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Cancer prevention and early detection: Protecting yourself and your family

By DAVID C. BEYER, M.D.
Northern Arizona Healthcare

Scientists and medical professionals have been waging the War on Cancer for many years, even before President Nixon signed the National Cancer Act in 1971 and set the country on track to better fight this disease. We’ve had many successes and many failures, but the fight goes on with better treatments, new research and ever-changing insights into what patients really need.

Recent data published by the American Cancer Society suggest there will be 1.6 million new cancer cases in the U.S. this year. This staggering number does not even include skin cancers such as squamous and basal cell, which many patients have had removed by their dermatologists.

Of those 1.6 million cancer patients, we expect to see more than 32,000 in Arizona. These are our friends, family and neighbors who are at risk of developing cancer and needing treatment, which may include surgery, radiation therapy or chemotherapy.

Sometimes these treatments are given together; sometimes only one or two are required. The Cancer Centers of Northern Arizona Healthcare, a member of Northern Arizona Healthcare, also integrates alternative therapies, such as diet and massage, depending on the needs of the individual.

Most people think of the common cancers involving the lung, breast, prostate and rectum. However, let’s look at less common sites for forming cancers in the mouth, tonsil, throat and larynx. Together, these are called cancers of the head and neck and represent 48,000 cases per year nationally.

Treatment of these cancers must be tailored to the individual patients, but typically involves some form of surgery and radiation therapy. Some patients even benefit from adding chemotherapy during the radiation.

The earlier these cancers are caught, the less likely all these treatments will need to be used together. This means that treating cancer early in its course – finding it while it is still small and localized – makes the treatment easier to tolerate and more effective. However, data from the American Cancer Society shows that only about 30 percent of these cancers are found when they are localized.

Sadly, today more than two out of every three cases have already spread before the diagnosis. Finding these cancers early matters because treatment is less complicated and the cure rate is more than twice as effective for patients in whom the cancer is localized.

What do Michael Douglas, William Rehnquist, Sammy Davis Jr. and Ulysses S. Grant all have in common? They all suffered a cancer of the head and neck and proved it is possible to be cured and enjoy a productive life. They also are evidence that early detection matters. See your doctor if you have any lumps or sores in the mouth or throat; have problems swallowing; or have bleeding or hoarseness.

Also, take a look at any risk factors that may make you more susceptible to these cancers, which include smoking, chewing tobacco and heavy alcohol consumption.

Having the human papillomavirus virus, or HPV, also increases your cancer risk. At the Multidisciplinary Head and Neck Cancer Conference in Phoenix in February 2016, experts reported an epidemic of new cancers that are related to HPV. The good news is that these new cancer types may respond better to treatment than other similar cancers; the better news is that HPV can be prevented.

There are now vaccines that have been approved to prevent cancers caused by HPV, including head and neck cancer as well as cervical cancer in women. The vaccine works best when it is given to children while they are young. The recommended age to vaccinate is between 9 and 26 for females; and between the ages of 9 and 21 for males.

Make sure your family is protected, and for those who are past the age for vaccination, avoid risk factors in your lifestyle. Now is a good time for a regular oral exam by your physician or your dentist. Together, we can beat these cancers through prevention and early detection.

David C. Beyer, M.D., F.A.S.T.R.O., F.A.C.R.O., F.A.C.R., is a board-certified radiation oncologist and Medical Director of the Cancer Centers of Northern Arizona Healthcare in Sedona, part of Northern Arizona Healthcare, where he consults on cancer cases from around the state. He grew up in Arizona and studied at the University of Arizona as well as at the Massachusetts Institute of Technology and the University of California, Los Angeles. He serves as President of the American Society of Radiation Oncology.
No one ever plans a mental health crisis. It can’t be scheduled or penciled in a calendar as one would a dentist appointment or a vacation.

Just as you can’t schedule the flu or any other illness, a mental health crisis strikes suddenly, often without warning. It cares not about location or time of day; it simply occurs, and when it does, it often results in a call to 911.

And when first responders, like law enforcement or EMT’s, arrive on the scene, they do what first responders are trained to do. In the case of law enforcement, a person in crisis might be arrested for disorderly conduct and taken to jail, or placed in an ambulance and taken to the ER to await assessment.

But what if there was a better way to help those suffering from a mental health crisis? What if there was a way to free up emergency services, get the right help for people in need, better care for the mental health needs of the community, and save the city and county thousands of tax payer dollars?

These were the questions, April Razo, CEO of Spectrum Healthcare, an Integrated Healthcare Provider in Cottonwood, Arizona, decided to answer. Spectrum Healthcare is well-known within the community for the mental healthcare it provides. Spectrum’s Mobile Crisis Team is always on call, 24 hours a day, 7 days a week, providing patients help with mental health crises whenever they arise, but Ms. Razo knew that to really make a difference within the community, a much larger network of care would need to be in place; a coordinated effort between all first responders and those who provide crisis care.

Thus, the Spectrum Healthcare Mobile Crisis Team Partnership Program was born.

Ms. Razo, together with Sarah Schol, Sr. Director of Strategic Initiatives and Northern AZ Operations with the Crisis Response Network, hit the road the beginning of the year and began an intensive two month training tour, meeting with and training all first responders in the area. Training sessions were held at all hours of the day and night to accommodate the varied schedules of the Verde Valley’s First Responders.

Ms. Razo explains why the program works, “The Spectrum Healthcare Mobile Crisis Team Partnership Program affords law enforcement officers real time alternatives as they encounter persons with mental illness in the field.

Ultimately, we are able to connect people with the help and treatment they need and avoid costly and ineffective methods, such as jail or emergency departments. This has significant savings to the taxpayer, but more than that, it offers huge savings in ways we can not measure in dollar amounts, like minimized disruption to the family system and people’s lives, as well as access to the appropriate treatment.”

Captain David Rhodes, with the Law Enforcement Service Division of the Yavapai Sheriff’s Office echoes this partnership sentiment. “When responding to calls for service, Law Enforcement has had precious few options as alternatives to incarceration,” Captain Rhodes said. “Often times support services would be the best solution however access to such services were not available at the time they were needed. Spectrum’s Health Care’s formation of Mobile Crisis Response has filled what was a major need for service. The ability to reach crisis level mental health care in the field by law enforcement not only continues to divert people from jail who don’t need to go, it also forms lasting connections with treatment and reduces recidivism. Spectrum Health Care is a major factor in the decriminalization of mental illness”

The program, which initially began with law enforcement agencies, has now spread to encompass local area Fire Departments, as well as EMT’s. And the support from these agencies has been phenomenal.

But, how well is it working?
In the five months since the program’s implementation in February of 2016, the Spectrum Healthcare Mobile Crisis Team has responded to 109 calls from First Responders in the Verde Valley. Out of those 109 calls, 55 percent have been stabilized within the community, and 28 percent were assessed and found to be needing a higher level of care. Without the coordinated efforts of the Mobile Crisis Team Partnership, 90 of those 109 calls would have resulted in an arrest or a trip to the Emergency Room. By providing on-site mental health crisis help, this partnership has not only saved the county approximately $470,000, it has also resulted in a much better outcome for the lives of those affected.

And the positive effects of the Mobile Crisis Partnership Program has not gone unnoticed.

“The Eastern Area Command of the Yavapai County Sheriff’s Office has been extremely happy with Spectrum’s Mobile Crisis Response Unit,” says, Lt. Rich Martin. “The willingness to work with deputies to resolve issues that in the past would have resulted in taking the “patients” to jail for misdemeanor offenses and then hoping to get them help from the jail.

While it has not completely eliminated the need to sometimes go this route and it has significantly reduced the number of times it is necessary. We have also found it helpful to get those involved the help they need while freeing up the Deputy to get back on the road. In my own opinion the reason for the success was the willingness to communicate and get input from everyone involved to develop a plan that was flexible and seeking input about progress and how the program was functioning.”

And bettering lives is at the heart of this program.

As Ms. Razo further explains, “When I first took over as Deputy Director at Spectrum Healthcare, I learned of a situation in which police had no choice but to put a patient suffering from severe depression and suicidal ideation into jail. The individual became so upset that he tried to free himself from custody and ended up being charged with two felony accounts. It was clear that if we had
The ‘Fountain of Youth’ is full of dumbbells

By KIM HOLLENBECK
Special to Verde Valley Newspapers, Inc.

One of the major problems that we face as we go through the aging process, is that we tend to move our bodies less and less. As balance wanes and lean muscle mass & endurance decrease, we can feel less confident about continuing a favorite sport, activity or traveling.

Leading a less active physical life slowly diminishes our overall conditioning and things can start to roll downhill. Our choices become more limited and we can suffer a loss of Quality of Life. Money and longevity aren’t as enjoyable if you aren’t planning any more adventures, or are too scared to try, because you have a loss of function that ultimately causes a loss of Confidence.

Successful workouts foster a sense of confidence that is intrinsic... and becomes infectious. When you sink your teeth into fitness, when you overcome a physical challenge that you have been struggling with, you start to mimic that intensity, bravery & success in all areas of your life. You become psyched about the future again!

We must realize that first and foremost, compliance is key. We need to see fitness as necessary. We have to understand that for fitness to work, it has to be a Lifestyle. There is no quick fix.

