

Vail Health



2017 / 2018 ANNUAL

BRAIN FOG

When confusion is concerning

THE NEW NORMAL

LIFE AFTER CANCER

VAIL VALLEY MEDICAL CENTER IS NOW
Vail Health

GOOD EATS

How to fill your plate

BIG PLANS

Vail Health's hospital of the future

SURVIVORS

Life After Near-Death Experiences



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VAIL VALLEY MEDICAL CENTER IS NOW VAIL HEALTH

WHAT'S IN A NAME? At Vail Health, a whole lot of history—over 50 years, in fact!

Over the past five decades, the original Vail Clinic (founded in 1965) has experienced tremendous growth to keep up with the health needs of our rapidly growing community. The clinic officially became “Vail Valley Medical Center” (VVMC) in 1980, its first year as a full-service hospital. At that time, VVMC had one primary location, 25 physicians and performed 350 surgeries annually.

Today, we have facilities in nine towns, 965 employees, 350 physicians and advanced providers, 100 volunteers and we perform 7,000 surgeries annually. The health system also has a comprehensive cancer center in Edwards, urgent care clinics in Gypsum and Avon, an emergency center in Beaver Creek, a cancer clinic in Frisco and 10 Howard Head Sports Medicine clinics in Eagle and Summit counties.

Though Eagle County has the most modern mountain health care in the nation, most people who live in our community didn't know that all of these services, amongst others, were provided by the same nonprofit, independent health system.



The medical center in Vail has always been the heart of the system, but VVMC has grown into much more than one hospital. The shift to Vail Health symbolizes an evolution from a singular location reactively caring for the sick or injured into multiple access points and services designed to proactively improve overall community health and well-being. Still locally operated and governed by a volunteer Board of Directors, Vail Valley Medical Center is now Vail Health.

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2017 Vail Health & Vail Health Services

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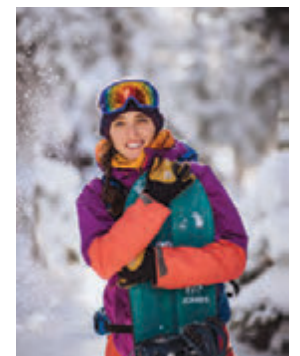
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ON THE COVER

After a cataclysmic
accident in Kyrgyzstan,
Nayla Tawa didn't know if
she would survive, much
less snowboard again.
After several surgeries
and intensive physical
therapy, she is back to
traveling the globe.

PHOTO BY

Shane Macomber

new & noteworthy

485

babies born at
Vail Health's Family
Birth Center in 2016.

2,764

participants
raised over
\$820,000
for Pink Vail 2017.

Vail Health's
Sun Safety team
educated about

1,100

students in 16 local
elementary schools
on the importance
of sun safety in 2016.

Vail Health's Injury
Prevention team
educated

12,047

people on helmet
and seatbelt use
and fall prevention
in 2016.

930

helmets were
distributed through
community events
and ThinkFirst
presentations at
Eagle and Lake
County schools, and

231

families received car
seat education at
the hospital in Vail.

The Family Birth Center at
Vail Health was named one of
America's Best Hospitals for
Obstetrics by the Women's Choice
Award. The award signifies that

Vail Health is in the top

17%

**of 2,815 U.S. hospitals
offering obstetrics.**

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WELLNESS

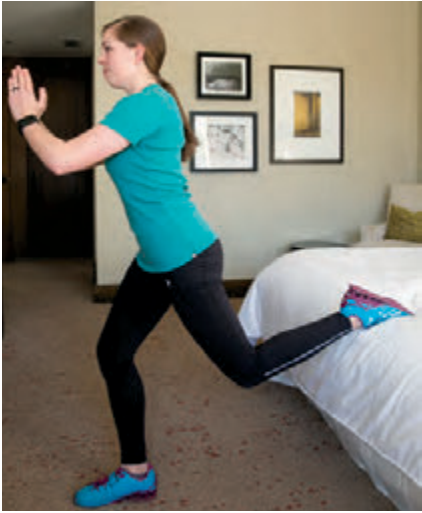
VACATION WORKOUT

Fitness tips for the vacationer — no need for a gym

THOUGH MANY HOTELS OFFER STATE-OF-THE-ART FITNESS facilities for the healthy-minded traveler, there is no need to leave the privacy of your hotel room (or home) to exercise. Howard Head Sports Medicine's physical therapists share their favorite in-room activities for equipment-free workouts.

⌚ DIPS WITH FEET ON CHAIR

- Place hands behind back on a dresser, with both feet on a chair.
- Slowly lower hips down until elbows are level with shoulders, return to starting position.
- Repeat 15-20 times, 2-3 sets.



◀ SINGLE-LEG SQUAT WITH BACK FOOT ON BED

- Place one foot 2-3 feet in front of a bed and place the other foot on the bed.
- Perform a single leg squat, ensuring your front knee remains behind your toes and in line with your foot. Return to starting position.
- Perform 15-20 repetitions for 2-3 sets.

⌚ PUSH-UP WITH FEET ON TABLE

- Start in push-up position, arms slightly wider than shoulder width, extended at the elbows, legs straight and feet resting on a low table, core engaged for a flat low back.
- Lower down until chest is close to the floor. Return to starting position.
- Repeat 10-20 times, 3-4 sets.



◀ MOUNTAIN CLIMBERS

- Start in a partial pushup position with arms extended, left knee at chest, right leg extended.
- Engage core muscles, bounce up slightly with both feet and switch positions of the feet.
- Maintain engaged core, keep arms straight and repeat in rapid succession for 30-60 seconds.
- Perform 3-4 sets.



◀ DOORWAY CHEST STRETCH

- Stand in a doorway with forearms resting on door jam, elbows at shoulder level.
- Step forward with right foot, slowly push hips and chest forward until a stretch in the chest is felt.
- Hold stretch for 30 seconds and then relax. Repeat three times.



◀ SIDE PLANK WITH ONE FOOT ON TABLE

- Lie on your side with top foot on a low table, bottom foot underneath the table.
- Tighten your belly button toward your spine and lift your hips off the floor, then lift the bottom leg off the floor.
- Maintain single leg side plank, keeping your shoulders, hips, and knees in a straight line.
- Hold for 30 seconds. Repeat on other side.
- Perform 2-3 sets.

Additional exercises and stretches post-activity in the pool or hot tub:

☺ POOL

- Walk or jog laps for 10 minutes.
- While holding onto edge of pool, perform flutter kicks — 4 sets of 30 seconds.
- Take two laps freestyle to loosen up the shoulders.
- Take two laps breaststroke to loosen up the hips.
- Take two laps sidestroke to open up the trunk: Pull with the left arm for a lap, then pull with the right arm for a lap.

☺ HOT TUB

- Calf stretch: Standing with feet staggered two foot lengths apart, keep back leg straight and heel flat on surface. Lean forward until you feel a stretch. Perform 4 sets of 30-second holds.
- Posterior shoulder stretch: While seated in hot tub, reach across your body with right arm, place left hand just above your right elbow. Using your left hand, pull your right arm across your body further. Hold for one minute. Repeat on other side. Do three repetitions.
- Stretch hamstrings in sitting position with one leg straight out on a seat.
- Seated trunk rotation: Bring right hand across body to left knee, reach left arm behind left hip and rotate the trunk for a good core stretch. Hold for 20-30 seconds. Repeat on other side.





COULD IT BE BRAIN FOG?

Lack of focus, difficulty remembering names, lost words — common, but not ‘normal’

BY **KIMBERLY NICOLETTI**

BRAIN FOG: IT'S AS IF your thoughts must squeeze through a porous sponge before they come out of your mouth. It's difficult to focus — wait — what focus? Moments of confusion ensue. Oh, and memory: Searching for the right word, that person's name, an actual event. Yes, brain fog is aptly termed.

Brain fog isn't a medical diagnosis, but rather a nonspecific phrase that “implies that the brain is not working the way it should,” says Dr. Dennis Lipton, an internist at Vail Health.

CAUSES

Brain fog is fairly common, but it's not normal; it's actually a symptom of other problems, which can be as simple as not sleeping well or as serious as low or high blood sugar in a person with diabetes.

Even people without diabetes experience swings in blood sugar after eating refined carbohydrates, which can adversely affect cognition. Blood glucose fuels the brain, so the roller-coaster ride produced from eating carbohydrates that break down quickly (like sugar and pasta) occurs because the brain receives too much glucose, and then not enough.

Various illnesses, from fibromyalgia, lupus, thyroid disorders and cancer to depression, hormonal imbalances, multiple sclerosis, rheumatoid arthritis, seasonal allergies, substance abuse, and more, often cause brain fog.

In addition, many prescription medications, including pain relievers, sedatives, some antidepressants, and even over-the-counter sleep aids and antihistamines can affect brain chemistry and cause fogging.

