



TUBA CITY REGIONAL HEALTH CARE CORPORATION

# Healthy Directions

Serving Our Local Communities

www.TCHEALTH.org

AUGUST 2008

## Better Hearing Through TCRHCC Audiology

### What is Audiology?

Audiology is the area of medicine concerned with your hearing – the testing, diagnosis, treatment and management of hearing loss or balance problems. Because of their specialized education, audiologists are the most qualified professionals to perform hearing tests, refer patients for medical treatment, provide rehabilitation services and dispense hearing aids.

It is a fact of life that as people grow older hearing acuity diminishes. Hearing problems are commonly associated with the elderly. However, more than 28 million Americans have some type of hearing loss, difficulties are often unrecognized by the person involved.

Children and teenagers seldom complain about the symptoms of hearing loss, and adults may lose their hearing so gradually they do not realize it is happening. Loud music and prolonged noise in the workplace account for hearing loss in young people and adults.

Good hearing is essential to the social and intellectual development of infants and newborns. Audiologists test hearing and identify hearing loss in children of any age. This includes newborn infant hearing screening tests.

### Audiology at TCRHCC

Using specialized equipment, TCRHCC Audiologist Tenley Vigil, MS, CCCA, performs hearing tests and examines the ear. Medically-related hearing problems account for hearing loss about 10% of the time.

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Visit the Tuba City Regional Health Care Corporation website at:

[www.TCHEALTH.org](http://www.TCHEALTH.org)

# WOMEN'S HEALTH



## Comprehensive OB/GYN Services for Women at TCRHCC

*New mom, seated in rocking chair is Arlene R. Lomayaktewa, holding one day old Clement. Kneeling at right: Julie Carlson, CNM. Back row, left to right: Amber Welsch, RN; Zenaida Manzon, RN; Rachel Bonvillian, RN; Sybil M. Pike, RN; Jennifer Whitehair, MD; Shelly A. Inda, SCN – OB Unit; Shelley Kennedy, Lead CN.*

**At each stage of a woman's life there are important preventive health care steps to follow in order to provide early detection of medical problems, or to prevent them entirely. Simple steps include healthy eating, regular exercise and medical checkups. It is important to be informed about women's health issues and discuss them thoroughly with your doctor.**

The TCRHCC OB/GYN Clinic offers a wide range of care for women from adolescence to menopause, with minimally-invasive gynecological services. Modern gynecology deals with menstrual disorders, menopause, infectious diseases and maldevelopment of the reproductive organs, disturbances of the sex hormones, benign and malignant tumor

formation, and the prescription of contraceptives.

Annual women's health exams are recommended once a woman reaches the age of 21, or three years after becoming sexually active. Annual mammographs are recommended for all women over 40. Mammograms are performed in the Radiology Department by appointment or on a walk-in basis.

Obstetricians and midwives are available in Labor and Delivery at all times. Encouraging natural childbirth, TCRHCC has one of the lowest C-section rates in the entire state of Arizona. TCRHCC also encourages vaginal birth after C-section, with an 80% - 90% success rate.

With a level II nursery, TCRHCC can care for babies born 34 weeks or more into the pregnancy. Babies that need

*Continued on page 2*

## Cavity Prevention Study Underway by TCRHCC Dental Department

**An ongoing study of a new anti-microbial tooth coating to determine its effectiveness in preventing cavities, funded by the National Institutes of Health, is underway at four locations across the United States including TCRHCC.**

Tooth decay affects the majority of American Indian adults and is more common than high blood pressure, arthritis, heart disease, and diabetes. The study, more simply called the Prevention of Adult Cavities Study, or **PACS**, studies the effects of a tooth coating applied five times with follow-up exams, over a 13-month period. Patients over 18 years old with tooth decay were eligible for the program. Approximately 167 people are taking part.

Participating patients had all of their existing cavities filled by TCRHCC Dental, then four treatments were applied,

about one per week, at the start of the study. A fifth treatment is applied about six months later. The overall study from the time of the first application to completion takes about 13 months.

