

PLATEAU VALLEY CLINIC NEWS

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Specializing in Wellness, Medical Illnesses & Emergency Services

CLINIC SERVICES

Laboratory

Pharmacy

X - Ray & EKG

Emergent Care

- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

Physical Therapist

Massage Therapist

Chiropractor

Orthopedist



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Outreach Clinic in Mesa Still in the Works

Despite some snags, plans for a new medical clinic in Mesa are proceeding.

The district is currently working with the owners of the vacant lot on the corner of State St. and Hwy 65 to acquire a new modular building for a medical clinic. The detailed floor plans are being reviewed, and cost estimates finalized. The planning and zoning process is likely to take 3-4 months.

The landowners are excited to enter into a partnership with the district, in which they will purchase the building, then lease to the district with an option to buy in the

future. The district has already applied for a grant in the amount necessary to purchase the building.

The landowners themselves are planning to open a little coffee shop and community gathering spot, and share parking with the clinic. They envision an open, park-like atmosphere, and are committed to buildings of historical architectural character that will fit nicely with the charming character of Mesa.

The district plans to maintain the main medical office in Collbran and the doctors will continue to be available

for emergencies 24 hr/day. Both physicians live in the Collbran area and intend to continue after hours coverage from the Collbran office.

The Mesa clinic is initially slated to open 3 afternoons each week and expand hours as the need arises.

The doctors are currently seeing new patients at the Mesa Community Center, on Tuesday mornings, from 9 - 11:30.

Bees & Wasps & Hornets, Oh My!

Have any wasps at your place this summer? Wow, we've seen lots and lots of patients with bad stings again this year. Here are some tips on how to treat for these nasty bites.

When stung, a person may have an allergic reaction to the venom of an insect of any kind, particularly bees and wasps. The body releases **histamine** in response, which is a chemical that starts a whole cascade of events. Initially histamine causes blood vessels to dilate and leak, thus the localized swelling and itching around a minor sting. With

more moderate reactions, the swelling may spread to regional areas, such as an entire hand or arm. We call this "**angioedema**", which just means swelling of blood vessels. With severe reactions, the chemistry can affect the entire body, leading to low blood pressure or swelling in the throat, both life-threatening, and both defining "**anaphylaxis**".

The histamine reaction also triggers other chemicals in the body that further the inflammation and allergic reaction. Some people are primed to have a reaction and can start with anaphy-

laxis in a matter of seconds after an insect sting.

Treatment of stings varies with the severity of the reaction, but starts with the same principles. Most people will suffer only a small, sore, itchy spot around the stinging site. Ice to the area will limit the spread of venom and histamine. Any brand of anti-histamine pill should be taken right away. Once the chemistry has had time to get going, the anti-histamines are not as effective. They are much better at preventing further reaction than clearing up what

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DOCTORS' OFFICE SCHEDULE

September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SR	2 SR	3 SR	4 SR
5 SR	6 SR	7 SR	8 EW	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 EW	23 EW	24 EW	25 EW
26 EW	27 EW	28 EW	29 SR	30 SR		

October 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 SR	2 SR
3 SR	4 SR	5 SR	6 EW	7 EW	8 EW	9 EW
10 EW	11 EW	12 EW	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						

November 2004

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				

December 2004

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	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: Building for Sale

Building for Sale. The Hospital District is planning for the sale of the unused portion of the building. The original "old wing" to the east and the "middle wing" have been appraised and preliminary plans for pricing are in place.

There are numerous details to sort out, such as zoning, splitting the land to go with the structures, overall grounds maintenance, covenants to ensure appropriate businesses and upkeep, and how to share utilities.

An offer has been made by some local business owners to purchase the building and negotiations are just starting. The Board realizes that marketing and listing with a commercial real estate agency may be necessary and they are planning for this contingency.

New Board Member. William "Denny" Holmes was appointed and sworn into office on August 23. Denny lives in Mesa and has an extensive background in business. He enjoys "contributing to the community in various ways, and looks forward to helping ensure the future of medical care in the

valley". Denny will be serving at least 2 years, finishing the term of a resigning board member.

District Van in Use. The Board has approved use of the handicapped accessible van by the Plateau Valley School. The van was purchased years ago with numerous donations and used for the Nursing Home patients. It was currently not being used. The school must provide transportation for handicapped students and the Board felt this was a "win-win" arrangement that could really help the school while keeping the van in good service and maintenance.

Administration Position Open Soon. After many years of service Sharon Hill plans to retire next spring. The District is in the process of finalizing the Business Administration job description and will soon begin formal recruitment for a new administrator. A specialist in medical administration has been hired to assist in the restructuring of the job description and assist in recruiting and training. We hope to overlap the new hire with Sharon in order to pass on some of her valuable experience.

