Banner Health works to provide the highest level of cancer care close to home for patients wherever they live in northern Colorado.

When an individual needs more advanced care, providers use resources available at other Banner hospitals to make sure the patient gets the most appropriate treatment.

“With a regional approach to cancer care, we want our patients to be treated as close to home as possible. That’s one of our guiding principles,” says Julianne Fritz, regional director of oncology services for Banner Health’s Western Region.

Scope of Care
The scope of cancer care offered by Banner in northern Colorado is as broad as the territory served by the health system.

In communities such as Wray and Yuma, Banner Health offers a growing number of outreach services, and in some locations, outpatient chemotherapy. Banner Health also operates three comprehensive outpatient cancer centers.

- The David Walsh Cancer Center at Sterling Regional MedCenter (SRMC) was built in 2010 through the generous $8 million donation of the David Walsh family. It opened in fall 2010 offering radiation therapy, infusion services and medical oncology. SRMC offers some surgical oncology as well as inpatient oncology services.
- The McKee Cancer Center in Loveland and the Cancer Institute at North Colorado Medical Center (NCMC) employ some of the latest technology and research trials in radiation and medical oncology and hematology. Both hospitals have inpatient oncology units with a high percentage of nurses who are certified in oncology nursing. The hospitals have extensive support services that include art and music therapy, support groups and care coordination. Patients from outlying communities who require more complicated treatments or surgeries also would come to McKee or NCMC.

Fritz says where a patient receives treatment is determined on an individual basis to customize care for that individual. “Cancer is different from other diseases,” she says. “It’s hundreds of diseases. The type of cancer depends on the location in the body, the stage and the cell type.”

A Regional Approach
A team of professionals made up of many disciplines oversees the care of each patient. In total, nearly 200 people work in the outpatient and inpatient arena to provide cancer care for Banner Health patients in northern Colorado.

Many leaders of these specialty areas gather regularly for Tumor Board in each of the communities. At Tumor Board, providers confidentially review and discuss patients’ cases including how the case was diagnosed, symptoms, medical images and pathology. Then the group discusses the best course of treatment for that patient. This discussion includes input from cancer
Letter from the CEO

It’s hard to believe that another year has come and gone. I hope 2011 will bring happiness to you.

It is certainly an understatement to say that a lot happened in 2010 in health care – at national, regional and local levels.

From health care reform to physician alignment with health care systems to advancements in technology, much change has occurred. In the midst of it all, NCMC continued to focus on five basic priorities: Employee Engagement, Patient Satisfaction, Quality Health Care, Physician Friendly Service and Financial Strength. This focus resulted in the continued growth and improvement of health care services available to our patients, our community and our region.

A major emphasis in 2010 was continuing to recruit highly qualified physicians who want to provide medical services to residents right in our community and want to be a part of our outstanding health care team.

The Banner Health physician group now has approximately 140 physicians providing medical services through NCMC and area community clinics. At the Medical Arts Centre of Windsor, for example, new family and internal medicine physicians have joined the clinic, and our gastroenterologists began seeing patients in Windsor in addition to their offices at NCMC.

New physicians, physician assistants and nurse practitioners have joined our anesthesiology, gastroenterology, general surgery, hospitalists and orthopedic services as well. Previously independent practice physicians in pulmonology and urology have joined our team to expand the number of specialties offered through our physician group. Combined with our independent physician partners in the community, NCMC includes nearly 300 physicians on the medical staff.

In 2010, we initiated new programs and services, such as a “one call” transfer center that allows physicians to easily transfer patients to NCMC for the higher level of specialized care a patient may need. Imaging equipment was upgraded to the latest technology, and is now available at our Cancer Institute.

Our overall patient and surgery numbers were higher than projected, which means that more area residents chose NCMC for their medical care. With respect to quality, we’re currently meeting or exceeding all quality measures. Employee engagement, patient satisfaction scores and physician satisfaction survey ratings continue to increase at NCMC.

In short, people are receiving outstanding care at NCMC and choosing to be cared for locally.

We will continue to recruit additional physicians and health care professionals to our team. We will focus on working to provide regional services with McKee Medical Center and the other Banner Health hospitals in our region.

It is our goal to provide you with a health care experience that results in positive outcomes such that you would continue to choose or recommend us to others.

May God bless you, the United States military and the United States of America.

Sincerely,

Rick Sutton
Chief Executive Officer

NCMC Welcomes New Physicians

Martin S. Bohm, D.O.
Banner Internal Medicine – Johnstown Family Clinic

Dr. Martin Bohm works to establish an atmosphere where patients feel comfortable discussing all aspects of their health care, which he believes allows for more comprehensive medical care.

