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See Our Physical Therapist
listings on pages 19-20



Pam Munda

With more than 20 years of experience as a licensed PTA, Pamela Munda joined the NARF clinical staff in August 2016. Pamela has an extensive working knowledge of aquatic therapy benefits for arthritic conditions, joint replacement rehabilitation, geriatric conditions, sports medicine injuries and orthopedic conditions. She brings her skills and knowledge to the Cottonwood Community not only as the latest gym clinician, but also to the indoor therapy pool as our Aquatics Therapist.



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Maintain fitness to protect overall health, emotional well-being

By Magdalena Romanska, Ph.D.
Certified Wellness Coach and Fitness Specialist

I truly believe that the very subjective state of physical fitness relates not only to muscular and cardiovascular endurance, flexibility, and strength but also our day-to-day emotional state, which can greatly influence all the components of fitness.

Think of when you've had a bad day, maybe because you didn't sleep well or enough. That state of mind influences your fitness level in a number of ways. First, you don't even feel like getting out of bed, much less head to the gym and exercise.

Second, in the unlikely event that sanity prevails and you drag your caboose to work out, there is a lack of energy. You simply don't have your usual stamina. So, the intensity sucks, you use a lighter load of weights and get out of breath after the first set of reps. Your power -- the amount of weight you can lift over the given time -- is highly affected so it would not be a good day to run your key power session.

Or you can't do your usual 45 minutes of the Precor or treadmill because you're tired. You feel stiff, and your body lacks its usual flexibility. In the worst-case scenario, that can lead to an injury; in the best, it results in a so-so stretching session or half-hearted effort in a spinning or some other cardio class. Any cardio session might become, at its best, a going-through-the-motion endeavor.

Even your balance is affected so don't bike after a sleepless night! I find it safest to run, but you might lack the energy to do so. The easiest for me is to swim, under the condition I do not fall asleep while mindlessly and passionlessly staring at the bottom black line



Magdalena Romanska

of my pool.

When you feel stressed and tired, the hunger hormones kick in, leading you to the closest carbohydrate source, which you will overeat because your satiety sensors are muted and not responding like they usually do. As a result of the carb fiesta, now you feel heavy, bloated and, generally, blah.

OK, so one bad day won't annihilate your level of fitness or undermine your goals. However, if you are subjected to daily stress over an extended period of time, that can have a negative effect on your overall fitness level. Chronic stress and/or a lack of quality, restorative sleep will eventually make weaker. Even if you train at an advanced level, you will feel a gradual decrease in your fitness — less power-

ful, less strong, slower, and even disinterested in your activity of choice.

If you are finding it hard to sleep because you are stressed or worried, you need to take steps to address whatever is affecting you emotionally. You might want to try meditation, you can speak to a psychologist to get tips on how to better handle life's stresses, or even talking to family or friends can help. Sometimes just verbalizing the problem lessens its impact. Find whatever works for you so you can maintain your fitness and protect your overall health and emotional well-being.

Magdalena is the owner of the Be Fit Fit Personal Training Studio (www.befitfit.biz). Visit her "Be Fit Fit" blog at www.verdenews.com.

Checkup chart for men's health

From: Verde Valley Medical Center

The old-school guy (take a moment to visualize him now, sitting in his circa-1962 recliner with a gin martini and an unfiltered cigarette; not caring about yoga or turmeric smoothies) could go for decades without thinking about medical screenings or immunizations. If you told the old-school guy he ought to get, say, nutrition counseling, he'd look right past you at his Zenith floor model TV and say, "Forget it."

Old-school guy's life expectancy? 66 years.

Today, the life expectancy for an American man is about 77 years. If you're going to live longer, you want to live well.

The chart below shows what you need to do, and when.

Northern Arizona Healthcare offers a free lung cancer risk assessment, visit NAHealth.com/lung-cancer-risk.

For more information on Northern Arizona Healthcare programs and services, visit NAHealth.com. "Like" NAH at [Facebook.com/NorthernArizonaHealthcare](https://www.facebook.com/NorthernArizonaHealthcare).

Preventative strategy	Age range						
	18	30	40	50	60	70	80
Flu shot (annually)	✓	✓	✓	✓	✓	✓	✓
Discuss aspirin for cardiovascular disease prevention				✓	✓	✓	✓
Blood pressure (monitor; treat if high)	✓	✓	✓	✓	✓	✓	✓
Cholesterol screening	✓	✓	✓	✓	✓	✓	✓
Colorectal cancer screening				✓	✓	✓	✓
Diabetes screening	✓	✓	✓	✓	✓	✓	✓
Lung cancer screening for high risk patients (smokers)				✓	✓	✓	✓
Discuss Measles/Mumps/Rubella (MMR) shot	✓	✓	✓	✓	✓	✓	✓
Nutrition counseling	✓	✓	✓	✓	✓	✓	✓
Pneumonia shot				✓	✓	✓	✓
Prostate cancer screening or counseling			✓	✓	✓	✓	✓
Discuss Tetanus/Diphtheria/Pertussis (TDP) shot	✓	✓	✓	✓	✓	✓	✓
Tobacco use intervention	✓	✓	✓	✓	✓	✓	✓
Discuss Herpes Zoster (Shingles) shot				✓	✓	✓	✓

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8 guidelines to understand your risk and how to prevent stroke

From: Verde Valley
Medical Center

Brain cells control everything we do – from reflexes as simple as blinking our eyes, to actions as complex as performing a back handspring. A stroke is a “brain attack,” cutting off vital blood and oxygen to those all-important cells and often leading to disability or death.

Stroke is caused by an obstruction within a blood vessel supplying blood to the brain, or by a weakened vessel that ruptures and bleeds into the surrounding areas of the brain.

Everyone has some stroke risk. A few stroke risk factors are beyond your control, such as being over age 55, male or African-American; having diabetes; and/or having a family history of stroke.

The good news: Many strokes can be prevented, and stroke-related death rates are falling – most likely due to prevention efforts nationwide. The National Stroke Association, which spearheads many of those efforts, offers the following important stroke-prevention guidelines. These eight guidelines are even more important for people at elevated risk:

Know your blood pressure and cholesterol numbers. If either or both are high, work with your phy-

sician to help keep your numbers within normal range.

Find out if you have atrial fibrillation, also known as “AFib,” which can create conditions in which clots can form in the heart, dislodge and travel to the brain. Your doctor can help you manage this condition.

If you smoke, stop. Smoking doubles your risk of stroke.

If you drink alcohol, do so in moderation.

If you are diabetic, follow your physician’s recommendations carefully to control your condition.

Include exercise you enjoy in your daily routine.

Enjoy a lower-sodium, lower-fat diet.

If you have circulation problems, work with your physician to control them.

If stroke has affected your life, attend the monthly Stroke Survivor Support Group meetings at Northern Arizona Healthcare’s Verde Valley Medical Center. Visit NAHealth.com/Events for details.

