

# PLATEAU VALLEY CLINIC NEWS

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**Scott Rollins, MD &  
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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## Happy New Year!

Give thanks to our staff and our Hospital Board for their hard work and commitment to making your local Hospital District a success.

We ended the year with stable numbers of patients and increased revenue. The District is getting back on real solid financial footing and actu-

ally able to do some long-term planning.

We've remodeled the building with new windows and insulation, and added electronic records. We're planning to remodel the exam rooms here this year with new paint and flooring. It's a blessing to make progress.

Here's wishing you well in 2008!

## Thyroid Disorders

Thyroid hormone controls your growth and metabolism. It provides energy. If you are low on thyroid you might notice fatigue, sluggishness, intolerance of cold or cold body temperature, thinning hair or dry/brittle hair, dry skin. You might have uncontrollable weight gain or trouble losing weight. You might have constipation. You might be depressed or apathetic.

If you have symptoms of low thyroid and they don't seem to relate to anything else, then you are very likely low on thyroid hormone. The routine blood tests might be "normal" even if your thyroid is NOT!

The most common form of low thyroid disease is Hashimoto's. In this case your body makes antibodies against your thyroid that turn the thyroid gland off. The most common reason for low thyroid is not a disease but rather various underlying disorders.

Your thyroid gland sits in the front part of the neck and makes thyroid hormone with 4 iodine molecules attached, called T4. This is not the active thyroid hormone. T4 must have

one of its iodine molecules removed to form the active thyroid hormone, T3. T3 is the form that gets into the body cells to do its work. For various reasons some people do not convert their T4 to T3, and as a result are low on thyroid.

So why don't some people convert T4 to the active T3? The lack of conversion can be due to aging, stress, prolonged illness, toxic metal exposures, nutrient deficiencies and medications, amongst others.

Aside from feeling poorly, low thyroid will cause a host of diseases to get worse, such as diabetes or heart disease. As you can see, thyroid is a critical player in the symphony of hormones.

So, know the symptoms of low thyroid. If you are suspicious that you have a problem, ask your physician to check a T3 level from you blood. This will give you a starting point for treatment. The blood level may be within the "normal" range, but might need adjusted to a higher level to be "normal" for you.

# DOCTORS' OFFICE SCHEDULE

## January 2008

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

## February 2008

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 EW	14 EW	15 EW	16 EW
17 EW	18 EW	19 EW	20 SR	21 SR	22 SR	23 SR
24 SR	25 SR	26 SR	27 EW	28 EW	29 EW	

## March 2008

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

## April 2008

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

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

## Business News: Mesa Clinic, Insurance, Appointment protocol

### Mesa Clinic Update.

Just waiting on the contractors to get the building finished. We'll then take some time to get equipment, computers, phones etc moved in.

We are planning to be open M, W, Fr afternoons for starters, realizing the schedule may expand quickly. We will take call from Mesa only while over there. Night call will still be through Collbran office.

### Electronic Medical Records.

You've noticed the computers in each room, soon you'll notice the disappearance of charts.

The new system is working just great. Already making things more organized and saving time. We can all use more of that!

### Insurance Questions.

Please bring your insurance card on the day of your appointment. Changes to insurance plans effect our ability to bill effectively. Obtaining up-to-date information allows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

### Appointments.

Since we function as an emergent-care facility we often have

serious and unpredictable emergencies that can take time away from the doctor's regular schedule. As always, your patience is very helpful and greatly appreciated.

Please schedule even "quick" visits such as suture removals or blood draws. However, we do encourage just dropping by for a free BP check.

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!

## Meet Our Staff: Sue Dillon

Sue started with us in October. She works the front desk area as receptionist and master of the incoming calls. She does the scheduling, triages phone calls, files, and generally directs traffic coming and going to the clinic.

Sue is from Collbran, born right here in the old hospital. She and husband Fran live outside of Collbran.

She enjoys doing her Pet Tender business caring for animals. She is a serious walker and enjoys the outdoors. Spending time with her family is a big part of her life.

Sue has had a variety of impressive careers prior to us including management of fortune 500 company projects and working for RMHP for almost 12 years doing everything from data entry to managing large employer groups.

We are very thankful to have Sue with us as she brings a host of experience. Combine that with a great work ethic and a pleasant style and now we've got another great co-worker!

## 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 public and private financial resources and fees.

### Hello. Welcome to the Psychiatric Hotline

If you are obsessive-compulsive, please press 1 repeatedly.

If you are co-dependent, please ask someone to press 2.

If you have multiple personalities, please press 3, 4, 5, and 6.

If you are paranoid-delusional, we know who you are and what you want. Just stay on the line so we can trace the call.

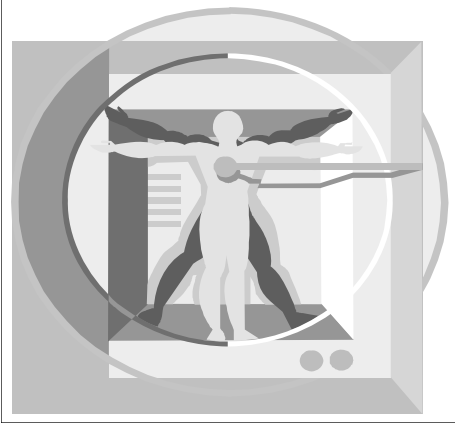
If you are schizophrenic, listen carefully and a little voice will tell you which number to press.

If you are manic-depressive, it doesn't matter which number you press. No one will answer.

If you are anxious, just start pressing numbers at random.

If you are phobic, don't press anything.

If you are anal retentive, please hold.



Plateau Valley Hospital  
District  
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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 & Woodyard

Plateau Valley Medical Clinic  
58128 Highway 330, Collbran, CO 81624  
Phone: 970-487-3565 Fax: 970-487-3568

Website: [www.pvhealth.com](http://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)

***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.**