Dr. Bohm is a graduate of Northern Illinois University in DeKalb, Ill., and Kirksville College of Osteopathic Medicine in Kirksville, Mo.
North Colorado Med Evac has received the designation of “Preferred Critical Care Transport Provider” from The Children’s Hospital.

This designation was awarded after an extensive review process conducted by The Children’s Hospital, which recognized North Colorado Med Evac as being dedicated to providing expert care and transport of infants and young children. North Colorado Med Evac is the only medical air transport service based in the northeastern Colorado/southwestern Nebraska region to be awarded this designation.

“The staff at North Colorado Med Evac is very pleased that The Children’s Hospital has recognized its commitment and level of dedication to providing pediatric critical care in the Rocky Mountain region,” says Dan Beckle, senior flight services manager for North Colorado Med Evac. “Through our active medical director, our highly dedicated flight team and the cooperation of our agencies, we are able to provide an outstanding level of service to our patients when they need it the most.”

State-of-the-Art Care

Tim Hutchison, M.D., medical director of North Colorado Med Evac, adds, “This designation is the result of extensive focused critical care training and collaboration with The Children’s Hospital. It is the combined objective of our organizations to see that critical pediatric patients receive state-of-the-art care from the field to community hospitals to The Children’s Hospital. North Colorado Med Evac and The Children’s Hospital recognize the crucial role that well-trained flight crews have in optimizing patients’ outcomes and are committed to ensuring this common goal.”

“The Children’s Hospital has been fortunate to work so closely with North Colorado Med Evac,” says Stephanie Haley-Andrews, co-director of The Children’s Hospital’s EMS Outreach and Education Program. “Our collaborative efforts to provide the highest quality prehospital or out-of-hospital pediatric care contribute to the best possible outcomes for critically ill or injured infants and children. It is our privilege and pleasure to endorse North Colorado Med Evac.”

Ready to Serve

As part of this designation, the familiar Children’s Hospital “Balloon Boy” logo will appear on the side of North Colorado Med Evac helicopters. This logo means that North Colorado Med Evac is a full-service medical air transport service for pediatric patients. In addition, North Colorado Med Evac is ready to serve all other medical air transport needs through its High Risk Obstetrical transport services, the Code STEMI program for heart care, specialized trauma and burn transport, and its newly opened Greeley-based dispatch center.

Curtis E. Crylen, M.D.
Mountain Vista Urology

Dr. Curtis Crylen graduated from the University of Illinois and received his medical degree from Northwestern University. He has practiced medicine since 2008 and completed his residency at the University of Wisconsin in Madison.

Steven M. Kalt, M.D.
Banner Internal Medicine – Greeley

Dr. Steven Kalt is a graduate of the University of Michigan and Wayne State University School of Medicine. Most recently, and since 2000, he worked for Premier Internists, a division of Millennium Medical Group, in Southfield, Mich.

Dr. Kalt enjoys working with patients to promote health and quality of life through disease management and preventive care. He is highly experienced and trained in all aspects of adult health care – diagnostic and therapeutic.

In his spare time, Dr. Kalt enjoys an active lifestyle, playing sports and spending time with his wife and children.

James W. Wolach, M.D.
Mountain Vista Urology

Dr. James Wolach strives to provide quality urologic care throughout northern Colorado in a compassionate, professional and comfortable environment. He specializes in male and female urologic conditions, stone disease, enlarged prostate, urologic cancer, robotic and laparoscopic procedures.

Dr. Wolach graduated from Colorado State University and the University of Colorado School of Medicine.

He enjoys playing hockey, tennis, skiing and fly fishing.
Heart Score: Know Your Risk

Molly Wright, a Weld County resident, and her siblings lost their father to a heart attack when he was just 56. As each sibling approached the age that their father was when he died, the reality hit that they had a strong family history of early heart disease. Molly’s brother Terry, the only male, decided to have a Heart Score screening done to get an idea of his risk.

CT Heart Score provides computed tomography (CT) cardiac scoring, a noninvasive test that accurately measures the amount of calcified plaque in the coronary arteries.

“My brother’s calcium score came back over 200, meaning he was at high risk of heart disease and needed further testing,” Molly says. “After a nuclear stress test was abnormal, he underwent a cardiac catheterization procedure and had a stent put in one of his coronary arteries. After his experience he talked my sister, Ann, and me into having our own Heart Score screenings.”

The sisters’ Heart Scores came back even higher than Terry’s, so they too went on to further testing. Molly also underwent cardiac catheterization, which showed that though she had plaque in her arteries, she did not have significant blockages.

The information that the Wright siblings gained from their Heart Scores has reinforced the fact that they have to stay on top of the risk factors they can control, such as smoking (none of them smoke), blood pressure, cholesterol, weight and exercise.

Early Detection Saves Lives
Each year, heart attacks kill more than a half million people, and approximately half of these deaths occur suddenly without prior symptoms. If the risk factors leading to a heart attack are identified early, 85% of sudden heart attacks may be prevented.