Sleep apnea and chronic sleep deprivation are also major culprits, as those suffering miss out on the deep, restful sleep necessary for optimal brain function.

"The brain needs sleep to repair and regenerate," Dr. Lipton says.

Prolonged stress also leads to a host of symptoms and disorders, including brain fog. The body makes cortisol in response to stress; cortisol increases free radicals, which damage brain cells.

Environmental toxins, especially indoor pollution like mold, pet dander, pollen and cleaning agents, also negatively affect the brain.

REMEDIES

People with brain fog may not realize how bad they feel until they treat it and suddenly feel — and think — better.

"Often people don't realize they had brain fog until it clears," Dr. Lipton says.

Many times, treatment can be as easy as going to bed earlier, sleeping with oxygen (for sleep apnea), consuming less alcohol and caffeine, eating healthy food regularly and even drinking more water. Studies have shown dehydration contributes to poor brain function (kids who drank a

few cups of water before a cognitive test did better than the control group), and in the High Country, it's easy to become dehydrated.

"Water is vital to optimal brain function," Dr. Lipton says, adding that people who visit Vail from a humid, lower elevation should definitely drink more water than usual because living in a humid environment causes the body to become less efficient at conserving water, and it takes a few days for the body's water-conserving mechanisms to kick in. He says everyone should drink anywhere from 48 ounces to upwards of 200 ounces daily, depending upon levels of physical activity. More than half of Americans are chronically dehydrated, and it only takes about two percent dehydration to affect attention, memory and other brain activity.

Some research indicates that low levels of DHA (an omega-3 fatty acid) contributes to cognitive decline, but the body gains all the fat it needs with a healthy, balanced diet —including beneficial fats (nuts, avocados, coconut and olive oil, wild salmon and grass-fed meat). If there is concern about DHA deficiency, Dr. Lipton recommends blood testing before supplementing. However, vitamin deficiencies do contribute to brain fog. B12 and Vitamin D are common deficiencies, and supplements will help those suffering from such deficiencies. In addition, the Harvard School of Public Health recommends multivitamins for all adults, to fill any nutrient gaps.

While some doctors, like author Dr. William Davis, who wrote "Wheat Belly," blame wheat for brain fog, Dr. Lipton says it's

People with brain fog may not realize how bad they feel until **they treat it and suddenly feel — and think — better.**

all very individual. He believes processed wheat, such as white flour, is not good for anybody, both because it's processed and today's wheat is much different from that consumed just a few generations ago, even in its whole form. But, he's not convinced avoiding whole grains prevents brain fog, as most long-lived, healthy societies eat whole grains.

Food sensitivities or allergies can result in brain fog; to rule out a suspected food, don't consume it for a week or two, then eat it, and compare the level of cognitive clarity. It's also wise to avoid food additives, such as artificial sweeteners and MSG (monosodium glutamate), the latter of which is found in most processed foods (and often labeled as "seasoning," "spices," "hydrolyzed protein" or "natural flavors").

Whether you choose to eat meat or not, Dr. Lipton always recommends eating whole foods — vegetables, fruits, nuts, seeds, legumes, and whole grains — and avoiding processed foods.

Since brain fog is either lifestyle-related or a side effect of a medical problem or medications, it's a very treatable condition. But to break through the fog, you may have to alter your diet, reduce your alcohol intake, change sleep patterns, reduce stress, drink plenty of water, exercise regularly, or see a doctor to rule out other underlying causes. None of this advice is new — it's the core of a healthy lifestyle. But above and beyond what we "should" do is the added benefit of reclaiming your brain.

Imagine being focused, able to reach for names, numbers and thoughts with ease — or at least without the fog. **V**



Dr. Dennis Lipton is an internist at Vail Health's Internal Medicine clinic in Edwards and Frisco.





EAT LIKE A DIETITIAN

'Food talk' with Registered Dietitians Rhonda Galer and Katie Mazzia

BY **KIM FULLER**

NUTRITION EXPERTS AREN'T PERFECT when it comes to eating, but they do usually implement the main pillars of a balanced diet: nutrition, variety and moderation.

Unfortunately, there is not a cookie-cutter methodology that works for everyone. Every person has individual relationships with food —preferences, allergies or intolerances, a unique family and medical history, a specific budget and schedule for eating, individual cooking skills and a different level of access to quality food sources.

“Those are things I feel really play into how people eat and what dietitians consider to help people meet their nutritional needs,” says Rhonda Galer, clinical nutrition manager for Vail Health.

In general, however, even though every person’s nutrition plan is unique, the core principles of a healthy diet are pretty consistent.

“Studies have shown that most Americans still don’t get enough fruits and vegetables and whole grains,” explains Katie Mazzia, clinical dietitian and diabetes educator for Vail Health. “So, no matter what you eat, aim to balance out your day with mostly healthy choices.”

Mazzia and Galer don’t really talk “diets” anyway, but what they like to refer to as “dietary patterns.”

“Everybody’s dietary pattern is comprised of what they do on a regular basis,” Mazzia says, “versus ‘being on a diet.’”

WHAT THEY EAT

Galer starts most mornings with a low-sugar, high-fiber cereal with skim milk and topped with berries, but three times a week she has a higher-protein breakfast of eggs or turkey sausage and



Mazzia and Galer don’t really talk ‘diets’ anyway, but what they like to refer to as **‘dietary patterns.’**



Embellishing a salad with a lean protein, such as salmon, makes it both satisfying and healthy.



Eat a variety of items at each meal, such as cereal, skim milk, nuts and berries for breakfast.

an English muffin. She drinks coffee in the morning, and then just water throughout the day.

For lunch, she loads up on vegetables at the hospital’s salad bar. On top of a plate of veggies, she adds some protein like a chicken breast or some feta or provolone cheese, and on the side, she has some low-sodium chips or crackers.

As an afternoon snack, Galer has a yogurt to get her dairy in, or a small Cutie orange in the winter since it’s cold and flu season.

Dinner is usually a homemade soup or a balanced meal of fish, chicken or occasionally beef, with a potato, pasta or rice, and a vegetable.

“Overall, I try to limit empty calories like sweets and alcohol to the weekend,” she explains. “And I try to eat heart healthy — low fat and low sodium.”

Mazzia says she eats a little different from day-to-day, based on timing. Generally, she might get up in the morning and grab half a small nutrition bar and some water before a trail run, followed by coffee and a handful of nuts while running out the door.

“I try to think of having three food groups at each meal,” she says, “so I come to work and have a big bowl of berries and oatmeal or cereal, then some protein like a hard-boiled egg. And water, of course.”

For lunch, Mazzia says she also hits up the salad bar and gets in

about five servings of vegetables, as well as a lean protein like beans, tuna, edamame, chicken or salmon.

Her afternoon snack is usually a sweet, she says, like a small cookie or a piece of chocolate.

"The American Heart Association recommends no more than 25 grams of added sugar per day," she says. "So I try to be mindful of that."

Dinners for Mazzia are a lot of one-pot meals, she says, with a whole grain or pasta on the bottom, then vegetables and some kind of lean protein, usually a small portion of red meat three times a week.

"I like a lot of flavor and texture, so my trick is to add a little dried fruit, some nuts or seeds on top, or maybe just a small amount of really flavorful cheese like parmesan or goat cheese," she says. "Sesame oil, hot sauce and fresh herbs are nice additions as well."

For alcohol, Mazzia says you can follow the general recommendation of one serving for women and two for men (1 serving = 12oz. beer, 1-1/2 oz. distilled spirits or 5 oz. wine).

PLAN FOR SUCCESS

"I think what works for me is planning," says Mazzia. "If you don't have the food available, it's going to be hard to make a healthy meal."

Align your shopping list with your meal planning. If you're really busy during the week, Mazzia suggests getting your meal plan together to set yourself up according to your budget and schedule. Factor in leftovers too; sometimes it's easier to prepare more food than needed so you can eat it later on.

Galer says to be flexible with the plan, so that when things come up during the week and you have to make a change, it's ok, or if there's an evening when you just don't feel like cooking you can have a backup in place — maybe something you can easily pull out of the freezer and heat up, like those leftovers you saved for just such an occasion.

"I always encourage my clients to make a plan so they aren't stuck having a hot dog or going out for a meat lover's pizza when they are too busy," she says.

Have helpful tools in your house, too, like a crockpot, suggests Mazzia.



I try to think of having three food groups at each meal, so I come to work and have a big bowl of berries and oatmeal or cereal, then some protein like a hard-boiled egg.

KATIE MAZZIA

For those who don't like to cook, keep it simple and convenient. Healthy options are out there. Just make sure that anything in a package, box or bag is made of up whole food ingredients.

"I think that's a huge plus these days," says Mazzia. "There are a lot of healthy options available. You just have to think about it, be creative and take the time to read labels in the grocery store."

