoga Basics

NCMC

Yoga Basics is an introduction to the foundational poses in a beginning Yoga practice. For students of most physical abilities.

Where: NCMC, Auditorium A & B (Ground Floor, Area C)

When: Mondays, May 2-June 13, 4-5 p.m.; Wednesdays, May 4-June 8, 6:15-7:15 p.m.

Cost: \$40 for six weeks
Call: (970) 350-6633 to register

Yoga Flow

NCMC

Join us in exploring the strength, cardiovascular stamina and freedom of flexibility offered through the practice of yoga flow. For students of all levels.

Where: NCMC, Auditorium A & B (Ground Floor, Area C)

When: Wednesdays, May 4-June 8, 5-6 p.m., Saturdays, May 7-June 18, 8-9 a.m.

Cost: \$40 for six weeks
Call: (970) 350-6633 to register

SPECIAL EVENTS

Loveland Community Health Fair

MMC

The Loveland Community Health Fair offers FREE and low-cost screenings, educational booths, health counseling and more.

Where: McKee Medical Center

When: April 23, 8 a.m.-1 p.m.

Cost: Varies
Call: (970) 669-9355 or visit www.BannerHealth.com/lovelandhealthfair

NCMC Foundation Golf Tournament

NCMC

Where: Greeley Country Club

When: Monday, June 13, tee times at 8 a.m. and 1:30 p.m.

Call: (970) 395-2687 or register online at www.ncmcfoundation.org

Spirit of Women

NCMC

Spirit of Women provides exceptional health information for women in all stages of life. We host innovative events featuring timely health education topics for women and Spirit Business Partners. For health education, newsletters and podcasts, visit www.BannerHealth.com/NCMCspirit, follow us on Facebook at Spirit of Women of North Colorado or call (970) 392-2222.

Ask the **Expert**

Q I've been diagnosed with diabetes and want to take more of an active role in managing my disease. What resources are available and how might this information help me?

A Self-management education is an essential component of diabetes treatment. One area of compliance with the National Standards is greater consistency in the quality and quantity of education offered. Participants will be taught, as needed, self-care skills that will promote better self-management of their diabetes treatment regimen.

Topics include: diabetes, nutrition, physical activity, medications, monitoring, prevention, detection and treatment of acute and chronic complications, goal setting/problem solving, psychological adjustments, preconception care and management during pregnancy.

Assuring high-quality education for self-care is one of the primary goals of the Education Recognition program. Through the support of the health care team and increased knowledge and awareness of diabetes, the participants can assume a major part of the responsibility for their diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education.



Diabetes Programs Available

Diabetes Education Updates at North Colorado Medical Center (NCMC) is offered the second Tuesday of each month from 7 to 8 p.m. It is a free community resource providing information and support to people with diabetes and others who are interested.

The Living Well with Diabetes self-management education program at NCMC has been awarded continued Recognition from the American Diabetes Association for the next four years. The program was originally recognized in 1996 and offers high-quality education services to participants. Living Well with Diabetes offers monthly classes and one-on-one appointments during business hours. A referral is needed from your physician and sessions may be covered by insurance.

The American Diabetes Association Education Recognition is a voluntary process which assures that approved education programs have met the National Standards for Diabetes Self-Management Education Programs. The staff consists of knowledgeable health professionals who can provide state-of-the-art information about diabetes management.

For more information, please contact **970-392-2344**.

Teri Sieg, R.D., is a certified diabetes educator.

Diabetes Self-Management Program

Become a better manager of your diabetes. Topics covered include: preventing low blood sugar, delaying complications, reading nutrition labels and more.

MCKEE MEDICAL CENTER

Where: McKee Conference and Wellness Center

When: May 19, 7-8:30 p.m.

Cost: FREE, no registration needed

Call: (970) 203-6550 for more information and topics

NORTH COLORADO MEDICAL CENTER

Where: NCMC Colonial Room

When: Tuesdays, April 12-May 17, 9-11:30 a.m.

Cost: FREE

Call: (970) 346-6950, ext. 6117 to register



Ask the **Expert**

Q *What is ultra filtration and what benefit is it to patients who have heart failure?*



Missy Jensen, Family N.P.

A Ultra filtration is a technique used to withdraw excess sodium and water from a person's blood. Aquadex™ is a new machine recently put into use at North Colorado Medical Center (NCMC) to provide this technique at the patient's bedside.

People admitted to the hospital with worsening heart failure typically experience shortness of breath and swelling. In a person diagnosed with heart failure, the heart does not pump well and fluid may accumulate. The excess fluid is due to a combination of water and sodium (salt) retention. If fluid builds in the lungs, the patient might become short-of-breath and feel as if he or she is drowning. Fluid can also build in the abdomen and legs causing significant swelling.