For more information on Northern Arizona Healthcare programs and services, visit NAHealth.com. “Like” NAH at [Facebook.com/NorthernArizonaHealthcare](https://www.facebook.com/NorthernArizonaHealthcare).

Use the acronym FAST to remember the warning signs of a stroke:

- F: Is one side of the person’s face drooping?
- A: Is one arm weak or numb?
- S: Is the person’s speech slurred?
- T: If the person has one or more of these symptoms, it’s time to call 9-1-1.



Four reasons spending time outdoors is good for your psyche

From: Verde Valley
Medical Center

When it's cold out, people become more sedentary and avoid going outside. However, staying active during colder months is necessary for your physical and mental health.

Kim Alexander, clinical manager of counseling and therapy services for Northern Arizona Healthcare's Behavioral Health Services at Flagstaff Medical Center; and Sandra Roberge, clinical manager of NAH's Behavioral Health Services at Verde

Valley Medical Center, are both fans of walking, hiking and exploring outdoors – because they know the mental and emotional health benefits it offers. Here are four reasons why you should spend time outdoors, even when it's cold out:

A recent study found people who walked for 90 minutes in a natural setting – as opposed to those who walked for 90 minutes in a city with lots of traffic – experienced decreased activity in a specific brain region associated with depression and negative thinking.

Another study found spending time outside increases a person's attention span and creative problem-solving skills by as much as 50 percent.

Unplugging from all electronic devices and workday responsibilities rests the brain, eyes and nervous system.

Connecting with native flora and fauna in the Flagstaff and Verde Valley areas gives you a chance to see areas where there is no human influence – rare in the modern world.

The sight of towering red rocks, snowy peaks and powerful rivers helps us remember how small and insignificant many of our worries really are.

For more information on Northern Arizona Healthcare programs and services, visit NAHealth.com. "Like" NAH at [Facebook.com/NorthernArizonaHealthcare](https://www.facebook.com/NorthernArizonaHealthcare).



A recent study found people who walked for 90 minutes in a natural setting – as opposed to those who walked for 90 minutes in a city with lots of traffic – experienced decreased activity in a specific brain region associated with depression and negative thinking. (Photo courtesy of VVMC)



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Eye symptoms you should never ignore



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From: Verde Valley Medical Center

Ophthalmologist David Deutch, M.D., of Northern Arizona Healthcare's Verde Valley Medical Clinic – Camp Verde, shares his top six eye symptoms that should prompt a doctor's or emergency department visit:

Sudden loss of vision. This could indicate a stroke.

Double vision. Double vision in one eye can mean a problem with your cornea or lens. Double vision that only occurs with both eyes open means the two eyes are not aligned. This can be a symptom of a brain problem such as a stroke, infection

or autoimmune problem.

Painful eye. Any kind of eye pain beyond itching or fatigue can be a sign of a serious problem.

One pupil larger than the other. If you experience this and you haven't used eye drops, go to the emergency department. This can be a sign of stroke, brain infection, aneurysm or a tumor.

Any type of eye trauma. If your eye sustains any trauma, go to the emergency department and follow up with your ophthalmologist as soon as possible. Don't rub, rinse, apply any pressure or try to remove anything stuck in your eye.

Distorted vision. Distortion of lines you know are straight is a frequent symptom of macular degeneration, which, when caught early, can often be successfully treated.

Dr. Deutch provides routine vision care and advanced treatment for chronic and acute conditions for all ages. For more information or to make an appointment, call 928-649-7935.

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Whole healthcare is better healthcare

From: Spectrum Healthcare

An engine powers a car. It doesn't matter how clean the interior of the car, or how new the tires are, or what scented cardboard tree is dangling from the rearview mirror, if there's an issue with the engine, the car simply won't work the way it should. And often, won't work at all.

The brain is a lot like the engine of a car; it powers everything. It keeps our systems functioning by coordinating and monitoring the many physical processes that go on inside our bodies every second of our life. It isn't a separate entity; it is a part of the body, no different than your arm, or your heart, or your stomach; actually, even more important, for without it, nothing else works. And when the brain struggles with things like depression and anxiety, it can disable the entire body.

For a very long time, though, the healthcare industry didn't make the mind/body connection. Mental health and physical health were kept isolated and away from each other, which makes about as much as sense as keeping the engine out of a car.

Patients needing help coping with mental issues were often given no more than a prescription by their primary care provider during a routine visit, and then sent on their way. Mental health issues weren't fully addressed and the patient suffered.

Or a patient being treated by a mental health specialist often had to coordinate their own care when it came to being seen by a primary care provider. Two doctors treating the same patient for different issues in different locations... it's easy to see how complicated that became and, again,

it was the patient who suffered.

Thankfully, all that has changed at Spectrum Healthcare.

Spectrum Healthcare is a leader in Whole Healthcare in the Verde Valley. Whole Healthcare is a one-stop approach to managing your health; it's a philosophy that delivers a higher level of care because it has at its core all of a patient's healthcare providers working together under one roof, which means no more bouncing between different doctors or being treated for mental health issues by a physician who doesn't specialize in mental health.

The Whole Healthcare approach coordinates all levels of a patient's care: lab results, treatments, medications, allergies, life-impacting events, wellness needs, education needs, goals and healthcare objectives between primary care and behavioral healthcare providers. This means that all of your healthcare providers engage in routine face-to-face communication, attend the same meetings and provide real-time consultations with one another regarding your care.

Whole Healthcare is patient-centered, and it is within this environment of total care that health professionals coordinate diag-

noses and treatments so that they complement each other, rather than working in opposition. Prior to Whole Health, the lack of provider coordination often resulted in repetitive testing of even the simplest of procedures, costing the patient time and money. Uncoordinated care also meant that treatments and medications quite often interfered with one another, creating a whole new set of problems for patients. Whole Healthcare does away with all of that: care for your mind and body, all accessible from one place, resulting in better outcome.

Spectrum's Whole Healthcare approach combines three elements: Primary Care, Psychiatry, and Outpatient Behavioral Health services for children and adults all under one roof, but that doesn't mean you have to use all our services to be a Spectrum patient. A Primary Care patient, for example, might be seen for annual check ups, flu shots, sore throats, diabetes

management or blood pressure monitoring without ever having need for psychiatric services. The beauty of Whole Healthcare, though, is that should your healthcare needs change, those needs will be cared for and coordinated by a team that puts YOU first.

Spectrum Healthcare offers its Whole Healthcare approach in Cottonwood, Camp Verde, and in Sedona, beginning Summer of 2017. All major insurances are accepted, including AHCCCS and our on-site pharmacy means you can get your prescription filled before you leave.

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Upper eyelid surgery and loss of visual field

By Brian Brantner, MD, FACS
Arizona Dermatology

As we age, our skin and other tissues loosen through loss of elasticity. Elastic fibers in our skin and other tissues help prevent stretching of the tissue and promote return of stretched tissue to normal. When tissues such as the upper eyelids sag, this may affect vision by decreasing what can be seen when looking straight ahead. This is the visual field.

