July 2010

**JULY 2010**

**Ho’zho’ Eye Clinic Now Open**

The TCRHCC Eye Clinic is pleased to announce the opening of its new Ho’zho’ Eye Clinic in the Dook’o’ oos liíd Business Center in Tuba City. The new clinic effectively doubles the space for TCRHCC Eye Clinic patients.

The new 1500 square foot clinic will be open from 8:00 a.m. to 4:00 p.m., Tuesday through Friday, targeting students and young adults for eye exams – the largest patient group not presently being seen for regular exams in the Tuba City area. Visits to the new Ho’zho’ Clinic will be by appointment only. Appointments can be made by calling the main Eye Clinic at 283-2748.

More visible in the community at the Dook’o’ oos liíd Business Center (Suite 4), the Ho’zho’ Eye Clinic will open with two exam rooms, with the capacity for expanding to six in the future. The new clinic provides additional capacity as the Eye Clinic at TCRHCC, with six exam rooms, is always at full capacity. Patients will still go to the main Eye Clinic at TCRHCC for all diabetic eye conditions, glaucoma, surgery follow-ups, and other eye conditions.

TCRHCC presently has five optometrists, with a new resident position being added next year. There are also five health technicians and two medical support assistants rounding out the Eye Clinic staff. Larry Richardson, Optometrist and Chief of Eye Services, related that TCRHCC has state of the art equipment for imaging the eye and retina. The Eye Clinic diagnoses and monitors patient eye conditions. It specializes in eye conditions related to diabetes. Diabetic retinopathy and dry eyes are two of the most common eye conditions. While not sounding serious, dry eyes can be a very serious matter. The eyes are meant to be constantly bathed in a thin film of fluid at all times.

Glasses are dispensed to TCRHCC patients and beneficiaries who need them. AHCCS pays for those under age 22, and elders who need glasses. TCRHCC allocates funds for others who need glasses.

**Orthopedic Surgery Growing In Capacity Each Year**

Orthopedic surgery is a branch of surgery to treat conditions involving the musculoskeletal system. As a regional referral medical center in the Navajo Area, TCRHCC is pioneering orthopedic surgery in Native American healthcare in medical specialty areas such as total joint replacement, and limb salvage and reconstruction. The Orthopedic Surgery Department is strong and growing in capacity each year, now with three full time orthopedic surgeons, a full time podiatric surgeon, one half time orthopedic surgeon, one contracted orthopedic surgeon, and two full time physician assistants.

Dr. Jonathan Bromberg, Chief of Orthopedic Surgery, said that there has always been a small Orthopedic Surgery Department in Tuba City, but the services and capacity have grown rapidly in recent years. Bromberg came to TCRHCC in 2002.

**In This Issue:**

- Ho’zho’ Eye Clinic Now Open- Page 1
- Orthopedic Surgery Growing in Capacity Each Year- Page 1
- July is National Eye Injury Prevention Month- Page 1
- 2010 School Health Conference-Page 3
- Honoring the Gift of Heart Health- Page 3

**Continued on page 2.**
Orthopedic Surgery Growing In Capacity Each Year, Continued from page 1.

The TCRHCC Orthopedic Surgery Department has been growing each year. As the Orthopedic Surgery Department has grown, doctors can play a more integral part in a patient's recovery after surgery and preparing a patient for discharge from the hospital. Patients are referred to TCRHCC for orthopedic surgery from other Navajo service units, Hopi Health Center and from more distant locations in the Southwest. The surgical case load has been growing each year, with podiatry cases now accounting for approximately one third of the surgeries. Podiatry is a specialty having to do with medical issues of the foot, ankle and lower leg. Patients with diabetes routinely have blood circulation issues that cause problems with the body's extremities, most commonly with the feet and lower legs. Patients may arrive with a skin ulcer of the foot or lower leg. Without proper care the open wound can become infected and progress to a more serious condition.

Amputation of the lower limbs is a potential long term result of poorly controlled blood sugar or wounds, ulcers and infections that are not properly cared for. However, Dr. Keith Goss, podiatric surgeon, said that with the type of program at TCRHCC, amputation is a very last resort. “Approximately 50 percent of diabetics will develop a foot ulcer. We can heal 99 percent of the wounds we see,” said Goss. “Our orthopedic surgery services are among the top in all of Native health. There is now great hope for healing and saving a patient’s limbs with compassionate and aggressive care.”

In the past, patients with infected limbs or complications were sent to other distant hospitals. Problems and complications with the legs is the primary reason diabetics are admitted to the hospital. Goss performed about 250 surgeries in the past year, 75 percent of which were limb salvage and reconstruction – saving patient limbs, primarily feet and legs. Amputations have been reduced by 50 percent. Goss came to TCRHCC in 2008.

