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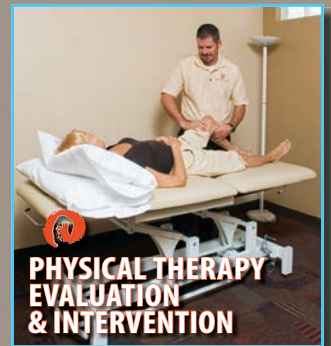
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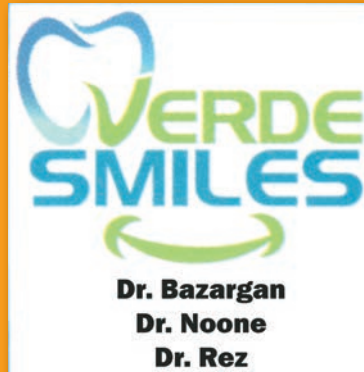
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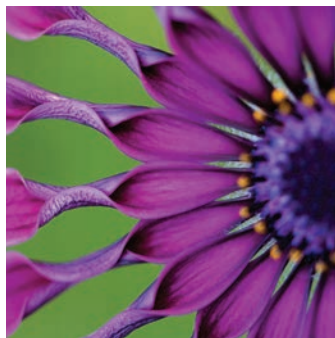
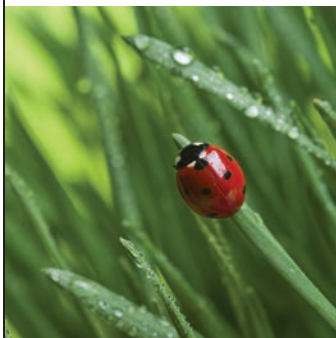
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Cancer prevention and early detection: Protecting yourself and your family

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



David C. Beyer, M.D.

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, 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.

Cancer Centers of Northern Arizona Healthcare

CCNAH brings hope and healing to cancer patients. Its multidisciplinary medical teams, advanced technologies and compassionate care help patients and their families through the experience, leading them to a new start in life with two locations in Northern Arizona:

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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.

Spectrum Healthcare's Mobile Crisis Team Partnership Program

By CHERI FROST

Special to Verde Valley Newspapers, Inc.

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 taxpayer 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



Spectrum's Health Care's Mobile Crisis Response has filled 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.

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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SPECTRUM

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been able to respond in that moment, we could have prevented that from happening and given him the help he actually needed.

That's just one example of how people with mental illness routinely end up in jail. Jail becomes the de facto mental institution and it is the least appropriate place for that kind of treatment to occur. People with mental illness end up staying in jail much

longer than those without and it completely upends their lives, often putting them back to square one.

It costs the county thousands of dollars and helps no one. As I heard stories such as these, I realized that we are at a place where we can make a difference and do something about it. And that's exactly what we're going to do."

Wanting the best for the community and those who live in it has been a motivating factor in the creation of the Mobile Crisis Partnership Program. The best results are obtained when everyone is working on the

same team and shares a common goal.

Cottonwood Chief of Police, Stephen Gesell summed up the relationship perfectly. "Partnerships between police agencies and mental health care practitioners have become a necessity in providing the best service to those in crisis.

Spectrum's Mobile Crisis Unit has proven to be an invaluable resource in a short period of time. It continues to connect those in need with services immediately, increases present and future positive outcomes, and keeps individuals that don't need to enter the justice system out of it."

Overview of Yavapai College health care education offerings

Special to Verde Valley Newspapers, Inc.

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



From left, nursing instructor Jennifer Beard and nursing students Dakota Lavender and Jennifer Beard

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 mosquitos) 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* mosquitos) 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



Yavapai County Community Health Services Public Health Emergency Preparedness Program Coordinator, Robin Oothoudt.

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."

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 avail-

The silent danger

Of concern to public health agencies is the silent way in which the Zika virus may be contracted, carried and spread.

"Only 20 percent of those adults infected with Zika will experience any symptoms at all and are very similar to flulike symptoms," according to county health services. "Zika . . . can also be transmitted from a male during sexual contact for up to 6 months after being infected."

The county also says, "If you travel out of the country, you could be bitten by an infected mosquito and carry the virus back to Arizona without knowing you ever had it. If you are pregnant, or could become pregnant, Zika is a serious threat to the health and development of your baby."

Three other mosquito-related diseases endangering the Southwest

Oothoudt emphasized that the Zika disease is only one of three mosquito-carried diseases of concern to public health.