As far as snack options, both Galer and Mazzia agree that it's relative to what your needs are. For instance, if you are watching your weight and you're hungry but you've eaten a good lunch and you're going to eat a good dinner, have veggies because you really don't need to eat much. But have something more substantial, possibly with protein, if you're hungry and it's going to be



Make it easy — prepping fruits and veggies so they require very little effort is a good way to ensure healthy eating.

several hours before you eat, or if you had a light breakfast and are out skiing and ready for more food.

For nutrition bars, look for options that have natural ingredients, are 150 to 200 calories and on the lower end of the sugar scale. After a three-hour run, you may need one of the hearty bars like the Clif protein bars, but generally options with minimal ingredients, like LĀRABAR®, are good for a snack.

And never let yourself get to a starving state that will lead you to pig out later. Plan ahead and always have healthy options available.

"Control your environment, because a lot of people come home hungry," says Mazzia. "If I had ice cream in my freezer, I would eat it every night. So, sometimes people have to control their environment if they can't control themselves." **V**



ROB'S HEART WAS IN GOOD HANDS

When an EKG revealed rancher Rob Monroe was having heart attacks in his sleep, cardiologist Dr. Jerry Greenberg was quickly called in to help. Due to the advanced technology available at Vail Health's Cardiovascular Center, Rob was able to be treated close to home. Three days later, Rob was hauling hay for his horses and considers the care at Vail Health to be "the best in the world"—with all his heart.



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FIT FOR WORKING SAFELY

Howard Head Sports Medicine's SafeFit®: an innovative approach to employee safety and wellness

BY **STEPHEN LLOYD WOOD**



WHEN SHARON McCormick, a registered nurse in labor and delivery at Vail Health's Family Birth Center, started having pain in her shoulder, she did not hesitate to take advantage of the wellness services available to her, for free, through Howard

Head Sports Medicine's SafeFit® program. A 25-year employee at Vail Health, McCormick previously had sought help from SafeFit in dealing with the aches and pains of a problematic hip — so she was familiar with the program and confident its expert staff, managed by SafeFit Coordinator Michael Granzin, could make her whole yet again.



SafeFit Coordinator Michael Granzin helps make the world-class care of Howard Head Sports Medicine's experienced physical therapists available to the local workforce.

"I was having some pain, feeling grating and friction when lifting my arm. I needed some guidance," McCormick says. "Mike was great. He did a very thorough assessment of my neck and shoulder. He performed some dry needling and taught me several exercises. SafeFit has really helped, and I can go weeks without pain."

WELLNESS THROUGH EDUCATION AND EMPOWERMENT

With a nearly 30-year history of treating patients in Eagle and Summit counties, Howard Head Sports Medicine developed SafeFit to provide low-barrier employer and employee access to the world-class care of its experienced physical therapists. The program has been used by regional companies like Vail Resorts for four years, and Vail Health, Eagle County's second-largest employer, recently added SafeFit to the benefits package for its 965 employees. While the physical demands of employers may vary, the model, approach and results of SafeFit are alike.

SafeFit® utilizes 20-minute treatment sessions, led by Howard Head physical therapists and with access to massage therapists, to focus on musculoskeletal issues, ranging from overuse injuries to pre-season strengthening. The employee needs only to log into a website to schedule an appointment. There are no costs to the employee; the participating employer pays for the services as part of its employee benefits program.

"We are able to assess non-emergency musculoskeletal issues, which could be anything from chronic back pain to acute knee pain or injury from skiing," explains Granzin. "We can also address long-term problems for which someone may have been putting off seeking medical advice or treatment. More serious medical situations like fractures, concussions, burns, severe trauma, medical emergencies or other non-musculoskeletal problems should be addressed by either a physician or the Emergency Department," Granzin says.

SafeFit® therapists can prescribe individualized preventative exercise programs, assess potential orthopaedic issues and develop programs to prevent musculoskeletal issues from getting worse.

'EASIER, QUICKER AND CHEAPER'

The goal of SafeFit is to keep members of the workforce as healthy as possible in an effort to improve quality of life and productivity.

"Many people in this valley have extremely physical jobs,"

says Granzin, "and we treat all Howard Head patients as we would treat the professional athletes we work with — with a combination of preventative maintenance and post-injury programs that get them back on their feet as quickly and effectively as possible."

Two of the largest barriers to health care for many individuals are ease of access and cost. SafeFit aims to eliminate these barriers to treatment with a central location mid-Valley and cost-free services.

"Providing access to the employee at no cost minimizes the barriers to access, and is the best way to reduce overall health care expenditures, provide an amazing benefit to employees and improve health and wellness," explains Vice President of Howard Head Sports Medicine and SafeFit Founder Nico Brown. "It is easier, quicker and cheaper to prevent an injury or illness from occurring than it is to treat a problem that is already present."

Keeping employees healthy and happy is also a benefit to employers, Granzin says, not only by reducing workers' compensation, medical insurance and other associated health




Vail Resorts is one of many local businesses that offers Howard Head Sports Medicine's SafeFit® program to its employees.

care costs, but by improving their employees' morale, pride and work atmosphere — all reasons why Howard Head Sports Medicine is partnering with other local employers to expand SafeFit and provide services to an ever-increasing percentage of the community.

'A WIN-WIN FOR EVERYONE'

"Staying physically fit is imperative for a healthy and active lifestyle and remaining productive at work and at home" says Granzin. "Companies benefit from having healthy and happy employees. It really is a win-win for everyone involved."

McCormick agrees, stressing SafeFit can be valuable to any local or regional business that wants to take care of its employees.

"We live in an active community, and SafeFit can prevent injuries from becoming chronic, and prevent employees from being distracted by aches and pains," she says. "If I am healthy and well, I can provide better care to my patients. SafeFit can help employees perform better at work, which will, in turn, benefit the whole community." 





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AGING HORMONES

A look at how hormone production changes the body as we age

BY **KIM FULLER**

HORMONES ARE CHEMICAL MESSENGERS that keep the body functioning. From regulating metabolism and sleep cycles to controlling immune function and sex drives, they are key to how the body works — or doesn't. Suffering hot flashes? That's an easy one — blame them on hormones. But fatigue, dry skin, sleep problems, heart rate, anxiety, weight gain, constipation and much more can all be affected by changing hormones.

While there are numerous hormones in the body, there are several that have a big impact, including the thyroid hormone thyroxine, estrogen, testosterone and vitamin D — yes, vitamin D is a hormone.



Shifts in hormone production can impact a body's energy levels, stability, muscular strength and more.

THYROXINE

Dr. Rebecca Adochio, an endocrinologist at Vail Health, says any hormone changes that we see with age can begin to develop at different times for different individuals. The average age of menopause in the U.S. is 51, but commonly occurs in the 40s and 50s.

Hypothyroidism is most common in women over the age of 60.

"Both men and women can experience changes in thyroid function," explains Dr. Adochio. "Although we see an increase in thyroid dysfunction with

advancing age, it is not considered part of the normal aging process."

Many individuals can acquire overactive, or more commonly, underactive thyroid related to a genetic predisposition,

says Dr. Adochio, along with an infectious or environmental exposure — something which may have occurred decades earlier.

A decline in thyroid function can lead to lethargy, constipation, cold intolerance, dry skin and modest weight gain.

"These symptoms can certainly develop due to non-thyroidal causes, but if an individual has noticed such changes, he/she should discuss them with his/her medical provider and consider thyroid-function testing," Dr. Adochio says.

An overactive thyroid can also lead to fatigue and exhaustion, along with muscle weakness, rapid heart rate, anxiety, tremors, heat intolerance and weight loss.

"However, elderly patients may not present with any of these symptoms other than fatigue," Dr. Adochio says, "and thus it is often referred to as apathetic hyperthyroidism."



Although we see an increase in thyroid dysfunction with advancing age, **it is not considered part of the normal aging process.**

DR. REBECCA ADOCHIO,
ENDOCRINOLOGIST

A decline in thyroid function can lead to lethargy, constipation, cold intolerance, dry skin and modest weight gain.

ESTROGEN & TESTOSTERONE

Estrogen is produced by the ovaries and is regulated by the pituitary gland. As a woman ages, the ovaries eventually fail to produce estrogen and eggs — known as menopause.

“This is part of the natural aging process, but can lead to many undesirable symptoms for women, including hot flashes, night sweats, mood swings, hair loss and a change in body composition,” she explains.

Men also have estrogen, which primarily comes from the conversion of testosterone to estrogen. Testosterone is produced mainly by the testes in men, but there is also production by the ovaries in women and by the adrenal glands in both men and women.

HYPOGONADISM

“Although men can develop hypogonadism — loss of testosterone production — due to various causes, this is not part of the natural aging process and most men will continue to make testosterone throughout their lifetime,” explains Dr. Adochio.