“It’s most rewarding to save a patient’s limb and observe the resulting quality of life and added number of years the patient can function,” said Goss. Limb amputation often leads to a shorter life due to complications with the heart and circulatory system. As the Orthopedic Surgery Department has grown, doctors can play a more integral part in a patient’s recovery after surgery and preparing a patient for discharge from the hospital.

Total joint replacement surgery is a specialty at TCRHCC that is performed at only one other facility in all of Native healthcare. There have been approximately 60 total joint replacements at TCRHCC in the past year, 90 percent of which are knee replacements and 10 percent are hips.

Surgeons are also seeing an increased case load of sports related injuries.

In a career spanning 35 years, Dr. Bromberg is enjoying some of his most rewarding work. “We have the ability to help patients right away and get them back to their normal lives,” commented Bromberg. “Patients recover fairly rapidly, and you can see it by simply looking at the patient and how they are getting around or functioning. It is a remarkably fast return to normal, and very satisfying to watch. Long-term arthritis patients, for instance, can have joint replacement and be nearly immediately rid of their long term pain for which they are most gratified.”

Bromberg brought a wide range of experience when he came to TCRHCC. He said that doctors who go into a specialty do so for a reason. For him, orthopedics has been an area that brings pleasure and gratification because he can see results and recovery on a daily basis.

2010 TCRHCC Nursing Scholarship Now Available

Tuba City Regional Health Care Corporation is now accepting applications for the annual TCRHCC Nursing Scholarship. $5000 funding will be awarded to seven chosen nursing students. Interested applicants will be required to submit the following:

- Letter of Intent
- Resume
- Certificate of enrollment in a federal recognized Indian Tribe
- Written confirmation of enrollment in an accredited nursing school program
- Copy of nursing school transcripts
- Two letters of recommendation from two people not related to the applicant. The person is to be familiar with the applicant’s work history and/or academic performance. One of the letters must be from an employer/supervisor, or school faculty member.

The deadline date for all applications is August 31, 2010. The selection process is competitive and not guaranteed. Chosen applicants must commit to a term of obligated service as an employed nurse with TCRHCC. Please mail or fax application and documents to:

LCDR Eric A. RN, USPHS
Nurse Recruiter
P.O. Box 600, Tuba City, AZ 86045
928-283-2710 phone
2010 School Health Conference

The Tuba City Health Promotion Program hosted the first annual 2010 School Health Conference on June 2 & 3, 2010 at the Greyhills Academy High School, Tuba City, Arizona. The conference theme was “Foundation for Success: A Healthy Mind, Body, & Spirit.” The focus of this conference was childhood obesity and promoting an interdisciplinary collaboration to improve children and adolescent health in the school setting, resulting in academic success.

The 2-day conference had more than 80 participants, all whom represent 17 different communities across four states (Arizona, Utah, New Mexico and Ohio). Attendees included public health professionals, school teachers, board members, principals, head start staff, school health coordinators, traditional healers, nutritionists, health educators, physicians, nurses, recreation specialists, health promotion specialists and coordinators.

The conference session topics included a presentation by the Arizona Department of Education’s school health program; Childhood Diabetes & Obesity; S.P.A.R.K. (Sports, Play, & Active Recreation for Kids); Effective Local Wellness Policies; Childhood Obesity & Depression; Local Best Practices; and Diabetes Education for Tribal Schools (DETS) curriculum. Sessions were informative, important and helpful for the attendees. Our conference overall evaluation results showed that the presentations were excellent and participants left the conference with more knowledge in diabetes, obesity and physical activity. Some participants were so motivated and inspired that they are now planning to host their own S.P.A.R.K. and D.E.T.S training workshops for their school staff, parents, organizations and community.

In summary, the school health conference helped to build stronger partnerships and strengthen the foundation to address the importance of childhood obesity by embracing the coordinated approach to school health.

A special thanks to ALL the conference speakers, community partnerships, TCRHCC Staff, and the Greyhills Academy High School for your continued support and strengthen the foundation to address the importance of childhood obesity by

Honoring the Gift of Heart Health

Honoring the Gift of Heart Health is a series of group education sessions developed especially for Native American populations. The sessions are aimed at helping people build the skills needed to make simple, practical, and long lasting changes to help them fight heart disease. The series also provided education on high blood pressure, high cholesterol, obesity, smoking, diabetes and physical activity. The Tuba City Health Promotion Program sponsored and hosted this series to promote heart health for community members and to bring awareness of the risk factors of heart disease.