The average hospital stay for heart failure patients is six to eight days. Physicians need to treat the fluid retention, determine why the patient retained fluid and address other conditions that the treatment might cause. The most common treatment uses medications that increase urination and eliminates the fluid. In some patients, these medications can be hard on the kidneys.

Patients who don't respond to medication well can now be treated with ultra filtration.

In this procedure, the Aquadex™ device withdraws blood through an IV, runs the blood through a system that filters out excess water and sodium, and infuses the blood back into the patient. The process is somewhat similar to kidney dialysis, but it only removes water and sodium.

The duration of the treatment depends on how much fluid needs to be removed. Ultra filtration, has been shown to work faster than standard care (medications) in several scientific studies.

In standard care for fluid retention, approximately one liter of water and one gram of salt can be removed in 24 hours. Ultra filtration can remove about six liters of water and 12 grams of salt in a 24-hour period.

The hope is that by removing the excess fluid more efficiently and effectively, patients will stabilize faster. This means a shorter hospital stay. After hospitalization, with close follow-up care, heart failure patients may have better outcomes and be less likely to need readmission to the hospital.

The experts at the CardioVascular Institute of North Colorado at NCMC introduced the use of ultra filtration for heart failure patients earlier this year. NCMC is the only hospital in Northern Colorado and one of only three in the state using this new technology.

Missy Jensen is a certified family nurse practitioner with the CardioVascular Institute of North Colorado.

NCMC's **Oncology Team** Expanded

In 2010, Banner Health and North Colorado Medical Center welcomed four new providers to our cancer team.



Sue C. Tobin, D.O.

Sue C. Tobin, D.O., is a board-certified oncologist with a background in pharmacy.

Dr. Tobin received her doctor of osteopathy from Michigan State University where she also served internships and fellowships in internal medicine and oncology. She received her bachelor's degree in pharmacy and has worked as a pharmacist.

Prior to her work at NCMC, Dr. Tobin practiced with Mercy Community Physicians, a part of the Battle Creek Health System in Battle Creek, Mich. She has also practiced with Medical Oncology Associates and Breslin Cancer Center

at Ingham Regional Medical Center, both in Lansing, Mich.

Dr. Tobin served as assistant professor of internal medicine at Michigan State University, College of Osteopathic Medicine.

To make an appointment with Dr. Tobin, please call **(970) 378-3894**.



Elizabeth Ceilley, M.D.

Elizabeth Ceilley, M.D., earned a medical degree from the University of Iowa Medical School and completed her residency in radiation oncology at the prestigious Massachusetts General Hospital at Harvard Medical School. She is board-certified by the American Board of Radiology-Radiation Oncology.

Dr. Ceilley has 13 years of clinical experience and has published numerous articles on breast and skin cancer. She is also a trained radiosurgeon, delivers Cyberknife treatment, and has extensive experience with breast and gynecological radiation implants.

Dr. Ceilley sees patients at the Cancer Institute at NCMC, the David Walsh Cancer Center at Sterling Regional MedCenter and the Cancer Center at McKee Medical Center in Loveland.

To make an appointment with Dr. Ceilley, please call **(970) 352-4121**.



Brian Fuller, M.D.

Brian Fuller, M.D., comes to Northern Colorado from Charlottesville, Va., where he served as the assistant professor in the department of biochemistry and molecular genetics at the University of Virginia and the director of stereotactic radiation services at Martha Jefferson Hospital. He also has served as a senior investigator and special volunteer in the radiation oncology branch of the National Cancer Institute.

Dr. Fuller earned his medical degree from the University of California Los Angeles School of Medicine and served an internship in surgery at the Harbor/UCLA Medical Center. He completed a residency in radiation oncology and a fellowship in stereotactic radiosurgery/radiobiology at Stanford University.

Dr. Fuller sees patients at the Cancer Institute at NCMC, the David Walsh Cancer Center at Sterling Regional MedCenter and the Cancer Center at McKee Medical Center in Loveland.

To make an appointment with Dr. Fuller, please call **(970) 352-4121**.



Sheryl Ehrman, MSN, NP-BC

Sheryl Ehrman, MSN, NP-BC, is a nurse practitioner for radiation oncology. She has been a nurse for 31 years and received her master's degree in nursing from the University of Northern Colorado.

Sheryl grew up in Nebraska, but has lived in Greeley since 1982. She is married and has two children.

Sheryl is a colon-cancer survivor, so she has a very special place in her heart for cancer patients. She was a 2008 Northern Colorado finalist for the Nightingale Nursing award.

To make an appointment with Sheryl Ehrman, call **(970) 352-4121**.

IS MINIMALLY INVASIVE SURGERY RIGHT FOR YOU?

Minimally invasive surgery is changing the way surgery is done. Offering patients significant benefits, such as quicker recovery and less pain, minimally invasive surgery is rapidly becoming the popular choice for a wide variety of surgical procedures.