Dr. Melvin Stjernholm, an endocrinology specialist at Vail’s Health’s clinic in Frisco, says hypogonadism symptoms can include a decreased interest in sex or decreased libido. Fatigue and loss of motivation often are associated with the decrease or loss of testosterone — there are many causes.

The hypothalamus is located above the pituitary in the brain. Gonadotropin-releasing hormone (GnRH) is made to stimulate the pituitary to make follicle-stimulating hormone (FSH) and luteinizing hormone (LH). In women, FSH and LH stimulate the ovaries to make eggs and produce estrogen, testosterone and progesterone. In men, they stimulate the testicle to make testosterone and sperm.

“If the hypothalamus is not working properly, then the ovaries and testicles will not work properly,” Dr. Stjernholm says. “GnRH has a cycle which makes the levels increase and decrease during the day and at night. If there is excess stress, this cycling may be normal, leading to decrease in FSH/LH and testosterone defi-

ciency.” Young men in their 40s often present with decreased libido; a loss of interest in sex is sometimes associated with fatigue and decreased motivation, says Dr. Stjernholm.

Measurements of Total Testosterone and Free Testosterone can help in making a diagnosis of hypogonadism. If low, then the measurements will determine whether the problem is the hypothalamus, pituitary or testicle.

Medications such as narcotics and corticosteroids — cortisone or prednisone — can lower the GnRH values and alter the normal cycling.

VITAMIN D

Vitamin D is an important hormone we make primarily from sun exposure, but Dr. Adochio says age-related declines in vitamin D are due to several factors. Low vitamin D levels not only affect bone quality, but can also lead to fatigue, muscle weakness, decreased immune function and an increased risk of falls due to instability — among other effects.

“As we age, our skin becomes thinner and our ability to make vitamin D from sun exposure declines,” she explains. “In addition, we tend to avoid sun exposure either by covering our skin or wearing sunscreen, which will block our ability to make vitamin D.”

Loss of testosterone production can result in fatigue, loss of motivation and a decreased libido.

Vitamin D deficiency can lead to fatigue, muscle weakness, decreased immune function and instability.

WHEN TO SEE THE EXPERTS

Changes seem inevitable, so what can you do? Dr. Adochio says the best approach is to maintain a healthy lifestyle and to seek evaluation from your medical provider when you are not feeling well.

“Thyroid dysfunction typically requires medical therapy and monitoring by a medical provider,” she says.

Hormone replacement therapy is an option for treating menopausal symptoms in some women, but others are not considered good candidates. Dr. Adochio says deciding on hormone replacement therapy should include a detailed discussion about the pros and cons of therapy for each individual.

“There are also non-hormone-based therapies that can help; some women find certain foods and dietary modifications can help alleviate their symptoms,” she says. “I think it is a good idea to screen for vitamin D deficiency, particularly in individuals who live at higher latitudes, have darker skin or who avoid sun exposure.”

And for men dealing with testosterone shifts, Dr. Stjernholm suggests a doctor visit.

“If you have symptoms of decreased sex drive, decreased motivation and lethargy, a testosterone measurement may be helpful in sorting out the cause of the symptoms,” he says. “If it is low, seeing an endocrinologist may be helpful in working out the problem.” **V**



DR. REBECCA
ADOCHIO



DR. MELVIN
STJERNHOLM



Fatigue is a common symptom of a shift in hormone production.





DOWN THE HATCH

Digestion isn't always easy, but there are ways to improve and monitor gastrointestinal health

BY **KIRSTEN DOBROTH**

THE ACT OF DIGESTION isn't one that comes easily for many Americans. According to the National

Institute of Diabetes and Digestive and Kidney Diseases, approximately 70 million Americans have some sort of digestive disorder ranging from acid reflux and constipation to pancreatitis and liver disease. It might not always come easy, but diet, hydration, and talking to your doctor are often the best ways to improve digestion and avoid digestive issues.

DETERMINING THE CAUSE

The gastrointestinal tract is broken into two parts; the upper and lower GI tracts, both of which are responsible for pushing food through the digestive system. Symptoms arising from GI problems manifest in different ways, with some people choosing to seek medical help because of discomfort.

"Typically I will see patients coming in with abdominal pain, and maybe they've had studies from their primary care doctor, and the studies haven't gotten to the root of the underlying problem," says Dr. Barry Hammaker, a surgeon at Vail Health. "Job number one is to make sure the patient doesn't have something that's treatable with surgery or medicine, and once that's been done, if nothing has been found, then that's when you look at what's going into the GI tract and could be causing a problem."

A computerized tomography scan (CT scan) is a common means for doctors like Hammaker to look more closely at the GI tract, along with other procedures like an upper endoscopy or a colonoscopy to rule out serious problems causing pain or irritation. Sometimes, a closer look at the digestive system can point to other sources of discomfort — thyroid problems, for instance — that might require treatment outside of a surgical setting to correct.

Other times, evaluating "what's going into the GI tract" can be

just as insightful for identifying an underlying cause of digestive problems. Foods boasting to be “healthy” often contain dozens of ingredients comprised of artificial additives and preservatives, which can lead to GI irritation. This irritation has been increasingly linked to the rise in food intolerances — gluten being a main one — by researchers and doctors as they try to diagnose patients who might experience discomfort from different types of food.

“There is a difference in the way certain products, including wheat products, are processed in the U.S. compared to other places in the world, so sometimes it’s not necessarily the gluten itself, but maybe something that’s going into the processing of a certain food that’s causing the GI tract to have problems,” explains Dr. Hammaker.

Allergy testing is an important way to diagnose intolerances to certain foods, although many doctors, researchers, and nutritionists also advocate eating wholesome diets filled with unprocessed fruits and vegetables to give your digestive system the upper hand when it comes to gastrointestinal health.

OVER-THE-COUNTER ANSWERS

Many people look to over-the-counter assistance in the form of antacids such as TUMS® or Pepcid®, to fast-track treating problems like acid reflux and heartburn. According to Forbes, recent revenue from sales of such medications exceeded \$13 billion annually, making it one of the most widely used medications in the U.S. While the over-the-counter solutions can be helpful for short-term use, dependence on such medications can be an indication of an underlying problem that’s not being treated.

“If it doesn’t get better within a few months with over-the-counter treatment, you should let your primary care doctor know that it’s happening so it can be investigated and make sure that there’s nothing that could or should be treated that might be driving the process,” explains Dr. Hammaker.

Constipation is also something that can see improvements with



DR. BARRY HAMMAKER

the use of over-the-counter remedies, like fiber, although once again, if the problem doesn’t improve, it could be a sign that a more in-depth analysis of digestive function is needed.

“For people with constipation issues, maintaining good hydration, and the use of fiber, many times will take care of the problem. And if that’s all it takes and everything goes back to normal, there isn’t necessarily a need for any type of medical evaluation,” adds Dr. Hammaker. “It’s when trying those simple things are not working that one should seek evaluation.”

KEEPING UP WITH CARE

Maintaining a level of communication with a primary care physician is crucial in this regard, as any negative changes in your digestive habits can indicate an underlying medical problem that needs treatment. Similarly, talking to your doctor about family history or changes in family history — a new familial diagnosis, for example — are important to get the right screenings for diseases you might be prone to from genetics. Keeping up with standard screenings like colonoscopies — beginning at age 45 for African-Americans, 50 for everyone else — are crucial to monitoring your body, and ensuring that the medical professionals are aware of any changes that might need further examination. Whether they give a perspective on where things have gone awry, or simply help deliver a checklist for a clean bill of health, being proactive gives you a head start. **V**

FIBER'S MAGICAL PROPERTIES

Uncoiled, the average GI tract is 25 feet long — half the length of a tractor-trailer. For optimal GI-tract health, fiber is one of the best things to digest. Here’s what happens to food after it’s swallowed:

2 HOURS

Average time food sits in the stomach is two hours.

In the stomach, fiber:

- Helps you feel full.
- Regulates blood sugar by slowing down the gastric entry so food doesn’t rush into the small intestine and spike your blood sugar.

4-6 HOURS

Food leaves your stomach and travels around the small intestine for a few hours.

In the small intestine, fiber:

- Lowers cholesterol by entrapping fats and sugars and slowing their absorption.

16-24 HOURS

The bulk of our food waste sits in the large intestine for 16-24 hours.

In the large intestine, fiber:

- Feeds good bacteria. The bacteria ferment the fiber and produce a fatty acid called butyrate, which helps inhibit growth of cancerous cells if they are present.
- Speeds things along — just like having food sit around in the kitchen, the sooner it’s put away and cleaned, the better.
- Lowers stool pH, helping create anti-cancer substances in the colon.