Heart Health classes were held each Monday, beginning March 22, and ending on May 24, 2010. Twelve community members from Tonalea and Tuba City were involved in the 10 week session by participating in group discussions and offering their own stories of success and experiences with making behavior changes. The sessions were delivered with the assistance of the Cardiac Rehab Program (Joette Walters) and Coconino County Arizona Nutrition Network (Leann Johnson). Their input, dedication and knowledge have planted the seed for behavior change in the participants of these classes. Thanks to all who participated and to those who helped deliver the sessions!!!
Healthy Directions

Tuba City Regional Health Care Corporation
Main Telephone Switchboard (928) 283-2501
Emergencies: Call Navajo Nation Police (928) 283-3111

Adult Walk-In Clinic 283-2669
Sign In: Monday - Friday: 7:00 a.m. - 4:00 p.m. (After hours go to Emergency Room)

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

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.

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: 1-866-976-5941
Refill Pharmacy is open seven days a week from 8:00 a.m. to 7:00 p.m.
Prescriptions ready for pick-up with no waiting time for customers who call in 24 hours in advance.

Dental Clinic
Tuba City: 283-2672
Tuba City: Monday - Thursday: 7:00 a.m. - 5:00 p.m.
(Tuesday afternoons - urgent care only)
Cameron: 313-8161
Cameron: Monday - Thursday: 7:00 a.m. - 5:00 p.m.

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

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: 283-2969

Ear/Nose Throat (ENT) Clinic 283-2974
Monday - Wednesday: 8:30 a.m. - 5:00 p.m. (By referral only)

Environmental Health 283-2844
Car Seat Day
Every Thursday: 10:00 a.m. - 3:00 p.m.

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

HP/DP
Health Promotion Program 283-1429/1420
Diabetes Prevention Program 283-1429/1420

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

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

Occupational Therapy 283-2593/2594

Speech Therapy
Monday - Friday: 8:00 a.m. - 5:00 p.m.

Orthopedic Clinic/Surgical 283-2660
Orthopedic Clinic
Monday, Tuesday, Thursday & Friday: 8:00 a.m. - 5:00 p.m.,
Friday: 8:00 a.m. - 12:00 noon

Urology, Podiatry & Surgery
Monday - Friday: 8:00 a.m. - 5:00 p.m. (Call for specific clinic times)

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

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

Cardiac Rehabilitation 283-2960
Monday, Wednesday, Friday: 8:00 a.m. - 12:00 noon

Extended Hours (Evening Clinics)
Selected nights, Monday - Thursday
Diabetes Prevention: 283-2689
Diabetes/Internal Medicine: 283-2868

Urgent Care Clinic
Monday - Friday: 4:00 p.m. - 12:00 midnight
For patients in need of medical care after normal, daily Walk-in hours. Go to the Emergency Department to be screened and registered – shorter waiting times for less severe, non-life threatening medical needs. No appointment necessary.

Family Wellness Center 283-3058
Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: 7:00 a.m. - 3:00 p.m.
Sunday: Closed
National and tribal holidays.

July is National Eye Injury Prevention Month,
Continued from page 1.
goggles or hoods. A task as simple as hammering a nail can be dangerous. Metal fragments commonly splinter off and strike or become lodged in the eye. A pair of inexpensive goggles covering your eyes and not left on the tool bench, can make the difference between serious injury, blindness, or continuing to enjoy the beautiful things you see every day.
Each year, more than 95,000 people are treated in U.S. hospitals for eye injuries at home, in the workplace, or when using industrial or chemical products. The top ten categories of products in use or activities being performed at the time of an eye injury include: welding equipment, power tools, adhesives, bleaches, construction activities, hand tools, lawn mowers, paints (including varnishes and shellacs), other chemicals, and lawn trimmers and edgers.
There is no replacement for supervising children. But there are some simple things to do at home to help keep you and your children safe.

Bedrooms
- Keep clothes hangers in closets and out of reach of young children.
- Don’t allow children to play with small, pointed or sharp objects.
- Don’t allow younger children to use combs, brushes or hairspray without supervision.
- Teach children to put away toys.
- Keep toys for older kids away from younger kids. Teach children not to throw toy or objects at each other. Repair or dispose of broken toys, especially those with sharp edges or exposed parts.

Bathrooms & Kitchens
- Teach children not to run with kitchenware, combs, toothbrushes, pencils, etc.
- Keep common chemicals such as nail polish remover and first aid supplies put away and out of reach of small children.
- Keep detergents and cleaning supplies, mouthwash, makeup, scissors, nail files, and any and all such objects in locked drawers or cabinets, or out of reach of children. Inspect these areas of your home for simple objects that may cause harm.
- Wear eye protection when using household cleaning solutions.

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, San Juan Southern Paiute.

Tubac City Regional Health Care Corporation
Aurelia Yazzie, Community Relations
Administration - Office of the CEO
P.O. Box 600 Tuba City, Arizona 86045
(928) 283-2993

Healthy Directions