The administrative position has

evolved over the last few years especially with the closure of the Nursing Home. Also, the medical business world is changing rapidly. For example, hiring outside services such as billing has become a logistical and economic necessity. Similar changes are apparent in the administrative arena as well. We are focused on finding a recruit who is capable of expanding our marketing and financial planning. We intend to focus more and more on grants as we expand services. It is also our intent to find someone sincerely interested in making Plateau Valley their home.

New Hours. The Collbran office is now open for appointments at 7 am on Tuesdays.

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!

Osteoporosis

Osteoporosis is thinning of the bones. It is a quite common, and everyone over the age of 50 is at risk, especially women as they don't make as strong of bones in the first place. We recommend patients over age 50 get a

special xray called a DEXA to look at the density of their bones.

If you have a family history of osteoporosis you are especially at risk. The important thing is to find out if you are low on bone density while you can treat it. The younger you are the better, as medications help slow bone loss, but

can't rebuild bone. The available medications are very effective and well tolerated.

Thousands of people each year suffer broken bones as a result of osteoporosis, and it is easily treated, so get tested!

Bees...

(continued from page 1)

is already present. Anti-histamine creams are fairly effective on minor stings.

The steroids are used in more serious reactions, especially angioedema. Steroids inhibit inflammation and clear up the reaction that is triggered by histamine. These are prescription medicines that carry a little more risk, so we use them sparingly, although they are real life-savers. Over-the-counter steroid creams are also good for minor stings - probably more effective than

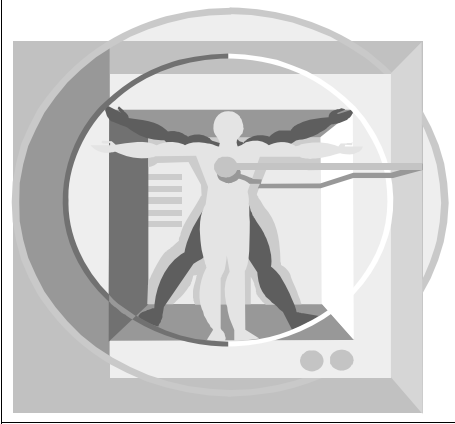
the anti-histamine creams.

The "shot" that is used for stings is really only used for anaphylaxis. Epinephrine, or adrenalin, will cause blood vessels to tighten or constrict. This raises blood pressure and reduces swelling in the throat. The effect of the medicine lasts 30-60 minutes and buys time until anti-histamines and/or steroids kick in. Epinephrine does not stop the chemical response to a sting; again, it just treats the resulting symptoms long enough to allow the other medicines start working. Prescription names include Epi-Pen and Ana-kit.

It is a good idea for everyone to carry a bee sting kit. You never know if and when a serious allergic reaction can happen and the medications are life-savers. If you know you have bad reactions be sure and alert those with you on your outdoor adventures.

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
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58128 Highway 330, Collbran, CO 81624
Phone: 970-487-3565 Fax: 970-487-3568
Email: pvclinic@earthlink.net
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)

Taking New Patients

We are pleased to continue to serve new patients from as far as Grand Junction and Debeque. Usually we are able to offer patients appointments the same day they call and meet their urgent care needs. And, we will never have an automated answering machine! When you call our office someone familiar will quickly answer your call and gladly meet your needs.

One of the more important aspects of our practice is the commitment to personal care. Our physicians are always available for emergencies and if you call with a question you will always get a timely call back from your physician.

Our practice is growing and we are expanding into a second clinic location in Mesa. As a business we hope and plan to get busier and busier, but we will always preserve the ability to provide personal care with the time and attention your health deserves.

We Do Dermatology

Be sure to ask us about your skin care needs. We take care of 90% of the dermatology issues patients need, including treatment of skin diseases, removal of moles and cancers, and freezing of skin lesions.

West Nile Virus

This is Colorado's worst season for West Nile Virus (WNV). To date, we have around 100 cases in Mesa County.

99% of people who get WNV will be just fine, with symptoms of fever, muscle aches, fatigue, headache, and nausea. Rarely a rash or lymph node swelling occurs. Less than 1% of people have encephalitis or brain inflammation, with mental status changes, nerve paralysis or seizures. The biggest risk factor is being over 50 years old. If you think you have WNV infection, contact your doctor for confirmation by a simple blood test.

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.

The Hospital District board, along with staff and community input, crafted our mission statement to serve as a concise guide to set priorities. The statement reflects the District's commitment to continuing our current services, while allowing for a variety of other health related services to grow.

The Hospital District Board meets on the 3rd Mon of every month, at 5:15 pm, upstairs above the clinic. The public is always welcome.