Often times, there is a lack of knowledge about how to regain our fitness that can lead to a fear of working out. “How do I safely get back in shape?” “What do I do?” “How often should I do it?” “What about proper form?” “I don’t want to hurt myself.”

‘We must realize that first and foremost, compliance is key. We need to see fitness as necessary. We have to understand that for fitness to work, it has to be a Lifestyle. There is no quick fix.’

-- Kim Hollenbeck

We need a Plan. We need to be accountable. We need to be motivated by someone, so that we will commit, and follow through with our workouts. That’s where a personal trainer who specializes in Fitness Over Fifty can help.

I have personally been working out for 32 years, 16 of them spent training older adults. Being 52 myself, I understand limitations, injuries & cranky parts. I know how to work around them. I know how to push just the right amount so that you improve, not fail.

To help clients meet and even exceed their goals, I take a slow, steady approach to fitness that begins where they are. We work on basic skills of strength, balance, agility & flexibility.

My demands build slowly and increase in difficulty over time. I help them understand that skills and strengths can vary from day to day and workout to workout. What is important is to show up, and to focus on performing at your best, in that moment, in that workout, on that day. Eventually, clients will have the thrill of attaining a Personal Best, and then another, and then another...

When clients master the physical tasks that I give them, they are so full of the pride of accomplishment, it just starts spilling over into all areas of their lives. They start to become more confident and adventurous. It really expands their worlds in a profound way. It’s why I am so passionate about training older people. I get to help them keep Living Life Out Loud!!

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Overview of Yavapai College health care education offerings

As the ongoing national conversation about health care in the United States evolves, there is one constant: the need for trained medical professionals, especially in rural America. That need is being addressed on a daily basis by rural community colleges such as Yavapai College.

The college is widely recognized for its excellent nursing program that helps staff hospitals, medical offices and health care agencies throughout Yavapai County. Perhaps less well known but of equal value to the community are the college’s other health care education offerings, including Radiologic Technology, Health Information Management, Medical Assistant, Nursing Assistant, Pharmacy Technician and Phlebotomy.

If there’s a common characteristic to these programs, it’s their success in preparing students for licensing exams and professional jobs. For instance, YC nursing graduates have surpassed graduates from other Arizona and nationwide programs in their success rate on the NCLEX-RN exam, an examination for the licensing of nurses in the United States and Canada.

Mary Brown, director of the Yavapai College nursing program, cites several factors to account for the students’ success, the first being the dedication and qualifications of their nursing faculty. “All full time faculty are Registered Nurses and have master’s degrees in Nursing,” she said. “We have a combined 15 full time faculty on the Verde Valley and Prescott campuses.”

YC nursing student and Wills Endowed Scholarship winner Michaela McShane sees her chosen profession as a true vocation. “I’ve always been attracted to helping people. My grandmothers were both nurses in World War II, and my aunts were also nurses,” Yavapai College and the scholarship make it easier for Michaela to juggle motherhood, studies and her job at a local restaurant. “It allows me to spend a little more time with my daughter and buy more books and supplies,” she says.

The Radiologic Technology program has seen 97 percent of its graduates pass the American Registry of Radiologic Technologists (ARRT) national certification and registration test the first time. Additionally, an impressive 94 percent of YC Radiologic Technology grads have found medical jobs within six months of graduating.

“In the seven short years the Radiologic Technology program has been in existence, we have met the needs of the medical community by providing qualified entry-level radiographers,” notes Program Director珍 Rich LeClair.

“Yavapai College Health Care educational programs have enjoyed many years of close and collaborative partnerships with Northern Arizona Healthcare, and other health care providers in the county,” adds Scott Farnsworth, Dean of Sciences, Health and Public Safety. “We would not have the student success in these programs without their support and involvement. We are gratified that these health care providers seek out YC graduates for employment.”

When YC students are not in classes, attending weekly off-site Clinical Days or studying, many volunteer in such community outreach events as YC’s annual American Red Cross Blood Drive. “SNAYC (Student Nurses Association of Yavapai College) and our faculty members consistently donate their time and energy giving back to others,” explains Brown. For instance, nursing staffers from the Verde Campus help families with children at a Free Children’s Clinic at the Spirit of Joy Lutheran Church in Clarkdale.

“Our radiology students participate in service learning activities in the first semester of the program by assisting clients of ‘People Who Care,’ a Prescott-based organization that helps members live independently,” adds LeClair.

Nursing and Radiologic Technology are among the varied health care education opportunities available through Yavapai College. Other health care programs, under the umbrella of “Allied Health,” develop competent, caring and ethical practitioners who are trained to adapt to continuous changes in the health care system.

“Our Allied Health programs are designed in a way that allows students to apply coursework completed in one program towards the coursework required for another certificate program,” says Nancy Bowers, YC Director of Allied Health. “For example, the courses required for the Phlebotomy Technician Certificate can be applied towards the Medical Assistant Certificate. By developing curriculum in this fashion, students have the opportunity to complete shorter programs and gain employment while working towards completing more advanced programs.”

Health Information Management, for instance, prepares students to work for a variety of health-related organizations. HIM professionals accurately code diagnoses and procedures for reimbursement and statistical purposes. The U.S. Bureau of Labor Statistics projects that employment rates for HIM to increase by 18 percent through 2016. Yavapai College offers an Associate of Applied Science degree in Health Information Technology, and graduates of the program are eligible to sit for credentialing examinations offered by the American Health Information Management Association (AHIMA) and the American Academy of Profession Coders (AAPC).

The Pharmacy Technician program is a 1-year program that produces profes-
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Zika virus carrier concerns local health officials

‘We have them (Aedes mosquitoes) in the Verde Valley in abundance’

By TOM TRACEY
Staff Reporter

Although no Zika cases have been reported in Yavapai County, "we have them (Aedes Aegypti mosquitoes) in the Verde Valley in abundance," said Yavapai County Community Health Services Public Health Emergency Preparedness Program Coordinator, Robin Oothoudt. "Pecks Lake and Tavasci Marsh (both in Clarkdale) are producers."

According to Oothoudt, the Zika virus has been linked to infected women giving birth to infants with a head much smaller than expected (called "microcephaly"). She said most of the afflicted infants do not survive beyond two years of age. When they do, a lifetime of medical care is required.

"Zika is an illness that most people will never know they had or the symptoms are so slight they think they have the flu," Oothoudt said. "Symptoms include fever, rash, joint pain and especially red eyes. The disease itself has as low death rate."

She said the disease is contracted through the bite of a Zika virus-infected female Aedes mosquito prior to it laying eggs. It can also be contracted from sexual contact with a male person carrying the Zika virus.

The Zika virus did not originate in the United States. However, travelers abroad can bring the virus back with them. Currently, no vaccine exists to prevent or treat Zika.

Has the Zika virus reached Arizona?

Currently, nine cases of the Zika virus have been confirmed in Arizona, per the Arizona Department of Health Services (AZDHS). The first case was reported March 28 in Maricopa County when an "older adult woman traveled outside of the United States to a Zika affected area before developing symptoms of illness."

Nationwide, 935 confirmed cases of the Zika virus have been reported, per the AZDHS.

"Worldwide, there have been about 500,000 cases reported," said Oothoudt.

An April 2016 report from the World Health Organization reports that the "Zika virus transmission was documented in a total of 62 countries and territories" and "distribution of Zika virus has steadily widened."

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YAVAPAI COLLEGE

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sionals who assist pharmacists in preparing and providing medication and other health products to consumers and patients. Technicians receive written requests, refill requests and verify patient information, among other related tasks. One hundred percent of Yavapai College program grads have passed the Pharmacy Technician Certification Exam over the three most recent years for which data is available.

Medical Assistant (MA) is one of the fastest growing occupations in the nation, and medical assistants should see a 58 percent increase in job opportunities in Yavapai, Apache, Coconino and Navajo counties in the years ahead. A medical assistant welcomes patients into the exam room, takes medical histories, patient vitals and prepares each patient for the doctor's examination. To meet the growing need,

Yavapai College’s Medical Assistant certificate prepares working students to use computers and databases, know laboratory testing procedures and use more sophisticated instruments. The Medical Assistant program is approved by the American Medical Technologist School Recognition Program, and those receiving certificates from the program are eligible to sit for the most widely recognized credentialing exam available to MAs, the RMA (registered medical assistant).

Other YC Allied Health programs are Nursing Assistant, a job that is projected to grow 15-22 percent by 2022, and Phlebotomy Technician, which prepares students for jobs that are projected to grow by 22 percent or more over the next six years.

"As the baby-boom population ages, the overall need for healthcare services is expected to increase," notes the U.S. Bureau of Labor Statistics web site. As it does, Yavapai College will continue to provide the training to meet that need.

More information about these and other YC programs is available on the Yavapai College web site at www.yc.edu.
Take the challenge: Get out of your comfort zone

By MAGDALENA ROMANSKA, Ph.D.
Certified Wellness Coach and Fitness Specialist

I totally hear you when you tell me that you don’t feel any more like going to the gym. Same old routine, same equipment, same comfy speed on that rat mill, and same faces to exchange pleasantries with.

Well, this means it is time to inject some juice into your fitness routine! Staying – or becoming – fit does not have to be a chore. It can, actually, be quite fun!