The upper and lower eyelids have fat compartments. When the elastic fibers break-down with aging, the fat starts to bulge and this results in bags or fullness of upper and lower eyelids. Additionally, the loose skin of the upper eyelid starts to overhang and may cause loss of the normal



Dr. Brian Brantner

visual field. Visual field testing can map out the change in the visual field. This is a very accurate test and results are objective. Insurance companies accept the visual field test

when there has been a substantial change from normal and will cover the cost of upper eyelid surgery. Since lower eyelids do not affect the visual field, removing fat pockets and skin from the lower eyelids is considered cosmetic. If you have noticed that you don't seem to see things that are high on the wall, you may have a substantial loss of your visual field.

Surgery of the eyelids is most commonly done with the patient asleep under general anesthesia or sedated intravenously. While it is possible to do this surgery under straight local anesthesia, the patient must be motivated to do that. The upper eyelid surgery usually takes about 45 minutes and recovery does not involve much more than using cold compresses or perhaps taking a pain pill the first

night after surgery. Patients are usually pleased with the results because of the quick recovery, lack of pain, quick resumption of normal activity, and improvement in their visual fields. General appearance of the upper lids will also be improved.

Consultation with a plastic surgeon can start the process to determine whether you are a candidate for the surgery. Each patient will have different concerns or questions and these will be answered during your consultation. You should be in good general health. Blood thinners such as Coumadin, Plavix, or aspirin will need to be stopped for a few day before and after surgery.

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Verde Valley Medical Clinic – Outpatient Behavioral Health & Psychiatry

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David Ackerman, D.C.

291 S. Willard St., Suite 105

Cottonwood, AZ 86326

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Education: National College of Chiropractic

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Specialty: Dr. Ackerman has been utilizing chiropractic, acupuncture and applied kinesiology together to permanently relieve pain for thousands of patients since 1979.

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Earl Lord, DDS

350 S. Willard, Cottonwood, AZ

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Education: North Western University

Specialty: Comprehensive restorative and cosmetic dentistry.

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Robert Sundberg DDS

105 North Roadrunner Drive

Sedona, AZ 86336

928-282-2482

Fax: 928-282-9756

www.dentalcareofsedona.com

Education: University of Nebraska Medical Center College of Dentistry,

Misch International Implant Institute

Specialty: Cosmetic implant and reconstructive dentistry.

DENTIST



Steve Vergara, DDS

350 S. Willard, Cottonwood, AZ

Arizona Smile Designers

928-634-8610 Fax: 928-634-4683

azsmiledesigners.net

Education: Loma Linda University

Specialty: Comprehensive restorative and cosmetic dentistry.

ENDOCRINOLOGY

Verde Valley Medical Clinic – Endocrinology

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Cottonwood, AZ 86326

1298 W. Finnie Flat Road

Camp Verde, AZ 86322

928-649-7889

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

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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.

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Website: NAHealth.com

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Website: NAHealth.com

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Cottonwood, AZ 86326

928-639-6674 Fax: 928-639-6403

Specialty: In home skilled nursing, physical therapy, occupational therapy, home health aide services, as well as Masters level social services.



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

269 S. Candy Lane

Cottonwood, AZ 86326

928-634-2251

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

HOSPITAL

Verde Valley Medical Center - Sedona Campus

3700 W. State Route 89A

Sedona, AZ 86336

928-634-2251

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

IMAGING

Verde Valley Medical Imaging Center

450 S. Willard, Ste. 111

Cottonwood, AZ 86326

928-649-1260

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

INFECTIOUS DISEASES

Verde Valley Medical Clinic – Infectious Diseases

450 S. Willard St., Ste. 107

Cottonwood, AZ 86326

928-649-7927

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

Verde Valley Medical Imaging Center

Camp Verde

1298 W. Finnie Flat Road

Camp Verde, AZ 86322

928-567-5257

Cottonwood

269 S Candy Lane

Cottonwood, AZ 86326

928-639-5305

Sedona

3700 W. Hwy 89A

Sedona, AZ 86336

928-204-4021

Village of Oak Creek

61 Bell Rock Plaza, Ste. C

Sedona, AZ 86351

Phone: 928-204-4026

Website: NAHealth.com

MEDICAL ONCOLOGY & HEMATOLOGY



Steven P. Anthony, D.O.

Arizona Oncology

3700 W. State Route 89A, Sedona

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 & HEMOTOTOLOGY



Iyad Hamarneh, MD

Arizona Oncology

3188 N. Windsong Dr., Suite A

Prescott Valley, AZ 86314

928-775-9430 Fax 928-775-9431

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 hematology, 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 Fax: (928) 775-9431

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 hematology, melanoma, colon, prostate and lung in Cottonwood and Prescott Valley.

NATUROPATHIC MEDICINE



Cheryl Kasdorf, ND

703 South Main St., Suite 8

Cottonwood, AZ 86326

928-649-9234

Fax: 928-649-9334

Education: Southwest College of Naturopathic Medicine

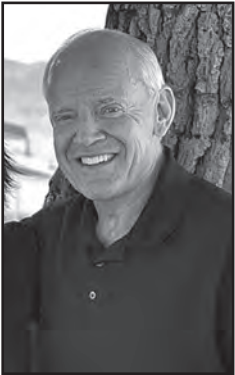
Specialty: "Get Back Your Get-Up-and-Go"

Thyroid testing & treatment, Homeopathy

Nutrition, Bowen bodywork, Stress relief &

meditation, Natural Action Water Units

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

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 Camp Verde – Ophthalmology

1298 W. Finnie Flat Road

Camp Verde, AZ 86322

928-649-7935

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

NEUROLOGY

Verde Valley Medical Clinic – Neurology

450 S. Willard St., Ste. 107

Cottonwood, AZ 86326

928-649-7991

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

OCCUPATIONAL MEDICINE

Verde Valley Medical Clinic – Occupational Medicine

450 S. Willard St., Ste. 101

Cottonwood, AZ 86326

928-649-7904

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.

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 Barnett-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 Barnett-Dulaney-Perkins Eye Center.

OPTOMETRY



Carolyn Martin, OD, MS, FAAO

100 Verde Valley School Road, Suite 104
Sedona, AZ 86351
Eye Boutique of Sedona
928-239-9901 Fax: 928-239-9902
Education: Univ. of Alabama at Birmingham,
Residency: Ocular Disease, Albuquerque VAMC
Specialty: Stem cell treatment, Biphex, eye disease diagnosis and treatment, specialty contact lenses, pediatric eye care, surgical co-management.