The medicated tooth coating is clear and temporary, releasing an antibacterial (germ-fighting) substance called chlorhexidine (klor-hex-e-deen) on the surface of the teeth, lowering the levels of cavity causing bacteria (*Streptococcus mutans*) in the mouth. Research has shown that lowering the levels of these bacteria can reduce tooth decay. A medication specialist paints the coating on the participants' teeth in a procedure that takes about 20 minutes.

The type of study is called placebo-controlled, whereby about half of the participants received a coating containing chlorhexidine and the other received a placebo coating that

*Continued on page 2*

**Women's Health, Continued from page 1.**

some supplemental oxygen, IV fluids and some medications are cared for. Babies that are intubated or very sick are sent to other medical centers.

Level I and level II gynecological ultrasounds are performed at TCRHCC so patients do not have to travel elsewhere. Level I scans are basic anatomy scans performed on low risk obstetric patients. Level II scans are very specialized obstetric ultrasounds for high risk patients, read by a perinatologist.

Emergency contraception is available 24 hours a day, seven days per week in the OB/GYN Clinic or in Labor and Delivery.

**What is OB/GYN?**  
**OB Obstetrics** – the surgical specialty dealing with the care of a woman and her offspring during pregnancy and childbirth.  
**GYN Gynecology** – the surgical specialty dealing with the health of the female reproductive system.

**Other services provided by OB/GYN:**

- Teen clinic at two high schools
- Family planning/counseling
- Genetic counseling
- Contraceptive counseling
- Diabetes screening
- Routine screening for sexually transmitted diseases
- Nutrition and diabetes counseling throughout pregnancy
- Amniocentesis for high risk pregnant mothers

Women's Health clinic is open Monday through Friday, 9:00 a.m. to 5:00 p.m. Walk-ins are accepted until 4:00 p.m. Call for Women's Health appointments at (928) 283-2460.

**Specialty Clinics in OB/GYN**

**Pregnancy Circles** are supervised support groups with other expectant mothers, offering built in support by connecting with other mothers to contact or check in with during pregnancy.

**Balancing Motherhood** is held every Tuesday afternoon for pregnant women with substance abuse issues, addictions and other problems. A psychiatric nurse is available during this clinical time.

**Urogynecology Clinic** is held the fourth Thursday of each month. This is for patients with urinary incontinence, pelvic prolapse and related disorders.

**Telemedicine Perinatology** (prenatal and after delivery) consultations are available with specialists at Phoenix Perinatal Associates.

Women's Health provides services at other clinic locations once per month at Kayenta, Inscription House and Hopi Health Center to see high risk patients. Those in need of additional specialized care may then be referred to TCRHCC.

**The most important things women can do to stay healthy are:**

- Get recommended screening tests/annual exams
- Perform monthly breast self-exams
- Be tobacco free
- Be physically active
- Eat a healthy diet / Stay at a healthy weight
- Wear your seat belt
- Take preventive medications as prescribed
- Have an HPV vaccine, ages 9 - 26 (Pediatrics Clinic / Women's Clinic)

**Special Concerns for Women**

- Prenatal care, even starting before planning a pregnancy, is an important factor in increasing the chance of delivering a healthy infant and decreasing the chance of maternal complication.
- Obesity is a major medical problem for many women and contributes to developing heart disease, type 2 diabetes, some cancers, osteoarthritis, and sleep apnea.
- Heart disease is a leading cause of death among women.
- Women often focus on health care for their spouse and children. Taking time to maintain good health is crucial, for yourself and your family members.



**PACS Study staff** – Front row, left to right: Eric Honanie, Dental Assistant; Tracy Goldtooth, Recruiter; Junhie Oh, Bright Smiles Dentist; Back row, left to right: Shelli Ryczek, Study Director; Ranyreva Peaches, Research Assistant; Corina Talayumptewa, Medication Specialist; Jacqueline Haskie, Receptionist and Research Assistant, Gerardo Maupome, PI, Dental Examiner.