First and foremost, as in case of any impeding change, expect some anxiety. No matter if you approach this change by means of going for a week-long retreat to a fitness-oriented resort, hiring a personal trainer, taking a new group fitness class, or simply setting up a date with your bestie to go for that long hike. Whatever you decide to do and you haven’t been doing it so far is new and you will experience the related stress.

What is all this anxiety about? New endeavors bring with them the embedded chance of failure, of the “what if’s”. What if I do not have energy to complete that hike/ What if I get injured during my first 5K run? What if the neighbor, relaxing in her yard, sees me jogging along the road and thinks I am too slow? Well, you will be faster than her, sitting in her hammock, and you will be faster than about 99.9% of the population who, at any given time, religiously sits on their respective cabooses and does not move around!

Simply be mindful and acknowledge that fear. Say: “Oh, hi, fear, you are here again. I know why...” – and imagine embracing your worries physically and rocking them in your arms like a baby. Own your fear and be proud of it: you fear the change, therefore, you are alive!

If you don’t try new things, you do not give yourself a chance to succeed or to... fail. Failing is really good and it should not be feared, it simply means that you are courageous enough to try something new. It should be highly treasured and respected. Failing develops your resilience, too. Also, sometimes, we just “partially fail”, such as when partaking in a new fitness activity and discovering we simply don’t enjoy it, so we move forward and try something else.

When you change your routine, it is important to look after yourself. Make sure to take it easier than normally, do not expect a 100 percent (or 200 percent) performance right away, take time to prep that chamomile tea, smell and drink it...

Aim at making only one change a day or even a week, both in terms of what you decide to do and not to do (ex., I will only make that one change of not drinking a glass of wine every night, and I plan to replace it with a glass of organic beet juice in my tall wine glass, instead). Believe me, one small change will be plenty – been there, done that!

And then, once you are back on your fitness path, please be sure to variate the activities/exercises you do. This way, your body will be surprised each and every time you train it and it will not get used to the same old. Which, in turn, will result in a way higher metabolic rate and calorie burning every single day, even while at rest. I promise!

Homeostasis is useful and needed, but from time to time, it is truly crucial to get out of your comfort zone – to pursue our dreams and wants and to simply feel alive.

Magdalena Romanska

Magdalena is the owner of the “Be Fit Fit” Personal Training and Wellness Coaching Studio (www.beffitfit.biz). Her “Be Fit Fit” Blog can be read on www.verdenews.com

MOSQUITOS

From page 12

"West Nile does exist here," said Oothoudt. "We want you to pay attention. We have that invasion every year."

She spoke of a victim who “has been in the hospital since May” and another who “had to relearn how to walk and talk again.”

What are local public officials are doing about mosquito infestations?

Although preventative spraying is done by Maricopa County, Oothoudt said Yavapai County currently does not.

“There are issues with spraying. It (Aedes) likes to be indoors. And one truck with mounted sprayer and employees is a lot of money,” she said. “Any larvicide in navi- gable waters has to have an environmental impact study from the Feds.”

National Park Service Ranger Ryan Isaac said “We do have several mosquito traps to mitigate population growth near Tuzigoot in Clarkdale,” which Oothoudt described as very successful.

The good news is that “our mosquitos go away in November and come back around March or April. While the West Nile mosquito can fly 15 miles, the one carrying the Zika virus only flies 50 yards away,” said Oothoudt.

“Some of these diseases arrived through free trade agreements and others from travelers,” she added.

Although mosquito-related disease already have a foothold in Arizona, residents can do much to prevent the spread by eliminating standing water on their property, which Oothoudt says are breeding grounds for mosquitos, however small the source.

"The CDC just came up with a map this week showing the spread throughout all the southern states," said Oothoudt.

The dangers of mosquito-carried disease such as presented by Robin Oothoudt, Public health emergency preparedness program coordinator, Yavapai County Community Health Services. Oothoudt was the guest speaker at the July 7 Camp Verde Chamber of Commerce meeting at the Camp Verde Campus of Northern Arizona Healthcare. (Photo by Vyto Starinskas)

Although no Zika cases have been reported in Yavapai County, “we have them (Aedes Aegypti mosquitos) in the Verde Valley in abundance,” said Oothoudt. “Pecks Lake and Tavasci Marsh (both in Clarkdale) are producers.”
Is bariatric surgery the right choice for you?

According to the Arizona Department of Health Services and the World Health Organization obesity is fat accumulation that may impair health.

The World Health Organization defines obesity as a body mass index, or BMI, greater than or equal to 30. This is not the case for athletes, who often have high BMIs as a result of greater muscle mass.

BMI is a weight-for-height index in which your weight in kilograms is divided by the square of your height in meters. An easier way to calculate your BMI: go to the National Institutes of Health website and use the calculator provided at nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Nearly two out of three adults in Arizona are either overweight, defined as a BMI of 25 to 29, or obese, defined as a BMI of 30 or greater.

Being overweight or obese increases the risk of cancer, arthritis, joint problems, gall bladder disease, liver disease, kidney disease, heart disease, diabetes, hernia, lung problems and infertility, among other conditions.

Thirty-nine percent of adults aged 18 and older were overweight in 2014, and 13 percent were obese.

Most of the world’s population lives in countries where obesity kills more people than malnourishment.

Obesity-related healthcare costs the U.S. $147 billion annually.

Obesity is preventable, and most obesity-related health problems are reversible.

Types of bariatric surgery:

Laparoscopic gastric band (Lap-Band® surgery): A band is placed around the upper part of your stomach to create a small pouch. The band limits the amount of food you can eat by making you feel full after eating small amounts of food.

Laparoscopic sleeve gastrectomy: About 75 percent of the stomach is removed, leaving a narrow gastric “tube” or “sleeve.” No intestines are removed or bypassed.

Laparoscopic gastric bypass: A large section of the stomach is stapled off, creating a tiny pouch, which is then connected to the small intestine. This pouch can only accommodate a few ounces of food at a time, and the reconnected intestine causes the food to bypass part of the intestine so some of the calories will not be absorbed.

Biliopancreatic diversion with duodenal switch: This procedure involves removing approximately 70 percent of the stomach and rerouting a lengthy portion of the small intestine. While this method results in faster weight loss than other procedures, it also poses more risk.

Is weight loss surgery the right option?

Weight loss surgery is major surgery, not to be taken lightly. It is not a magic bullet, but a tool to use alongside dietary and lifestyle modifications. Northern Arizona Healthcare’s Bariatric Surgical Weight Loss Clinic helps patients prepare well in advance of their surgery. The clinical team works together to guide patients to make behavioral changes before and after surgery. Surgery is not a guarantee. The success of each patient’s surgery depends on the patient’s commitment to lifelong behavioral changes, including exercise and eating habits as well as fluid and vitamin intake.

Attend a free information session

If you are considering weight loss surgery, NAH’s Bariatric Surgical Weight Loss Clinic invites you to attend a free information session – in person or online – prior to making an appointment with our surgical staff. Information sessions are held the second Tuesday of each month from 6 to 7 p.m. at the DoubleTree by Hilton, 1175 W. Route 66 in Flagstaff. These sessions include a presentation by our surgical staff regarding the causes and health complications of obesity, as well as the types of surgeries available. To register, visit NAHealth.com/Bariatrics or call 928-440-5067.

For more information on Northern Arizona Healthcare programs and services, visit NAHealth.com. “Like” NAH at Facebook.com/NorthernArizonaHealthcare.

Hip and knee replacement Q&A

Allen Boyd, M.D., orthopedic surgeon and medical director of the Joint Replacement Program at Verde Valley Medical Center, answers some of the most common questions regarding hip and knee replacement.

Many people develop problems with their hips and knees as they age. This is a normal part of aging, but it can occur in more severe forms for some and during a time in their lives when they wish to remain active. Joint replacement is usually considered an option when other treatment methods no longer work and a person is experiencing persistent, disabling pain. In general, it is recommended individuals get as much use as possible from their natural joints before proceeding with joint replacement.

Q: What activities are permitted after hip or knee replacement?

A: Patients are encouraged to remain active after

SEE HIP & KNEE PAGE 24
Empty Cup Acupuncture/
Kim McMaster, M.Ed.,
MSOM, L.Ac.
74 Hollamon Street, Camp Verde
928-274-7626, FAX: 928-597-5191
Website: www.emptycupacupuncture.com
Education: Phoenix Institute of Herbal Medicine and Acupuncture
Special Procedure: Acupuncture, herbal medicine, cupping, gua sha, tui-na, Treating acute and chronic pain, digestive issues, anxiety, depression, PTSD, menopausal symptoms, colds, flu, and allergies, menstrual issues, and addiction. Also, working with the VA to serve Veterans.

Alicia’s Secret Assisted Living
4470 N. Eagle Circle
Rimrock, AZ
928-567-4518
Website: www.alicias-secret.com
Our home is just the place for you or your loved one. Come “age in place” ... gracefully. Our family welcomes you with open arms.

Page Springs Living
995 S. Page Springs Rd., Cornville, AZ
Website: pagespringsliving.com
928-649-0588 FAX: 928-649-0510
Special Procedure: Beautiful assisted living home in the rural setting of Cornville. Loving care is provided by our staff of certified caregivers 24/7.

