

PLATEAU VALLEY CLINIC NEWS

Volume 3, Issue 1

May 05

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Erika Woodyard, MD**

*Specializing in Wellness,
Medical Illnesses &
Emergency Services*

CLINIC SERVICES

Laboratory

Pharmacy

X-Ray & EKG

Emergent Care

- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

Physical Therapist

Massage Therapists

Chiropractor



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Another Grant for the Mesa Clinic.

Plateau Valley Hospital District has obtained another grant for the Mesa Clinic. The Caring for Colorado Foundation has committed to a grant request for \$31,100, to match the District's in-kind commitment of \$22,900 for the purchase of equipment and furniture.

\$115,000 has been committed by the Governor's Rural Healthcare Initiative toward the Mesa building and \$35,000 is still being sought to complete the project. The District is negotiating a land-

lease agreement with the landowners, who plan to add a community coffee shop / retail business on the same property. The District will lease the land while the landowners are providing the site improvements such as parking, landscaping, sewer and water taps, etc.

The district is also working with the Mesa County IPA (Independent Physicians' Association), a branch of Rocky Mountain Health Plans, to acquire computer hardware and software that will help

link both offices to the hospitals and other doctor offices in Grand Junction.

An electronic medical records system has been purchased and is in the process of being implemented in the Collbran office as part of the remodeling project funded by the Department of Local Affairs with a \$141,000 grant last year. This system will allow the staff to access patient files from both the Collbran and Mesa Clinic locations.

What is an Annual Physical and Why Do I Need One?

The annual physical is not just to find out if "everything is ok" with your current health. The exam is meant to find existing health problems but also identify health risks before there are problems. Based on your personal and family history, as well as lifestyle choices, you and your doctor may select tests to look for health risks that may develop many years later.

The **annual physical** is a chance for your doctor to check you from "head-to-toe" while focusing on preventive health. The exam will screen for skin cancer and breast or prostate cancer, or for problems of which you may not even be aware, such as high blood pressure or a heart

murmur.

Office screening tests: A **hemocult** test may detect blood in the stool that could help to diagnose colon cancer. For females, the **pap smear** is a test for cervical cancer. Some patients should get a **chest xray** or **spirometry (breathing test)** if they are at risk for lung cancer, emphysema or asthma. We routinely perform **EKG** studies on people at higher risk for heart disease.

Blood tests: a **lipid panel** checks your total cholesterol and well as the good and bad fractions. The **TSH** (thyroid stimulating hormone) screens for thyroid disorders. A **fasting glucose** test is the best method to diagnose diabetes early. For men, a **PSA**

(prostate specific antigen) screens for prostate cancer and should be checked yearly after age 50. Kidney and liver function may be tested as well as a **CBC** (complete blood count) which looks at the red and white blood cells for abnormalities such as anemia or leukemia.

Some **diagnostic testing** will require a trip to Grand Junction. For women, a **mammogram** is recommended every 2 years from age 40 to 50, then yearly after age 50. The mammogram can often detect a lump much earlier than you or your doctor can feel it. A **bone density (DEXA)** scan will find osteoporosis

(Continued on page 3)

DOCTORS' OFFICE SCHEDULE

May 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 SR	4 EW	5 EW	6 EW	7 SR
8 EW	9 EW	10 EW	11 SR	12 SR	13 SR	14 SR
15 SR	16 SR	17 SR	18 EW	19 EW	20 EW	21 EW
22 EW	23 EW	24 EW	25 SR	26 SR	27 SR	28 SR
29 SR	30 SR	31 SR				

June 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EW	2 EW	3 EW	4 EW
5 EW	6 EW	7 EW	8 SR	9 SR	10 SR	11 SR
12 SR	13 SR	14 SR	15 EW	16 EW	17 EW	18 EW
19 EW	20 EW	21 EW	22 EW	23 EW	24 EW	25 EW
26 EW	27 SR	28 SR	29 EW	30 EW		

July 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 EW	2 EW
3 EW	4 EW	5 EW	6 SR	7 SR	8 SR	9 SR
10 SR	11 SR	12 SR	13 SR	14 SR	15 SR	16 SR
17 SR	18 SR	19 SR	20 EW	21 EW	22 EW	23 EW
24 EW	25 EW	26 EW	27 SR	28 SR	29 SR	30 SR
31 SR						

August 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SR	2 SR	3 EW	4 EW	5 EW	6 EW
7 EW	8 EW	9 EW	10 SR	11 SR	12 SR	13 SR
14 SR	15 SR	16 SR	17 EW	18 EW	19 EW	20 EW
21 EW	22 EW	23 EW	24 SR	25 SR	26 SR	27 SR
28 SR	29 SR	30 SR	31 EW			

Appointments: 487-3565 – After Hours Emergencies: 248-0222
 Doctors available for emergencies 24 hrs/day, 7 days/wk (Schedule subject to change)

Business News: Insurance, remodeling, building for rent

Insurance Blues. Do you know how many different insurance plans with which our office deals? Over 600!! To make matters worse, no plan is the same, each with different co-pays, allowables and deductibles. We do our best to assist with insurance questions but it is ultimately your responsibility to **know what you insurance covers.**

Due to the ever changing beauracracy of insurances we (like most offices in GJ) request you **bring your insurance card in to the clinic every time you come in.** While this seems inconvenient, when we do not check insurance coverage with every visit, the accuracy of our billing declines by about 10%.