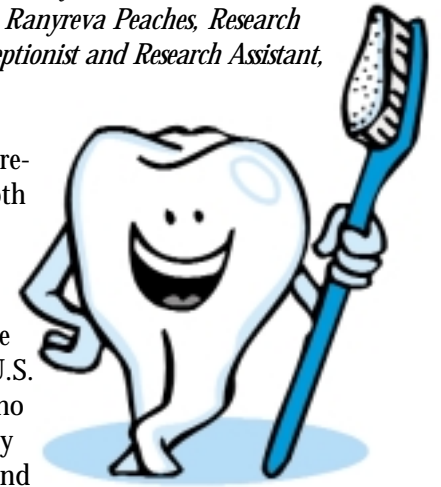
**Dental Study, Continued from page 1.**

did not contain the medication. This type of study is the only way to be certain of the effectiveness of the medication being studied, and is required by the Food and Drug Administration (FDA) before new medications are approved. This coating has already been approved for use in several other countries. In Canada, in a study of adult patients who had a high rate of cavities, the drug reduced tooth decay by 25% and tooth decay at the gum line by 41% over one year.

This new study at TCRHCC is part of a series of studies approved by the FDA. The results will help the FDA decide whether to approve the coating as a

drug for the prevention of tooth decay. About 1000 participants are involved in the study in the U.S.

There was no charge to study participants, and for those who **completed** the entire study a total compensation of \$300.00 was given.



**YOUR TEETH are important in many ways! If you take care of them, they'll help take care of you. Strong, healthy teeth help you chew the right foods to help you grow. They help you speak clearly. And yes, they help you look your best.**

Taking care of your teeth helps prevent **plaque** (say: **plak**), which is a clear film that sticks to your teeth. Plaque is very sticky, and it acts like a magnet for bacteria and sugar. Like ants at a picnic, bacteria go crazy over the sugar on your teeth breaking it down into acids that attack the tooth enamel causing holes called cavities. Plaque also causes gingivitis which is a gum disease that can make your gums red, swollen and sore. Your gums are the soft pink tissues that hold your teeth in place.

**How you can keep your teeth healthy:**

**Brush your teeth at least twice a day**, after breakfast and before bedtime. If you can, brush after lunch or after sweet snacks. Take your time brushing. Brush for **at least three minutes** each time you brush. Use a brush that has **soft bristles**.



**Learn how to floss your teeth.** The floss gets rid of food that's hidden where your toothbrush can't get at it.

**Eat healthy foods** and limit sweet snacks and drinks. That plaque on your teeth is just waiting for sugar to arrive! You need to be careful what you eat and drink. Eat fruits and vegetables and drink water instead of soda. Proper foods are good for your overall health as well.



**Drink low-fat milk and eat dairy products** high in calcium. Calcium is a mineral your body needs to help build strong bones and healthy teeth.



**See your dentist twice a year.** Besides checking for cavities and signs of gum disease, the dentist will help keep your teeth extra clean; and he or she can help you learn the best way to brush and floss.



**Learning good habits for taking care of your teeth and gums can help you have healthy teeth for life!**



Sheryl Seschillie of Tuba City receives an otoscopic exam from Audiologist Tenley Vigil, MS, CCCA.

Audiologists are educated to recognize these medical problems and refer patients to ear, nose and throat physicians (ENTs), also known as otolaryngologists (oh-toh-lar-ing-gol-uh-jists; oto = for ear, laryngo = for larynx/ throat, logy = study). Vigil works with TCRHCC ENT Dr. Paul Moller.

Audiology Clinic is on Tuesdays and Thursdays beginning at 8:00 a.m., with the last patient at 3:00 p.m. ENT Clinic is on Mondays and Wednesdays beginning at 8:00 a.m. with the last patient at 3:00 p.m.

Hearing tests are by appointment. They can be time consuming, especially with elderly patients or when there is a language barrier. The audiologist will discuss your case history, perform a visual exam and then conduct a thorough hearing evaluation. The Audiology Clinic is in the north corridor of building TC167 (Administration). Call (928) 283-2007 for an appointment.