SOURCE: MELAINE HENDERSHOTT, RD
DIETITIAN, VAIL HEALTH

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QUALITY FIRST

Plan your plate around quality, not quantity, for portions that are advantageous to your health

BY **KIRSTEN DOBROTH**

WHEN IT COMES TO FILLING YOUR PLATE, think quality over quantity. Building a meal centered around nutrient-dense, wholesome fruits and vegetables is an important part of this philosophy, and one that makes it hard to overeat or eat poorly. Most physicians agree that when planning your meals, it's important to count the fruits and veggies on your plates as opposed to calories, as the latter can be misleading.

Serving Sizes

"I'm not a fan of calorie counting and restriction; if people restrict calories too much and become starved for calories, there is usually a rebound effect," says Dr. Lipton, an internist at Vail Health. "Personally, I focus on eating nutrient-dense foods which are naturally low in calories."

So how does this actually look on your plate?

- Half your plate should be filled with fruits and vegetables, minimally processed, and cooked in healthy oils like canola or olive oil.
- A quarter of your plate should be filled with healthy grains — think whole wheat bread, whole grain pasta or brown rice. Stay away from refined grains, like white bread and white pasta.
- The last quarter of your plate should come from protein. Avoid cold cuts and bacon, as they're usually processed and filled with additives. Instead, go for nuts, beans, poultry and fish, and try for high-quality sources (no hormones or antibiotics).

Similarly, read labels, both for the sake of knowing what's in the product, and understanding what serving sizes look like. If it's hard to guess how big of a portion you should be eating, consider this:

- 3 ounces of meat is the size of a deck of cards
- 1 cup of pasta, rice or vegetables is the size of a baseball
- 1 teaspoon of margarine is the size of one die
- 1½ ounces of cheese is the size of four stacked dice
- ½ cup of fresh fruit is the size of a tennis ball

Katie Mazzia, a registered dietitian and diabetes educator at Vail Health, recommends adjusting mealtime habits to cut down on over-sized portions, and to reach for healthier options instead of salty or sweet snacks.

- Eat from a plate, not the bag, box or package.
- Use a smaller plate, 9 inches, to avoid serving too much.
- Prep and plan — cut, chop and store veggies and fruit in the fridge, so it's easy to snack on healthy items, as well as easier to throw a meal together.
- Stock up on staples — brown rice, no-sodium canned beans, frozen fruits and vegetables, oatmeal, pasta, bean soups, etc. [V](#)



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I'm not a fan of calorie counting and restriction; if people restrict calories too much and become starved for calories, **there is usually a rebound effect.**

DR. DENNIS LIPTON



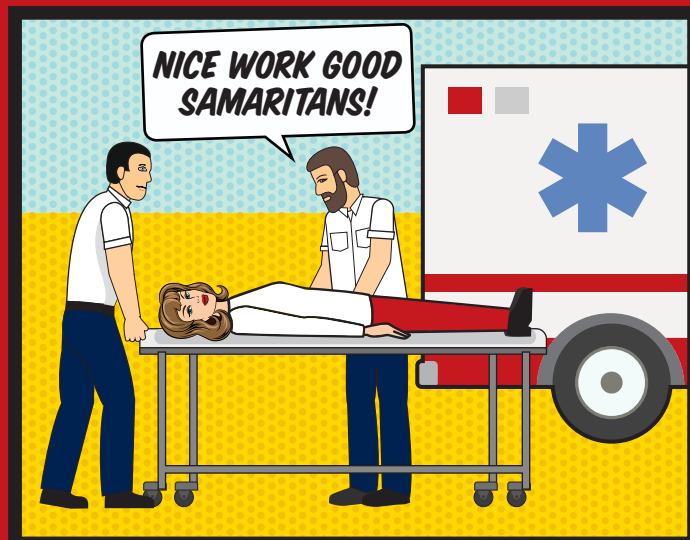
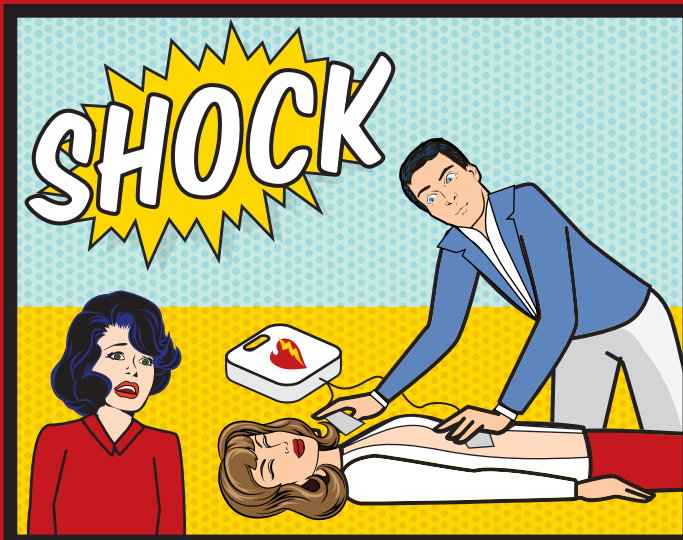
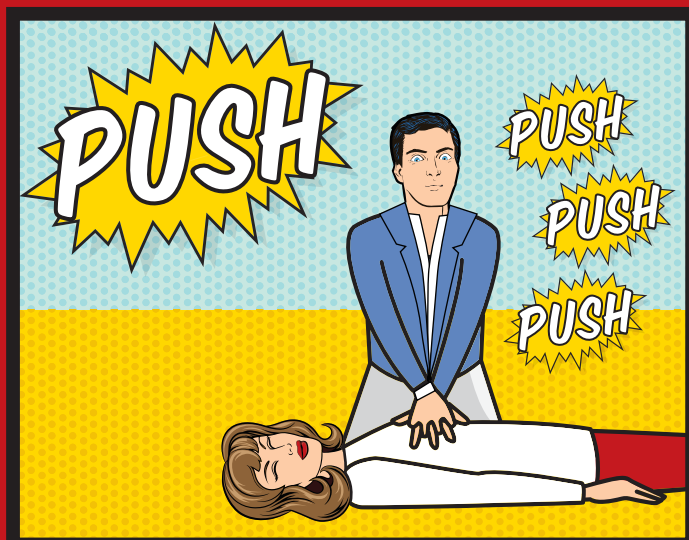
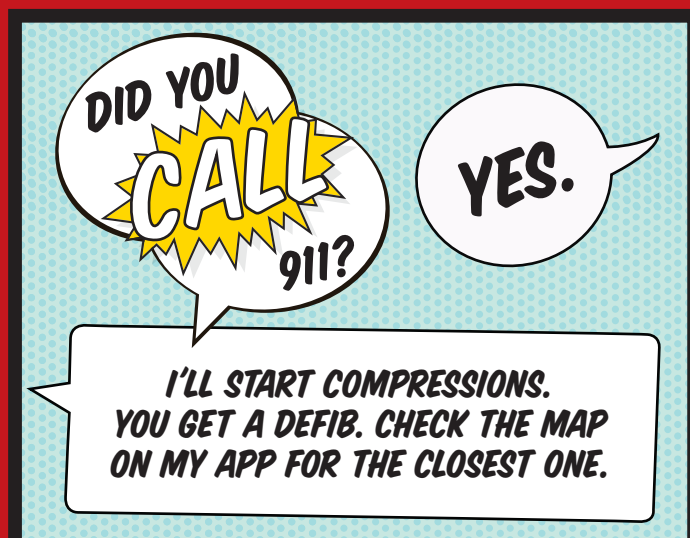
INSIDER



STARTING HEARTS

Vail Health partners with Starting Hearts to systematically — and creatively — put an end to death due to Sudden Cardiac Arrest

BY **WREN BOVA** • ILLUSTRATION BY **CARLY ARNOLD**



RE-STARTING HEARTS

SOME PEOPLE SAVE THE WORLD; others save the lives of the people in it. Starting Hearts is working to save the lives of Sudden Cardiac Arrest (SCA) victims through free CPR and defibrillator (DEFIB) training, increased access to DEFIBs county-wide and the funding of an app that enables citizen responders to help when needed.

"And it's working," says Starting Hearts Executive Director Alan Himelfarb with a smile in his voice.

Sudden Cardiac Arrest is the leading cause of death in the U.S., affecting an estimated 350,000 Americans every year; more than 90 percent will not survive. Last December, there were two SCAs in Eagle County and both were saved due to citizen responders and the use of DEFIBs.

"What we've done is work to build a model community template that can be used in many, many communities in the future," Himelfarb explains.



We are all
working toward
the same goal
of making
Eagle County
**the safest
place in
America
to experience
a SCA.**

CHRISTINE ALBERTSON,
VAIL HEALTH
COMMUNITY OUTREACH
& EVENTS MANAGER



The template consists of three main legs:

- Free education that gives people the knowledge and confidence to save a life — as well as the commitment to do so.
- Widespread availability of DEFIBs so they're there when needed. This is an ongoing mission that continues to grow.
- Empowering and enabling citizens to act as first responders through a free downloadable mobile app, PulsePoint.

