



Verde Valley Medical Center
Northern Arizona Healthcare

Fall | 08

Wellness

THE HEALTHCARE MAGAZINE FOR VERDE VALLEY MEDICAL CENTER **TODAY**



Just What the Doctor Ordered

Joint Replacement Program
helps Dr. Marvin Colvin
live pain-free.

VVMC Grows With
the Community

A Better Breast
Biopsy

EntireCare Rehab
& Sports Medicine
Comes to Camp Verde



VVMC recently was presented a 2008 Gold Award by the American Heart Association and American Stroke Association in recognition of treating heart patients according to the most up-to-date guidelines.



Verde Valley Medical Center Welcomes New Physicians to the Medical Staff

MICHAEL A. CAMPENNI, D.O.

Urologist
Board certified by the
American Osteopathic
Board of Surgery

Medical School:
Midwestern University/Chicago College
of Osteopathic Medicine,
Downers Grove, Ill.

Internship:
University of Medicine and Dentistry of
New Jersey/Kennedy Memorial Hospital,
Stratford, N.J.

Residency:
Urology, Philadelphia College of
Osteopathic Medicine, Philadelphia;
General Surgery, Michigan State
University/Riverside Osteopathic
Hospital, Trenton, Mich.

Professional Associations:
American College of Osteopathic
Surgeons, American Osteopathic
Association, American Medical
Association; Pennsylvania Osteopathic
Medical Association

Black Hills Urology
294 W. State Route 89A, Ste. 208
Cottonwood, AZ 86326
928 649-7970

JOYCE L. RICHARDS, D.O.

Gastroenterologist
Board certified by the
American Osteopathic
Board of Internal Medicine

Medical School:
Michigan State University,
East Lansing, Mich.

Internship and Residency:
Botsford General Hospital,
Farmington Hills, Mich.

Fellowships:
Botsford General Hospital, Farmington
Hills, Mich., Royal Free Hospital,
Hamstead, London

Professional Associations:
Arizona Osteopathic Medical Association

203 S. Candy Lane, Ste. 2A
Cottonwood, AZ 86326
928 634-5700

In cooperation with our Board of Directors, Administration and Medical Staff, physicians who wish to join the VVMC Medical Staff pursue a rigorous credentialing process, and ongoing monitoring of quality initiatives. We are pleased to have such a wide range of specialties located throughout our service area. Please view our online physician director, which is updated on a regular basis with current information about the VVMC Medical Staff: www.VerdeValleyMedicalCenter.com.



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Photos courtesy of Janise Witt and Reagan Word

VVMC Grows With the Community

After almost two years of construction, Phase I of Verde Valley Medical Center's expansion project is almost complete—and the results will be a bigger, better facility to serve you. With Phase I construction drawing to a close, Phase II remodeling and renovation begins.

As the Northern Arizona population continues to grow, so do local healthcare needs. For this reason, VVMC initiated a major expansion project in November 2006. Approximately 100,000 square feet have been added to VVMC's existing 225,000 square feet, and 45,000 square feet will be remodeled and renovated. Completion of the total \$35 million project is anticipated for summer 2009.

"The initial VVMC building—originally named Marcus J. Lawrence Memorial Hospital—dates back almost 40 years," said Rick Peterson, vice president of Support Services at VVMC. "We knew it was time to make some updates to provide the best healing environment for our patients and visitors."

The VVMC expansion project consists of two phases. Phase I includes the four-story east addition and the two-story north addition. Phase II will remodel and renovate existing space in the current facility including Inpatient and Outpatient lobbies, Patient Registration, Lab draw station, Gift Shop, Cardiopulmonary Services, corridor to the new east addition, waiting areas, Medical Library, Emergency department, Surgery registration, Joint Replacement Program, Pharmacy and some ancillary services.

Updated Services for a New Decade

One part of the expansion is the change to all private rooms within the hospital. According to an article in the American Institute of Architects' *Guidelines for Design and Construction of Hospital and Health Care Facilities*, private patient rooms reduce the risk of hospital-acquired infections as well as medication errors.

Private rooms are not the only part of the expansion—the Medical Imaging department has relocated to the first floor of the East addition to allow for increased technology and capabilities.