"The problem is that Zika is not the only thing carried by *Aedes* mosquitos. They also carry the Chikungunya and Dengue virus. There are active cases across the border in Sonora," Oothoudt said.

She said Dengue "can be very deadly, causing hemorrhagic fever" and that Chikungunya is an aboriginal term for "bent-up," due to the onset of very severe joint pain.

The *Aedes* mosquito "likes to bite in the daytime - - they are the ankle biters," Oothoudt said.

A third danger is the West Nile disease, carried by a different species of mosquito that requires a bird to be the initial host.

SEE **MOSQUITOS** PAGE 13

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

able 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 private 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



Magdalena Romanska

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 cou-

rageous 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 varyate 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 is the owner of the “Be Fit Fit” Personal Training and Wellness Coaching Studio (www.befitfit.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 larvacide 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. Sur-



gery 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](https://www.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 all 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



Joint replacement is usually considered an option when all other treatment methods no longer work and a person is experiencing persistent, disabling pain.

ACUPUNCTURE-TRADITIONAL CHINESE MEDICINE



**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.

ASSISTED LIVING HOME

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.

BEHAVIOR HEALTH SERVICES

Spectrum Healthcare Group

8 E Mingus Ave

Cottonwood, AZ 86326

www.SpectrumHealthcare-Group.com

928-634-2236

CHIROPRACTIC



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.

ASSISTED LIVING



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.

...Caring People, Caring for People

ASSISTED LIVING

Valley View Care

421 N. Willard St.

Cottonwood, AZ 86326

928-639-6676

Special Procedure: Northern Arizona Healthcare's Valley View Care, an assisted living facility intended for patients who require specialized end-of-life care, features 10 private rooms, each with its own private bathroom and outdoor patio.

Website: NAHealth.com

CARDIOLOGY

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

CHIROPRACTIC



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.

Website: NAHealth.com

FAMILY MEDICINE



Nancy Pierce FNP-C

214 S. Main Street
Cottonwood

Mingus Medical Care

928-649-8250

Website: www.mingusmedicalcare.com

Special Procedures: Preventative medical care, assessment/treatment of acute/chronic illness, aesthetic procedures- botox, dermal fillers, chemical peels.

GASTROENTEROLOGY

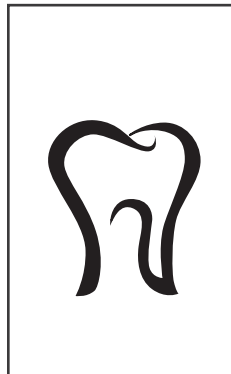
Verde Valley Medical Clinic - Gastroenterology

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.

Website: NAHealth.com

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: At 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

HOSPITAL

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

HOME HEALTH CARE

Caring Hearts of Sedona

100 Verde Valley School Rd., Ste. 104
Sedona, AZ 86351
928-284-1948



Website: www.caringheartsofsedona.com

*Specializing In-Home Care Since 2003.
Locally Owned & Family Operated.*

HOME HEALTH SERVICES

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.

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

INFECTIOUS 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

LABORATORY SERVICES/DRAW STATIONS

VVMC Laboratory Service

Camp Verde
1298 Finnie Flat Road
Camp Verde, AZ 86322
928-567-5257

Sedona
3700 W. Hwy 89A
Sedona, AZ 86336
928-204-4021

Cottonwood
269 S Candy Lane
Cottonwood, AZ 86326
928-639-5305
Village of Oak Creek
61 Bell Rock Plaza, Ste. C
Sedona, AZ 86351
928-204-4026
Website: NAHealth.com

MEDICAL ONCOLOGY & HEMATOLOGY



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.

MEDICAL ONCOLOGY & HEMATOLOGY



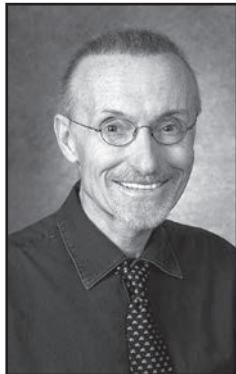
Iyad Hamarneh, MD
3188 N. Windsong Dr., Suite A
Prescott Valley
Arizona Oncology
855-234-HEAL
Website: ArizonaOncology.com
Education: College: University of Jordan, Amman, Jordan
Medical School: University of Jordan, Amman, Jordan
Internship: King Hussein Cancer Center, Amman Jordan
Residency: University of Iowa Health Care, Iowa City, IA
Fellowship: University of Iowa Health Care, Iowa City, IA
Board Certified in Internal Medicine; Board Certified in Oncology

MEDICAL ONCOLOGY & HEMATOLOGY



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.