ORTHOPEDICS

Verde Valley Medical Clinic – Orthopedics

450 S. Willard St., Ste. 105
Cottonwood, AZ 86326

928-649-7960

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

PEDIATRICS

Spectrum Healthcare

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

PHYSICAL THERAPY ASSISTANT



Pamela Munda

480 S. Willard Street
Cottonwood, AZ 86326
Northern Arizona Rehabilitation and Fitness
928-649-9726 Fax: 928-634-2079
norazrehab.com
Education: Genesee Community College
in Batavia, NY
Specialty: An extensive working knowledge of Aquatic Therapy benefits for arthritic condition, joint replacements rehabilitation geriatric conditions, sports medicine injuries and orthopedic conditions.

PHYSICAL THERAPY

**EntireCare Rehab & Sports Medicine -
Camp Verde**

1298 W. Finnie Flat Road
Camp Verde, AZ 86322

928-639-5562

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

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

EntireCare Rehab & Sports Medicine - Sedona

35 Dry Creek Road, Ste. 4

Sedona, AZ 86336

928-282-6775

EntireCare Rehab & Sports Medicine – Sedona, part of Northern Arizona Healthcare, offers physical, occupational, hand and speech therapy services.

Website: NAHealth.com

PHYSICAL THERAPY

EntireCare Rehab & Sports Medicine - Village of Oak Creek

6560 Highway 179, Ste. 118

Sedona, AZ 86351

928-282-8428

EntireCare Rehab & Sports Medicine – Village of Oak Creek, part of Northern Arizona Healthcare, offers physical therapy services.

Website: NAHealth.com

PHYSICAL THERAPY



Elizabeth Linssen, P.T., D.P.T.

544 S. 6th St., Suite 102

Cottonwood, AZ 86326

928-634-9518

Fax: 928-646-5404

Education: Medical School/Graduate School:
Marquette University/
Northern Arizona University

Special Procedure: Owner of Verde Valley Physical Therapy, the first Private PT Practice to open in Cottonwood. Specializing in outpatient orthopedic evaluation and rehabilitation. Liz has served our community for 28 years. Bilingual

PHYSICAL THERAPY



Dan Sorenson, P.T.

480 S. Willard St.

Cottonwood, AZ 86326

928-649-9726

Fax 928-634-2079

www.norazrehab.com

Northern Arizona Rehabilitation & Fitness

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

Northern Arizona Rehabilitation & Fitness

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



Angie Coil, FNP-BC

203 S. Candy Lane, Ste. 13

Cottonwood, AZ 86326

928-649-1389 Fax: 928-634-5314

PRIMARY CARE



Claudia Converse, FNP-C

651 W. Mingus Ave

Cottonwood, AZ 86326

www.SpectrumHealthcare-Group.com

928-634-2236

PRIMARY CARE



Kamli Jura, MD

651 W. Mingus Ave

Cottonwood, AZ 86326

www.SpectrumHealthcare-Group.com

928-634-2236

PRIMARY CARE



Nancy Pierce, FNP

214 S. Main Street
Cottonwood, AZ 86326
Mingus Medical Care
928-649-8250

Specialty: • Preventative and Wellness Exams
• Assessment/treatment of acute/chronic illness
• Bioidentical hormone pellet therapy
• Aesthetic procedures - Botox
• Dermal Fillers • Chemical Peels.
Specializing in "CARING" for you
and your family.

PRIMARY CARE

Spectrum Healthcare

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 Cottonwood –
Primary Care**

450 S. Willard St., Ste. 115
Cottonwood, AZ 86326

928-634-5551

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

Website: NAHealth.com

PRIMARY CARE

**Verde Valley Medical Clinic Camp Verde –
Primary Care**

1298 W. Finnie Flat Road
Camp Verde, AZ 86322

928-639-5555

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 Sedona –
Primary Care**

3700 W. State Route 89A
Sedona, AZ 86336

928-204-4944

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

Website: NAHealth.com

PRIMARY CARE

**Verde Valley Medical Clinic Village of Oak Creek –
Primary Care**

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

928-204-4999

Verde Valley Medical Clinic – Village of Oak Creek, part of Northern Arizona Healthcare, offers primary care and cardiology services.

Website: NAHealth.com

SLEEP LAB

Sleep & Pulmonary Center

294 West Highway 89A, Ste. 214
Cottonwood, AZ 86326

928-639-6382

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

Website: NAHealth.com

UROLOGY

Verde Valley Medical Clinic – Urology

294 W. State Route 89A, Ste. 208

Cottonwood, Arizona 86326

928-649-7970

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

Website: NAHealth.com

VIRTUAL URGENT CARE

BeWellNow

Consult with a doctor by video via mobile device or computer. BeWellNow offers affordable convenient services, including your choice of U.S. board-certified doctors; no need for an appointment; 24/7 access; and a flat rate of \$49 per visit. Visit NAHealth.com/BeWellNow or search the App store or Google Play for “NAH BeWellNow.”

NAHealth.com/BeWellNow

WOUND CARE



Adele Sumner, RNC CWS

214 S. Main Street,

Cottonwood

Mingus Medical Care

928-649-8250

website: www.mingusmedicalcare.com

Special Procedures:

- acute/chronic non-healing wounds
- diabetic foot care

CPR Classes in the Verde Valley

Verde Valley Ambulance: (928) 634-7750

FIRST AID CPR AED

INITIAL CLASS \$45 approx. 4-5 Hours Long

Refresher Class \$20 approx 2-3 Hours Long

Verde Valley Medical Center:

Class time: 2:30 p.m. - 6:30 p.m.

2017 CLASS DATES:

- Feb. 28 •March 8 •March 28 •April 12 •April 25 •May 10 •May 23 •June 7
- July 12 •June 20 •July 25 •Aug. 1 •Aug. 16 •Aug. 29
- Sep. 13 •Sep. 27 •Oct. 11 •Oct. 24 •Nov. 8 •Nov. 28 •Dec. 13

Cost: \$50 Non-NAH employee

\$35 NAH employee

Registration for this course will close 48 hours prior to the class date.

Download registration and Mail to Northern Arizona Healthcare Education
Department 1200 North Beaver Street Flagstaff, AZ 86001.

Common myths about growing older

Debra Logan, LCSW
Licensed Clinical Social
Worker

In our youth-oriented society there is a lot of misinformation about getting older. These myths can impede our capacity, both mentally and physically to participate in our lives with vigor and enthusiasm.

Have you heard?:

• **Older adults contribute little to society** – We are some of the most highly valued volunteers providing our time, experience

and energy to America's non-profit organizations. Many of us are choosing



Debra Logan

to continue working well beyond retirement age.

• **We as individuals do not need social interaction** – It's estimated that one in every three older adults suffers from chronic loneliness. The desire for interaction and relationships does not diminish as we age. Relationships bring joy, zest and satisfaction to our lives.

• **Everyone gets depressed as they age** – When depression arises it is not a normal or natural part of growing older but an indication that there are challenges

in one's life. A person suffering from depression can benefit greatly from counseling with a trained mental health professional to help learn skills and strategies to engage in one's life more fully.