Heart & Vascular Center of Northern Arizona
294 W. State Route 89A, Ste. 107
Cottonwood, AZ 86326
1298 Finnie Flat Road
Camp Verde, AZ 86322
3700 W. State Route 89A
Sedona, AZ 86336
928-634-1331
Website: NAHealth.com

David Ackerman, D.C.
291 S. Willard St., Suite 105
Cottonwood, AZ 86326
928-649-1849
Fax: 928-639-1566
Education: National College of Chiropractic
Website: drdavidackerman.com
Dr. Ackerman has been utilizing chiropractic, acupuncture and applied kinesiology together to permanently relieve pain for thousands of patients since 1979.

Spectrum Healthcare Group
8 E Mingus Ave
Cottonwood, AZ 86326
928-634-2236

Gary Nadler, D.C.
291 S. Willard St., Suite 104
Cottonwood, AZ 86326
928-639-0144
Fax: 928-639-0712
Education: Sherman College of Chiropractic
Special Procedure: Advanced proficiency rated activator practitioner for 30 years. Low force correction of vertebral misalignments for improved neurology and better health outcomes.
CRANIOSACRAL/LYMPHATIC THERAPY

Beth-ellen Zang, LMT, AHE, CNC
315 Willow Way
928-203-4998
Website: www.sedonacollege.com
Education: Florida School of Massage and Natural Health
Special Procedure: Chronic pain and rehabilitative therapies, nutritional consulting and lifestyle awareness. Modalities include CranioSacral Therapy, Lymphatic Drainage, Massage Cupping, Ayurvedic Consultations and Bodywork treatments. Ayurvedic Healthcare Educator, Certified Nutritional Consultant and Licensed Massage Therapist since 1981. Practicing in Arizona

ENDOCRINOLOGY

Verde Valley Medical Clinic - Endocrinology
294 W. State Route 89A, Ste. 114
Cottonwood, AZ 86326
1298 W. Finnie Flat Road
Camp Verde, AZ 86322
928-649-7889
Special Procedure: Verde Valley Medical Clinic – Endocrinology, part of Northern Arizona Healthcare, specialists treat and manage many endocrine conditions, including diabetes, osteoporosis, cholesterol problems, menopause, thyroid disorders and high blood pressure.

FAMILY MEDICINE

Nancy Pierce FNP-C
214 S. Main Street
Cottonwood
Mingus Medical Care
928-649-8250
Website: www.mingusmedicalcare.com

GASTROENTEROLOGY

Verde Valley Medical Clinic - Gastroenterology
294 W. State Route 89A, Ste. 213
Cottonwood, AZ 86326
928-649-7913
Special Procedure: Verde Valley Medical Clinic – Gastroenterology, part of Northern Arizona Healthcare, has the knowledge and expertise to improve your quality of life significantly by diagnosing and treating a wide range of digestive system disorders, including, but not limited to: colitis, heartburn, peptic ulcers, Crohn’s disease, colon polyps, irritable bowel syndrome and pancreatitis.

DENTISTRY/DENTURE LAB

Jeffrey C. Blair, D.M.D.
Old Town General Dentistry & Denture Lab
542 North Main Street
Cottonwood, AZ 86326
928-634-8567
Education: University of Louisville
Residency: General Practice Residency at Fort Carson, Colorado Springs, CO
Special Procedure: General Dentistry and Denture Laboratory

EYE CENTER

Southwestern Eye Center
270 South Candy Lane
Cottonwood, AZ 86326
Website: www.sweye.com
928-634-4202 FAX: 928-634-5963
Special Procedures: Ophthalmologists and Optometrists Available, Exams, Glasses/Contacts, Cataracts, Glaucoma, Diabetic Eye Care, Retina, Eyelids, Botox.

FAMILY MEDICINE

Cathleen Jochim-Malapanes, F.N.P.
696 E Mingus Ave Ste 106
928-634-5513
Fax: 928-634-0056
Education: Northern Arizona University School of Nursing, Master of Science in Nursing
Specialty: Family Medicine
Special Procedures: acute, chronic, and preventive medical care for family members of all ages, diagnosing and treating illness, managing chronic illness, routine checkups, health-risk assessments, immunization and screening tests, personalized counseling on maintaining a healthy lifestyle.

GENERAL SURGERY

Verde Valley Medical Clinic - General Surgery
199 S. Candy Lane, Ste. 1A
Cottonwood, AZ 86326
928-649-7969
Special Procedure: Verde Valley Medical Clinic – General Surgery, part of Northern Arizona Healthcare, physicians have the clinical knowledge and technical skills to manage conditions related to the gastrointestinal, vascular and endocrine systems and surgical oncology. Areas of expertise include the neck, breast, skin and soft tissues; abdomen and extremities.

Website: NAHealth.com
HEARING INSTRUMENT SPECIALIST

Ronald Kuglitsch, BC-HIS
709 E. Mingus Avenue, Suite 101
Cottonwood
Verde Hearing Solutions
928-634-2077
Website: www.verdehearingsolutions.com
Special Procedure: Evaluation of hearing loss, dispensing, repair and programming of hearing aids. Manufacturers include: Siemens, Phonak, Unitron and Sebotek.

HOME HEALTH SERVICES

Forever Young Caregiving Services
6050 SR 179, Suite 1
Sedona, AZ 86336
928-284-4208
Fax: 928-284-2184
www.foreveryoungcaregivingservices.com
Special Procedure: In-Home Non-Medical Care Serving Sedona and the Verde Valley

Verde Valley Medical Center
269 S. Candy Lane
Cottonwood, AZ 86326
928-634-2251
Special Procedure: Verde Valley Medical Center, part of Northern Arizona Healthcare, is a full-service, 99-bed hospital offering 24-hour emergency care, imaging, laboratory, surgical, physical therapy, orthopedic and cardiology services and has been designated a Level IV Trauma Center.
Website: NAHealth.com

IMAGING

Verde Valley Medical Imaging Center
450 S. Willard, Ste. 111
Cottonwood, AZ 86326
928-649-1260
Special Procedure: Verde Valley Medical Imaging Center, part of Northern Arizona Healthcare, offers services including CT scan, X-ray, MRI, digital mammography, stereotactic breast biopsy, ultrasound, nuclear medicine and PET scan.
Website: NAHealth.com

Caring Hearts of Sedona
100 Verde Valley School Rd., Ste. 104
Sedona, AZ 86351
928-284-1948
Website: www.caringheartsofsedona.com

Helping Hands In-Home Care Non-Medical
203 S. Candy Lane, Suite 11AB
Cottonwood, AZ 86326
928-639-8450
Fax: 928-639-3927
www.prescotthelpinghands.com
Special Procedure: Providing non-medical In-Home Healthcare to elderly and individuals with developmental disabilities, as well as Adult Day Treatment for Developmentally Disabled individuals.

Verde Valley Medical Clinic
450 S. Willard St., Ste. 107
Cottonwood, AZ 86326
928-649-7991
Special Procedure: At Verde Valley Medical Clinic, part of Northern Arizona Healthcare, infectious disease physicians diagnose and treat complex infections in the office. Typically, these infections can be accompanied by a high fever or may not respond to normal treatment.
Website: NAHealth.com

HOSPITAL

Verde Valley Medical Center - Sedona Campus
3700 W. State Route 89A
Sedona, AZ 86336
928-634-2251
Special Procedure: Verde Valley Medical Center – Sedona Campus, part of Northern Arizona Healthcare, offers 24-hour emergency care, cancer treatment, imaging services and primary and specialty care services.
Website: NAHealth.com

INFECTIONOUS DISEASES

Verde Valley Medical Clinic
450 S. Willard St., Ste. 107
Cottonwood, AZ 86326
928-649-7991
Special Procedure: At Verde Valley Medical Clinic, part of Northern Arizona Healthcare, infectious disease physicians diagnose and treat complex infections in the office. Typically, these infections can be accompanied by a high fever or may not respond to normal treatment.
Website: NAHealth.com
Steven P. Anthony, D.O.
3700 W. State Route 89A, Sedona
Arizona Oncology
928-204-4163 Fax: 928-204-4001
Website: ArizonaOncology.com
Education: Medical School: D.O., Philadelphia College of Osteopathic Medicine, Philadelphia, PA
Residency: Resident Internal Medicine, Hahnemann University Hospital, Philadelphia, PA
Fellowship: Research Fellow, Section of Hematology and Oncology Department of Medicine, Dartmouth-Hitchcock Medical Center, Lebanon, NH
Special Procedure: Board certified in Medical Oncology and Hematology. Specializes in treating all cancer types including breast, lymphoma, melanoma, prostate, colon and lung in Sedona.

Deborah Lindquist, M.D.
Arizona Oncology
3700 W. State Route 89A
Sedona, AZ 86336
(928) 204-4163 Fax (928) 204-4001
Website: ArizonaOncology.com
Education: Medical School: University of Nebraska's College of Medicine in Omaha
Residency: University of Minnesota Hospitals
Fellowship: Hematology and Oncology at University of Iowa Hospital in Iowa City
Special Procedure: Dr. Lindquist is board certified in Medical Oncology, Hematology and Internal Medicine. She is the research leader for the Arizona Oncology practices in Northern Arizona. Dr. Lindquist is also on the forefront of genetic testing for patients in the community to help determine inherited tendencies to get certain cancer diagnosis.