A CT Heart Score can help determine your risk for having a heart attack and enable you to modify your lifestyle or undergo further testing. The scan provides valuable information, enabling your physician to assess the next steps for treatment. If you are at low risk, your physician may discuss lifestyle modifications, such as exercise, diet and smoking cessation that can help keep you healthy. If you are at high risk, your physician may recommend new medications or additional testing to determine the extent of your heart disease and what further steps need to be taken to improve your heart health.

Who Should Receive the Scan?
The screening is recommended for men ages 35 and over and women ages 40 and over with or without risk factors for heart disease (smoking, overweight, high cholesterol, etc.). If you are known to have atherosclerotic heart disease or if you have had a prior heart attack, a CT Heart Score is not indicated. Many senior citizens may not benefit from this test. Therefore, we suggest you discuss this test with your primary care physician.

Molly and her family knew early-age heart disease could be a problem for them. Now she and her brother and sister have a plan, and can work at minimizing their risk while enjoying a healthy lifestyle.

CT Heart Score is available through the CardioVascular Institute at North Colorado Medical Center (NCMC). The screening is not covered by insurance and does not require a physician’s order. Cost for the screening is $199 and includes a wellness consultation.

For more information on CT Heart Score at NCMC or McKee Medical Center in Loveland, visit www.BannerHealth.com/cvi, or call (970) 350-6070 at NCMC and (970) 593-6191 at McKee to schedule an appointment.
Banner Health Johnstown Family Clinic Is Expanding

Banner Health and the NCMC, Inc. board of directors announced that construction began in December 2010 to expand the Johnstown Family Clinic by more than 7,500 square feet. In addition, the clinic will welcome two new physicians in 2011.

Building construction will tie directly into the corridors of the existing 9,503-square-foot-clinic, which has 12 exam rooms. Construction will extend the building to the south and will include an elevator to access the lower level of the building, 12 additional exam rooms, a third procedure room, two nurses stations, a sub-waiting room and a consultation room. The space layout and design is focused on energy efficiency and operational flow.

NCMC, Inc. will fund the $1.6 million project budget for the expansion and Banner Health will continue to operate the clinic. Construction is projected to be complete in early July and the building will be ready for operation in mid-July. The existing clinic, also funded by NCMC, Inc., cost $1.4 million to construct and was opened in September 2003. Johnstown Family Clinic averages about 2,000 patient visits each month.

“We have been honored to be part of the Johnstown community and look forward to bringing additional health care services to residents,” says Peter McNally, executive director of Banner Medical Group – Western Region.

Starting in January 2011, Martin Bohm, D.O., will join Johnstown Family Clinic (see page 2 for photo). Dr. Bohm is an internal medicine specialist and a graduate of Northern Illinois University in DeKalb, Ill., and Kirksville College of Osteopathic Medicine in Kirksville, Mo. He is moving his practice to Johnstown from Loveland.
Endo Capsule Helps Diagnose Digestive Disorders

It is estimated that up to 1.4 million people in the U.S. suffer from inflammatory bowel disease. Physicians at North Colorado Medical Center (NCMC) use the latest technology – the Olympus Endo Capsule, for complete and direct visualization of the entire small bowel to observe suspected small bowel conditions. The physicians at North Colorado Gastroenterology, Ahmed Sherif, M.D.; Yazan Qwaider, M.D.; and Mark Rosenblatt, M.D., offer this technology to patients.

Patients who could benefit from this technology include people who suffer symptoms of digestive disorders that could be caused by inflammatory bowel disease (Crohn’s disease/ulcerative colitis), celiac disease, benign and cancerous tumors or other digestive disorders. The Endo Capsule technology helps physicians to comfortably and effectively observe these digestive diseases.

How It Works
The size of a vitamin, the Endo Capsule consists of a high-resolution camera and a transmitter. The single-use capsule is activated by the nurse or physician, and is easily swallowed with a glass of water by the patient. It begins transmitting images of the digestive system to a receiver that is worn on a belt on the patient’s hip. The capsule takes two pictures per second as it travels naturally through the gastrointestinal tract, which takes about eight hours, and is then excreted naturally. The patient returns the receiver to the physician or nurse who downloads the images to a computer and reviews the images for abnormalities. This exam requires no sedation, and patients can go about their normal daily routines while the Endo Capsule captures images for a full examination of the small bowel.

Benefits of the Endo Capsule
Dr. Sherif says the Endo Capsule allows evaluation of the patient in areas that aren’t available using an endoscope. In addition, the high-resolution Endo Capsule system is more sensitive and provides better images than those that can be obtained in a CT scan or other radiologic techniques.