MEDICAL ONCOLOGY & HEMATOLOGY



Paul Kuefler, M.D.
Arizona Oncology
1329 N. Beaver Street
Flagstaff, AZ 86001
(928) 773-2260
Website: ArizonaOncology.com
Education: Medical School: University of Southern California School of Medicine
Internship: University of Oregon Health Sciences Center in Portland
Residency: University of Oregon Health Sciences Center in Portland
Fellowship: Hematology and Medical Oncology at University of Colorado Health Sciences Center in Denver
Special Procedure: Dr. Kuefler is board certified in Medical Oncology and Internal Medicine. Dr. Kuefler specializes in treating all cancer types including breast, malignant hematoma, melanoma, colon, prostate and lung in Flagstaff.

MEDICAL ONCOLOGY & HEMATOLOGY



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.

MEDICAL ONCOLOGY & HEMATOLOGY



Pamela Miel, M.D.
Arizona Oncology
3188 N. Windsong Drive, Suite A
Prescott Valley, AZ 86314
928-775-9430
Website: ArizonaOncology.com
Education: Medical School: University of the Philippines
Residency: Cook County Hospital
Fellowship: Medical Oncology at the Baylor University Medical Center in Dallas
Special Procedure: Dr. Miel is board certified in Medical Oncology and Internal Medicine. She specializes in the treatment of all cancer types including breast, malignant hematoma, melanoma, colon, prostate and lung in Cottonwood and Prescott Valley.

NATUROPATHIC MEDICINE



Cheryl Kasdorf, ND
1770 E. Villa Dr., Ste 2, Cottonwood
928-649-9234
Education: Southwest College of Naturopathic Medicine
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

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

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

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

Special Procedure: General Ophthalmology, Cataract and Glaucoma Surgery.

NON-MEDICAL HOME CARE



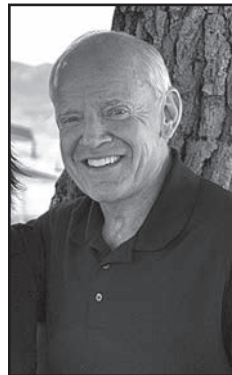
Harmony Home Care

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!

OBSTETRICS & GYNECOLOGY



Robert H. Jochim, M.D.

696 E 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.

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

Verde Valley Medical Clinic - Ophthalmology

1298 W. Finnie Flat Road

Camp Verde, AZ 86322

928-649-7935

Special Procedure: Verde Valley Medical Clinic – Ophthalmology, part of Northern Arizona Healthcare, is dedicated to improving and maintaining your vision. Specialists can help by performing intricate surgical procedures; prescribing and fitting eyeglasses and contact lenses; diagnosing and treating eye diseases and disorders; and providing exams and information on the newest refractive surgeries.

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.

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.

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

PEDIATRICS



Kamli Jura, MD

651 W. Mingus Ave
Cottonwood, AZ 86326
www.SpectrumHealthcare-Group.com
928-634-2236

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

EntireCare Rehab & Sports Medicine

269 S. Candy Lane
Cottonwood, AZ 86326
928-639-6383

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

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

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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

PHYSICAL THERAPY



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

PHYSICAL THERAPY



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

PRIMARY CARE

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

PRIMARY CARE

Verde Valley Medical Clinic - Primary Care

450 S. Willard St., Ste. 115
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Website: NAHealth.com

PHYSICAL THERAPY

EntireCare Rehab & Sports Medicine - Village of Oak Creek

6560 Highway 179, Ste. 118
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Special Procedure: EntireCare Rehab & Sports Medicine – Village of Oak Creek, part of Northern Arizona Healthcare, offers physical therapy services.

Website: NAHealth.com

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Special Procedure: Cosmetic plastic surgery, founder & director of the Aesthetic Skin Care Institute.