Peter Mathern, M.D.
Arizona Oncology
1329 N. Beaver Street
Flagstaff, AZ 86001
(928) 773-2260
ArizonaOncology.com
Education: Medical School: Charles University Medical School in Prague, Czechoslovakia
Residency: Vanderbilt University Medical Center in Nashville, Tennessee
Fellowship: Boston University Medical Center in Boston, Massachusetts
Special Procedure: Dr. Mathern is board certified in Medical Oncology and Hematology. He specializes in treating all cancer types including breast, lymphoma, melanoma, prostate, colon and lung in Flagstaff.

Cheryl Kasdorf, ND
1770 E. Villa Dr., Ste 2, Cottonwood
928-649-9234
Website: drcherylkasdorf.com
Special Procedures: "Get Back Your Get-up-and-Go"
* Thyroid assessment and treatment * Bowen Bodywork
* Natural Medicine * Healing Designed for You Specifically
* Best Alternative Health Verde Valley last 4 years *
**NEUROLOGY**

Verde Valley Medical Clinic - Neurology  
450 S. Willard St., Ste. 107  
Cottonwood, AZ 86326  
928-649-7991

Special Procedure: At Verde Valley Medical Clinic – Neurology, part of Northern Arizona Healthcare, specialists have the experience and expertise help evaluate and treat a broad range of neurological conditions related to the brain, spinal cord and nervous system, including strokes, traumatic brain injuries, neuromuscular disorders, migraine headaches and more.

Website: NAHealth.com

**NON-MEDICAL HOME CARE**

Harmony Home Care  
928-282-1901  
Website: www.chooseharmony.com

Special Procedure: “We’re here for you because we care.” Over two decades of quality care. Locally owned and operated. Bonded and Insured. Rely on us 24 hours a day. Compassionate Certified care Providers at the best price in the Verde Valley!

**OBESITY MEDICINE**

Forrest Lanchbury, MD  
210 Sunset Drive, Suite A  
Sedona, AZ 86336  
Website: www.SedonaCenter.com  
928-282-2520 FAX: 928-282-2895

Obesity Medicine, Regenerative Medicine, General Medicine  
Education: Uniform Services University of health Sciences at Bethesda, Maryland. Categorical Surgery Internship: Madigan Army Medical Center.  
Board Certifications: Bariatric Medicine, Anti-Aging and Regenerative Medicine, Fellow in Functional Medicine  
Special Procedure: I.V. Therapies, Cell therapy for Joint/Tendon, Prolotherapy, Minor Surgery

**OBSTETRICS & GYNECOLOGY**

Robert H. Jochim, M.D.  
696 F. Mingus Ave Ste 106  
928-634-5513  
Fax: 928-634-0056

Education: Loyola University Stritch School of Medicine  
Residency: Ventura County Hospital, Ventura CA  
Special Procedure: Obstetrics and gynecologic care for women of all ages, pregnancy and childbirth, pap smears, 3-D ultrasounds, breast care, endometriosis, fertility, birth control, reproductive health, well-woman exams, hormone balancing, menopause treatment.

**OCCUPATIONAL MEDICINE**

Verde Valley Medical Clinic - Occupational Medicine  
450 S. Willard St., Ste. 101  
Cottonwood, AZ 86326  
928-649-7904

Special Procedure: At Verde Valley Medical Clinic – Occupational Medicine, part of Northern Arizona Healthcare, services include pre-employment physicals and drug screenings, workplace injuries, post-exposure treatment, vaccinations, TB testing, mask-fit testing, 24-hour on-call drug screenings and breathalyzer alcohol testing.

Website: NAHealth.com

**ONCOLOGY**

Cancer Centers of Northern Arizona Healthcare - Sedona  
3700 W. State Route 89A  
Sedona, AZ 86336  
928-204-4160

Special Procedure: Cancer Centers of Northern Arizona Healthcare, part of Northern Arizona Healthcare, offers services including radiation therapy, brachytherapy, intensity modulated radiation therapy, image-guided radiation therapy and portal vision.

Website: NAHealth.com

**OPHTHALMOLOGY**

Brian Chang, MD  
270 South Candy Lane, Cottonwood  
Southwestern Eye Center  
928-634-4202, FAX: 928-634-5963  
Education: Medical School/Graduate School: Emory University of Medicine in Atlanta  
Residency: Eye and Ear Institute in Pittsburgh, PA  
Website: www.sweye.com  

Website: NAHealth.com
OPTOMETRY

Misty L. Cox O.D.
199 S. Candy Lane, Suite 2A
Cottonwood, AZ 86326
928-634-2883
Education: Midwestern University, Arizona College of Optometry
Website: www.fornaraeye.com
Special Procedure: Comprehensive Eye Exams, Diabetes, Glaucoma, Allergies and Dry Eye Evaluation and Treatment, Macular Degeneration, Contact Lens, Low vision exam and aids. Cataract and Lasik Consults. Surgical Services provided by Barnet-Dulaney-Perkins Eye Center.

ORTHOPEDICS

Verde Valley Medical Clinic - Orthopedics
450 S. Willard St., Ste. 105
Cottonwood, AZ 86326
928-649-7960

Special Procedure: Verde Valley Medical Clinic – Orthopedics, part of Northern Arizona Healthcare, offers surgical procedures including total hip and knee replacements; hip arthroscopy; care for trauma-related orthopedic injuries; sports-related injuries; arthritic conditions; shoulder, hip and knee injuries and disorders; and hand surgery.

Website: NAHealth.com

PHYSICAL THERAPY

EntireCare Rehab & Sports Medicine - Camp Verde
1298 Finnie Flat Road
Camp Verde, AZ 86322
928-639-5562

Special Procedure: EntireCare Rehab & Sports Medicine – Camp Verde, part of Northern Arizona Healthcare, offers physical and speech therapy services.
Website: NAHealth.com

PHYSICAL THERAPY

Elizabeth Linssen, P.T., D.P.T.
411 S. 14th St., Suite 102
Cottonwood, AZ 86326
928-634-9518
Fax: 928-646-5404
Education: Medical School/Graduate School: Marquette University/Northern Arizona University
Special Procedure: Owner of Verde Valley Physical Therapy, the first Private PT Practice to open in Cottonwood Specializing in outpatient orthopedic evaluation and rehabilitation Liz has served our community for 28 years. Bilingual

PHYSICAL THERAPY

EntireCare Rehab & Sports Medicine - Sedona
35 Dry Creek Road, Ste. 4
Sedona, AZ 86336
928-282-6775

Special Procedure: EntireCare Rehab & Sports Medicine – Sedona, part of Northern Arizona Healthcare, offers physical, occupational, hand and speech therapy services.
Website: NAHealth.com

OPTOMETRY

Jason W. Fornara O.D.
199 S. Candy Lanes, Suite 2A
Cottonwood, AZ 86326
928-634-2883
Education: Midwestern University, Arizona College of Optometry
Website: www.fornaraeye.com
Special Procedure: Comprehensive Eye Exams, Diabetes, Glaucoma, Allergies and Dry Eye Evaluation and Treatment, Macular Degeneration, Contact Lens including Specialty Lens. Cataract and Lasik Consults. Surgical Services provided by Barnet-Dulaney-Perkins Eye Center.

PEDIATRICS

Kamli Jura, MD
651 W. Mingus Ave
Cottonwood, AZ 86326
928-634-2236

EntireCare Rehab & Sports Medicine - Sedona
35 Dry Creek Road, Ste. 4
Sedona, AZ 86336
928-282-6775

Special Procedure: EntireCare Rehab & Sports Medicine, part of Northern Arizona Healthcare, offers physical, occupational, hand and speech therapy services and sports medicine.
Website: NAHealth.com
EntireCare Rehab & Sports Medicine - Village of Oak Creek
6560 Highway 179, Ste. 118
Sedona, AZ 86351
928-282-8428

Special Procedure: EntireCare Rehab & Sports Medicine – Village of Oak Creek, part of Northern Arizona Healthcare, offers physical therapy services.
Website: NAHealth.com

Dan Sorenson, P.T.
480 S. Willard St.
Cottonwood, AZ 86326
928-649-9726
Fax 928-634-2079
www.norazrehab.com
Education: Medical/Graduate School: Texas Women's University – Houston
Special Procedure: orthopedic injuries, work injuries, joint sprains, strains, balance problems, post-surgical rehab, arthritis

Tarrin Walz, P.T., M.S.
480 S. Willard St.
Cottonwood, AZ 86326
928-649-9726
Fax 928-634-2079
www.norazrehab.com
Education: Medical/Graduate School: Regis University, MS in PT, & Utah State University, MS in cardiac rehab
Special Procedure: orthopedic injuries, shoulder injuries, knee injuries, aquatic therapy, weight loss, sports performance, cardiac rehabilitation

Verde Valley Medical Clinic - Camp Verde
1298 Finnie Flat Road
Camp Verde, AZ 86322
928-639-5555

Special Procedure: Verde Valley Medical Clinic – Camp Verde, part of Northern Arizona Healthcare, offers primary care, cardiology, neurology, orthopedic and endocrinology services.
Website: NAHealth.com

Verde Valley Medical Clinic - Primary Care
450 S. Willard St., Ste. 115
Cottonwood, AZ 86326
928-634-5551

Special Procedure: Verde Valley Medical Clinic – Primary Care, part of Northern Arizona Healthcare, provides a full range of medical services to meet your healthcare needs. A network of board-certified primary care and specialty physicians delivers exceptional care with a personal touch.
Website: NAHealth.com

Bendy K. So, MD FACS
120 Northview Road
Sedona, AZ 86336
Sedona Plastic Surgery & Wellness Center LLC
928-282-2888 FAX: 602-381-0236
Education: Loma Linda University School of Medicine Residency: William Beaumont Hospital, Maricopa Medical Center & Arizona Children's Hospital
American Board of Plastic Surgery Certified
Website: www.sedonaplasticsurgery.com
Special Procedure: Cosmetic plastic surgery, founder & director of the Aesthetic Skin Care Institute.

