

# PLATEAU VALLEY CLINIC NEWS

Volume 5, Issue 3

Sept 2007

**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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## **Excellence in Rural Healthcare Award**

Congratulations to our own Dr Woodyard as the winner of the Colorado Rural Health Center's (CRHC) "Excellence in Rural Healthcare" award. She was selected from a dozen nominees this year. The award is given annually to a person who has made a significant contribution to the state of healthcare. Aside from being on-call 1/2 time for the last 13 years and providing excellent care, Dr Woodyard has

been instrumental in acquiring numerous grants on behalf of our local hospital district.

The CRHC is a very involved state organization helping to improve the health needs of patients and practitioners in rural Colorado. They have numerous programs including small grants, information and educational resources.

## **Hormones & Anti-Aging**

Hormones are produced by the endocrine glands and serve as messengers from your brain telling your internal organs how to function. A decrease in production of hormones begins in middle age and continues to diminish in a linear fashion until old age. Hormones are tiny chemical messengers continuously secreted into the bloodstream by endocrine glands to regulate activities of vital organs. They stimulate a multitude of life-giving processes throughout the body which maintain health, harmony, growth and healing.

aging. Bringing hormone levels back to a youthful level reverses many of the unfavorable effects that begin to appear as we age.

Many disease processes, including cardiovascular disease, stroke, cancer and Alzheimer's disease have been blamed on the aging process. However, conventional medicine has never treated aging as a disease process nor has it tried to prevent this disease process. Now we can look at aging as a significant factor in disease formation and attempt to prevent the symptoms of aging by treating aging as a disease in itself. We have begun to change our thinking that it is normal to deteriorate with age and therefore acceptable. Fortunately, we now know that much of the deterioration process is preventable.

The endocrine system is responsible for the regulation of the body's temperature, sexual desires, growth, healing, aging and immune system. The endocrine system allows the central nervous system to communicate with every cell in the body. Hormone deficiencies affect every cell in the body and result in degenerative changes and the aging process as well as symptoms of

*(Continued on page 3)*

# DOCTORS' OFFICE SCHEDULE

## September 2007

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 Dr Dill	29 Dr Dill
30 Dr Dill						

## October 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			

## November 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	

## December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SR
2 SR	3 SR	4 SR	5 EW	6 EW	7 EW	8 EW
9 EW	10 EW	11 EW	12 EW	13 EW	14 EW	15 EW
16 SR	17 SR	18 SR	19 EW	20 EW	21 EW	22 EW
23 EW	24 EW	25 EW	26 SR	27 SR	28 SR	29 SR
30 SR	31 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.** The site work is still taking place. Our building is being prepared. We hope to see a clinic up and running in the coming months.

**Collbran Remodel.** We're done! About \$200,000 later, the stone sign in the front was the last project. Our next project is painting and sprucing up the patient rooms.

**Electronic Medical Records (EMR).** You should notice the computers in each patient room now and very soon all the paper charts will be completely entered into the EMR. We now have ac-

cess to your chart from home or any location.

**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!

## Hormones & Anti-Aging (continued)

*(Continued from page 1)*

The basis for optimal health and longevity is proper diet, exercise, nutritional supplementation and hormone replacement therapy (HRT). This stops cellular degeneration and allows regeneration of tissue, healing and a slowing down of the aging process.

Hormones are not drugs. They are natural substances that have existed in our bodies since conception. The doses of hormones taken with HRT should never exceed what your body has already been accustomed to in its younger years. They caused no harm in the body at that time and when restored to youthful levels continue to provide the health and vigor that one loses with age. When hormones are taken as prescribed by physicians and monitored closely they produce no negative side effects. When all the de-

clining hormones are taken together in the correct doses, they work together to restore declining immunity which in turn helps protect the body against cancer.

Physical deterioration is not a requirement of growing older. It is now possible to stop much of the undesirable aspects of aging as well as the symptoms and diseases associated with aging. HRT is an updated science which has been shown to not only prolong life but improve and prolong the quality of life.

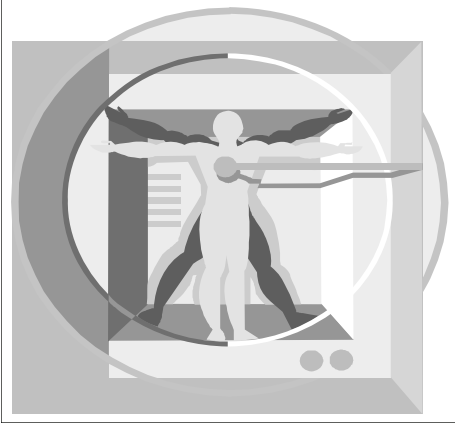
We specialize in HRT regimens as well as diet, exercise and nutritional supplementation to achieve maximum benefits and deter the aging process. After a consultation and laboratory evaluation a personalized hormone supplementation program will be prescribed for you and monitored until optimal hormone levels are achieved.

**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  
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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

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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)

***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.**