The PulsePoint app is a valuable tool. It taps into a continually updated database of where all the DEFIBs in the county are located. Using a phone's GPS, it can tell where the nearest DEFIBs are located in real time. It is also hooked into the 911 dispatch. Any time a Sudden Cardiac Arrest is reported in a public area, the app alerts citizens who are within a certain radius to the incident. So if, for instance, someone is having a cardiac arrest at the Children's Fountain in Vail Village, someone on Bridge Street with the app would get an alert — an insistent alert — that help is needed.

CALL. PUSH. SHOCK.

Starting Hearts was founded by Lynn Blake, who, at age 27, experienced a Sudden Cardiac Arrest while at work. Someone shouted for help, 911 was called, and a nearby coworker started CPR. Within minutes, Vail paramedics used a DEFIB to deliver three shocks to her chest. Wanting other people to be as fortunate as she felt she was, she created Starting Hearts.

"A person's chance of survival decreases by 10 percent every minute that goes by," she says of SCA victims. "So if citizens aren't doing anything, that person basically has no chance of survival."

The PulsePoint app is great because it connects citizens with victims, but optimally those citizens will be trained to respond.

"Call, push, shock; call, push, shock," says Blake. "That's what we want everyone

to remember. First, call 911. Second, push hard and fast in the center of the chest; third, deliver a shock with a DEFIB."

She encourages everyone to go through training on a mannequin — and not just once since the skills begin to deteriorate after three months.

And what if it sounds like a rib is broken? "It's common for ribs to break, and if you do break them, just keep going. Don't stop until a defibrillator is applied," she says.

PARTNERS

Vail Health has supported Starting Hearts since its inception, recently donating the funds to install 50 additional DEFIBs throughout the county. Vail Health has also sponsored and helped organize the All You Need is Heart event, which connects community members to health professionals, and provides screenings at an affordable price.

Another important element in saving the lives of SCA victims in Eagle County is Vail Health's Cardiac Catheterization and Electrophysiology Lab, led by a team of interventional cardiology experts.

Starting Hearts and Eagle County Paramedic Services (ECPS) recently announced a strategic alliance agreement, which will also help Starting Hearts achieve its mission. In addition to increasing education and DEFIB access, the partnership will also develop a way to track data in order to enhance infrastructure, systems and procedures, all of which will help raise survival rates in Eagle County.

"It's uncommon to find interventional cardiology in a rural setting like Eagle County, but Vail Health has made cardiac care a priority," says Vail Health Community Outreach & Events Manager and Starting Hearts Board Member Christine Albertson. "We are all working toward the same goal of making Eagle County the safest place in America to experience a SCA." **V**



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UNCOVERING THE SECRETS OF HUMAN MOVEMENT



Steadman Philippon Research
Institute's BioMotion Lab at
Vail Health allows scientists to
measure the effects of motion on
the musculoskeletal system.

Research-based discoveries lead to better patient care

A **S A MECCA FOR OUTDOOR** sports' enthusiasts, Vail is an ideal place to study the human body in motion. That's why Vail Health and Steadman Philippon Research Institute (SPRI) built a state-of-the-art BioMotion Lab on the hospital's main campus. Its mission is to help people stay active longer.

UNIQUE LAB — UNIQUE RESEARCH

The BioMotion Lab doesn't look like the scientific labs you're probably familiar with — you won't find any microscopes or test tubes. Instead, you'll see researchers watching patients run, walk or even swing a baseball bat in a room full of special technology for assessing movement.

Orthopaedic disorders are essentially movement disorders. They keep us from enjoying the activities we care about. Static images, such as an MRI, only produce a snapshot of the anatomy. This makes it difficult to accurately diagnose the underlying problem. It's like trying to describe walking or running by simply looking at a photograph.

Biomotion analyses reveal how the entire body is moving. They show coordination of the muscles that control the movement, and they identify what is really happening in the joint. By measuring the effects of motion on the musculoskeletal system, researchers can apply their findings to:

- Injury treatment and prevention
- Degenerative diseases
- Clinical diagnosis
- Surgical and physical therapy outcomes
- Sports performance

The BioMotion Lab is being funded by Vail Health and SPRI's joint 5-year capital campaign, called Together-The Campaign for a Healthy, Active Tomorrow.

BETTER PATIENT OUTCOMES

While it's important to better understand musculoskeletal function and the effects of injury, SPRI's research team is focused on enhancing patient care. These scientists study the joint's tendons, ligaments and bones to evaluate the success of specific procedures. The information enhances clinical decisions, such as determining whether surgery or a less-invasive treatment is the best option. This is a huge benefit to patients. "Improving medical care is the primary reason for our

research," says Scott Tashman, PhD, director of SPRI's BioMotion Lab and the preeminent leader in biomotion research. "When we enhance treatments, patients can heal better and faster."

PREMIER BIOMOTION LAB IN THE NATION

Having built two of the top biomotion labs in the U.S., Dr. Tashman's vision is to make Vail's lab one of a kind. While most biomotion labs have a fairly narrow focus, this lab is designed to explore the full range of joint disorders.

SPRI's team studies patients of all ages with a variety of physical abilities. Why? To improve the health of as many people as possible.

Another factor that sets SPRI's lab apart is the research institute's relationship with the surgeons at The Steadman Clinic. Dr. Tashman is quick to say the best research ideas come from practicing physicians. "Our job is to understand the most critical problems facing orthopedists and answer 'what if?'"

Dr. Tashman and his team also combine their work with the regenerative medicine research of Johnny Huard, PhD. Dr. Huard, SPRI's chief scientific officer, is known worldwide for his research. These two highly recognized scientists study cell biology as it relates to human movement. They also work together to develop and evaluate next-generation treatments for joint disorders. Drs. Tashman and Huard believe their research will lead to new standards of care around the globe.

RESEARCH SET FOR GREATEST IMPACT

Dr. Tashman is kicking off several projects focused on some of the most common joint disorders. His aim is to develop new treatments that will improve outcomes for the greatest number of people. His studies include:

- Hip injuries in young patients to develop preventions of arthritis
- Chronic rotator cuff tears in patients age 50-60 years, integrating regenerative medicine and biologic healing to enhance medical care
- Outcomes after ACL injury to determine the most effective treatment

While the new BioMotion Lab just recently opened, Dr. Tashman's objective is clear. "The driving force behind our work is to find ways to prevent or delay joint disorders," he says. "Our ultimate goal is to prevent joint injury and disease from ever occurring." **V**


Our ultimate goal is to prevent joint injury and disease from ever occurring.

RESEARCH PREVENTS HOCKEY INJURIES

Research for research's sake isn't the goal of the new BioMotion Lab at Vail Health. Its primary purpose is to improve treatment and prevent orthopaedic injury.

That was the result of a study conducted by Steadman Philippon Research Institute (SPRI) researchers several years ago.

The National Hockey League adopted a new, smaller thigh pad for goalies. So high school and college players began wearing the new-style pad too. After several seasons, there was concern the smaller pad was increasing stress on these young players' hips.

SPRI's researchers studied this potential problem by watching young goalies in the lab. They found no difference in the amount of hip stress, regardless of which pad was worn. But they did discover that goalies who wore "broken-in" pads were less likely to suffer hip injury.

This finding led to the current practice of players breaking in new pads before they ever hit the ice. This is just one example of the impact SPRI's biomotion research has had in preventing sports injuries. With the new BioMotion Lab at Vail Health, researchers can identify more ways to prevent and delay orthopaedic injuries.

OUR HOSPITAL OF THE FUTURE

Vail Health's plan for the future is unfolding



VAIL HEALTH'S HOSPITAL OF THE FUTURE IS UNFOLDING, and patients and guests are already benefiting from the improvements made so far. Lives have been saved in the new Cardiac Catheterization & Electrophysiology Lab, research capabilities have been dramatically improved for the Steadman Philippon Research Institute, and patients and their family members have benefited from increased privacy and additional space in patient rooms and clinic spaces. By 2020, construction on the hospital in Vail will be complete, providing a state-of-the-art medical campus to serve the community and visitors from around the world for years to come.

Guided by the hospital's Master Facility Plan, highlights include increased parking, the relocation of emergency and visitor traffic from West Meadow Drive to South Frontage Road to create a safer pedestrian environment, and more convenient access to emergency care.



A conceptual rendering of Vail Health's east wing, which will be completed in 2020.



⏪ The new west entrance provides direct access to the hospital, The Steadman Clinic and Howard Head Sports Medicine.

⏩ The new west lobby was dedicated on August 22, 2017.