How It Works

“Minimally invasive surgery, also known as laparoscopic or endoscopic surgery, differs from open surgery primarily based on the size of the incision,” says Michael A. Harkabus, M.D., board-certified general surgeon with Banner Surgical Associates of Greeley. “Incisions of 5 to 8 inches or longer are common with open surgery. With a laparoscopic procedure, fewer incisions are required and each may be only a half-inch or less in length.”

A scope, which includes a flexible tube combined with a camera and a light, is inserted into one of the incisions by the surgeon. High-definition images are then sent to a screen, which the surgeon watches while performing the surgery using a tool or tools inserted through one or more of the incisions.

When Minimally Invasive Surgery Is a Good Option

“Gallbladder removals, hernia-repair, colon resections, appendectomies and anti-reflux surgery are among the most commonly performed minimally invasive procedures today,” Dr. Harkabus says. “We are also seeing more and more orthopedic (scoping of joints), gynecological and urological laparoscopic surgeries.”

However, not all surgeries can be performed using minimally invasive techniques, cautions Dr. Harkabus. “Major cancer, heart or other surgeries often require a more open surgical field. In addition, not every patient is a good candidate for a laparoscopic procedure possibly due to his or her overall health or physical condition,” Dr. Harkabus shares.

Helping You Recover Faster

When laparoscopic surgery is determined to be a good option, it has the potential to offer patients many benefits over open surgery:

- **Significantly less pain** – smaller incisions typically mean less post-operative pain.
- **Less blood loss** – tiny incisions usually result in less blood loss than expected with open surgery.
- **Fewer complications** – smaller wounds are generally at less risk for infection.
- **Less scarring** – a consideration for many patients.
- **A shorter hospital stay** – most patients prefer to recover in the privacy of their own homes.
- **Faster return to normal daily activities** – small incisions heal faster than large ones.

“Open surgical procedures typically need a five- to seven-day hospital stay and about four to six weeks of recovery,” Dr. Harkabus says. “But many laparoscopic procedures can cut recovery time in half – as little as two weeks or less to return to work – and require only a couple days in the hospital. Some procedures can even be done on an outpatient basis.”

More Options for More Patients

The list of minimally invasive procedures offered at North Colorado Medical Center (NCMC) is growing, making more complex surgeries less challenging. “We’re excited about the numerous applications for laparoscopic surgeries,” Dr. Harkabus says. “More patients will be able to have the surgery they need and then heal faster with less time off work.”

NCMC offers minimally invasive surgical options in the following specialties:

- Bariatric
- Cardiovascular
- Colorectal
- Gastroenterology
- General Surgery
- Gynecology
- Otorhinolaryngology
- Orthopedics
- Urology

If you are anticipating surgery, your primary care physician can refer you to Banner Surgical Associates of Greeley. One of our experienced surgeons will discuss your options with you and help determine whether minimally invasive surgery is the right option for you.

Meet Our Providers on back page...

Robotic Surgery

The da Vinci® Surgical System

North Colorado Medical Center (NCMC) has taken the next step toward providing a broader spectrum of minimally invasive surgical options with the da Vinci Surgical System. This FDA-approved robotic- and computer-assisted surgical system allows physicians to perform minimally invasive surgeries with greater precision, range of motion and control with the use of robotic arms.

“da Vinci allows surgeons to go beyond the limitations of human hands and eyes to get the best results for patients,” says Michael A. Harkabus, M.D., general surgeon. “It’s like having miniaturized hands, working on a very specific area. It also allows the surgeon to see with 3-D, high-definition vision, improving depth perception.”



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To learn more about da Vinci surgeries performed at NCMC, visit www.BannerHealth.com keyword: NCMC or call (970) 352-8216.

Q&A

WHAT IS A Hospitalist?

Q *My mother has been hospitalized for several days. While in the hospital, she is being cared for by the hospitalists instead of her primary care physician. What is a hospitalist and how does this affect my mother's care?*

A Hospitalists are medical practitioners whose primary focus is caring for patients in a hospital setting. They complete medical school and usually specialize in internal medicine, family practice or pediatrics. These specialists provide a high level of one-on-one care during a patient's hospital stay and are easily accessible to the hospital staff, patients and family members. Hospitalists help provide a close link between patients and their doctors by providing information and involvement in the patient's treatment while in the hospital.

Q *Why is a hospitalist caring for my mother?*

A At North Colorado Medical Center (NCMC) we believe that hospitalists help provide a higher level of personalized care for hospitalized patients. Physicians need to balance time between the office and the hospital. A hospitalist's sole focus is to care for hospitalized patients. Therefore, closer attention can be given to the patient's needs and any change in condition in a more timely manner while the patient is in the hospital.