### Hearing Aids

Hearing aids are prescribed, dispensed and fitted in Audiology for qualified individuals. Eligibility for hearing aids is based on residency. Patients who reside within the TCRHCC service area are eligible for one hearing aid. Patients are then eligible for an upgrade in five years



### Take Care of Your Ears

*Protect yourself from harmful noise. According to the National Institute on Deafness and Other Communication Disorders more than 30 million Americans are exposed to hazardous sound levels on a regular basis. Of the 28 million Americans who have some degree of hearing loss, over one-third have been affected, at least in part, by noise.*

## The CEO's Corner . . .

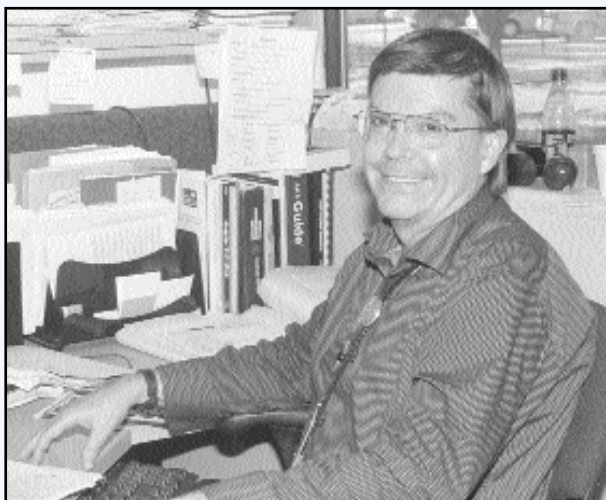
Y'a't'ééh, I hope that over the past several months, each edition of the *Healthy Directions* has helped show how Tuba City Regional Health Care Corporation (TCRHCC) is becoming an increasingly dynamic health system.

The role of the Board of Directors as stewards of our mission also continues to evolve. With that in mind, TCRHCC has four board representative terms coming up for renewal this year. These communities are as follows:

- Bodaway/Gap Chapter
- Coppermine Chapter
- Tonalea Chapter
- To'Nanees'Dizi Chapter

In addition, the Board is seeking to fill the San Juan Southern Paiute Tribe board position as soon as possible.

Qualified individuals need to be a member of a federally recognized Indian Tribe as well as an interest in health care. If you are interested and meet these criteria or need further information, please contact Sarah Slim, Administrative Assistant at (928) 283-2827 or email [sarah.slim@tchealth.org](mailto:sarah.slim@tchealth.org)



Applications for new board members will be accepted through September 1, 2008.

Ahé he,  
Joseph Engelken  
Chief Executive Officer

### OUR MISSION

To provide accessible, quality, culturally sensitive health care.

### OUR VISION

TCRHCC embracing healthy living to heal, to respect, to console.

# CONTRACT HEALTH

Contract Health Services is a program that helps eligible American Indian patients pay for the necessary special health care services that are not available at TCRHCC or any IHS facility.

### What you need to know . . .

Contract Health Services (CHS) is *not* an IHS insurance program. CHS funds are limited. As our patient population increases in number, we have more people who require special health care services not available at TCRHCC. CHS requirements make sure all patients receive consistent and fair treatment.

IHS does not cover payments for all medical services a patient wants or receives. They provide primary (direct) care (at no cost) at the local IHS or 638 facility. Through CHS, the IHS covers only certain necessary services.

CHS makes their decision to approve or deny payment based on Medical Priority, Eligibility, and Availability of Funds. A physician's referral does not automatically qualify a patient for CHS, nor is it a guarantee of payment by CHS. **The following are a list of six general eligibility criteria. More details are described in a brochure available at the CHS office:**

1. American Indian Descent
2. Residency
3. Medical Priority
4. Alternate Resources
5. Notification/Prior Authorization
6. Authorized Referring Official

Individuals requesting assistance from CHS must meet **all six eligibility criteria.**

### Emergency care when away from TCRHCC:

CHS must be properly notified and an application must be taken by CHS when a patient has obtained or will obtain medical services from a non-IHS provider. **In the event of an emergency to prevent death or serious impairment of the health of an individual, CHS must be notified within 72 business hours from the time the patient received treatment or was admitted. For elderly or disabled persons notification must be made within 30 business days.**

For any and all non-emergency care from a non-IHS provider, prior authorization must be obtained from CHS before receiving treatment.