• **Older adults aren't interested in sex** – Sometimes physical changes occur which can impact a person physically; this by no means mandates a loss of interest in intimacy and/or sex. For the most part, older adults can and do enjoy healthy sex lives.

• **Mental and Physical deterioration are inevitable** – Many of us are embracing healthier habits and lifestyles which greatly enhances mental and physical wellness. People are staying active and engaged in their community longer adding depth and berth to the quality of our lives. We all deserve to have a rich and full life!! Don't hesitate to reach out.

Easy ways to start living healthier every day

Metro Creative Connection

Contrary to popular belief, adopting a healthy lifestyle is not a difficult undertaking. In certain instances, convenience may need to be sacrificed in favor of nutrition, but many people find that living healthy is not nearly as difficult as they assumed it would be when they initially decided to make a change.

When men and women decide they want to start living healthier, many mistakenly assume they must abandon their existing habits entirely and start from scratch. But the following are some easy ways to start living healthier every day.

- Eat more fruits and vegetables. One of the best and easiest ways to live healthier is to begin eating more fruits and vegetables. Instead of unhealthy snacks like potato chips and cookies, snack on a piece of fruit, and never sit down to a meal unless you include some vegetables to go along with the main course. Studies have shown that men and women whose diets are high in fruits and vegetables are less likely to develop certain types of cancers, including cancers of the digestive tract. In addition, the United States Department of Agriculture notes that people whose diets are rich in fruits and vegetables have a lower risk for heart disease, including heart attack and stroke.

- Slow down your eating routine. Some people may already be eating the right foods, but they may just be eating too much of them. It takes time for your body to let you know it's had too much to eat, so eating too fast can increase your risk of overeating. While eating, try to limit distractions that can take



Including more fruits and vegetables in your diet is an easy and effective way to improve your overall health. (Metro Creative Connection)

your attention away from how much you're eating. If you're always watching television or checking emails on your phone while eating, try a few days of distraction-free, careful eating, and you may find yourself eating less and feeling more energized after a meal.

- Skip the second glass of wine. The much publicized medical benefits of wine are somewhat misleading. According to the Mayo Clinic, when consumed in moderation, red wine can help prevent heart disease. That's because alcohol and antioxidants found in red wine have been shown to increase levels of high-density lipoprotein, often referred to as "good"

cholesterol, and protect against artery damage. But wine also contains sugars that can fatten the liver, and a fatty liver can contribute to a host of serious health problems. If you already drink wine, limit yourself to one glass per day. If you are not a wine drinker, then it's important to note that many doctors believe the potential benefits of drinking wine do not outweigh the potentially negative consequences associated with alcohol consumption, which include neurological problems and an increased risk for heart disease.

- Get more sleep. Inadequate sleep affects the body in a variety of ways. Many people are aware that one poor night's sleep is certain to affect their energy levels the following day, but fewer may know of the link between sleep duration and chronic disease.

For example, the Harvard Medical School notes that studies have linked insufficient sleep to type 2 diabetes, as the body's ability to process glucose can be compromised by poor sleeping habits. Other medical conditions that have been linked to insufficient sleep include obesity, heart disease and mood disorders. While you might be proud of your ability to function on minimal sleep, the long-term effects of insufficient sleep can be dire, so be sure to get at least seven hours of sleep each night.

Choosing to live healthier does not mean you need to completely overhaul your existing lifestyle. In fact, you can make several easy everyday changes to dramatically improve your overall health.

Northern Arizona Home Health provides quality home health options



Northern Arizona Home Health has been providing quality healthcare services in the home to the Verde Valley/Sedona communities for more than 30 years.

LHC Group Corporate Communications

There's no place like home when you're in need of rest and recovery. That's especially true when you're managing the challenges of a chronic disease, facing a new diagnosis or recovering from an illness or injury.

At Northern Arizona Home Health, our local professionals come together every day to deliver the high-quality care you need - all in the comfort of home.

Northern Arizona Home Health has been providing quality healthcare services in the home to the Verde

Valley/Sedona communities for more than 30 years.

Skilled clinicians provide caring and professional medical care with the goal of helping patients regain strength, health, and independence.

Whether your focus is recovery and chronic condition management or assistance in maintaining a healthier and more fulfilling lifestyle, the home health professionals at Northern Arizona Home Health can help patients meet their individual goals.

Qualified patients of Northern Arizona Home Health are also eligible for the Philips Lifeline button. This

wearable system provides patients with access to help 24 hours a day, seven days a week and uses special technology to detect a fall and is able to call a nurse for immediate assistance.

If you're living with a chronic disease like diabetes, congestive heart failure, hypertension and COPD, or if you're recovering from a fall, illness or surgery, let Northern Arizona Home Health help.

Talk with your physician today or call 928-639-6674 for more information about home health services.

Strength training tips for women

Metro Creative Connection

Weightlifting has long been an activity associated with men. When asked to describe a typical weightlifter, many people would likely begin describing a man. However, more and more women have recognized the benefits of strength training and its impact on long-term health.

Studies have shown that increasing muscle mass can reduce a person's risk of diabetes and help that person, regardless of his or her gender, maintain a healthy weight. But many women are understandably hesitant to begin lifting weights, fearing they may lose their feminine figures or simply because they're fearful to visit the section of their gym dominated by musclebound men pumping dozens of pounds of iron. Though beginning a weight training regimen is rarely easy for males or females, the following are a few strategies women can employ to get their strength training off on the right foot.

- Establish goals. Strength training is similar to any undertaking that requires effort: Without an end goal in mind, your efforts are likely to be fruitless. That's because goals help you stay on track by giving you something to strive for. Without that, you easily can lose interest and your training will suffer as a result. Strength training goals will evolve over time as your body changes and grows accustomed to weight training but have some initial goals. If you want to bench press a certain amount of weight after a certain period of time, work as hard as you can to make that a reality without putting yourself at risk of injury. If you want your strength training to give your body a more toned look, then monitor your progress in the mirror.

Don't be discouraged if you can't meet your initial goals, especially if you have never before included strength training as part of your routine. If you don't meet your goals, reflect on your workouts to see if there is anything you might have done differently. If you feel you could have done something differently to be



Strength training exercises can reduce a woman's risk of developing certain health problems, including osteoporosis.

more successful, make changes going forward. If you come up empty after careful reflection, then chances are your routine is just fine and positive results are bound to come.

- Embrace consistency. Consistency should be your friend when strength training. It's easy to skip a workout after a long day at the office, but sticking to a consistent workout schedule is almost certain to produce positive results. Skipping sessions and only working out sporadically will make it hard to get into a good rhythm, putting your goals in jeopardy and increasing your risk of injury. Stick to a consistent workout schedule and don't go long stretches of time ignoring certain muscle groups while working out others. Work out each muscle group equally, avoiding the temptation to exercise only those muscles that others can see.

