

Spring 2017

health + care

A PUBLICATION FROM MERCY REGIONAL MEDICAL CENTER



Horsing around outside

It's good for your health
page 6

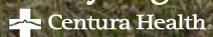
Looking forward

Meet Mercy's new CEO, Will McConnell
page 4

Changing the way we care

Family Physician of the Year, Dr. Steve Lavengood
page 8

Mercy Regional Medical Center



INSPIRE HEALTH

CELEBRATING NURSES: IT'S NOT JUST A JOB

You give a lot as a nurse, and it's easy to forget to take care of yourself. But if you don't, then your work – and your patients – can suffer.

The American Nurses Association has dubbed 2017 the “Year of the Healthy Nurse.” National Nurses Week, being held this month, has this subtitle: “Nursing: The Balance of Mind, Body, and Spirit.”

Mercy Regional Medical Center's Terry Rosenbaugh, who has four decades of experience, shared her thoughts on these themes and a little bit about what nursing means to her.

Patients put a huge amount of trust in nurses, says Terry, who oversees 90 employees as director of several units, including medical/surgical/ortho/spine and physical/occupational/speech therapy. She has always focused on developing a relationship with a patient and putting them at ease.

She began her career during high school as a certified nursing assistant in Cortez, where co-workers were impressed with her ability to work with the doctors. They convinced her to go to nursing school, going so far as to fill out her application.

Rosenbaugh graduated from nursing school in 1974 as a Licensed Practical Nurse, then fifteen years later returned to school to become a Registered Nurse.



Terry Rosenbaugh has worked as a nurse since 1974.

As a nurse, Rosenbaugh says one of her biggest assets is her ability to get along with people from all walks of life. It's important to be able to get along with doctors, as well as her fellow nurses and her patients, in order to provide the best care.

“If we can work together and work as a team, it's a better outcome for the patient,” she says.

Rosenbaugh says she emphasizes showing compassion, continually educating yourself, and taking a team approach. When a patient from forty years ago recalls your excellent service, it's a clue you're doing things right.

“Nursing, to me, isn't just a job, it's a calling.”



On the Cover:
Randy Palmer explores the Weminuche Wilderness
Read more on page 6.

What's Inside

- 4** Meet Mercy's new CEO
- 6** Horsing around
- 8** Family Physician of the Year
- 10** Keep your spouse healthy
- 12** Lower your cancer risk

John Peel is a contributing writer for Health+Care.

A warm welcome

MERCY WELCOMES ONCOLOGIST AND THREE PRIMARY CARE PROVIDERS

Mercy recently welcomed three primary care providers to the Mercy Family. Board-certified internal and obesity medicine physician Sarah Goodpastor, M.D., joins Mercy's adult primary care clinic Mercy Internal Medicine. Board-certified primary care physicians Katherine McCrea, M.D., and Julianna Reece, M.D., join Mercy Family Medicine.

Mercy is also pleased to welcome fellowship trained, board-certified oncologist and hematologist Lovie Bey, M.D., to Mercy's Southwest Oncology. To learn more about Dr. Bey and ways you can lower your risk of cancer, turn to page 12.

Contact us

Mercy Internal Medicine
3235 North Main Avenue, Suite 2
Durango, CO 81301
Phone: 970-764-9300

Mercy Family Medicine
Three convenient locations
in Durango and Bayfield
Phone: 970-385-9850



Dr. Katherine McCrea



Dr. Sarah Goodpastor

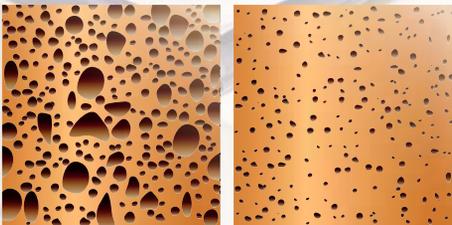


Dr. Julianna Reece



A patient receives a simple, painless bone density scan at Mercy.