Having a hospitalist care for your mother while in the hospital enables him or her to provide better care with fewer interruptions for office patients, including your mother after she leaves the hospital. Your mother's doctor maintains close contact with the hospitalist to ensure direct involvement with her care while in the hospital.



Q *Will my mother have just one hospitalist?*

A Hospitalists are a group of physicians who provide patient care 24 hours a day, seven days a week. Because no one person can do this alone, our hospitalists work as a team. Depending on the length of your mother's stay, she may work with just one of our team, or with all of our physicians.

Q *Will this improve hospital care?*

A Research supports the belief that hospitalist programs can improve the efficiency of hospital care, from shorter lengths of stay to decreased mortality rates. We feel that the care of our patients is improved due to:

- Continuous on-site availability of a hospitalist to care for patients immediately if there is an emergency or change in condition.
- Regular visits from our hospitalists to assess a patient's condition and progress.
- Close communication between the hospitalists and each patient's primary care physician.
- A discharge plan prepared by the hospitalists that outlines further treatment needs, follow-up care, medication and other information to help patients confidently return to their physician's care after leaving the hospital.

Your Hospitalist Team at NCMC

- Steve Loecke, M.D., Program Director
- Richard Campbell, D.O.
- Tesfaye Demeke, M.D.
- Judd Dawson, M.D.
- Barbara Emerson, M.D.
- Greg Finnoff, D.O.
- Deborah Hastings, M.D.
- Isaac Hotz, M.D.
- Wayne Jeffers, M.D.
- Marcus Reinhardt, M.D.
- Marsha Tallman, M.D.
- Justin Walker, M.D.
- Daniel Ward, D.O.
- Shu Zhang, M.D.
- Sharon Bailey, DNP, ARNP
- Tina Brower, NP-C
- Danielle Dial, ACNP
- Tanya Laudick, NP-C
- Tenley Roeder, ACNP
- Edward Marino, PA-C

This newsletter is a quarterly publication of North Colorado Medical Center, a Banner Health facility. For more information, visit us online at www.BannerHealth.com, keyword: NCMC

Rick Sutton, CEO

Gene Haffner, Public Relations Director

Sara Quale, Editor

Lisa Bohlmann, Contributing Writer

Missy Lucas, Contributing Writer



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Banner Health

Where Experts Work Best.

North Colorado Medical Center*



1801 16th St.
Greeley, CO 80631
(970) 352-4121

See our
Spring 2011 class
listings starting
on page 7!

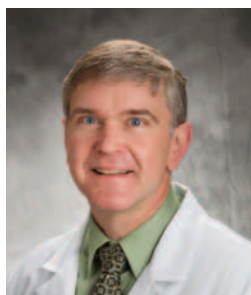
Introducing Our Experts

Banner Surgical Associates of Greeley

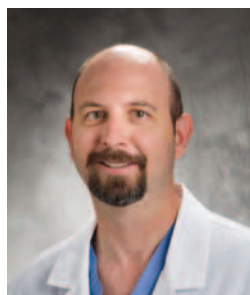
With an exceptional team of caring and experienced surgeons and support staff, Banner Surgical Associates of Greeley provides a full range of surgical services to the communities of northern Colorado. Featuring a multidisciplinary surgical and medical approach, this Banner Medical Group focuses on patients' individual needs.



Lisa K. Burton, M.D.



Michael A. Harkabus, M.D.



Jason Ogren, M.D.



Samuel L. Saltz, D.O.



Robert P. Vickerman, M.D.

MEET OUR PROVIDERS

Lisa K. Burton, M.D.

Board-certified general surgeon; **Specialty:** Breast cancer procedures

Medical school: University of Colorado

Residency: Baylor College of Medicine

Michael A. Harkabus, M.D.

Board-certified general surgeon; **Specialty:** Trauma surgery

Medical school: Indiana University School of Medicine

Internship: Letterman Army Medical Center, Presidio, Calif.

Residency: University of California East Bay Program, San Francisco, Calif.

Jason Ogren, M.D.

Board-certified general surgeon; **Specialty:** Trauma surgery

Medical school: University of Illinois at Urbana

Internship/Residency: Baylor College of Medicine

Samuel L. Saltz, D.O.

Board-eligible general surgeon; **Specialty:** Trauma surgery

Medical school: Arizona College of Osteopathic Medicine, Midwestern University, Glendale, Ariz.

Internship/Residency: Maricopa Integrated Health System, Maricopa Medical Center, Phoenix, Ariz.

Robert P. Vickerman, M.D.

Board-certified general surgeon; **Specialty:** Trauma surgery

Medical school: University of Wisconsin at Madison

Residency: University of Iowa Hospitals and Clinics, Iowa City, Iowa

Banner Surgical Associates of Greeley is conveniently located at 1800 15th Street, Suite 210, in Greeley – just east of NCMC. For more information or to schedule a consultation, please call **(970) 353-8216**.