

PLATEAU VALLEY CLINIC NEWS

Volume 4, Issue 3

September 06

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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 Therapists

Chiropractor



INSIDE THIS ISSUE:

<i>Doctor's Schedule</i>	2
<i>Insurance Cards</i>	3
<i>Mesa Clinic Update</i>	3
<i>Appointments</i>	3
<i>Mission Statement</i>	3
<i>Insurance Pearls</i>	4

Clogged Arteries - The Real Story.

As humans age our arteries become clogged. Most people are aware of cholesterol as part of the plaque that clogs our arteries. What most people do not realize is that cholesterol is only *part* of the problem. Without *damage* to our arteries cholesterol would not be such an issue.

The lining of the artery is the endothelium, made up of endothelial cells. These cells are not just tiles lining a pipe, they

are very specialized. They prevent toxic substances from entering the middle layers of the artery wall, react to mechanical forces in the artery and send messages to the smooth muscle in the middle vessel wall to control the tone or firmness of the artery. When there is an injury to the inner lining, the endothelial cells release substances that signal circulating blood cells to stick. This is the first step in a plaque. This is the "pothole" in the artery

that eventually allows cholesterol, blood cells and toxins to enter and accumulate under the endothelial lining.

The second step in a plaque is further accumulation of white blood cells and smooth muscle cells that attempt to eat and eliminate the fat. These fat laden cells are called "foam cells" and they trigger the next step in the plaque forming process.

(continued page 3...)

"Community In Action" Update

Community In Action (CIA), formerly known as Faith In Action, has been graciously serving our community for numerous years. CIA is recognized as a well respected non-profit organization that actively provides much needed assistance and services to the elderly, disabled and many others in our community through local volunteers.

CIA is on the move with exciting plans for future expansion to meet the growing needs of

the Plateau Valley and Debeque area. CIA cannot succeed without the continued support of caring people from our community.

Please consider donations of time, money or supplies to CIA. We will be holding the annual 'Silent Auction & Drawing' along with our craft show items for sale on Dec. 2 during the annual 'Collbran Hometown Christmas Festival'. If you own a business expect a letter

from CIA seeking donations of items that might be used as part of our fund-raising auction. If you are an individual CIA would also benefit greatly from any item or cash donation - No donation is too large or small! We can make arrangements to pick up donated items.

CIA's future is bright and we have awesome plans for the upcoming year - join today and be a part of something very special.

DOCTORS' OFFICE SCHEDULE

September 2006

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

October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 SR	4 EW	5 EW	6 EW	7 EW
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				

November 2006

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 SR	23 SR	24 SR	25 SR
26 SR	27 SR	28 SR	29 EW	30 EW		

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 EW	2 EW
3 SR	4 SR	5 EW	6 EW	7 EW	8 EW	9 EW
10 EW	11 EW	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 EW	26 EW	27 EW	28 EW	29 EW	30 EW
31 EW						

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 this week the land-lease should be signed and then we will order the building. Thanks to the landowner, Nathalie Ames, for her persistence and patience in working with us. The Special District laws have made otherwise simple things a little more complicated but we've all just hung in there until this project is going to happen.

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 al-

lows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

Appointments. When patients need to see the doctor we prefer you call for a scheduled appointment, but of course illness is seldom predictable. We are happy to work around our regular schedule with these urgent visits and we appreciate your patience.

Since we function as an emergent-care facility we often have serious and unpredictable emergencies that can take several hours of our physicians' time away from the

regular schedule. Again, this can't be avoided and your patience is very helpful and greatly appreciated.

Please schedule even quick visits such as suture removals or blood draws. 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!

Arteriosclerosis...

Next, the muscle cells try to repair this damage with collagen and eventually calcium, causing more thickening and thus the "hardening of the arteries".

Now we truly have a *plaque* which grows, becomes unstable, and is prone to quickly rupture at some point. Blood cells that form part of a clot (scab if you will) called platelets then quickly accumulate and can suddenly clog the artery. Even small plaques can rupture and cause quick clogging of the artery.

When these plaques or clots block the blood flow to the heart muscle it can't get enough oxygen and becomes damaged - a heart attack. The same process in an artery to the brain results in a stroke.

High blood pressure, high cholesterol (LDL and triglycerides), low HDL, smoking, diabetes, obesity, and lack of exercise are commonly known to cause endothelial cell damage.

Lesser known risk factors are high insulin, iron, homocysteine, fibrinogen and C-reactive protein. These can and should be measured to determine if you have these "hidden" risk factors.

If you *really* want to know your risk for atherosclerosis or hardening of the arteries ask your doctor to perform these tests. These issues are easily addressed, *if* found.

Supplements such as propionyl-L-carnitine (PLC) and Adenosine triphosphate (ATP) have been shown to directly protect the artery lining by helping them stay healthy despite growing older. A variety of anti-oxidants have been shown to help fight some of the damaging by-products of aging and protect our arteries.

If you would like to know more about these blood tests and natural treatments, talk with your doctor.

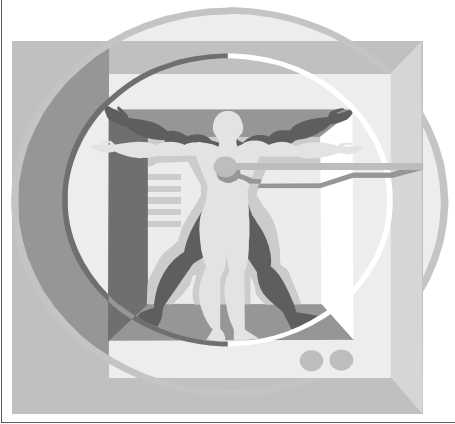
Prescriptions filled in the clinic must be paid for at the time of service - please plan ahead.

MEDICATION REFILLS

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

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.



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 & Woodyard

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

Website: www.pvhealth.com

Regular Appointments: 487-3565
Monday-Friday 9 am - 5 pm
(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.