BREAK FREE FROM OSTEOPOROSIS



OSTEOPOROSIS

NORMAL BONE

National Osteoporosis Month has been recognized in May since the 1980s as a way to draw attention to what is the most common of bone diseases. Forty-four million Americans have osteoporosis or low bone density.

WHAT IS OSTEOPOROSIS?

According to the National Osteoporosis Foundation, osteoporosis occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break easily.

Following are some simple ways you can maintain your bone health:

1. Fuel your bones. Your diet plays an important role in the health of your bones. According to Dr. Kim Furry, board-certified orthopedic surgeon at Mercy Orthopedic Associates, it is important to consume the recommended amounts of calcium and Vitamin D. In general, people should consume 1,000 to 1,300 mg of calcium and 600 to 800 IU of Vitamin D a day. It's best to consume these nutrients through the food you eat. In addition to milk, calcium can be found in fortified oatmeal, yogurt, soy

beans, cheese, salmon, broccoli and more. Your body absorbs Vitamin D in three ways: through the skin with sun exposure; from foods such as egg yolks, saltwater fish, liver, and fortified milk; or from supplements. In addition, avoid smoking, limit your alcohol and caffeine intake, and aim to consume less than 1,500 mg of salt a day.

- 2. Get moving.** Vital at every age for healthy bones, exercise is important for treating and preventing osteoporosis. The best workout for your bones is weight-bearing exercise, which forces you to work against gravity. Dr. Furry also recommends participating in exercises that enhance your balance, flexibility, and strength, which can significantly reduce your risk of falling.
- 3. Prevent falls.** Make sure that rugs are secure, remove unnecessary clutter, and install nightlights to help reduce your risk of falling.

4. Get tested. Bone density tests measure calcium and other minerals in your bones. Testing is recommended for women starting at age 65 and men at age 70 – unless you have risk factors for the disease, in which case you may need to get tested earlier. Discuss what's right for you with your doctor.

ARE YOU AT RISK?

You may be at risk if: You have broken a bone after a minor bump or fall; have a family history of osteoporosis, osteopenia, or fracture; if you smoke; have more than three alcoholic drinks per day or more than two servings of caffeine a day; avoid milk or dairy products; spend less than 15 minutes a day outdoors with your face and arms uncovered; or are underweight with a BMI (Body Mass Index) below 18.5.

SAVE THE DATE

BREAK FREE FROM OSTEOPOROSIS, KEEP HEALTHY BONES FOR LIFE.

Join orthopedic surgeon Kim Furry, M.D., physician assistant Clayton LaBaume, and physical therapist Luke Angel for "Healthy Bones, Healthy Body: Your Guide to Fracture Prevention," a **FREE** community presentation. Mercy's specialists will explain age-related factors that increase the risk of fall-related fractures and simple ways you can minimize your risk.

HEALTHY BONES HEALTHY BODY

When: Wednesday, May 24
5:30 p.m., hors d'oeuvres and reception
6:00 p.m., presentation

Where: Durango Public Library

Seating is limited. R.S.V.P. at mercydurango.org/strongbones or call 970-764-3999.

For Mercy's new CEO, it's all about family



McConnell meets with Dr. Jennifer Rupp, M.D.



Will McConnell, MBA, Ph.D.

Will McConnell joined Mercy's senior leadership team as vice president of operations in 2010, relocating from Roanoke, Virginia, where he worked for Carilion Clinic, a six-hospital system. Moving four school-aged kids was a big decision for him and his wife, Jenn, but in their hearts, they knew it was right.

"I wanted to come to a place where I felt like I could lead with my heart and a moral compass. I wanted to come to a hospital that really focuses on being there for patients. Mercy had a long history of doing just that," he says.

It didn't take long for the McConnells to fall in love with Durango and the surrounding area. From Lego League to school sports, music, and other activities, there has been no shortage of activities for the kids' learning, fun, and enrichment—but for mom and dad, that can mean juggling often conflicting schedules and prioritizing obligations.

"With multiple and competing busy schedules, it can be hard to find time for

everything. We try to focus on creative ways and times to get work done so that Jenn and I can be there for our kids' recitals, games, and other important activities."