Everyone knows the quality of care at our hospital has always been top notch. **Now we're able to care for people in spaces that they deserve.**

"Physical therapy patients at Howard Head Sports Medicine used to take up every inch of the clinic in Vail," said Howard Head Vice President Luke O'Brien. "Everyone knows the quality of care at our hospital has always been top notch. Now we're able to care for people in spaces that they deserve."

The Master Plan is divided into multiple phases to ensure the hospital and its medical partners remain 100% operational to serve the local community.

The first phase, which began in the summer of 2015, was dedicated to a 72,000-square-foot expansion and renovation of the hospital's existing west wing. Completed in the summer of 2017, enhancements include the following, all of which have already directly improved patient care.

- Cardiac Catheterization & Electrophysiology Lab
- New Intensive Care Unit
- New Patient Care Unit
- A new Surgical Services suite with 10 pre-operative rooms and eight post-operative rooms





- Expanded, state-of-the-art space for Howard Head Sports Medicine
- A new fourth floor for The Steadman Clinic and additional research space for Steadman Philippon Research Institute.

Construction on a new approximately 350,000-square-foot east wing is scheduled to begin in 2017, and will include:

- A new state-of-the-art 24/7 Emergency Department
- A relocated helipad on the medical center campus with direct access to the hospital
- Appropriate medical space for physician groups
- Increased parking capacity, including covered parking
- A new main entrance off South Frontage Road
- A new concealed loading zone
- New pharmacy, gift shop and coffee shop
- New imaging/radiology department



A preliminary concept for the new main entrance of the hospital off South Frontage Road.



A conceptual rendering of the new lobby, to be completed in 2020.



“Vail Health’s Master Facility Plan is an investment in the community,” explains President and CEO Doris Kirchner. “This multi-million dollar expansion and renovation will make Eagle County a center of medical excellence, enhancing the health care available to residents and guests.”

In addition, this significant construction project creates hundreds of jobs, contributing to the local economy. The improvements will not rely on taxpayer dollars. While other mountain hospitals have built new facilities or dramatically renovated over the past 15 years, Vail Health has been saving dollars for this project and will fund the revitalization through a combination of financing, cash reserves and philanthropy. The Vail Health Foundation has launched a five-year capital campaign with the Steadman Philippon Research Institute (SPRI), called Together-The Campaign for a Healthy, Active Tomorrow, to raise \$75 million for the renovation and expansion and research studies at SPRI.

Stay updated on Vail’s hospital of the future by visiting www.vailhealth.org/build or joining the mailing list by emailing build@vailhealth.org. 



TOGETHER-THE CAMPAIGN FOR A HEALTHY, ACTIVE TOMORROW

Together is the first-ever capital campaign for Vail Health and the Steadman Philippon Research Institute. The five-year campaign will raise \$75 million for the hospital’s renovation and expansion and to support the Research Institute’s groundbreaking studies on stem cell research, biomotion, biomedical engineering, advanced imaging and more.

“The goal of SPRI’s research is to develop less invasive procedures that produce better patient outcomes and quicker recovery times,” explains Johnny Huard, PhD. Funds will benefit the work of Dr. Huard, world-

renowned for his research of adult stem cells as a new standard of care for injury and disease.

“This research has shown great potential in promoting healing, slowing aging and keeping people active,” says Dr. Huard.

In addition, funding will support SPRI’s Center for Outcomes-Based Orthopaedic Research, a goldmine of data about medical treatments. Campaign dollars will fund the BioMotion Lab, specially designed to measure movement of the human body.

For more information on the capital campaign, visit www.spri-vailhealth-together.org.



The Steadman Philippon Research Institute’s robotics studies influence the future of orthopaedics around the world.



Johnny Huard, PhD, world-renowned researcher and chief scientific officer at Steadman Philippon Research Institute.

Steadman Philippon Research Institute’s research of adult stem cells has shown potential in promoting healing, slowing aging and keeping people active.



THE NEW NORMAL

Life after cancer treatment changes in many ways — often for the better

BY **KIMBERLY NICOLETTI**

WHEN DOCTORS DIAGNOSED MOLLY Churchill with stage four lung cancer, a spectrum of emotions flooded her: anger, because she had been a dancer, always took care of herself and never smoked; fear, because in the 71 days it took doctors to find the proper treatment, the cancer had metastasized to 15 other parts of her body; sadness, about how she would miss milestones, grandchildren and holidays; and worry, about how her family, and even her dogs, would get along without her.

As she recalls that dark time, Churchill realizes how having cancer has transformed her: She lives the “new normal” all cancer survivors face, from dealing with physical issues, to maintaining a support network, and allowing feelings to ebb and flow.

PHYSICAL ADJUSTMENTS

Some days, Churchill feels tired from the oral chemo she takes to keep the cancer in check. On those days, she slows down, listens to her body, rests and says, “Maybe tomorrow.”

Fatigue is one of the most common complaints during and after cancer treatment. Pain is also a side effect, and some people suffer nerve damage from chemotherapy or surgery. Lymphedema, a swelling of the body caused by build-up of lymph fluid, can be extremely uncomfortable and may require physical therapy. In addition, survivors experience weight changes, trouble swallowing, bowel and bladder control, problems with their mouth and teeth and menopause symptoms in women. It can take months, and even years, for the body to physically recover from cancer and its treatment. Many survivors walk away with new scars, the signs of what their bodies have been through, and some suffer from invisible pains and dysfunctions that inhibit their day-to-day lives.

“I’ve learned that beating myself up really does not ever help,” says Churchill. “Instead, I’ve learned to ask, ‘What is helpful to me?’”

Shaw Cancer Center takes a similar approach: Its Spirit of Survival program focuses on helping patients survive and thrive. From offering yoga, Reiki, massage, Pilates, acupuncture and other physically therapeutic modalities, to encouraging workouts and hikes, solid nutrition habits, support groups and monthly social outings, Shaw helps survivors recover from cancer and equips them with health and wellness practices to keep the disease at bay.

ACCEPTING CHALLENGES

When Dave Nelson learned he had prostate cancer in 2006, a successful surgery removed his prostate and allowed him to live cancer-free. In 2009, he saw an ad for Shaw’s support group, so he attended — and discovered his physical fitness wasn’t up to standards.

Many studies have shown the more active people are after cancer treatment, the fewer recurrences they have. That’s why Sarah Giovagnoli, coordinator of Shaw’s Fit for Survival program, emphasizes regaining strength and stamina during, and after, treatment. Both longtime survivors and people going through treatment share Shaw’s gym, supporting and encouraging each other, especially when people must accept temporary physical limitations due to cancer.

“There’s such camaraderie,” Giovagnoli says. “Everyone gets it; you’re exhausted. We work with patients at every level. Most people here are so committed to regaining

their wellness. It’s not about how much you can lift; it’s about getting well. It’s one step at a time.”

Still, Shaw’s exercise physiologists do encourage fitness, albeit gently.

Nelson had stopped pushing himself physically in his late 50s, but when he discovered his strength and aerobic capacity measured below normal, he realized, “I could walk out and say, ‘I don’t like this,’ or stay and grit my teeth and see my physical fitness improve



Some people embrace the term ‘survivor,’ and **others choose not to define themselves this way.**

For Molly Churchill, the "new normal" after cancer includes distancing herself from drama and finding beauty where she didn't see it before.





beyond what I ever thought it could be,” he says.

He chose the latter and recalls, “It made a huge difference in the way I lived my life. I’m very active and physical now, and I might not have been if I didn’t get into Shaw’s fitness program. I became willing to take responsibility to push myself in my physical activities instead of residing in my comfort zone, and it was empowering. It pumped up my self-esteem.”

Giovagnoli strives to instill the importance of exercise as a lifestyle by customizing home exercise programs and then testing, and revamping, the program after three months.

After cancer, Nelson became stronger than ever, and even completed a 100-mile bike ride to raise funds for cancer research.

STRIKING A BALANCE

“Once you have cancer, you’re kind of lumped in with this label of ‘cancer survivor,’” Nelson says. “I am often uncomfortable being referred to as a survivor because I know how fortunate I was to have a relatively brief and uncomplicated experience with cancer as compared to so many other people.”

While care team members at Shaw refer to both current and past patients as “survivors,” they work with every person individually to understand and honor each stage of his/her journey.

“Some people embrace the term ‘survivor,’ and others choose not to define themselves this way,” explains Shaw’s social worker Erin Perejda. “We support every expression of our patients’ journeys, and we recognize that people’s attitudes sometimes change along the way. We’re here for them at the obvious junctures, as well as after those sneaky middle-of-the-night panic attacks that sometimes surprise them.”

Perejda works with some patients who rely heavily on being able to talk through their experiences and emotions in one-on-one counseling. Others thrive on giving support to their peers in group counseling. People celebrate their survivorship through events like Pink Vail or with a commemorative tattoo. And some choose to dive back into daily life and quietly focus on moving forward.