“It produces better outcomes,” Sherif explains. The procedure is done after an upper endoscopy and a colonoscopy when further evaluation of the small bowel is needed.

In reviewing the images taken during the procedure, the physician looks for abnormalities in the small bowel such as tumors, ulcers, abnormal tissues or abnormal narrowing – also called strictures.

As opposed to other methods of imaging the small bowel, a small bowel capsule endoscopy does not require the ingestion of contrast (a substance used to enhance or distinguish structures more clearly within the body), and eliminates the exposure to radiation.

Advantages for Patients
Another advantage is that the preparation for the Endo Capsule procedure is less taxing on the patient. Dr. Sherif explains that the patient only needs to drink clear liquids and take a laxative prior to the procedure.

The camera’s manufacturer recently introduced improved, user-friendly software designed to help the physician review the exam’s images in less time. Dr. Sherif says although the capsule camera technology has been around for 10 years, the images are now easier to see and can be reviewed more efficiently.

Additional uses include esophageal and gastric applications, Dr. Rosenblatt adds. “And in the near future, the colon will be able to be studied. It is truly a modern day ‘Fantastic Voyage.’”

For more information about services provided in the NCMC Gastroenterology Clinic, please call (970) 378-4475.
Do You Have a Sleep Disorder?

Everyone has experienced a fitful night’s sleep – and the difficult, unproductive day that follows. When those nights and days come frequently, it can be an indicator of a health problem – or lead to one.

The Sleep Center at North Colorado Medical Center (NCMC) is uniquely equipped to diagnose and treat sleep disorders, giving patients peace of mind along with many peaceful nights of sleep.

A sleep disorder is a disorder in the sleep patterns of an individual and can interfere with mental, physical and emotional function. The most common sleep disorders are: obstructive sleep apnea, periodic limb movement syndrome, insomnia and parasomnias (physical phenomena that occur during sleep including sleepwalking, sleep/night terrors, etc.).

Sleep studies are conducted to diagnose sleep disorders. These are tests that watch what happens to an individual’s body during sleep and help determine what is causing sleep problems.

What Is a Sleep Study?

“Sleep studies are ordered by a physician when a patient is experiencing symptoms of sleep problems,” explains Shannon Tetiva, sleep lab and pulmonary clinic manager. Patients are then scheduled to spend a night at the sleep lab at NCMC. Patients check in around 8 or 9 p.m. and are assigned to a room and a sleep technologist. The rooms are comfortable, warm and homey with Sleep Number® beds and high-quality linens designed to promote restful sleep. The technologist will then prepare the patient for monitoring in the following ways:

- Placing electroencephalogram (EEG) leads to monitor sleep stages.
- Placing electrocardiogram (EKG) leads to monitor heart rate and rhythms.
- Securing a nocturnal pulse oximetry to monitor oxygen saturation.
- Attaching electrodes to each leg to monitor leg movements during sleep.
- Placing a belt around the chest and abdomen to monitor effort in breathing.

“It sounds like a lot of equipment, but patients really can get comfortable and sleep,” says Tetiva, who is also a sleep technologist. “The wires are small. If patients are nervous about it and typically take sleep aids, we encourage them to do so for their sleep study.”

Once the patient is settled in to sleep, a camera in the room is turned on and the sleep technologist monitors the patient throughout the night. The technologist records all of the electrical information collected and notes the patients’ physical movements. Depending on the initial results of the study, the patient may be fitted with a continuous positive airway pressure (CPAP) mask to eliminate sleep apnea events.

“Most sleep studies end around 6 or 7 a.m.,” says Tetiva. “Patients are relieved of all the equipment and can then go home or on to their workday.”

The study data is compiled by a day technologist and sent on to the sleep physicians to read. Dr. Kelli Janata, board-certified sleep physician and medical director of the sleep lab, oversees each study and verifies the results. The patient then meets with a sleep technologist who reviews the study with them and assists in their treatment, ensuring a continuum of care.

“The unique follow-up program in our sleep center provides ongoing care to patients from beginning to end,” says Tetiva. “We want to educate patients about the importance of sleep and how improving their sleep can improve their health and quality of life.”

At the end of February, NCMC will open its new sleep lab, adding two sleeping rooms for a total of six, and expanding services to include home sleep studies and actigraphy (which identifies sleep patterns and irregularities using a watch-type monitor and is helpful in the diagnosis of different types of insomnia). The renovation will feature all new beds, bedding, furnishings, equipment and private bathrooms.

“The more people become aware of the health issues related to sleep, the more demand there is for sleep studies and services,” Tetiva says. “As a comprehensive center for sleep disorders and treatment, we can work with patients through their total experience to provide the best outcomes and care.”