"A state-of-the-art Imaging department is a vital part of diagnosis and treatment," said Liz Palomino, R.T., director of Medical Imaging at VVMC. "With that in mind, VVMC has gone completely digital—we have the latest computed radiography equipment and all our images are archived through a specialized Picture Archiving Communications System (PACS). Because every image captured at the hospital is now stored digitally, we quickly can transfer images to anywhere in the world, including physicians' home or clinical offices."

The relocation of the Imaging department makes room for the Emergency department to nearly double in size, allowing VVMC to meet the community's increased demand for emergency care. Additional space has been reserved for continued growth and services—ensuring that VVMC is prepared for the future.

"VVMC strives to give excellent patient care and customer service," said Palomino. "This expansion furthers these goals while providing the same VVMC professionals the community knows and trusts."

Visit www.VerdeValleyMedicalCenter.com to learn more about the expansion project.



The Verde Valley Medical Center Phase I expansion added 100,000 square feet to the existing facility.

"Through its expansion, Verde Valley Medical Center has positioned itself on the cutting edge of technology. Although this is a great benefit to the level of care, what sets us apart is the expertise of the people delivering the care."

—Rick Peterson, vice president of Support Services at VVMC



Just What the Doctor Ordered

At the age of 19, Marvin Colvin broke his leg in two places as the result of a motorcycle accident. After many years of dealing with painful complications, he decided it finally was time to do something about it. That's when he turned to the Verde Valley Medical Center Joint Replacement Program.



Thanks to knee replacement surgery, Dr. Colvin can once again enjoy activities such as dancing.

The program at VVMC features:

- in-depth patient education, including continuing education after the procedure
- admission to the hospital the day before surgery to allow patients the chance to relax and become comfortable in the environment
- a dedicated recovery area fostering a supportive environment that allows patients to dine, rest and rehabilitate with others who have undergone joint replacement surgery

“I was young with limited resources,

so was pretty much on my own for rehabilitation after the leg surgery from my accident,” said Dr. Colvin, a family practice physician on the Medical Staff at VVMC. “I developed a dysfunctional walk that, over 30 years, wore out the cartilage on one side of my knee, and it started causing pain. I lived with it, using over-the-counter anti-inflammatory agents, but the pain became worse. I was limited more and more in what I could do, and it got to the point that just walking from one end of the hospital to the other resulted in a significant, painful limp. It also impacted my primary recreational activities of dancing and hiking.”

Easing the Pain

Like most joint replacement patients, the first line of treatment for Dr. Colvin involved nonsurgical options including injections. When it became clear he wasn't experiencing relief from his pain, Dr. Colvin opted to have joint replacement surgery.

“The Verde Valley Joint Replacement Center is truly exceptional,” said Dr. Colvin. “It is an integrated program with a team approach that includes everything from preoperative education to immediate postoperative engagement in a dedicated joint replacement physical therapy regime that is coordinated with the orthopedic surgeon. The physical therapists are part of the team, and everyone involved has similar goals. There is an entire floor of the hospital with staff trained and dedicated solely to the care of orthopedic patients.”

Dancing Again

The results of Dr. Colvin's procedure were noticeable within a few days. He was back on his feet, participating in the intensive physical therapy and rehabilitation needed after joint replacement. Because VVMC's physicians are committed to both program and personal goals, Dr. Colvin's rehabilitation program ended up being just what the doctor ordered—a pain-free knee to fit his active lifestyle.

“I am no longer hampered by my knee,” said Dr. Colvin. “Thanks to the intense, team approach to my rehabilitation, I regained motion in my joint very quickly. Now, I can dance, hike and do all the other activities I enjoy. There is no pain or discomfort slowing me down anymore.”

“There is absolutely no reason to leave Cottonwood for standard joint replacement surgery. VVMC offers a coordinated team approach including both preoperative services and rehabilitation. I cannot imagine receiving better care anywhere else.”

—Marvin Colvin, D.O., family practice physician, member of the VVMC Medical Staff and joint replacement patient

Ready to Run

Leonard Miller loves to take to the trails in Sedona, running and biking through the rugged, beautiful country.