Being a parent and husband has taught McConnell more than just how to balance his work and professional life. It has also taught him valuable skills that he applies at work.

"My family has taught me patience. Sometimes you just need to give someone space and revisit a conversation later. Everyone needs time to process and understand what things mean for them as a person," he says. "That's true at work, too."

While family has always been a priority for McConnell, he was pleased to discover another family at Mercy. "The Mercy Family" is what those who work at Mercy call the unique culture in which employees and providers work together and support one another in achieving the common goal of providing exceptional care.

"We take care of one another while we take care of patients. We do difficult things and we find ways to work together to accomplish whatever is in front of us. It's a powerful thing," McConnell says.

With two master's degrees and a Ph.D., McConnell has had his fair share of training and education, but what he's found in the Mercy Family is that it's innate, not prescribed.

"What makes it special is that it is part of who we are. There isn't a training course on it; it is just how we do things."

As the hospital's new CEO, McConnell's approach to leading is one that leverages the organization's culture, valuing different perspectives, diverse participation, and collaboration.

"No one person has all the answers. Fostering a culture where we seek multiple solutions to problems helps us set the right direction and helps people feel a part of what's happening," he says.

Looking forward, McConnell plans to continue on the course that has made Mercy successful in serving more people in need and introducing new services to the region.

"With the health care landscape continually shifting, as an organization, we need to continue on the path of creativity and problem solving that has made us so successful. Uncertainty is present at the national level, but the delivery of health care is local. As long as we focus on delivering health care in a responsible manner, we'll be able to weather the uncertainty."



McConnell and his youngest daughter Brooklyn play basketball.

On the horizon

Mercy Hospice House takes shape

If you've been to the Mercy campus lately, you've likely noticed a significant addition to the south side of the building. Construction on Mercy Hospice House gained momentum with the mild weather this spring, and the exterior of the building is largely complete. Construction crews have shifted to projects on the building's interior, such as installation of utilities. When the plumbing and electrical work is complete and it's time for sheetrock, the interior will quickly take shape.

"Once the walls go up inside, you can really feel the volume of the interior spaces," said Neil Stock, facilities director at Mercy. Mercy Health Foundation, which raised funds for the new facility, is currently hosting hard hat sneak preview tours of Mercy Hospice House. To schedule a tour, call **970-764-2800**.

✚ For more information visit www.mhffnd.org.

“Once the walls go up inside, you can really feel the volume of the interior spaces.”



Rendering courtesy of architect Thomas Umbhau and Bauen Group LLC.



The original design concept comes to life on the Mercy campus.

Feet don't fail me now...it's summertime!

MERCY IS PLEASED TO INTRODUCE MERCY FOOT AND ANKLE CENTER, MERCY'S NEW SERVICE LINE OFFERING SURGICAL AND NON-SURGICAL FOOT AND ANKLE CARE.

Summer in the Four Corners region means getting outside and having fun. Whether you bike, hike, fly fish, run, or have other favorite outdoor activities, chances are you'll spend a lot of time on your feet. Unless you can't. There's nothing like foot or ankle pain to sideline your fun while you sit out the summer.

Fortunately there's help. The experts at Mercy specialize in diagnosing and treating causes of foot and ankle pain. And

the good news is that many foot and ankle conditions can be treated non-operatively, through physical therapy, orthotics, or other means. So if foot or ankle pain is slowing you down, let Mercy's foot and ankle experts help you get back up to speed. Don't let summer pass you by—call today.

✚ Mercy Foot and Ankle Center, 1 Mercado St., Suite 202, Durango, CO 81301, 970-764-9450



Terry Palmer has lived on the Palmer Quarter Horse Ranch since 1952.

Horsing around outside – it’s good for your health

It’s not easy for a parent to convince a digital screen-addicted child to go play outdoors.

You probably don’t need a study to understand that being outside generally benefits your physical health (If you do, just Google “benefits of being outside”): It increases your metabolism, reduces stress, allows you to soak up Vitamin D from the sun, and you breathe in fewer pollutants, among other things.