Consistency also comes into play with regard to technique. Book a session or two with a personal trainer (many

gyms provide free consultations to new members) to learn the proper form and technique for various strength training exercises. Improper technique can lead to injury or discomfort. If at any point a strength training exercise is making you uncomfortable, stop the exercise immediately and speak to a trainer or your physician to determine if there's anything you should be doing differently.

- Build strength in your upper body. Upper body strength can help women protect themselves against osteoporosis, a disease of the bones that results from bone loss, which weakens the bones and makes them more susceptible to fractures. The National Osteoporosis Foundation notes that roughly half of all women older than 50 will break a bone because of osteoporosis and that women lose as much as 20 percent of their bone density in the five to seven years after menopause. But upper body strength training strengthens muscles in bones in your arms, upper back and shoulders, decreasing your risk of poor posture, a problem commonly associated with osteoporosis. Lower-body strength

training is important, too, but weight-bearing exercises like running, walking and using an elliptical machine may prove adequate at strengthening your lower body.

- Don't overdo it. While strength training should play a pivotal role in your workout routine, you don't have to overdo it. Two to three days of strength training per week are enough to produce positive results and reduce your risk of developing health problems like diabetes, cardiovascular disease or osteoporosis. In addition, taking breaks between strength training workouts gives your muscles time to recover while reducing your risk of injury.

Women can benefit from strength training just as much as men. But women beginning a strength training regimen should take steps to ensure they're performing the exercises correctly and doing so in a way that will provide optimal results.



LOOK
AT THE WORLD
THROUGH
NEW
EYES

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What to do when beginning an exercise regimen

Metro Creative Connection

Though it's noble to want to lose weight and improve health, there are precautions men and women should take before beginning a new exercise regimen.

- Visit your physician. It's best to get a full physical before beginning an exercise regimen. A full physical can reveal if you have any health problems that might limit what you should and shouldn't be doing at the gym. If anything turns up, your physician can develop a plan of attack for you to address the issue. If nothing turns up, then your doctor will probably give you the green light to go forward with few, if any, limitations.

- Conduct a self-assessment. Once you've visited the doctor and received the go-ahead to start working out, do an honest self-assessment to see where you are in terms of fitness. Walk a mile and time yourself. Do as many push-ups and sit-ups as possible, but be careful to stretch and not push yourself. This self-assessment should not be demanding. Instead, the goal is to gauge where you are and how your body feels when doing some simple exercises.

- Establish your goals. The goal of most people beginning a new exercise regimen is to lose weight. However, there are other incentives as well. For example, some people might be starting to train for a marathon or another sporting event. Whatever the reason, know why you're getting started, as such goals can help you monitor your progress as the year goes on.

- Start slowly. Caution should reign supreme when beginning an exercise regimen. Diving into the deep end at the onset increases the risk of injury, which could

limit activity for months to come. First get your body acclimated to exercise, then gradually challenge yourself as you see fit.

- Leave time to recover. Though it might feel rejuvenating to get back to exercising, it's important for everyone, but especially those who are just starting, to allow themselves some time to recover. Allow your muscles and joints to recover between workout sessions. Frequency of sessions can increase as your body gets acclimated, but at first allow a day or two between sessions so your body can recover.

- Listen to your body. Exercising after a long hiatus from routine exercise won't be easy, and your body is likely going to tell you that through certain aches and pains, if not nausea, dizziness or shortness of breath. If any of these symptoms appear, take a break. This could be your body telling you that you're asking too much and you need to take your foot off the gas pedal for a little while.

- Consider hiring a personal trainer. Many people are overwhelmed when entering a gym after a long time away. If you find yourself intimidated or simply don't know where to begin, hire a personal trainer. Many charge by-the-session, so you can learn which machines to use and how to use them after a session or two and then continue working out on your own. If joining a gym as a new member, the gym might offer a couple of complementary personal training sessions. If so, take full advantage of this offer.

When beginning a new exercise regimen, don't forget to let caution reign until your body has adjusted to this healthy lifestyle.



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Advantages to physical therapy to relieve pain

Metro Creative Connection

Chronic pain affects people all around the world, greatly impacting sufferers' quality of life. According to the American Academy of Pain Medicine, recent reports have indicated more than 1.5 billion people worldwide experience chronic pain. Common complaints include lower back pain, headache, neck pain, or neurogenic pain, which is pain resulting from damage to peripheral nerves.

Pain can impact people in many ways, as some people can tolerate discomfort better than others. Chronic pain may result in missed time at work, depression, anger, and an inability to live a full life. According to a recent Institute of Medicine Report: Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research, pain is a significant public health problem that costs society at least \$560 to \$635 billion annually.

To cope with pain, many people rely on over-the-counter and prescription medications. This reliance on drugs has helped to fuel pain medication addictions that can lead to other drug abuse. The National Institute on Drug Abuse says research now suggests that abuse of opioid pain medications may actually open the door to heroin use. Some individuals report switching to heroin because it is cheaper and easier to obtain than prescription opioids. A safer and sometimes more effective method of pain relief than opioids, physical



Chronic pain can be debilitating. However, physical therapy is often an effective way to combat chronic pain and help individuals find relief and return to living full lives.

therapy can help a person get back on track and feel much better in the process.

The American Physical Therapy Association says while surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence that conservative treatments like physical therapy can be equally effective and cheaper treatment plans for many conditions. Physical therapy can be as effective as surgery for meniscal tears and knee osteoarthritis, rotator cuff tears and spinal stenosis, among other conditions.

When a patient is prescribed physical therapy, a therapist will develop a treatment plan that

addresses the specific needs of the patient. This is essentially a collaboration between patient and physical therapist. Therapists are experts in improving mobility and motion and have studied extensively to that end. Because weakness or stiffness may be contributing to pain, therapists try to address the source of the pain and relieve the pain itself.

Physical therapy may include exercises that stretch the body and improve flexibility. Strengthening exercises will help work on core muscles as well as other parts of the body to prevent injury down the road. Therapy may target specific areas of pain. Because of their expertise, therapists may

be able to assess posture, gait and other attributes that may be contributing to injury and make suggestions to reduce recurrence.

In addition to the therapies mentioned, a combination of massage and other work may be included in a physical therapy plan. This may include TENS and ultrasound. According to WebMD, Transcutaneous Electrical Nerve Stimulation, or TENS, uses a device to send a low-voltage electric current to the skin over the area where you have pain. Ultrasound sends sound waves to the places you have pain. Both of these options may help to block pain messages to the brain and offer relief.

Important women's health screenings

Metro Creative Connection

Routine medical screenings are an essential element of a healthy lifestyle. Many health screenings are recommended for both men and women, but women also should include some gender-specific testing in their health routines.

"An ounce of prevention is worth a pound of cure." That popular adage can be applied to personal health, particularly with respect to women's health screenings.

- **Breast cancer:** Both men and women can get breast cancer, but women are at a far greater risk than men. According to Breastcancer.org, roughly one in eight women in the United States will develop invasive breast cancer over the course of her lifetime.