“I only got into the outdoor sports life about 15 years ago, when I moved to this area,” said Leonard. “We live in such a beautiful place, how could it not inspire someone to be outdoors? I love to run, hike and ride road bikes whenever I have time.”

Unfortunately, the years of stress and strain from these activities left Leonard’s knee in bad shape. Instead of being able to get outside as often as he liked, Leonard started being more careful, doing a little less and thinking about pain management.

“The compassionate experts at Verde Valley Medical Center were as focused as a laser on me. I felt they already knew what I needed prior to, during and after my joint procedure even before I could ask for it.”

—Leonard Miller, principal of American Heritage Academy and VVMC patient

Doing the Leg Work

After researching his options, Leonard realized one name kept coming up—the Joint Replacement Program at VVMC. Leonard consulted with Jack Wylie, M.D., orthopedic surgeon on the VVMC Medical Staff and tried a variety of noninvasive treatments. However, when the pain persisted, Dr. Wylie and Leonard began to consider surgical treatment options.

“Because of my age and good health, we decided that the unicompartmental knee arthroplasty option was best for me,” Leonard explained. “I underwent the surgery in June, and enjoyed excellent care at VVMC.”

Unlike a total knee replacement, during a unicompartmental knee arthroplasty, surgeons replace only the damaged knee bone with a prosthetic material. Most patients report better range of motion after the procedure.



Physical therapy is an important component of the Joint Replacement Program.



Leonard’s range of motion improves through a variety of stretching exercises.

A Better Life

After a positive experience at VVMC, including comprehensive postoperative care, Leonard is working to return to his normal routine. He enjoys his physical therapy, and recently took a family vacation to Boston where he went kayaking and fishing with relatives.

“It’s a worthwhile procedure, and the rehabilitation program is wonderful,” said Leonard. “I’m a believer in the Joint Replacement Program, and I recommend it to everyone who asks.”

Kim Johanson, 53, has a family history of cancer. Because her maternal grandmother and great grandmother both had breast cancer, she is considered at high risk. For years, she underwent an annual screening mammogram before increasing the frequency to one every six months because of fibrocystic changes. At her last mammogram, indeterminate calcifications had developed since her previous exam.

Taking the Fear Out of Breast Biopsy

Because of her family history, Kim's radiologist recommended a stereotactic breast biopsy, which uses specialized technology to guide a physician to the site of the lump or lesion.

"I had been getting regular mammograms since I was 45, and thanks to the tremendous advances in mammography, my radiologist was able to detect even the smallest of changes," said Kim. "Stereotactic breast biopsy was my best option because it wasn't considered an invasive surgery and the results could determine if the area was cancerous, which it was not."

What Is the Procedure?

When a breast biopsy is recommended, tissue from the suspicious area previously was removed through surgery. At Verde Valley Medical Center, physicians can utilize stereotactic technology, which uses "stereo" X-rays and a specialized biopsy needle to aspirate, or vacuum, the tissue to be tested. While the needle is inserted, its location can be viewed with a computer to ensure accuracy in positioning.

Because stereotactic breast biopsy utilizes only the needle to obtain a tissue sample, women undergoing the procedure benefit in a number of ways.

"An estimated 5 to 10 percent of indeterminate calcifications are found to be cancerous or precancerous," said Steven Yousko, M.D., radiologist on the Medical Staff at VVMC. "Before



Steven Yousko, M.D., and Kim Johanson discuss the stereotactic biopsy procedure.

stereotactic breast biopsy, this meant women underwent an invasive surgical procedure that most often was for benign causes."

What to Expect

Because of its minimally invasive nature, stereotactic breast biopsy is performed on an outpatient basis. To begin, a patient lies on a specialized table where her breast is projected through a hole and placed under mild compression. A low-radiation dose X-ray is taken at different angles to best pinpoint the lesion. A local anesthetic is applied to the area and the radiologist then inserts the biopsy needle with the assistance of a computer-controlled device.

The entire procedure takes an estimated 30 to 40 minutes, and typically requires a single, small incision.

Reaping the Benefits

For Kim, the ease of the procedure took her by surprise. "The stereotactic breast biopsy was a very simple procedure," she said. "Beforehand, Dr. Yousko sat down with me and explained every single thing he was going to do. I was just amazed—there was no pain, no discomfort and no fear. I cannot emphasize enough to women the importance of monthly self-breast exams, regular mammograms and follow-up with their physicians."

