

# PLATEAU VALLEY CLINIC NEWS

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*Specializing in Wellness,  
Medical Illnesses &  
Emergency Services*

### CLINIC SERVICES

Laboratory

Pharmacy

X-Ray & EKG

Emergency Care

- Fractures
- Lacerations
- Medical Emergencies

### PROVIDERS

Physical Therapist

Massage Therapists

Chiropractor



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## Clogged Arteries - Part Two.

Do you want to avoid a heart attack? Read on. Last issue I wrote about the hidden danger of inflammation. Your risk of heart disease or stroke is best predicted based on these markers for inflammation. Still yet, the cholesterol profile is worth investigating further...

**The standard test for cholesterol is mostly worthless.** The lipid (fat) profile looks really great about 10% of the time, and really bad about 10% of the time. In those cases the data is obvious. About 80% of the time, however, the profile is somewhere in the mid-range, and in this range the bulk of heart attacks occur. How can we tell if a slightly "bad" lipid profile is worrisome or not?

First of all, cholesterol is carried by proteins in the blood, called lipoproteins. The low density lipoproteins (**LDL**) are the ones that carry cholesterol away from the liver to the arteries and cause a plaque or clogging of the artery. The high density lipoproteins (**HDL**) carry

cholesterol back to the liver to be recycled. LDL is bad, HDL is good.

Here the plot thickens. The regular lipid panel gives an estimate of the total, LDL, and HDL cholesterol. Not good enough! We should further divide the portions of cholesterol into sub-fractions that *really* tell us much more about our lipid profile. The test to do this is called **VAP (vertical aligned profile) Cholesterol**. This test directly measures all the sub-fractions of the lipoproteins.

Amongst the LDL cholesterol there are small and large particles. The small ones can settle between the cracks of the cells that line the arteries and are much more prone to cause plaques. The large ones are not so bad. So, some people with a good level of LDL have a false security - if the total LDL is mostly small particles they are in trouble and should be more aggressive in lowering their LDL levels.

The HDL portion hides a similar story. A

high HDL level is a good thing, but again, the devil is in the details. The HDL can also be broken into different size particles and again the large particles are the good guys. Why? Because the large particles are loaded with cholesterol on their way back to the liver for recycling.

There are also very-low and intermediate density lipoproteins (**VLDL & IDL**) that are important in causing artery plaques. The VAP test directly checks these important cholesterol fractions as well.

What about **triglycerides**? What are they? They are fat particles and make up the bulk of LDL cholesterol. They are bad mostly in the sense they cause high levels of LDL cholesterol.

Knowing the specifics of your lipid profile is essential. At least once you should get the VAP to insure your regular cholesterol test is not hiding anything!

# DOCTORS' OFFICE SCHEDULE

## January 2007

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

## February 2007

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

## March 2007

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

## April 2007

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					

**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.** We continue to move forward, somewhat more slowly than we had hoped but the building has been ordered. God bless the landowner, Nathalie, for her patience! She is currently looking for a new ground-construction company and she is truly showing her commitment to our valley!

**Collbran Remodel.** We are replacing all the windows in the brick portion of the building. It is already warmer! Next, we will add 2" of insulation and stucco. We anticipate improved heating and cooling costs. This is an ongoing

part of the first grant (of six) the district has received.

**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!

## 2006 Was a Very Good Year.

We are very pleased to report that your hospital district is doing very well. In fact, we are more than pleased. We are ecstatic. We are grateful for your support, your faith, and your encouragement.

A few years ago the district was at a turning point. After the closure of the nursing home, the Medical Clinic faced difficult decisions to bring stability to the Hospital District. The response to the District's 2005 ballot issue made it clear that the goal to continue to provide 24 hour availability of two physicians remained vitally important to our community.

We realized that to continue to strengthen our clinic in every way, we also needed to increase our patient base annually. Thanks to a hospital board with vision, community support and the efforts of a fantastic staff, we are pleased to report the number of doctor visits are up 4 % between

2004 and 2005 and an amazing 8 % between 2005 and 2006!

We have sought grants to support our growth. We are currently remodeling the Collbran building with stucco, new windows, and a sign, all with grant dollars. In addition, we have received a large majority of our funding for the Mesa Clinic building and equipment through grants as well.

Most importantly, we intend to continue to try to always provide the time our patients deserve to spend with their physicians. We hope to never short-change our patients with the cut-and-run style of medicine you may find in the "big city" these days. We strive to provide same day appointments for acute health issues, and as always, our doctors are available 24 hours a day 365 days a year on-call.

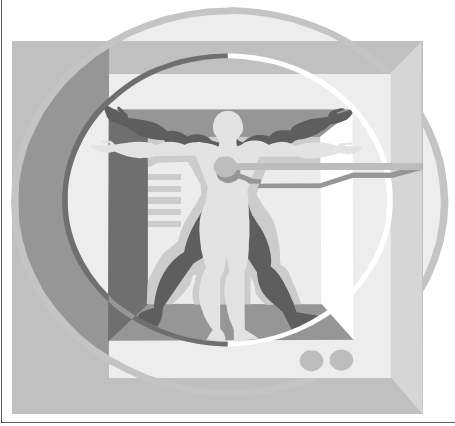
Thank You for a great 2006 and we look forward to 2007!

**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.



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District  
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Collbran, CO 81624

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### PLATEAU VALLEY CLINIC NEWS

A service of the Plateau Valley Hospital District  
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**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)

ECRWSS  
Postal Customer

# Is there anybody out there?

It's important to us to know what you think!

What would interest you?

If you have a topic you would like to know more about please write the doctors. We are interested in doing a "dear doctor" column to answer your medical questions.

Thanks.