The Canadian Cancer Society says breast cancer is the second leading cause of death from cancer in Canadian women. The earlier a woman finds breast cancer, the better her chance for survival. Cancers caught early are less likely to spread to the lymph nodes and vital organs than cancers caught at later stages.

Recommendations on mammogram screening start time and frequency vary with age and risk factor, so women should discuss and develop an individualized plan with their doctors.

- **Cervical cancer:** Doctors advise that women should receive pelvic exams beginning at age 21, or earlier for women who are sexually active. Pap smears are screenings that help detect the presence of cancerous cells on and around the cervix that may be indicative of cervical cancer. Guidelines continually change regarding the frequency of Pap smear testing, but the general consensus is

women age 30 and older may need screening every three years if they have not had any abnormal tests in the past, according to Everyday Health. Women should speak with their gynecologists regarding how frequently they should be tested for cervical cancer.

- **Bone density test:** Osteoporosis, a weakening of bones that causes them to become more fragile, may initially be symptom-free. Osteoporosis is often discovered only after a fracture. The National Osteoporosis Foundation says that estrogen decreases during menopause can cause bone loss, which is why women have a higher risk of developing osteoporosis than men. In addition to healthy living habits, bone mineral density tests beginning at age 65 or earlier can help identify problems early on. Certain risk factors may require women to begin receiving bone density tests before age 65.

- **Skin cancer screening:** A report from the National Cancer Institute appearing in the Journal of Investigative Dermatology revealed startling melanoma trends among young women. This deadly skin cancer is rising in incidence. Screening for changes in skin markings can help identify melanoma and other non-melanoma cancers early on. Skin should be checked by a dermatologist or a general health professional during regular physicals.

Guidelines recommended by the U.S. Preventive Services Task Force, a group of experts in disease prevention, also recommend these screenings for women: blood pressure, cholesterol, colorectal cancer, and diabetes. Proper care and early identification of illness risk factors can keep women on the road to good health.



Routine medical screenings for women may help discover certain diseases before they threaten women's long-term health.

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Depression common but treatable

Metro Creative Connection

It's normal to experience feelings of sadness and grief from time to time. But when these feelings are prolonged or interfere with daily life, they may be symptomatic of depression.

Depression can affect anyone regardless of age, gender or economic status. The National Institute of Mental Health says around 350 million people worldwide suffer from depression. Understanding depression can help those dealing with the disorder.

What is depression?

Depression is a mood disorder that causes persistent feelings of sadness and loss of interest. The Mayo Clinic says depression can produce a variety of symptoms and affect the way a person thinks, acts and feels. Symptoms may include changes in sleeping patterns, anxiety, fatigue, weight gain or weight loss, unexplained aches and pains, and difficulty concentrating.

What causes depression?

Although the cause of depression



The National Institute of Mental Health says people who suspect they may be suffering from depression should make an appointment to see a doctor or health care provider.

remains a mystery, certain distinguishing factors are common among those who have the condition. People with clinical depression appear to have physical changes in their brains. In addition, naturally occurring brain chemicals known as neurotransmitters likely play a role in depression. The Mayo Clinic states changes in the function and effect of these neurotransmitters and how they interact with neurocircuits involved in main-

taining mood stability may play a significant role in depression and its treatment.

In addition to biological factors in the brain, hormones can impact rates of depression or even trigger it. These hormone shifts may be a leading reason why women have higher incidence rates of depression than men. Depression is more common in people whose blood relatives also have the condition.

Therefore, those with a family history of depression may be more likely to get it than those without such a connection.

Different types of depression

There are different types of depression. A person may have a single bout of major depression or recurring episodes. Depression that lasts two or more years is called persistent depressive disorder. A less common type of depression is called manic-depressive illness. This involves cycles of depression that alternate with extreme highs, or manias.

Treating depression

Depression is a very treatable condition. Psychotherapy (talk therapy), medications or a combination thereof can be very effective in managing symptoms. Mental health professionals can work with individuals to find the right therapy based on symptoms and severity of the depression. Also, it may take some time to find the right medication or treatment; therefore, people are urged to remain patient and hopeful.

The National Institute of Mental Health says people who suspect they may be suffering from depression should make an appointment to see a doctor or health care provider. The sooner action is taken, the more quickly the condition can be addressed.

Strategies to outsmart anxiety

By Debra Logan, LCSW

Licensed Clinical Social Worker

Everyone experiences anxiety from time to time and no one likes it. Here are some strategies and ideas to take control of the situation and put anxiety in its place!

- **EAT RIGHT and avoid alcohol, nicotine, sugar and caffeine.** These substances have been clinically proven to increase an anxiety response in the body. Decreasing or eliminating these from your diet can help you feel calmer.

- **MINDFUL AWARENESS:** close your eyes and breathe deeply; notice how your body feels ie: how the air feels

in your lungs, how your heart is beating, how your muscles and bones move with the breath, etc. Now shift your awareness to what you are experiencing externally: what can you hear, what do you smell, what sensations do you experience on your skin, etc. Switching between internal and external awareness gives our brain the ability to 'ignore' anxious thoughts and stay in the present.

- **BREATH:** When feeling anxious try the 4x4x8 technique. Inhale through your nose to the count of 4, hold for 4, exhale through your mouth for 8. If thoughts come up-gently refocus on the breath and count. Continue for 5

minutes.

- **LAUGH:** Laughing decreases stress hormones and increases oxygen. Watch funny movies, play with your pet or tell jokes-and laugh.

- **MOVE:** put on music and wiggle, walk, try some yoga, Chi Gong or Thi Chi. Whatever you enjoy will shift the focus from anxiety to pleasure in your body.

- **TALK TO SOMEONE:** Talking to a friend, family member, coach or counselor can really help! Conversation can take us out of the circular loop of our own thoughts and give us a different perspective. Reach Out Today!

Choosing an oncologist

Metro Creative Connection

Cancer continues to affect people from all walks of life. The National Cancer Institute says approximately 39.6 percent of men and women will be diagnosed with cancer at some point during their lifetimes.

However, the good news is that many people with cancer are seeing their diseases go into remission as survival rates continue to improve. This is thanks to many factors, including advancements in cancer treatments and therapies and the growing number of oncologists who specialize in targeted treatments.

Oncologists are specialists who treat cancer, specifically with regard to managing a person's care and treatment after he or she has been diagnosed. The field of oncology has three major areas, says The Journal of Clinical Oncology. These include medical, surgical and radiation. A medical oncologist treats cancer using chemotherapy or other targeted medications. A surgical oncologist specializes in tumor removal and will typically perform biopsies and other surgical procedures as they pertain to cancer treatment. A radiation oncologist works with radiation therapy to treat cancer.

In addition to specializing in one field of oncology, oncologists also may have specific skills as they pertain to one type of cancer. For example, a gynecologic oncologist will be knowledgeable in gynecologic cancers, such as cancers of the uterus and cervix.