Sleep Disorder Symptoms

- Excessive daytime sleepiness
- Snoring
- Overweight
- Mood changes
- Lethargy
- Morning headaches
- Low oxygen
- Low sex drive
- Achy, crawly feeling in legs
**Spirit of Women Events**

Get in the Game of Health for 2011! NCMC’s Spirit of Women hosts monthly events featuring timely health education topics combined with fun, innovative entertainment. If you can’t attend an event but are still interested in important health information, read Spirit Magazine online at www.BannerHealth.com/NCMCspirit or follow us on Facebook at Spirit of Women of North Colorado. Call Spirit of Women for detailed agendas and costs for all events, as well as to make a reservation at (970) 392-2222.

**Conductorcise: a SOUND Exercise for Body, Mind and Soul!**

Add a little joy, charm and sophistication to fitness … and life in general! Place yourself in the sneakers of an orchestra conductor and raise your baton as you enjoy the greatest musical workout you’ve ever experienced under the exhilarating guidance of maestro David Dworkin.

**Where:** UNC Ballroom  
**When:** Feb. 17, 6:30 to 7:30 p.m. Doors open at 6.  
**Cost:** $10/person for presentation and light appetizers. All ages are welcome!

**2011 Day of Dance Health Fair**

So you think you can’t dance? Then bring your friends and family to learn simple ways to stay healthy, participate in health screenings and talk to health practitioners. Enjoy cooking exhibitions, music, dance demonstrations and friendly surprise competitions. Plus, you may learn a few dance steps to impress your friends and family. Open to men and women.

**Where:** Greeley Family Fun Plex  
1501 65th Ave., Greeley  
**When:** Feb. 26, 9 a.m. to 2 p.m.  
**Cost:** Free for all ages. Fees are associated with optional blood screenings available on Feb. 10, 15 and 16 from 7 to 9 a.m. Results can be obtained at Day of Dance. For information or to make an appointment, call (970) 350-6633.

**Transform Your Life and Win the Weight Loss Battle**

**Where:** TBA  
**When:** TBA

**Cooking Classes**

Learn a variety of fun and healthy cooking options. Courses are taught by a registered dietician and are a great way to modify your cooking habits and learn about heart healthy cooking. Please call (970) 350-6633 to register.

**Men’s Cooking Class: Cook for Your Valentine!**

Real men cook! Learn to prepare a gourmet meal for your special valentine. Taught by NCMC’s Chef Peter Sisneros. Assisted by Mary Branom, R.D.

**Where:** NCMC’s Bistro – Come in NCMC’s Main Entrance  
**When:** Feb. 10, 6 to 7:15 p.m.  
**Cost:** $10

**How to Shake the Salt Habit**

Reducing sodium intake can be difficult but this class can help. Learn what your recommended daily intake is, which foods to watch out for, which ones to enjoy often and how to modify your favorite recipes without losing the flavor. Several low-sodium recipes will be prepared for you to sample and enjoy. Taught by Nancy Lightfoot, R.D.

**Where:** NCMC Cardiac Rehab Kitchen  
**When:** March 7, 6 to 7:15 p.m.  
**Cost:** $10

**Give Your Kitchen a Nutrition Makeover**

Learn ways to clean out and refresh your kitchen with ingredients for a healthier you. Taught by Mary Branom, R.D.

**Where:** NCMC Cardiac Rehab Kitchen  
**When:** March 23, 6 to 7:15 p.m.  
**Cost:** $10

**It’s All about Technique!**

Wish you could cook like the pros? Learn some tricks of the trade from Chef Peter. Who knows? You could be the next Food Network star! Taught by NCMC’s Chef Peter Sisneros and Mary Branom, R.D.

**Where:** NCMC Cardiac Rehab Kitchen  
**When:** April 13, 6 to 7:15 p.m.  
**Cost:** $10

**Toddler Nutrition**

Are you worried that your toddler isn’t eating a balanced diet? Are you tired of mealtime battles? Come learn how to feed those little bellies with nutritious foods that will give them a foundation for a healthy future. Taught by Danielle Lynch, R.D.

**Where:** NCMC Cardiac Rehab Kitchen  
**When:** April 18, 5:30 to 7 p.m.  
**Cost:** $10

**Cardiac Programs**

**Cardiac Education Classes**

Learn about your heart, risk factors for heart disease and the benefits of exercise, healthy eating, stress management and more! Classes are Wednesdays at 8:30 and 10:30 a.m. and Thursdays at 3:30 and 5:30 p.m. at NCMC Cardiac Rehabilitation. Classes are free and registration is required by calling (970) 350-6204. Topics include:

- March 2 & 3: Keep Your Heart Healthy  
- March 16 & 17: What’s For Dinner?  
- March 30 & 31: Managing Stress and Change

**Blood Tests**

Wellness Services offers low-cost blood screenings open to community members; some immunizations are also available upon request and availability. Open labs are held on the second and fourth Wednesday of every month from 7 to 8:45 a.m. To schedule an appointment, call (970) 350-6633 at least 24 hours in advance. Walk-ins welcome; please fast 12 hours prior to blood draw.