Claudia Converse, FNP-C
651 W. Mingus Ave
Cottonwood, AZ 86326
928-634-2236

Kamli Jura, MD
651 W. Mingus Ave
Cottonwood, AZ 86326
928-634-2236
Primary Care

Verde Valley Medical Clinic - Sedona
3700 W. State Route 89A
Sedona, AZ 86336
928-204-4944

Sedona, part of Northern Arizona Healthcare, offers primary care, cardiology, orthopedic and general surgery services.

Website: NAHealth.com

Sedona, Village of Oak Creek

Verde Valley Medical Clinic - Village of Oak Creek
61 Bell Rock Plaza, Ste. A
Sedona, AZ 86351
928-204-4999

Sedona, part of Northern Arizona Healthcare, offers primary care and cardiology services.

Website: NAHealth.com

Sleep Lab

Verde Valley Medical Center Sleep Center
294 West Highway 89A, Ste. 214
Cottonwood, AZ 86326
928-639-6382

The team at Northern Arizona Healthcare’s Verde Valley Medical Center Sleep Center – fully accredited by the American Academy of Sleep Medicine – treats 82 sleep-related disorders affecting adults and children ages five and older; conducts in-lab and out-of-lab testing; and has four high-tech, comfortable rooms for individual sleep studies. Clinics for Continuous Positive Airway Pressure, or CPAP, are conducted four days a week.

Website: NAHealth.com

Urology

Verde Valley Medical Clinic - Urology
294 W. State Route 89A, Ste. 208
Cottonwood, Arizona 86326
928-649-7970

Verde Valley Medical Clinic – Urology, part of Northern Arizona Healthcare, focuses on diseases of the male and female urinary tract systems and the male reproductive organs. Specialists offer minimally invasive and advanced treatments for a range of disorders, including incontinence; urinary tract infections; kidney stones; erectile dysfunction; bladder and prostate diseases.

Website: NAHealth.com

Therapeutic Spa

NAMTI Spa
2120 W. State Route 89A
60 Tortilla Drive, Sedona, AZ
Website: www.namtispa.com
928-282-7737

NAMTI Spa
Therapeutic Spa; Massage, Facials, Acupuncture, MediSpa, Ayurveda
Where Affordability Meets Relaxation...
Serving Sedona since 2000
Special Procedure: Offering high-quality massage therapy, facials, medispa services, and acupuncture services at affordable prices. Our licensed and professional therapists are all trained in a variety of styles and will always customize your treatment to meet your needs!

Wound Care

Adele Sumner, RNC CWS
214 S. Main Street,
Cottonwood
Mingus Medical Care
928-649-8250

website: www.mingusmedicalcare.com
Special Procedures: acute/chronic non-healing wounds, diabetic foot care.
Cottonwood
928-639-3387
2035 S. Candy Lane
Suite 14

www.azdermgroup.com

SERVING ALL AGES

MEDICAL DERMATOLOGY
• Skin Cancer Screenings
• Melanoma Screening
• Acne
• Actinic Keratosis
• Allergic Skin Reaction
• Basal Cell Carcinoma
• Birthmarks
• Dermatitis
• Eczema
• Hair & Nail Diseases

SURGICAL PROCEDURES
• Skin Cancer Treatment
• Mohs Micrographic Surgery
• Melanoma Treatment
• Cosmetic and Plastic Surgery
• Mole Removal

COSMETIC TREATMENTS

Lanny Hunter, M.D., FAAD, Board Certified Dermatologist | Sandra Hutchinson, PA-C

Lake Havasu City – 928.680.1203 • Prescott – 928.776.0325
Prescott Valley – 928.772.8553
The following is a guide to support and self-help services here in the Verde Valley:

- AIDS and HIV clinic through Northland Cares. Free, safe, confidential HIV testing every Monday, Wednesday and Thursday from 10 a.m. to 2 p.m. at 3112 Clearwater Drive Suite A, Prescott, AZ 86305. Call 928-776-4612 or visit www.northlandcares.org.
- Alzheimer’s and related dementia resources can be found at the Desert Southwest Chapter, Northern Arizona Regional Office, 3111 Clearwater Dr., Suite A, Prescott, AZ 86305. Call 928.771.9257 or visit www.alz.org.
- American Cancer Society, 403 N. Agassiz St., Flagstaff, AZ 86001. Call 800-227-2345 or 928-526-3800 or visit www.cancer.org.
- American Indian Health Providers can be found at the Division of Fee-For-Service Management, Claims Customer Service, Call 602-417-7670 or visit www.azahcccs.gov.
- Arizona Health Care Cost Containment System (AHCCCS) is Arizona’s Medicaid health care program. To apply, call 1-855-432-7587 or visit www.azahcccs.gov.
- Arizona Health Care Cost Containment System (AHCCCS) is Arizona’s Medicaid health care program. To apply, call 1-855-432-7587 or visit www.azahcccs.gov.
- American Heart Association offers care, education and research. Call 800-222-5722 or visit www.heart.org Arizona Department of Economic Security (DES) offers temporary assistant for those in need. Call 928-649-6800 or visit www.azdew.gov.
- Arizona Long Term Care System (ALTCS) was created to provide quality long-term care for people who cannot pay for the care they need. Located at 1 N. Main St., Cottonwood, AZ 86326. Call 928-634-8101 or visit www.azahcccs.gov.
- Big Brothers and Big Sisters provides one-on-one support for school-aged children, predominantly from single-parent homes. Located at 830 S. Main Suite 1-H, Cottonwood 86326. Call 928-634-9789 or visit www.bbbs.org.
- Childbirth education classes are held on Thursdays from 7 p.m. to 9 p.m. at the Verde Valley Medical Center, Conference Room B, 269 S. Candy Lane, Cottonwood, AZ 86326. Call 928-639-6437 or visit www.verdevalleymedicalcenter.com/OurServices/Maternity/Education.
- Developmental disability advocacy and free referrals can be found at Four County Conference on Developmental Disabilities. Located at 325 N. Arizona Ave., Prescott, AZ 8630 Call 928-778-3391 or visit www.narha.network.ofcare.org.
- Gambling problems can be assisted through the Arizona Office of Problem Gambling. Call 1-800-639-8783 or visit www.probлемgambling.az.gov.
- Health-e-Arizona Plus for medical assistance, nutrition assistance, and cash assistance. You can also report changes, renew your benefits, see your AHCCCS enrollment, nutrition and cash assistance benefit amounts, the status of your application, letters, and more. Call 1-855-432-7587 or visit www.healthearizonaplus.gov/Default/Default.aspx.
- Mentally Ill Kids in Distress (MIKID) provides support services for parents and family members of children or adolescents with behavioral health problems. Located at 3075 N. Windsor Rd. Suite A, Prescott Valley, AZ 86314. Call 928-775-4448 or visit www.mikid.org.
- Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Located at the Verde Valley Guidance Clinic, 748 North Main St., Cottonwood, AZ 86326. Call 928-634-2119 or visit www.na.org.
- Overeaters Anonymous holds free meetings every Wednesday from 6:30 p.m. to 8 p.m. at the Verde Valley Medical Center, Conference Room A, 269 S. Candy Lane, Cottonwood, AZ 86326. Call 928-399-0934 or visit www.oa.org.
- Planned Parenthood Offices is a national organization that provides reproductive health care and education at its centers. Located at 2500 S. Woodlands Village Blvd., Suite 12, Flagstaff, AZ 8600. Call 855-207-7526 or visit www.plannedparenthood.org.
- Pregnancy and Breastfeeding Hotline: 1-800-833-4642. Senior Centers and Meals

**Q: What is the best way to navigate medical information?**

**A:** This is the most important question and most difficult to answer. Many people look to the Internet as their primary information source for almost everything. It is important to recognize the complexity of sorting through this material when trying to find accurate information – and understand the difference between marketing and science. Here are some helpful tips for navigating through medical information on the Internet:

- **Second opinions can be very informative.**
- **Seek information from informed sources – other physicians, patients or scientific publications.**
- **Check specific background of sources – individual and institutional.**
- **Biological principles do not change; it takes time to heal from surgery.**
- **The laws of physics apply to artificial implants – there are guidelines to follow.**
- **If it sounds too good to be true, it probably is.**
- **Always prepare for medical events and ask questions until you feel fully informed.**

Allen Boyd, M.D., is a board-certified orthopedic surgeon and medical director of the Joint Replacement Program with Verde Valley Medical Center, a member of Northern Arizona Healthcare. He is located in Cottonwood. Dr. Boyd diagnoses, assesses and treats injuries to the musculoskeletal system. This includes both nonsurgical and surgical treatment of the bones, joints, muscles, ligaments and tendons. He specializes in all aspects of total hip and knee replacement surgery. VVMC’s other orthopedic surgeon is Brian Duggan, M.D. Dr. Duggan specializes in sports-related injuries. He performs knee ligament reconstructions; hip arthroscopy; arthroscopic shoulder rotator cuff repairs; instability surgery of the shoulder, total shoulder replacements and reverse shoulder replacements; and total and partial hip and knee replacements. Dr. Duggan holds office hours in Cottonwood, Camp Verde and Sedona.