October is Breast Cancer Awareness Month. Have you had your annual mammogram? To schedule, call 928 639-6580.

A Better Biopsy

In addition to avoiding an invasive surgical procedure, stereotactic breast biopsy at Verde Valley Medical Center provides advantages including:

- less pain
- no need for hospitalization
- one-third the cost of an open surgical biopsy
- shortened recovery time
- utilization of local—instead of general—anesthetic

Did You Know?

Flying from New York to California on a commercial jet exposes a woman to approximately the same amount of radiation as having one mammogram.

Step up to the Power Plate



Steve Romfo, physical therapist, demonstrates use of the Power Plate.

EntireCare:

Rehab & Sports Medicine Offers Expanded Services

Camp Verde residents now have a new location to turn to when they need physical or occupational therapy services: EntireCare Rehab & Sports Medicine at the Camp Verde Health Center. Offering services at the new location provides a more convenient option to many patients in the Camp Verde area who previously had to travel to Cottonwood to receive rehabilitation.

Located at 460 W. Finnie Flat Road in Camp Verde, EntireCare currently offers full-time physical therapy with part-time specialty therapies to follow in the near future.

“Our program is called EntireCare Rehab & Sports Medicine for a reason—at the Verde Valley Medical Center location, we offer a full range of services and programs in physical, occupational, hand and speech therapy,” said Paul Prefontaine, P.T., director of EntireCare. “We develop individualized programs to help people reach their fitness goals.”

Call 928 639-6383 for more information or to find out if therapy services are right for you.

Need to increase your bone density, improve your flexibility and better your coordination? The Power Plate machine at Verde Valley Medical Center’s EntireCare Rehab & Sports Medicine can help.

Used to benefit individuals with osteoporosis, fibromyalgia, hip or knee replacements or those who want a fast, therapeutic workout, Power Plate is a device that uses vibrational therapy to make muscles contract an estimated 25 to 50 times per second.

“Power Plate can increase muscle strength, range of motion and flexibility,” said Paul Prefontaine, P.T., director of EntireCare Rehab & Sports Medicine at VVMC. “Power Plate has even been shown to increase the bone density of people at risk for osteoporosis.”

To use the device initially, a person stands on a platform while holding a set of bars as the machine vibrates at differing speeds. As balance improves, a variety of movements can be done on the machine. The speed of vibration makes the body feel as though it “weighs” more every time the device speeds up, which makes you work against a greater load of gravity with every movement.

Representatives from Power Plate recently trained the staff at EntireCare to use the device for stretching, strengthening, coordination and endurance.

“We’re pleased to add this supplement to our services at EntireCare,” Prefontaine said. “This will benefit many of our patients for years to come.”

Contact your physician to find out if Power Plate can help you in your rehabilitation program.



Save the Dates

VVMC Expansion Celebration

—VVMC Is Growing to Meet Community Needs!

Sunday, October 12 11 a.m. to 3 p.m.

After two years of construction, the building phase of VVMC's expansion project is almost complete!

Please join us for complimentary tours. Visit the first floor Medical Imaging department and the new private patient rooms on the second floor Yavapai Unit of the new four-story east addition.

Please RSVP to 928 639-6551.

Park in the VVMC main parking lot on Candy Lane, and enter through the Inpatient Services entrance.



Sedona Campus Health and Safety Fair

Saturday, November 8 9 a.m. to 1 p.m.

Please join us for a fun-filled, health and safety fair including a live radio broadcast, healthcare materials, educational booths, raffle and complimentary refreshments. A large assortment of medical and health information will be provided, and clinical personnel will be present to answer questions. Many local organizations will be on site including emergency, fire and police department representatives. Child photo and fingerprinting on digital CD, as well as information about the Managing Information on Lost Kids (M.I.L.K.) program, will be available.

The health and safety fair is being offered as part of VVMC's commitment to improving community health, and will take place at the VVMC-Sedona campus, 3700 W. State Route 89A, Sedona. For more information, call 928 204-4933.



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Northern Arizona Healthcare
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Cottonwood, AZ 86326

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