**Where:** NCMC Union Colony Room, Area C ground floor  
**Cost:** Varies. Payment is due at time of service. NCMC Wellness Services will not bill insurance.
CPR for Health Care Providers (Initial)
This class is designed for licensed and nonlicensed health care providers. Topics include cardiopulmonary resuscitation, airway obstruction and rescue breathing for adults, children and infants. Ambu bag and AED practice included. Registration closes at noon two days prior to the class.
Where: NMC
When: March 7, 5 to 8 p.m.
Call: (970) 350-6633
Cost: $55* (includes required book)

CPR for Health Care Providers – Recertification
This class is designed for licensed and nonlicensed health care providers who need to recertify through the American Heart Association. The certification is valid for two years.
Where: NMC
When: March 18, 2 to 4 p.m.
Call: (970) 350-6633
Cost: $50*  
* CPR Class Refund Policy: Please notify us at least one week before the class if you are unable to attend the CPR class for which you registered. Your registration fee will be refunded, less a $10 service charge. Refunds cannot be granted less than a week prior to the class.

Heartsaver CPR with AED
Taught by American Heart Association-certified health care professionals, this class covers adult and infant/child CPR, obstructed airways, the Heimlich maneuver and the use of a barrier device. Upon completion of the course, participants will receive a Heartsaver CPR course completion card. The certification is valid for two years.
Where: Windsor Recreation Center 650 11th St., Windsor
When: March 3, 6 to 9 p.m.
Call: (970) 674-3500 to register
Cost: $48

Heartsaver First Aid
Taught by American Heart Association-certified health care professionals, this First Aid class provides participants with an understanding of first aid basics, medical emergencies, injury emergencies and environmental emergencies. Upon completion of the course, participants will receive a Heartsaver First Aid course completion card. The certification is valid for two years.
Where: Family Fun Plex, Greeley
When: Feb. 10, March 10, April 14; 4:15 to 6:15 p.m.
Call: (970) 350-9400 to register
Cost: $45 (save $5 if taken in conjunction with Heartsaver CPR with AED)

Wellness Programs

Safe Sitter
Safe Sitter is a one-day, five-hour curriculum designed for 11- to 13-year-olds. Participants learn care of the choking infant and child, babysitting as a business, success on the job, child care essentials, safety for the sitter, preventing injuries, injury and behavior management, and preventing problem behavior.
Where: This is a contract class with the City of Greeley Leisure Services. Family Fun Plex, Greeley
When: Feb. 21, April 6, 9 a.m. to 2 p.m.
Call: (970) 350-9400 to register

Caring for Patients with Diabetes
This is an interactive educational event for professionals. Members of the community are also welcome.
Where: NMC Auditorium A & B
When: Feb. 22, 7:30 a.m. to 4:30 p.m.
Call: (970) 392-2344 to register or request a registration form
Cost: $25

Yoga Classes
If you’re interested in practicing yoga in a nurturing environment with focus on individual needs, lots of encouragement and patience, we have the class for you! We offer classes for students of all levels of physical ability. Join us to facilitate greater range of motion, flexibility and relaxation. Call (970) 350-6633 today to find out which class will best meet your needs. Instructor is Robin Briggs, Yoga Alliance Certified. Classes meet in NMC Auditorium A & B (Ground Floor, Area C). Cost is $40 for six weeks.

Restorative Yoga
Focuses on gentle movements coordinated with breathing exercises to facilitate greater range of motion, flexibility and relaxation.
When: Mondays, 5:15 to 6:15 p.m., March 7-April 11 and May 2-June 3

Yoga Basics
An introduction to the foundational poses in a beginning yoga practice.
When: Mondays, 4 to 5 p.m., March 4-June 11 and May 2-June 13; Wednesdays, 6:15 to 7:15 p.m., March 9-April 13 and May 4-June 8
Yoga Flow
Explores the strength, cardiovascular stamina and freedom of flexibility offered through the practice of yoga flow.

When:  Wednesdays, 5 to 6 p.m., March 9-April 13 and May 4-June 8; Saturdays, 8 to 9 a.m., March 12-April 16 and May 7-June 18

Family Life Education Classes and NEW Online Childbirth Education
Family Life Education classes are designed to provide support during your birth and parenting experiences. Instructors build confidence and teach lifelong skills that you can apply to situations beyond childhood. Classes for moms, dads and siblings are taught by skilled nurses and certified instructors. For complete information about all classes, visit www.BannerHealth.com/NCMCFamilyLifeEdu.