To learn more or to make an appointment, call 928-649-7960.
Changing world brings changing emergency preparedness

In the past, the phrase "emergency preparedness" would bring to mind floods or fires. Now, acts of terrorism and outbreaks of contagious disease need to be added to disaster planning.

The Center for Disease Control (CDC) suggests that people take steps now to better cope with an unexpected emergency later. The three steps suggested by the CDC include:

- Get a kit
- Make a plan
- Be informed

Get a kit
When disaster strikes, you may not have enough food and water on hand. And you can’t count on grocery store supplies to last. Unfortunately, half of the adults in the United States do not have enough resources to prepare for an emergency, according to the CDC.

For that reason, the CDC suggests an emergency kit containing a three-day supply of non-perishable food and water (one gallon per person per day), as well as a three-day supply of medicine.

Other items to place in the kit include toiletries, a first aid kit, a blanket, a multipurpose tool and a whistle. Also important to have are a weather radio, flashlight, cell phone and extra batteries.

Documents to include in the kit are insurance cards, medical paperwork and family contact information. Extra cash and maps could also prove important during an emergency.

And don’t forget baby supplies and pet supplies, if applicable. Have your children add a few items that they would like to include in an emergency supply kit, such as books, games and pre-packaged snacks.

Make a plan
The last thing a family needs during a stressful disaster is more stress from lack of emergency planning. Make a family disaster plan beforehand. Key points to cover include:

- Determine safe spots in your home and share that information with family.
- Choose multiple meeting places if separated during a disaster.
- Learn where to turn-off water, gas and electricity.
- Check fire extinguishers and be sure children know where they are and how to use them.
- Think about what you would do with pets.

Be informed
During a disaster, public officials share emergency warnings, updates and safety instructions in a variety of ways. Have your family listen to the radio and television and keep up-to-date with the internet.

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• Verde Valley Sanctuary provides shelter, community outreach and legal advocacy to victims of family violence. Located at 1225 State Route 89A, Sedona, AZ 86336. Call 928-634-2511 or the hotline at 1-800-930-7233 or visit verdevalley-sanctuary.org.

• Women, Infants and Children (WIC) provides supplemental nutrition support for women, infants and children. Call 1-800-252-5942 or visit Yavapai County Public Health. Located at 10 S. 6th Street, Cottonwood, AZ 86326. Call 928-639-8130 or visit yavapaifamilyhealth.com.
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Back Row L to R: Paul Kosick, MD, Stephen Anthony, DO, Peter Matern, MD
Front Row L to R: Pamela Miel, MD, Judy Hummerich, MD, Deborah Lindquist, MD
‘Hands-only’ CPR simplifies steps, increases first responders

According to the American Heart Association (AHA), most people who experience cardiac arrest die because they don’t receive immediate cardiopulmonary resuscitation (CPR).

In fact, the application of CPR by a “Good Samaritan” can more than double a person’s chances of survival.

In 2011, the AHA found that 326,200 people experienced out-of-hospital cardiac arrests in the United States.

Of those treated by EMS, 10.6 percent survived, with the survival rate increasing to 31.4 percent when in the presence of bystanders.

To encourage more people to become first responders as opposed to bystanders, the AHA has

PREPAREDNESS
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ways. These include emergency texts, phone calling systems, digital road signs, social media, sirens and speakers.

In the event of a weather alert, know the difference between a “watch” and a “warning.” A watch means that there is a high possibility that a weather emergency will occur. A warning means that a weather emergency is already happening or will happen soon. When you hear a warning, take immediate action.

And when it comes to communicating with friends and family, remember that landlines may become overburdened in an emergency. Try texting instead.

Disaster planning in a changing world

Along with planning for natural disasters, it is also wise to plan for human-related disasters such as acts of terrorism and contagious diseases. The three steps of getting a kit, making a plan and being informed can greatly assist your survival in modern-day disaster scenarios. According to Ready.gov, here are some additional steps to take if faced with one of these disasters:

Acts of terrorism:

Acts of terrorism can take many forms besides bombs and gunfire. Other forms of terrorism that can be launched from remote regions include biological, cyber and nuclear.

A biological attack is the deliberate release of bacteria, viruses and toxins that can cause illness. It can be spread by aerosols, insects, food, water or person-to-person. During a biological attack, protect yourself by covering mouth and nose with layers of fabric. Practicing hygiene such as washing hands and covering mouth and nose when coughing and sneezing can help contain outbreaks.

Cyber attacks can disrupt transportation, power and other major services. Hackers can also erase entire computer systems, alter files or steal confidential information. The best defense for home computers is keeping software up-to-date, running regular anti-virus scans and - - if a hack is suspected - - disconnecting the device from the internet and performing a full system restore.

The threat of a nuclear attack goes beyond a single mushroom cloud. Improvised nuclear devices (IND) are now a danger. These smaller but more portable weapons can create an explosion having intense light and heat, a damaging pressure wave and the spread of radioactive material over air, ground and water. To protect yourself, Ready.gov advises taking shelter in a brick or concrete building or taking refuge below ground. If caught outside during an explosion, lie flat on the ground and cover your head, as it could take 30 seconds or more for a blast to hit your location. As soon as possible after exposure, shed clothes into sealed bag and shower with plenty of soap.

Contagious disease:

Currently, the contagious diseases that public health officials are most concerned with are viruses spread by mosquito bites (such as chikungunya, dengue, West Nile and Zika). The Zika virus is of utmost concern to pregnant women, as it is has been linked to the birth of infants with smaller-than-expected heads (called “microcephaly”). No vaccine exists to prevent or treat the Zika virus, which is present in warmer climates worldwide (including the southern United States). The Zika virus can be contracted and spread by travel to affected regions as well as by sexual contact.

The best protection from these contagious diseases is to avoid mosquito bites altogether. This can be done by:

- Applying EPA-approved insect repellent containing such active ingredients as DEET, Picaridin, oil of lemon eucalyptus or IR3535 (found in Avon “Skin so Soft”).
- Staying in rooms protected by door and window screens
- Sleeping under a bed net
- Eliminating standing water that is used by mosquitos to lay eggs

For more information on emergency preparedness, visit the website www.emergency.cdc.gov as well as www.ready.gov.
Stocking a first-aid kit, applying the basics

The first step to first-aid is having an adequately-stocked medical supply kit. Not only should it contain bandages, but also some basic medications and simple medical devices. Be sure to have a first-aid kit in your home and vehicle as well as your place of work. Include a booklet on first-aid basics and routinely check contents for expiration dates.

What to include in a first-aid kit

Whether purchased pre-packed or assembled with individual components, the American Red Cross recommends that a first-aid kit contain the following items:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages of assorted sizes
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram each)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg. each)
- 1 reflective blanket
- 1 breathing barrier with one-way valve
- 1 instant cold compress
- 2 pair of large non-latex gloves
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 1 scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First-aid instruction booklet
- Basic first-aid tips

Along with having the necessary medical items, keep these three basic first-aid tips in mind:

- When faced with an unconscious patient, remember the “ABCs”: Airway (keep open and free of objects); Breathing (if necessary, perform rescue breathing using the breathing barrier included in your first-aid kit) and Circulation (if no pulse is present, push firm and fast in the center of the chest).
- If a strain or sprain (not a break) is suspected, patients may benefit from “RICE”: Rest (stay off the affected limb), Ice (placed in a towel), Compression (such as an elastic bandage) and Elevation (to reduce pooling of blood and subsequent swelling).
- A victim of severe bleeding may be assisted by “CE”: Compression (pressing a clean dressing directly and continuously over the wound) and Elevation (supporting and raising the affected area above heart level to reduce bleeding).

Before attempting these measures, be sure to complete a certified first-aid class. Visit www.redcross.org for more information.

CPR

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joined forces with other agencies in offering “Hands-only” CPR training. No longer do responders have to memorize ratios of breaths-to-compressions. The goal now is to get blood circulating as quickly as possible.

“Hands-only” CPR training involves two steps: 1. Calling 911 (or sending someone to do that) and 2. Pushing hard and fast in the center of the chest.

Step 1: Calling 911

The AHA reminds us that there is a right way and a wrong way to make a 911 call. Callers should remain on the phone until the 911 operator says it’s OK to hang up. They may offer lifesaving suggestions over the phone once first responders have been dispatched. Also, be specific with address details, as cell phones are not associated with a fixed location.