Simply put, most of us need to get outside more. You may not get outside as much as Randy and Terry Palmer do, but perhaps you can learn from their model.

Terry and his son Randy operate Over the Hill Outfitters and breed horses at the Palmer Quarter Horse Ranch, located on County Road 234 where the Florida River rushes by. This lifestyle keeps them outdoors for quite a bit of the year. And if you meet up with Terry – at age 75 still in shape to lead long horse-packing tours in the Weminuche Wilderness – you’ll see this lifestyle has suited him well. Terry grew up on the ranch that his parents bought in 1952, when he was 9.

“Most people 75 are probably not out working every day like that,” said Randy, citing his father as an example of the benefits of being outdoors. The two, along with several working dogs, sat briefly for an interview recently in a work shed on the ranch.

Randy is fit, too, but his story is a bit different. He grew up on the ranch, but left the Durango area after high school and began accumulating degrees. After earning a doctorate in geophysics at the University of Oregon, he took a detour off the academic track, returning to Colorado to guide pack trips, mountain bike tours, and ascents

of the Crestone Needle, one of Colorado’s most difficult fourteeners.

Eventually he returned home, and he found a way to use both his academic knowledge and his knowledge of the outdoors. Since 2008 he’s been a physics professor at Fort Lewis College, and during the summer months, he leads multi-day horseback tours into the mountains.

It’s a good balance, one that’s rewarding mentally and physically.

Reading this may make you pine for a job outdoors. But the reality is there aren’t that many around these days. You may have to be satisfied with walks during your work breaks and weekend gardening, hikes, bike rides or other outdoor adventures.

The Palmers purchased Over the Hill Outfitters in 1998, and starting their 20th season, they’re as busy as ever. The trips they guide range from two-hour adventures to nine-day jaunts along the Continental Divide.

While riding a horse doesn’t take quite the physical stamina of hiking with a 50-pound pack, it’s still an effort that requires muscle groups you may not be accustomed to using, Terry pointed out. And there’s no shortage

of equipment and supplies to be lifted, carried and packed.

Many long trips include “rest” days where clients can hike, fish, or just relax and enjoy the experience, but for the guides, there’s always work to be done, whether in camp or on the trail.

According to Randy, exposure to the beauty of nature benefits one’s mental health as much as physical health.

And if you take your phone, you’d better be prepared for it not to work all the time.

Said Terry: “The best thing up there is they can’t get cell coverage.”

Terry Palmer jokingly invited anyone who needs to get outside more to visit the Palmer Ranch.

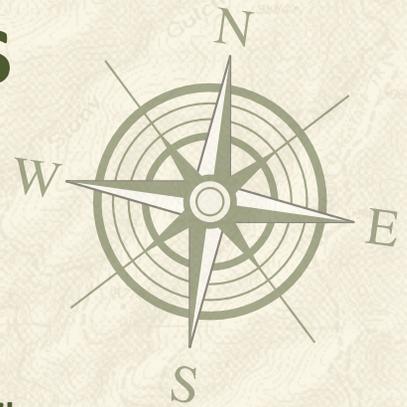
“If they want to come out, they can dig postholes. It’s good for cardiovascular,” he said with a smile. “We might even provide ’em lunch.”



Randy Palmer in the Weminuche Wilderness above City Reservoir.

Trails and adventures for the whole family

Mercy is a proud sponsor of Trails 2000, a local non-profit which helps plan, build, and maintain 300+ miles of trails in the region. To get more information about Trails 2000 and area trails, visit www.Trails2000.org. Following are area trail suggestions for hikers of every skill level:



Potato (Spud) Lake Trail

Level: Easy

Description: Potato (Spud) Lake Trail is an easy day hike or overnight trip that is great for children, offering fishing and picnic spots and plenty of places to camp. The 2-mile round-trip hike, climbing from 9,360 feet to 9,800 feet, provides plenty of interesting diversions.

Getting there: Travel 29 miles north of Durango on U.S. Highway 550 to Forest Road 591 (Old Lime Creek Highway), which takes off on the right side of the road at the curve past Cascade Village. Follow for approximately 3 miles to the trailhead, which is on your left in a flat area across from a beaver pond.