Nothing takes the place of a live classroom experience; however, this option is not always feasible. Therefore, we now offer an online education class that allows learning from home, at your own pace when it is convenient! Online eLearning is especially helpful for moms on bedrest, couples whose schedules don’t allow for class attendance or couples who have taken a childbirth class and desire to enroll in a refresher. To see a preview or obtain information on all of our classes, please call (970) 378-4044 or visit www.BannerHealth.com/NCMCFamilyLifeEdu.

Screenings, Prevention and Support

Free PAD Screening (Peripheral Arterial Disease)
Find out if you are at risk for peripheral arterial disease. If you have PAD, you have greater risk of having a heart attack, and those who have blockages in their coronary arteries have a greater risk for PAD. Cardiology specialists will ask several questions related to PAD regarding previous or current smoking, diabetes, leg discomfort when walking, or leg fatigue when walking a short distance. If you are found to be at risk for PAD, you will be scheduled for a free ABI (ankle brachial index) screening.

Where: Cardiology Clinic of the CardioVascular Institute of North Colorado
When: One day a month, by appointment only
Call: (970) 351-8020 for the assessment
Cost: FREE

Body Check ... What You Need to Know, Head to Toe
This head-to-toe health assessment gives you the tools to put your health first by receiving a comprehensive set of preventive health screenings. Invest in your health today! This screening includes:
- Health fair panel (fasting blood work)
- Sleep questionnaire
- Lung function test
- Body composition, weight and body mass index
- Hip and waist measurements
- Health education with a wellness specialist
- EKG with results read by a board-certified cardiologist
- Bone density screening
- Upon request: colorectal take-home kit ($10)
- Upon request: prostate specific blood antigen screening ($23)
- Peripheral arterial disease screening includes: education about peripheral vascular disease, stroke, stroke prevention and osteoporosis prevention*
- Ankle brachial index*
- Ultrasound of the carotid vessels*
- Ultrasound of the aorta*

*Above four screenings are read by a board-certified radiologist.

Where: Summit View Medical Commons, 2001 70th Ave.
When: First and third Tuesdays of the month, 7 to 10 a.m.
Call: (970) 350-6070 to schedule an appointment. All results are sent to your personal physician and to you.
Cost: $175 payment is due at time of service. NCMC Wellness Services will not bill insurance.

Tricks and Tools for Better Breathing
Taught by the highly experienced pulmonary rehabilitation staff at NCMC, class sessions will provide updates, information and proven techniques to help you breathe better. Topics for the four-week series include:
- Respiratory Medications and Equipment
- Breathing and Pacing Techniques
- Oxygen and Pulse Oximetry Monitoring
- Triggers, Early Warning Signs and Infection Control

Where: NCMC Cardiopulmonary Kitchen, first floor near the east entrance
When: Fridays, 10 to 11 a.m. The first series begins Feb. 4
Call: (970) 350-6924 to register
Cost: $40 for four weeks. Individual classes available at $10 each. The book, “Living Well with Chronic Lung Disease,” is available for $5.

CT Heart Score
CT Heart Score provides a noninvasive test that accurately measures the amount of calcified plaque in the arteries. The procedure begins with a fast, painless computed tomography CT exam. CT, more commonly known as CAT scanning, uses X-rays and multiple detectors to create interior images of the heart. The Heart Score program includes a 10-minute consultation with a wellness specialist, focusing on cardiac risk factor education, identification of nonmodifiable and modifiable risks and lifestyle behavior change options.

Where: NCMC
When: Monday through Friday, 1 p.m. and 2 p.m.
Call: (970) 350-6070
Cost: $199 payment is due at time of service. NCMC Wellness Services will not bill insurance.

PVD Screening (Peripheral Vascular Disease)
NCMC’s Peripheral Vascular Disease Screening program offers the education and prevention proven to be the best tools for fighting vascular disease and stroke. Patients receive:
- Ankle brachial index: evaluation of leg circulation
- Carotid artery disease screening: ultrasound of the carotid vessels
- Abdominal aortic aneurysm screening: ultrasound of the aorta
- CardioChek fingerstick: lipid panel
- Health education with a wellness specialist
- Health information packet

Where: Summit View Medical Commons
When: First and third Tuesday of the month, 1 to 3 p.m.
Call: (970) 350-6070 to schedule an appointment
Cost: $100 (includes all four screenings) Payment is due at time of service. NCMC Wellness will not bill insurance.
Support Groups

Alzheimer’s Support Group
Where: NCMC Colonial Room
When: Second Thursday of the month, 5:30 to 7 p.m.
Call: (970) 350-5612 or the Alzheimer’s Association at (970) 392-9202

Sleep Apnea Support Group
The Sleep Apnea Support Group discusses topics usually geared toward people diagnosed with sleep apnea and/or their family members. Snacks are provided.
Where: NCMC Auditorium A & B
When: March 18, 3 to 5 p.m.
Call: (970) 350-6587
Cost: FREE