### Important points to remember:

- A TCRHCC Patient Referral is not a guarantee for payment, and does not mean you automatically qualify for CHS benefits.
- CHS is not an entitlement program and not everyone is eligible.
- To be eligible for CHS, an individual must meet all eligibility requirements.
- CHS is not obligated to pay for medical services unless funds are available and authorized.
- Eligibility requirements are stricter for CHS than they are for direct care.
- Federal regulations require proper notification for emergency and non-emergency care.
- Take all necessary medical information along with your referral when you go for your appointments.
- Any personal request (via phone, fax, letter, etc.) for a patient referral before a scheduled appointment of after the appointment is not an authorized referral and will be denied by CHS.

If you have questions about payment for medical services for care received away from TCRHCC, contact Contract Health Services before receiving such services.

Phone (928) 283-2773  
TCRHCC Building 167, Room 106

The Tuba City Regional Health Care Corporation consists of a 73-bed acute care referral hospital and integrated health system. It provides a broad range of outpatient specialized care services in addition to inpatient care. The patient population includes Navajo, Hopi and San Juan Southern Paiute.

 **TCRHCC Main Telephone Switchboard (928) 283-2501**  
**Emergencies: Call Navajo Nation Police (928) 283-3111**  
 ~ ALL CLINICS CLOSED ON HOLIDAYS ~

- Adult Walk-In Clinic** 283-2669
  - Monday - Thursday: 8:00 a.m. - 8:30 p.m. (After 4:00 p.m., sign up in the Emergency Room)
  - Friday: 8:00 a.m. - 6:00 p.m.

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- Family Medicine Clinic** 283-2458
  - Monday - Friday: 8:00 a.m. - 5:00 p.m. (Some evening hours available.)

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- Pediatric Clinic** 283-2679
  - Walk-in Patients ~ Monday - Thursday: 8:00 a.m. - 5:00 p.m. Friday: 8:00 a.m. - 4:00 p.m.
  - Appointments ~ Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m. Thursday: 8:00 a.m. - 12:00 p.m.

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- Outpatient Pharmacy** 283-2754
  - Monday - Thursday: 8:00 a.m. - 9:00 p.m., Friday: 8:00 a.m. - 7:00 p.m.
  - 24-Hour Pharmacy refill line: 283-1350

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- Dental Clinic** Tuba City: 283-2672 Cameron: 283-8161
  - Tuba City: Monday - Friday: 7:00 a.m. - 5:00 p.m. (Thursday afternoons - urgent care only)
  - Cameron: Wednesday & Thursday: 7:00 a.m. - 4:30 p.m.

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- Eye Clinic** 283-2748
  - Monday - Friday: 7:00 a.m. - 5:00 p.m.

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- Environmental Health - Car Seat Day** 283-2844
  - Every Thursday: 8:00 a.m. - 5:00 p.m.

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- Diabetes/Internal Medicine Clinic** 283-2689
  - Monday - Friday: 8:00 a.m. - 5:00 p.m. (Some evening hours available.)

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- Diabetes Education Program** 283-2895
  - Appointments and walk-ins - Monday - Friday: 8:00 a.m. - 5:00 p.m.
  - Abdul Baco: 283-2895 Ruby Whitethorne: 283-2963 Health Technicians: 283-2693

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- Cardiac Rehabilitation** 283-2960
  - Monday, Wednesday, Friday: 8:00 a.m. - 12:00 p.m. (in Physical Therapy Dept.)

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- Mental Health** 283-2831
  - Monday - Friday: 7:00 a.m. - 6:00 p.m.

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- OB/Gyn (Women's Health) Clinic** 283-2460
  - Monday - Friday: 8:00 a.m. - 5:00 p.m., except Tuesday start at 9:30 a.m.

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- Ear/Nose Throat (ENT) Clinic** 283-2679
  - Wednesdays: 8:00 a.m. - 5:00 p.m.

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- Occupational Therapy** 283-2593/2594
  - Monday - Friday: 8:00 a.m. - 5:30 p.m.