Mesa Clinic Update. The building site is passing through county planning and zoning. The landowner has obtained sewer and water taps. The building will be ordered as soon as the final go-ahead is given by the county. Our staff has studied the building plans and had a chance to input their ideas.

Collbran Clinic Remodel. The new lobby renovation is awesome. Staff and patients are very pleased with the changes. Patients report a much better sense of privacy and comfort. Staff report more ease and efficiency in running the office. Kids report the little kids nook is "cool" and adults are pleased to have a little space where kids can go and be kids without disrupting the entire waiting room. We doctors don't spend much time up there but we're very pleased with the positive feedback.

Building for Rent. The Hospital Board has come to the conclusion that the sale of part or all of the old building is not feasible. The Board is taking another serious look at renting portions of the old building. There are a few interested parties at this time. The bottom line is that it will require compatible businesses that require minimal to no renovation on the structure.

Thanks to Teri Styers for taking

hours and hours of her personal time to study the structure and offer some helpful input as a local business owner. The Board is grateful for her time and interest.

Meet the Doctors Brochure. We have published a brochure intended to introduce and tell people more about our doctors. We hope to display the brochure at all our local businesses in order to alert more people from out of town about our services. We also want to mail the brochure to every new homeowner in the valley.

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

Annual Check-Up (cont)

(continued from page 1)

(thinning of the bone) and is usually done at least once around the age of 50. Starting at age 50, a flexible **sigmoidoscopy** or **colonoscopy** is recommended to screen for colon cancer. A **treadmill** monitors the function of the heart while under physical stress. It may diagnose heart disease and thus, hopefully prevent a heart attack.

Lifestyle behaviors might lead to poor health. The largest cause of death for Americans is heart or lung disease related to **smoking**. Your doctor can help you quit smoking! **Alcoholism** is a common ailment in our society and again your doctor is trained to help address problems with alcohol or other drugs of abuse. **Obesity** is a growing health risk and soon may overtake smoking as the leading preventable cause of death. Losing weight is a difficult task and your doctor can help.

Your annual checkup may also include screening for **mental illnesses**

such as depression, anxiety or abuse. Elderly people are often isolated or disabled from chronic medical conditions and depression is very common. Younger patients routinely suffer from stress or anxiety. These are uncomfortable issues to discuss with anyone and your doctor is trained to ask about these issues in a professional and confidential manner.

Some insurances will cover 100% of the cost for your annual check-up while more and more won't. Medicare will not cover annual physicals. Medicaid just recently started covering physicals, for now. Please check on your insurance coverage prior to scheduling your annual physical.

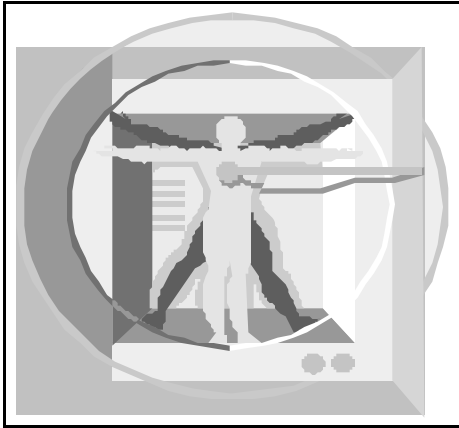
Most insurances will not cover DOT physicals or sports physicals. If our patients schedule an annual check-up we are happy to complete the paperwork necessary for these type of exams at no extra cost.

Mission Statement

The **Mission of the Plateau Valley Hospital District** is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with pub-

Prescriptions filled in the clinic must be paid for at the time of service - please plan ahead.

MEDICATION REFILLS
Call your pharmacy at least 48 hours before you need a refill on your routine medications.



Plateau Valley Hospital
District
58128 Highway 330
Collbran, CO 81624

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PLATEAU VALLEY CLINIC NEWS

A service of the Plateau Valley Hospital District
Written and produced by Drs. Rollins & Woodward

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Phone: 970-487-3565 Fax: 970-487-3568

Website: www.pvhealth.com

Regular Appointments

Monday-Friday 9 am - 5 pm 487-3565
(Tuesdays open for appt at 7 am)

After Hours Answering Service 248-0222
(24 hr/day, 7 days/week)

BOXHOLDER
COLLBRAN, CO
81624

Medicare will not cover annual physicals.

Medicare will cover routine check-ups for chronic medical illnesses such as diabetes, hypertension or arthritis...

Insurances will not cover sports physicals or DOT (CDL) physicals.

Some insurances will cover annual well child physicals or annual physicals for adults under age 65. Check with yours...

We will perform sports physicals at *no extra cost* if your child is here for a annual well child check-up.

We will perform DOT physicals at *no extra cost* if you are here for an annual physical.