Coping with Cancer Support Group
Support and education for patients, families, survivors and others touched by cancer.
Where: Cancer Institute at NCMC
When: Tuesdays, 5:30 to 7 p.m.
Call: Marjorie Wallbank, MSW, (970) 350-6163
Cost: FREE

Breast Cancer Support Group
Support and education for anyone touched by breast cancer.
Where: Cancer Institute at NCMC
When: First Thursday of every month, 5:30 to 7 p.m.
Call: Marjorie Wallbank, MSW, (970) 350-6163
Cost: FREE

Man-to-Man Prostate Cancer Support Group
Support and education for anyone touched by prostate cancer.
Where: Cancer Institute at NCMC
When: Third Thursday of every month, 5:30 to 7 p.m.
Call: American Cancer Society (970) 356-9727 or Marjorie Wallbank, MSW, (970) 350-6163
Cost: FREE

Diabetes Educational Updates
This is a support group for people with diabetes.
Where: NCMC Auditorium Room
When: Second Tuesday of the month, 7 to 8 p.m.
Call: (970) 392-2030
Cost: FREE

Stroke Support Group
The Stroke Support Group offers help for patients and caregivers of someone who may have had a stroke. Participants discuss having a stroke and recovery and give feedback, encouragement and inspiration.
Where: NCMC Monfort Family Birth Center Classroom B
When: Third Wednesday of each month, 3:30 to 5 p.m.
Call: (970) 350-6633
Cost: FREE

ICD Education and Support Group
Learn about implanted cardioversion defibrillators (ICDs) and related cardiac topics. Get your questions answered and meet others who have an ICD. Refreshments will be provided.
Where: NCMC CVI Classroom
When: Four times a year
Call: (970) 350-6204 for more information

Cancer Care Close to Home
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researchers who can recommend research trials that might be appropriate for a specific patient. With the regional approach, patients from Sterling benefit from expertise of physicians at McKee and NCMC and vice versa.

The regional approach also allows for the sharing of best practices to improve care. For instance, NCMC created the role of patient navigator a few years ago to help patients along their cancer journey. A patient navigator may help in scheduling appointments with different specialists, figuring out insurance issues or finding support for at-home caregivers. This role has been successful and now may be implemented at other locations. NCMC and McKee also have strong support services for cancer patients and can share ideas with staff at the new cancer center in Sterling.

What’s on the Horizon?
Fritz notes there are many next steps in cancer care in northern Colorado. NCMC hopes to expand its oncology research program and the HDR brachytherapy. The brachytherapy process uses radioactive seeds or pellets to deliver radiation to the surgical site from which a cancer has been removed while protecting the rest of the tissue from radiation. This is the only HDR brachytherapy in Colorado north of Denver.

The David Walsh Cancer Center will add support services including the Look Good … Feel Better® program in place at McKee and NCMC. They also want to increase the access patients there have to research trials.

“That’s very exciting for the residents of northern Colorado,” Fritz says.

Fritz also sees great things coming as Banner Health construction continues on the Banner MD Anderson Cancer Center in Phoenix. Fritz said the partnership with MD Anderson means patients and health care providers in Colorado one day will be able to rely on that institution’s expertise in treatments, research, technology and equipment.
Breakthrough Medication for MS Patients – Is It Right for You?

Patients with multiple sclerosis (MS) have a new option available for the treatment of their disease with the introduction of Gilenya, the first oral medication for MS. Before Gilenya, MS treatment options included only injectable medications or the monthly infusion medication, Tysabri. Many patients who have had success with injectables or monthly infusions may be interested in oral medication for increased convenience. Is it worth making a switch?

Weighing the Risks and Benefits

"Without a doubt, this introduction of the first pill for MS is exciting. It offers another mode of action for treating MS," says William Shaffer, M.D., at the North Colorado Neurology Clinic. "I tell people that if MS were that simple of a disease, we would only need one medication for everyone. But, this is not the case."

Some of the drawbacks to injectable medications include increased monitoring, and the infusion medication for MS carries the risk of progressive multifocal leukoencephalopathy, which can lead to death or serious injury. However, under the careful care of a physician, most MS patients can find a medication that is safe for them.

Gilenya, while an exciting new development in the MS community, carries its share of risk factors as well. Side effects include slowed heart rate and it can increase the risk of serious infections. It may also cause breathing problems and macular edema (a vision condition).

In Dr. Shaffer’s experience as an MS specialist, he’s found that most MS patients are not eager to change their medication just because it’s a pill instead of injections, and most are happy with their current medications. “Still, it is a thrilling time for MS, and the introduction of an oral medication opens the door for further MS treatments and research.”

For more information on whether Gilenya might be right for you, contact your physician.