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- Orthopedic Clinic** 283-2660
  - Tuesday: 8:00 a.m. - 5:00 p.m. • Thursday: 8:00 a.m. - 12:00 noon

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- Physical Therapy** 283-2659
  - Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m.
  - Thursday: 8:00 a.m. - 12:00 noon

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- Respiratory Therapy** 283-2596/2572
  - Everyday 24 hours a day

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- Speech Pathology** 283-2593/2594
  - Monday - Friday: 8:00 a.m. - 5:30 p.m.

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- Surgical Clinic** 283-2660 (Orthopedics, Urology, Podiatry & Surgery)
  - Monday - Friday: 8:00 a.m. - 5:00 p.m. (Call for specific clinic times)

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- Extended Hours (Evening) Clinics** (Selected nights, Monday - Thursday)
  - Diabetes Prevention: 283-2689 • Diabetes/Internal Medicine: 283-2689
  - Family Medicine including physical exams: 283-2458

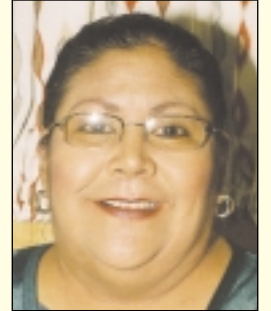
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- Dinnebito Clinic** 725-3110
  - Tuesday: 10:00 a.m. - 2:00 p.m., (except holidays) • Diabetes Clinic: Quarterly

~TCRHCC~  
**People to Know**

**Renee Mata, Nutritional Services Supervisor**

Renee has been with Nutritional Services for over 17 years, where she has been responsible for maintaining programs and assignments to best serve the needs of the medical center. In 1999, TCRHCC opened the cafeteria to meet the food service needs of the staff and visitors. Renee and her staff worked tirelessly to make this venture a success. She and her staff are currently working to bring healthier nutrition to the cafeteria as an example of how to enjoy both a healthy and tasty meal. Renee is currently enrolled in a program to receive certification as a Certified Dietary Manager.

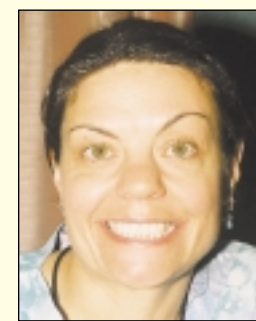


Renee Mata

Renee and her husband of 22 years, Leo, have six children and she says her leisure time is devoted entirely to them – with activities such as camping, fishing, natural sciences and museums.

**Alicia Stark, RN, Antenatal Testing Nurse**

Alicia has been a nurse for five years, and has been at TCRHCC for two years. As an antenatal testing nurse, Alicia sees high risk pregnant mothers



Alicia Stark

twice each week, ensuring that these patients receive diabetic education, nutritional counseling, appropriate lab work, fetal well-being checks and follow-up appointments. She works closely with the high risk OB doctor to be sure patients are following the appropriate plan of care for their pregnancy.

Alicia grew up in Telluride, Colorado, and now lives in Flagstaff with her husband and 15-month-old son. She enjoys gardening and hiking.

**Miki Morris, Director of Health Information Management**

Miki has been at TCRHCC since January 2008, prior to which she spent 19 years at Hawaii Shriners Hospital for Children in Honolulu. She has had a broad-based career in all of the various functions of Health Information Management, starting as a file clerk.



Miki Morris

With a staff of 42, the department is a 24/7 operation including the areas of medical records, transcription and coding, legal correspondence, HIPAA compliance, chart deliveries, maintenance of files, and performance improvement.

Originally from Torrance, California, Miki is married and has two Jack Russell Terriers. As this is her first job in Indian country she is intrigued by the culture and the similarities to her own Japanese culture. She's looking forward to getting out to see the attractions of the region.

Tuba City Regional Health Care Corporation  
**Healthy Directions**  
 Community Information  
 Vincent Shirley, CHC  
 Tuba City Regional Health Care Corporation  
 P.O. Box 600 • Tuba City, Arizona 86045  
 (928) 283-2078