Sand Canyon of the Ancients

Level: Moderate

Description: Located in the high desert landscape near Cortez, this National Monument boasts the largest concentration of Ancient Puebloan (Anasazi) ruins in the U.S. with about 6,000 recorded archaeological sites. The trail is 6.5 miles (one-way) from Sand Canyon Pueblo down to the lower trailhead in McElmo Canyon.

Getting There: Located about 12 miles north of Cortez on Colo. Hwy 184. To reach the McElmo Canyon trailhead, head south of Cortez on Highway 491. Turn right (west) on County Road G at the signs for the airport and/or Hovenweep National Monument. Go 12 miles on this paved road. Trailhead parking is an unimproved slickrock surface on the north (right) side of the road.



Elbert Creek Loop

Level: Moderate to Difficult

Description: The views from Purgatory Cliffs at the top of the Elbert Creek trail overlooking the Needles are beautiful no matter what time of year you scale the heights. This 9.69 mile loop is sure to impress.

Getting There: A quick 20-minute drive north on Highway 550 from Durango will find you at the Needles Country Store. Turn left into the parking lot, but parking for the trail is limited to a few spots on the far south end near the empty cattle pens. The trail head begins at a gate accessed on the east side of the cattle pens.



Mercy's Lavengood - changing the way we care

Dr. Lavengood gives 9-year-old Maeli Quintana her annual checkup.

Making even small changes in the health care delivery system is difficult, so what Dr. Steven Lavengood and Mercy Family Medicine have done over the last several years is remarkable.

By helping to develop what's called the Comprehensive Primary Care initiative (CPC), major changes have been made in helping patients receive the care they need most in a cost-effective manner. And that's part of the reason why Dr. Lavengood was lauded in April as the state's Family Physician of the Year by the Colorado Academy of Family Physicians.

It's complicated, and it's not easy, but CPC is achieving impressive results. The underlying goal is to transform primary care from "physician-centric" to "patient-centric." Not only is the patient's health improved, but health care costs are lowered.

Part of this initiative is "care coordination." Nurses from Mercy Family Medicine follow up with patients and visit them daily if they're hospitalized. Before they're released from the hospital, the team schedules appropriate follow-up care with a primary care provider. Having follow-up care ensures patients' conditions and medications are monitored after they leave the hospital, so they don't end up getting sick again and needing emergency care or to be readmitted.

"We can find at-risk patients and head things off before their issues become

problematic" and result in a hospital visit, Dr. Lavengood said. "We've been very successful with that."

The Colorado Academy of Family Physicians recent recognition of Dr. Lavengood is certainly a highlight of his career, but reflecting on his 27 years as a family physician in Durango, he recalls many rewarding experiences. Not surprisingly, most involve his patients.

"It's a great career because you're so involved with your patients' lives. It's a privilege to share their lives," Dr. Lavengood said. "This privilege is not something anyone can take for granted."

As a doctor, he's empathetic, compassionate, and takes time to get to know his patients, said Christine Gerding, primary care practice administrator for Mercy Regional Medical Center. "To him they're family and friends and not just his patients."

As part of his nomination for the Family Physician of the Year Award, several of Dr. Lavengood's colleagues submitted letters of support. They highlighted his dedication to the profession of family medicine, to his fellow physicians and clinic staff, to the community, and most importantly, to his patients.

In one letter, fellow Mercy Family Medicine physician Dr. Joe Murphy wrote, "In those past 27 years, he has epitomized the outstanding qualities of a Family Physician. Due to his dedication, compassion, and expertise, he has left a lasting legacy in our small community.

A remarkable number of families have relied upon him from 'cradle to grave,' including obstetrical, pediatric, geriatric, and hospital care."

While Dr. Lavengood is extremely humble, those who know him understand the impact he has had on the lives of countless people, including ones who no longer call Durango home. One letter submitted as part of his nomination was from a grateful family of five that moved to Kansas but still returns to Durango every year to see Dr. Lavengood for their medical checkups.