Upon receiving a cancer diagnosis, patients are typ-



Cancer patients who find a capable oncologist they are comfortable with may find it easier to beat their disease and clear the hurdles they encounter during treatment.

ically treated by a team of oncologists. That's because cancer treatment is diverse and will often require a combination of therapeutic efforts. Patients can have a say in which oncologists they use and are advised to seek out different opinions to find treatment plans they are comfortable with. The following is some advice on how to guide those research efforts.

- Seek a recommendation from your general practitioner. The doctor who diagnosed the cancer will likely be able to refer you to an oncologist. He or she may know which oncologists have a particularly good track record and can guide you in a certain direction.

- Use searchable databases. Various cancer organizations have searchable databases through which you can learn about the various affiliated oncologists.

- Consult with your insurance company. Cancer treatments can be expensive, and

treatments may span several months and entail various therapies. Doctors and treatment centers that participate in your health insurance plan will be considerably less expensive than those operating outside of your coverage.

- Look for a doctor who specializes in your type of cancer. Working with a doctor who specializes in your cancer may provide you with the peace of mind needed to fight the disease, and someone with a track record of fighting your particular disease may be more skilled at treating the cancer than someone whose experience lies

elsewhere.

- Look into oncologists who work at teaching hospitals. Oncologists working at teaching hospitals may have access to clinical trials or be required to continually update their credentials. Oncologists who also teach may be current on the latest therapies and be more capable of explaining your disease and treatment than doctors who do not teach.

- Look for a convenient treatment location. Finding an oncologist who practices at a facility close to home can be an added bonus and one that shaves some of the stress off of the impending treatment. Short trips to and from treatment may help you maintain your energy levels.

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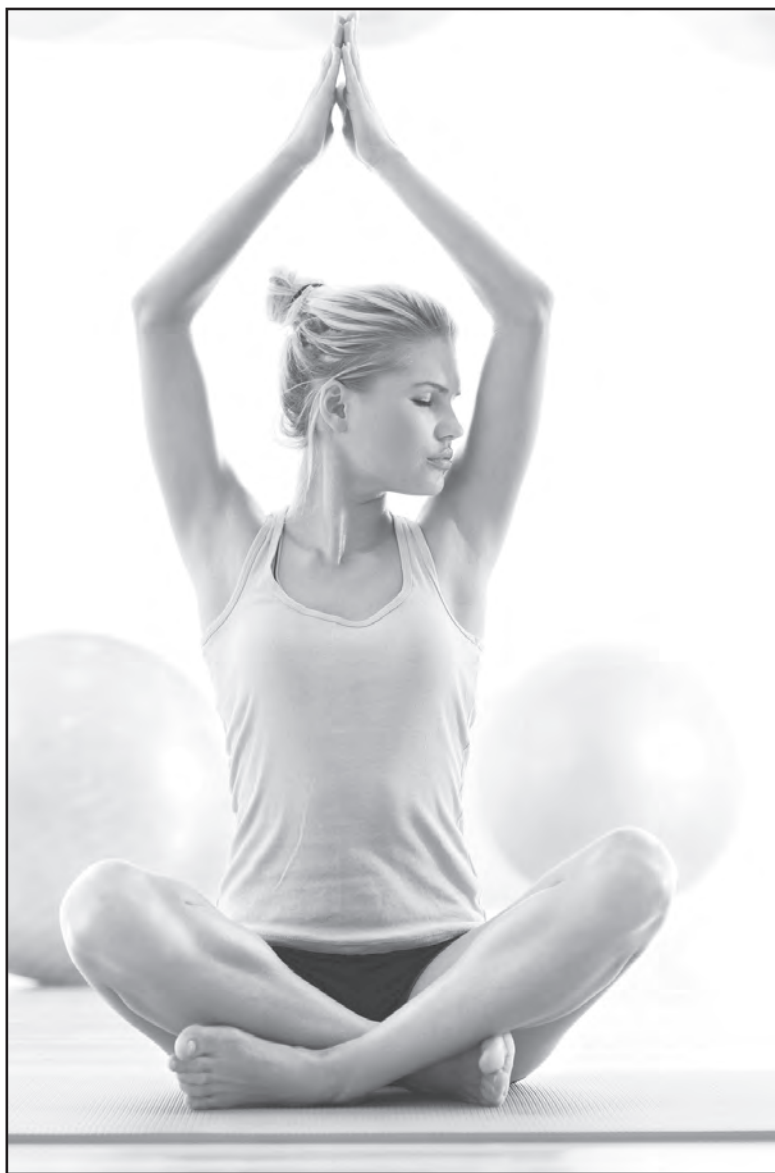
Metro Creative Connection

Yoga continues to grow in popularity. In a questionnaire administered every five years as part of the National Health Interview Survey, the National Center for Complementary and Integrative Health and the National Center of Health Statistics found that the number of people practicing yoga increased dramatically between 2002 and 2012, when approximately 21 million adults acknowledged practicing yoga. That figure equated to nearly double the number of people who practiced yoga just 10 years earlier.

The almost meteoric rise in popularity of yoga can likely be traced to many factors, including a growing awareness among the general public regarding the impact a healthy lifestyle can have on both short- and long-term health. An essential component of a healthy lifestyle involves taking steps to protect our bodies, and that can include making an effort to reduce the aches and pains that are often associated with aging.

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explained Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor.

The American Osteopathic Association notes the benefits of yoga extend even further than relieving chronic pain. According to the AOA, yoga can help men, women and even children increase their flexibility as well as



The almost meteoric rise in popularity of yoga can likely be traced to many factors, including a growing awareness among the general public regarding the impact a healthy lifestyle can have on both short- and long-term health.

help them build stronger, more toned muscles. Additional benefits of yoga include weight reduction, improved cardiovascular and circulatory health and improved energy and vitality.

But the benefits of yoga extend beyond the physical to the mental. The American Psychological Association notes that several studies have shown that yoga can help strengthen social attachments, reduce stress and relieve

anxiety, depression and insomnia.

For example, a 2012 study from researchers at the University of California, Los Angeles, found that a particular type of yoga that included brief, daily meditation reduced the stress levels of caregivers tasked with caring for people suffering from Alzheimer's disease and dementia.

One of the more attractive aspects of yoga is that it requires little or no financial commitment on the part of the people who practice it. Unlike fitness centers that typically require members to commit to yearly contracts or even potentially costly month-to-month memberships, many yoga studios do not require long-term commitments, instead asking that customers pay a small amount each time they visit if they are hesitant to commit to memberships. In addition, yoga requires just a mat and some appropriate clothing, ideally clothing that's conducive to flexibility but not so loose that it will prevent you from performing certain poses.

Before including yoga in your exercise regimen, speak with your physician. Once you get the green light, look for a beginner's course, explaining to your instructor that you are just starting out. Many yoga studios offer introductory classes that help men and women acclimate their bodies to yoga and the various poses it entails before moving on to more challenging poses.



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