PRIMARY CARE



Claudia Converse, FNP-C

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Cottonwood, AZ 86326

www.SpectrumHealthcare-Group.com

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PRIMARY CARE



Kamli Jura, MD

651 W. Mingus Ave
Cottonwood, AZ 86326

www.SpectrumHealthcare-Group.com

928-634-2236

PRIMARY CARE



Jessie Peters, FNP-BC
651 W. Mingus Ave
Cottonwood, AZ 86326
www.SpectrumHealthcare-Group.com
928-634-2236

PRIMARY CARE

Verde Valley Medical Clinic - Village of Oak Creek

61 Bell Rock Plaza, Ste. A
Sedona, AZ 86351

928-204-4999

Special Procedure: Verde Valley Medical Clinic – Village of Oak Creek, 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
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928-639-6382

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Website: NAHealth.com

UROLOGY

Verde Valley Medical Clinic - Urology

294 W. State Route 89A, Ste. 208
Cottonwood, Arizona 86326
928-649-7970

Special Procedure: 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

PRIMARY CARE

Verde Valley Medical Clinic - Sedona

3700 W. State Route 89A
Sedona, AZ 86336

928-204-4944

Special Procedure: Verde Valley Medical Clinic – Sedona, part of Northern Arizona Healthcare, offers primary care, cardiology, orthopedic and general surgery services.

Website: NAHealth.com

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Verde Valley Support and Self-Help Services

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.

- Alcoholics Anonymous meets in Camp Verde, Cottonwood, Rimrock, Sedona and Yavapai Apache Nation. Located at 2619 S Union Dr, Cottonwood, AZ 86326. Call 928-646-9428 or visit ht.www.centralmountain.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 (AHCCS) 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 800-242-1793 or visit www.heart.org. Arizona Department of Economic Security (DES) offers tempo-

rarily assistant for those in need. Call 928-649-6800 or visit www.azdes.gov.

- Arizona Long Term Care System (ALTCSS) 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.verdevalley-medicalcenter.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 86303 Call 928-778-3391 or visit www.narbha.networkofcare.org.

- Gambling problems can be assisted through the Arizona Office of Problem Gambling. Call 1-800-639-8783 or visit www.problemgambling.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 enroll-

ment, 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. Windsong 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

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HIP & KNEE

From page 14

surgery and to maintain the best health possible. General fitness improves with regular walking, cycling, swimming and other exercises that target cardio function. Most low-impact activities are allowed, including golf, doubles tennis, bowling, elliptical trainers and many strengthening programs.

Q: How long do joint replacements last?

A: The answer depends on many variables, including the patient's general health, age, activity and occupation. It is reasonable to expect a knee replacement to last 15 to 20 years; and a hip replacement to last 20 or more years.

Q: Can joint replacement surgery be re-done?

A: Yes, hip and knee replacement surgery can be repeated if needed. Revision procedures are often more complicated than the first procedure and may require more limited activities afterward.

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.

SERVICES

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on Wheels in Cottonwood, call 928-634-5450. Sexually Transmitted Disease (STD) control program offers county health department clinical care. Call 928-639-8132 or visit www.azdhs.gov.

- 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 Community Health Services offers low-cost medical services to the public. Located at 10 S. 6th Street, Cottonwood, AZ 86326. Call 928-639-8130 or visit www.yavapai-health.com.

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

SEE PREPAREDNESS PAGE 27

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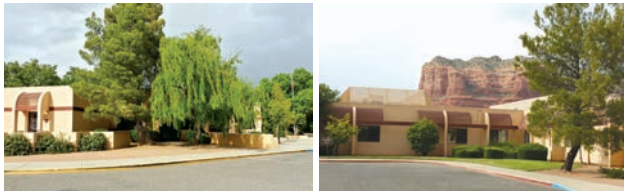
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Back Row L to R: Paul Kuefler, MD, Stephen Anthony, DO, Peter Mathern, MD
Front Row L to R: Pamela Miel, MD, Iyad Hamarneh, MD, Deborah Lindquist, MD

'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



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.

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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 possi-

ble 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)
- 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.

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 sufferers 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:

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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

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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.

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-




SEE MAMMOGRAM PAGE 30



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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 Tarboro, 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 normalizes.

- 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.

Cottonwood City Council made Arizona history by being the first municipality to pass "T-21," the new ordinance prohibiting purchase or use of tobacco products by anyone under age 21 (ninety percent of those smoking today began the habit before age 21).

Leading up to the unanimous passing vote, hearings included testimony from Yavapai Anti-Tobacco Coalition of Youth members.

One 16-year-old YATCY member read a letter from her mother, describing how she began smoking at an early age, decades of struggling to quit, and finally experiencing a whole year tobacco-free, inspired by her daughter's involvement in the anti-tobacco group.

The mother happily enthused in her letter that "my skin, hair and nails look so much better!" after she stopped smoking.

Today, many more young people have the knowledge to

never become a former tobacco user. For those still smoking, plenty of free help exists outside of the cold-turkey approach. Federal government requires each state to provide quitline services.

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.rodriquez@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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