Dr. Lavengood is the second Mercy Family Medicine physician to receive the Colorado Family Physician of the Year award. The other was Dr. Lavengood's long-time colleague Dr. Martin Pirnat, who met Lavengood in 1985 when Lavengood was a medical student doing a rotation at Durango Family Medicine. Dr. Pirnat will retire on May 26 after 40 years of practicing medicine.



Dr. Martin Pirnat.

Mercy helps youths make health a career

Whether it means putting stitches on a banana peel or devoting their spare time to an in-depth program, kids are naturally interested in the professional health world.

They might be simply learning more, or preparing for a career. In either case, Mercy Regional Medical Center is there to give youths a boost.

Among the more advanced programs offered to regional youths are the Science Career Ladder, organized by the Powerhouse Science Center in Durango, and the Health Careers Camp, organized by Southwestern Colorado Area Health Education Center (SWCAHEC).

HEALTH CAREERS CAMP

Every June at Fort Lewis College, SWCAHEC hosts a four-day camp to introduce youths to health vocations. It's for incoming ninth, tenth, and eleventh-graders from around the region. Not only can students meet with health professionals and shadow one, but during a career fair they can give an orange an injection, take a dog's vital signs, and stitch up the aforementioned banana peel.

SWCAHEC began the camp in 2014, modeling it after an event previously held at the University of Colorado's Anschutz

Medical Campus. Careers in the health industry offer wages that can help some youths out of poverty, and these youths often give back by improving lives in the communities they're from.

Mercy has been involved in the camp from the outset. Mercy employees help out in the planning, and several Mercy health professionals attend an event during the camp that exposes the high schoolers to various health career options. The hospital donates scrubs that every student wears in the shadow portion of the camp, making them feel more professional and engaged. Several students shadow at Mercy's clinics, lab, nursery, and elsewhere.

A post-camp survey last year found that 35 percent of the attendees left with a health career goal in mind, said Kathleen McInnis, executive director of the Southwest Colorado branch of AHEC, a state organization.

"We really appreciate the partnership with Mercy to extend the health care workforce," McInnis said. "It's important to the community."

SCIENCE CAREER LADDER

This program begins for eighth graders, and takes a fairly high level

of commitment, said Lexie Stetson-Lee, Powerhouse Science Center administrator. Youths rise through four levels in this New York Hall of Science-created program, and each level takes an average of a year. The goal is to prepare for possible careers.

Students not only learn STEM (science, technology, engineering, and math) subjects, but get experience at the Powerhouse in public speaking (as "Explainers"), developing their own programs ("Senior Explainers") and performing internships outside the Powerhouse ("Mad Scientists").

Wearing their signature red aprons in the center's exhibit area, they engage the public by explaining or by doing a fun demonstration – for example, dissecting a cow eyeball. The students learn, then pass on their knowledge to their peers and the entire community.

Mercy recently became one of the Powerhouse's STEM partners. Mercy offers internship opportunities for youths on the fourth and final level of the ladder.

"We're so grateful that Mercy is investing in youths in our community who have a passion for these fields," Stetson-Lee said.

- For more information on the Health Careers Camp, contact Karen Rider at karen.rider@swcahec.org or (970) 375-3250.
- To apply for the Science Career Ladder, visit <https://powsci.org/programs/scl>. For more information, call (970) 259-9234.



Students wear scrubs provided by Mercy while participating in the 2016 Health Careers Camp.



Lifting the lid on urinary issues: urodynamics to the rescue

**Leakage.
Involuntary bladder contractions.
Urethra. Incontinence.
Wait, can we say those things?**

Talking about urinary problems can be taboo. But it's something that many people face, especially mothers and the elderly. With its recent purchase of a

urodynamic testing machine, Mercy Regional Medical Center is hoping to take the lid off a secretive subject and get treatment for those in need.

"It's really important to figure out what component is failing so that we offer patients the proper treatment," says Dr. Sejal Quayle, who partners with Dr. Francisco Carpio at Mercy Urology Services.