Step 2: Pushing hard and fast in the center of the chest

If a person collapses with no pulse or breathing, the AHA trains bystanders to push hard and fast in the center of the chest. The AHA recommends that chest compressions be done to the beat of the Bee Gees’ song “Stayin’ Alive,” which has the correct beat for “Hands-only” CPR.

Why “Hands-only” CPR is critical to patient survival

According to Fire Inspector Steve Trautman, Cottonwood Fire Department, “Hands-only” CPR “really came to the forefront in the last five years.”

“Statistics show that the minute it’s recognized and bystanders do chest compressions, the patient’s chances of survival are increased up to 10 fold,” said Trautman “If you go four to five minutes - - even three minutes - - with no blood circulation, your chances of resuscitation really drop.”

This timeframe is supported by the Brain Injury Foundation, which found that patients can suffer irreversible brain damage in as little as three minutes after the loss of circulation.

“Our strategy is to go from being reactive to being proactive. It’s to get citizen doing this to make us all safer,” he said. “Remember, your hands are their heartbeat.”

Getting trained in CPR

To encourage more Good Samaritans to become first responders, CPR certification is no longer restricted to long classes using plastic dummies. A variety of public and private agencies offer CPR classes using methods and hours that fit people’s busy schedules. Class materials go beyond paper books and include tutorial cards, eBooks and eCards. Instruction includes in-person, online, hybrid (part in-person, part online) and video courses.

For more information, visit www.cpr.heart.org.

Asthma rates rising in Arizona

There was a time when folks moved West to avoid respiratory distress. But times have changed.

“Asthma is more prevalent in Arizona. Recent studies show both Phoenix and Tucson rank in the top five cities with the highest prevalence,” according to Leonard Moss, M.D., pulmonologist at Northern Arizona Healthcare’s Sleep and Pulmonary Center.

According to a 2012 study by the Arizona Department of Health Services (ADHS), the number of asthma suffers statewide is 750,000, which is higher than the national average. About 13.5 percent of all Arizona adults report having been diagnosed with asthma.

What is asthma?

Asthma is a chronic disease of the lungs that constricts air flow and causes shortness of breath, wheezing and coughing. It can be triggered by both allergens (such as pollen) as well as non-allergen causes (such as exercise) and affects people of all ages.

What allergens are present in the Verde Valley?

Dr. Moss says the type of allergens in the Verde Valley may vary by season. The peak season for some common trees and shrubs include:

-SEE ASTHMA PAGE 29
Healthcare Connections, September 14, 2016

Mammograms and you:
Five common questions

1. What is a digital mammogram?
   According to Irma Monreal, lead radiology technician, Verde Valley Medical Center, “A digital mammogram - also known as full-field digital mammography, or FFDM - is similar to a standard mammogram because it uses X-rays to make pictures of the breast. However, a digital mammogram is more advanced in how the picture is made, looked at and stored.”
   “Standard mammograms are printed on large sheets of film, whereas digital images are recorded and saved as files on a computer. Digital mammograms are becoming more widely available,” she said.

2. Why should women get a mammogram?
   “Mammograms are the most effective tool used to screen for breast cancer. Screenings are beneficial because early detection can improve chances of surviving it,” said Monreal.

3. Who should get a mammogram?
   The American Cancer Society (ACS) recommends women 40 and older have a screening mammogram annually. According to the ACS, a mammogram can show changes in the breast up to two years before a patient or physician feels them. It is also effective for women under 50, women who are premeno-

From page 28

Arizona Black Walnut: March through June
Cypress: Oct. through April
Cottonwood: Jan. through March
Mesquite: March through Aug.
Desert Broom: Sept. through Feb.
Hackberry: Spring and fall

What are symptoms of asthma?
According to the Center for Disease Control (CDC), symptoms of asthma include:
- Repeated episodes of wheezing
- Breathlessness
- Chest tightness
- Nighttime or early morning coughing

Is the asthma rate rising or falling?
The asthma rate continues to rise. More adults report they have asthma now than 15 years ago, with the rate up two percent, according to ADHS data. In fact, nearly eight percent of all Arizona school children have asthma.

What can I do to prevent asthma?
There are steps that can be taken to reduce episodes of asthma. These steps include:
- Maintain a clean indoor environment.
- Avoid triggers such as allergens from dust, mold, pollens and smoke.
- In the workplace, avoid air pollution, chemicals or dust.
- In the home, avoid compounds in home products and sulfites in foods and drinks.
- Obtain education for self-care to reduce frequency and severity of asthma attacks.
- Where can I turn for help with asthma?
  The Arizona Asthma Coalition (AAC) is a non-profit partnership of public environmental and health departments, the Indian Health Service, the American Lung Association of Arizona, health plans, colleges, community non-profit organizations, pharmaceutical companies, medical practitioners, asthma educators and parents.

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How to become a former tobacco user

“I have to hide smoking from my kids,” Jon, a resident of Camp Verde, says. “They’re disgusted by it. It’s a disgusting habit, I admit, but I’ve been smoking my whole life. I’d like to quit. I’ve quit a bunch of times. But … I’m not ready. I have to go outside to smoke. My kids get mad if they find my cigarettes—they throw them away, they’ve grabbed ‘em out of my hand and broken them in half. They dig through my stuff to find my cigarettes. I’m almost 50, and hiding from my kids like I’m a teenager doing something illicit.”

Middle schoolers in Yavapai County were entertained in Teen Maze this year by a three-foot long cigarette labeled Tarihoro, the “ash” a gray silky material printed with a long list of chemicals contained along with the addictive ingredient (nicotine). The kids were surprised that a burning cigarette emits more than 7,000 chemicals.

They’re surprised that schools used to have smoking areas, and that “chew and vapes” also contain the nicotine and chemicals less obvious than in old-school cigs. They recoil from a bottle of yellowish milky substance representing mucous and another container of sluggish black slime representing the amount of tar in the diseased lungs of a long term smoker.

They learn about “popcorn lung” caused by many of the enticing flavors in e-cigarettes, and that third-hand smoke is what settles on (and rises from) pets, carpeting and furniture.

The benefits of smoking cessation are immense, even for individuals who aren’t yet experiencing symptoms of disease. Along with the enjoyment of taste and smells returning, other benefits include:
• Twenty minutes after quitting: Heart rate and blood pressure decreases. Temperature of hands and feet normalize.
• Eight hours after quitting: Carbon monoxide level in the blood normalizes.
• Two weeks to three months after quitting: Blood circulation improves; lung function increases as much as 30 percent.
• One to nine months after quitting: Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce infection.
• One year after quitting: Excess risk of coronary heart disease is half that of a smoker.
• Five years after quitting: Stroke risk is reduced to that of a nonsmoker five to 15 years after quitting.
• Ten years after quitting: Lung cancer death rate is about half that of a continuing smoker; risk of cancer of the mouth, throat, esophagus, cervix, bladder and pancreas decrease.
• Fifteen years after quitting: Risk of coronary heart disease is equal to that of a nonsmoker.

Yavapai County holds in-depth classes focusing on cessation tools such as breathing techniques and alternatives to medication in the Chronic Disease Self-Management Program.

To be included on a future class list, email virginia.rodriguez@yavapai.us.

Verde Valley Medical Center offers an eight-session in-person “Freedom From Smoking” program. Contact Pamela Diffin in Respiratory at 928-639-5391.

Saving lives such as Jon’s is achievable through knowledge, skills, resources and follow up support. Jon’s kids could register to become trained, effective, certified helpers and receive free self-paced training through Helpers Learning to Help Others Quit Tobacco. Rather than shaming Dad, they could help him break free of tobacco addiction without breaking his “cancer sticks” and causing him to slink around outside the house in the dark smoky night- or exposing them to his embarrassment and secondhand smoke.

MAMMOGRAM

From page 29

pausal and women with dense breasts.

4. How often should a mammogram be done?

According to Monreal, the ACS guidelines are as follows:

Women between the ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.

Women age 45 to 54 should get mammograms every year.

Women 55 and older should switch to mammograms every 2 years or can continue yearly screening.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away.

A very small number of women should be screened with MRIs along with mammograms. Factors include family history or a genetic tendency.

Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

5. How much is a digital mammogram and what if I can’t afford one?

“In October, Northern Arizona Healthcare will offer digital mammograms for the reduced cost of $85 - screening mammogram only – at Verde Valley Medical Imaging Center and VVMC – Sedona Campus,” said Monreal.

Medicare pays for annual screening mammograms for all female Medicare beneficiaries who are age 40 or older. Medicare will also pay for one baseline mammogram for female beneficiaries between the ages of 35 and 39. There is no deductible requirement for this benefit.

Information about coverage is available on the Medicare Hotline by calling 1-800-633-4227 or visit www.medicare.gov.

Also, the Centers for Disease Control and Prevention (CDC) coordinates the National Breast and Cervical Cancer Early Detection Program. This program provides screening services, including clinical breast exams and mammograms, to low-income, uninsured women throughout the United States and in several U.S. territories. For information, call 1-800-232-4636 or visit www.cdc.gov.

For more information about mammography, visit www.cancer.gov.
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Donna Baird, RDH, graduated from the dental hygiene program at Northern Arizona University in Flagstaff and has called Northern Arizona her home for more than 22 years. She has practiced with Dr. Blair at Old Town General Dentistry for more than a year and her enjoyment and dedication to her profession come through for every patient in her care.

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