The new diagnostic machine, purchased with the help of Mercy Health Foundation, can do that. It is scheduled to go into service in May. Comparing it to high-tech diagnostic devices for the heart, Dr. Quayle says urodynamic testing is "like an EKG of the bladder."

Patients often can't pinpoint the root of their problem.

"Sometimes patients think, 'Oh, I leak when I exercise,'" Dr. Quayle says. "But really we find it's when they're done exercising they're having involuntary bladder contractions as they get home and they're putting the key in the door."

Knowing how to treat them hinges on that crucial distinction, and urodynamic testing "is very important data for decision-making in terms of treatment," Dr. Quayle says.

The procedure involves inserting two pressure-sensing catheters inside the bladder. The urodynamics machine measures pressure in the bladder, how much it holds, and whether it's stretching. Also, whether bladder or belly muscles are used during urination.

The procedure involves some discomfort, and perhaps some embarrassment to those who are extremely modest, but a professional and compassionate staff is there to help.

"We help people with these conditions every day," says Amber Lee Gonzales, RN, with Mercy Urology Services. "We want patients to know their bladder issues are normal and treatable."

Karen Midkiff, chief development officer at Mercy Health Foundation, says urination problems are more prevalent than people generally admit. So the urodynamics machine becomes more valuable as the population ages. State estimates show La Plata County's 65-plus population will increase 67 percent from 2017 to 2030 (9,205 to 15,396).

"Given we're somewhat of a retirement community," Dr. Quayle says, "it's a very important device to have."

See, that wasn't so hard to talk about, was it?

✚ For more information or to schedule an appointment, contact Mercy Urology Services at **970-764-3845**.

Fresh spring salad for the whole family

THIS EASY CHICKEN, AVOCADO, AND GOAT CHEESE SALAD IS SURE TO IMPRESS.

Ingredients:

- 1/4 cup pine nuts
- 8 cups spinach
- 1 half cup halved cherry tomatoes
- 1 1/2 cup grilled and chopped chicken breast
- 1 large avocado
- 1/2 cup corn kernels
- 1/3 cup crumbled goat cheese
- 3 tablespoons white wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 1 pinch salt
- 1 pinch ground black pepper to taste

Directions:

1. Heat a small skillet over medium-high heat. Toast pine nuts in hot skillet until lightly browned and fragrant, 3 to 5 minutes.
2. Put spinach into a large salad bowl; top with pine nuts, tomatoes, chicken, avocado, corn kernels, and goat cheese.
3. Whisk white wine vinegar, olive oil, and Dijon mustard together in a small bowl until smooth; season with salt and pepper. Drizzle dressing over the salad and toss lightly to coat.



Keep your loved ones healthy by adding these annual checkups to their *Healthy Honey-Do List*

Making time for exercise, stress management, and eating a balanced diet are important to your health. Equally important, but sometimes overlooked, are routine health screenings, which can spot potential problems early. Encourage your loved ones to take control of their health by scheduling these health screenings:



Healthy Honey-Do List



✓ Men and Women:

- 1. Blood pressure screening.** Starting at age 18, everyone should have their blood pressure checked at least every two years.
- 2. Cholesterol check.** Women and men should have their cholesterol checked at least every five years starting at about age 20. You may need them more often, however, if you are over age 45, at high risk for heart disease, or have high levels of LDL cholesterol or low levels of HDL cholesterol.
- 3. Blood glucose test.** Men and women should get a blood glucose test every three years starting at age 45 to test for diabetes or pre-diabetes. Before age 45, you may need to have your blood glucose levels tested if you have symptoms of diabetes or other risk factors.
- 4. Colon cancer screening.** Colon cancer screening tests for men and women generally start at age 50. Unless a problem is found, a flexible sigmoidoscopy needs to be repeated every five

to 10 years and a colonoscopy only every 10 years. People with a greater risk of colon cancer may need earlier or more frequent cancer screening tests.

- 5. Body mass index.** BMI indicates obesity, which can assess the risk of serious health conditions like diabetes and heart disease. This is generally done during your annual exam.
- 6. Skin examination.** Women and men should examine their skin every month starting at age 18, and by the time they're 20, a doctor or dermatologist should conduct the examination during a routine check-up.
- 7. Dental check-up.** Adults need twice-yearly dental check-ups and cleanings.
- 8. Bone density screen.** Women should start getting screened for osteoporosis with a bone density test at age 65 and men at 70. Women and men with risk factors for osteoporosis should be screened earlier. The frequency of this health screening varies from person to

person based on bone density and risk factors.

✓ Women:

- 1. Pap smear and pelvic exam.** Beginning at age 21, or earlier if you are sexually active, women need to have a pelvic exam annually and Pap smear every two years to check for any abnormalities in the reproductive system. Barring any problems, women age 30 and older only need a Pap smear every three years if they have had three normal tests in a row.
- 2. Mammogram and breast exam.** Starting around age 20, women should have a clinical breast exam at least every three years until age 40, when this should be done annually. Beginning at 40, a mammogram should be done every one or two years.

✓ Men:

- 1. Prostate cancer screening.** Talk with your doctor about what kind of schedule is right for you.

Because these tests are considered preventive, many insurance plans cover them. However, it is best to call your insurance company or check your plan to determine coverage before making needed appointments.

health+care is published quarterly as a service of Mercy Regional Medical Center and is not intended to provide personal medical advice, which should be obtained directly from a physician. If you have a health issue or concern, please contact your health care provider.

If you have an address change or would like to be removed from our mailing list, please call 970-764-3995.

Mercy Regional Medical Center



Mercy Regional Medical Center
1010 Three Springs Blvd.
Durango, CO 81301

NON PROFIT ORG
US POSTAGE
PAID
DURANGO, CO
PERMIT NO. 27

mercydurango.org



Dr. Lovie Bey

Reduce your cancer risk

(AND MEET MERCY'S NEW FELLOWSHIP-TRAINED ONCOLOGIST)

coming to Durango. But in truth she's a small-town girl, having grown up in Bonner Springs, Kansas, which, at least back then, was a rural area an hour outside Kansas City.

With years of experience in treating cancer, Dr. Bey has some tips on ways you can lower your risk, and hopefully never need to visit an oncologist.

Some types of cancer—and there are more than 100, according to the National Cancer Institute—can hit no matter what you do, so the answer to the opening question is true, but only partly so. Dr. Bey says other cancers can be detected early and successfully treated, and some might even be prevented entirely.

Dr. Bey offered some steps you can take:

Lose weight: There is evidence that obesity might increase the risk of a slew of cancers, including breast, pancreatic, and kidney.

Eat right: Similarly, a healthy diet may decrease your risk factors for a long list of cancers.

Cut back on smoking and alcohol: Smoking, of course, has long been associated with lung cancer. Moderating alcohol content has also been shown to decrease risk of certain cancers, including throat, esophagus, and liver.

Get screened: Health professionals recommend you begin having regular colonoscopies at age 50. Also, get regular mammograms and prostate checks.

Wear sunblock: When you apply sunscreen, make sure you get the ears and scalp, two common places for melanomas.

“Getting sun is good, but you need to make sure you protect the skin with sunblock, light clothing, hats,” she said.

Follow these tips and you will be able to lower your risk of cancer.

Myth or fact: Cancer can hit anyone at anytime, and there's nothing you can do to change your odds.

If you get her started, Dr. Lovie Bey has a lot to say about how you can decrease your risk.

Dr. Bey recently relocated from Albuquerque to join the staff at Southwest Oncology at Mercy Regional Medical Center. She is a general oncology (cancer) and hematology (blood disorders) doctor. She recently stepped down as president of the New Mexico Society of Clinical Oncology, a branch of the national organization.

After living in larger cities for many years, she has some trepidation about



#MercyGetActiveChallenge you could win!

Do you have a great photo showing yourself doing your favorite healthy activity? Share it on Instagram with the hashtag #mercygetactivechallenge by July 1st, 2017, and you will be entered to win an Osprey day pack filled with hiking supplies.



Durango resident Holli Hipwell stays active by hiking the trails above Silverton, Colorado