“However people choose to process their survivorship, one common realization most come to is that life is different than it once was,” explains Perejda. “This is what we refer to as ‘the new normal.’”

The Shaw team strongly recommends building a healthy support network, whether it’s cancer-related or not.

Churchill learned whom she could open up to and whom she ended up soothing because they didn’t know how to respond. She also distanced herself from anyone who created “drama.”

“Before cancer, it was so much easier to get caught up in the little messes and details of life,” she says.

It’s not uncommon for friendships and relationships to change with the impact of a cancer experience. Some patients express gratitude for the opportunity

to find their “true” friends while others admit to feeling overwhelmed by a new-found support of those who were simple acquaintances, distant friends or estranged loved ones.

“There can be power, and it’s often overwhelming, in being the recipient of an outpouring of love and support and to come to find how valued you are,” explains Perejda.

Often, there is an unsettling transition from the focus on the survivor back to others in his/her life.

Mothers who took the time to take care of themselves during treatment must shift back to caregiver mode. The phone calls and meals stop coming, and there is often an abrupt shift back to “reality.”

“To think that the cancer journey is over when the treatment ends is a huge mistake,” says Perejda.

When going through treatment, there is a sense of actively doing something to get rid of the cancer. When that fight ends, there is, for some, an increased sense of fear that by not doing something, the cancer will return.

“It is my observation and expectation that rarely will even one day go by when survivors won’t think about cancer,” says Perejda. “My hope, and I have seen this happen, is that the thoughts

regarding cancer will lose their destructive power — the anxiety, fear, depression — with time and instead, drive survivors to grow in meaningful ways in their lives.”

NEW PERSPECTIVES

Perejda sees cancer survivors search their souls to figure out, “who am I in this bigger picture, and where do I fit in?”

“Before cancer, I didn’t have the sense of urgency, even though I’ve always been a go-getter,” Churchill says. “When you’re given the diagnosis, you don’t know how much time you have (so) there’s a fervent need to get these things going.”


Some survivors choose to travel, spend more time with family, try new things.

“Cancer causes people to dig deep, make changes, gain a great awareness and appreciation, and ultimately, make what they want of their life,” Perejda says.

Nelson agrees. He says, “You realize life can be very short, tenuous, fragile, and if you want to have positive experiences, it’s important to get them while you can.”

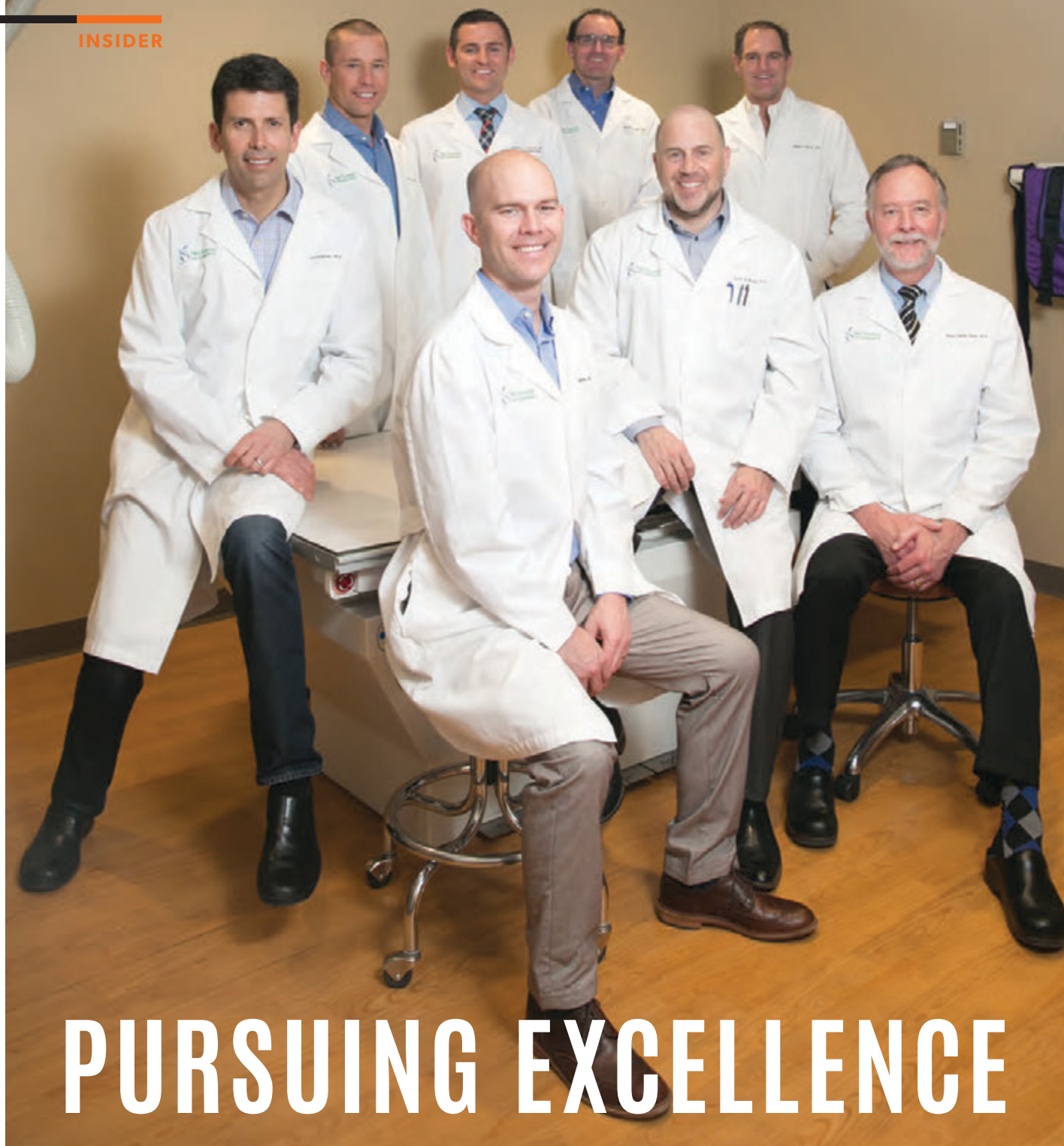
In other words, the change in perspective helps people embrace life more fully.

While no one would ask for cancer, the experience undoubtedly changes lives, and many people are ultimately grateful for the transformation.

“I think I’ve learned an incredible amount about life in this time,” Churchill says. “I have found new gifts through having cancer, which I never, ever knew would happen. I find so much beauty in so many places I never saw. Hope is the operative word. Hope keeps us all alive. It’s the proverbial silver lining — and there are many silver linings.” 



Before cancer,
it was so much
easier to get
caught up
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details of life.**



PURSUING EXCELLENCE

From data collection to new doctors, Vail-Summit Orthopaedics continues to offer expert care

FOR THE DOCTORS AND STAFF of Vail-Summit Orthopaedics, finding new and better ways to serve the needs of both the Eagle and Summit county communities is not only a noble aim, but it is a philosophy vital to the practice. Having provided expert care to one of the most active populations in the country for the past 38 years, the practice has

advanced its treatment and rehabilitation plans and protocols to the highest possible level, ever-pursuing the next summit in orthopaedics with new additions and developments.

IMPROVED PRACTICES

Last year was a breakthrough year for the practice; many changes and improvements were implemented, and

as a result, they are raising the standard for health care and patient experience. From new partnerships to new employees, Vail-Summit Orthopaedics continues to be on the forefront of health care and provide top-level care for every bone, joint and muscle — from the neck to the ankle and everything in between.

In order to provide evidence-based care and improve patient outcomes,

Vail-Summit Orthopaedics has partnered with both OBERD and eClinicalWorks to electronically collect patient health outcomes data to better serve their patients and the orthopaedic community. Through these partnerships, the practice has access to OBERD's Musculoskeletal and Quality of Life Registries to compare outcomes across nationwide data sets. The practice is also able to add to eClinicalWorks' collective research of patient outcome analytics and national health trends, which they actively apply to their current cases. Having the ability to track and compare patient outcomes data will ensure that patients are recovering effectively in comparison to national norms, improving outcomes and overall patient experience now and in the future and supporting Vail-Summit Orthopaedic Foundation's research, education and philosophies.

NEW FACES

In congruence with new initiatives for advancing their medical and community-centered practices, Vail-Summit Orthopaedics has also seen the addition of new faces and new voices that echo the practice's traditions. The newest joint replacement surgeon to join the practice, Nathan L. Cafferky, M.D., moved to the community in August 2015 and proceeded to establish a total joint surgery program. The next year, he was honored with the 2016 Vail Health Rising Star Award. This award is given every year to a doctor who has been on staff for five years or less, who exemplifies leadership, quality patient care, contributions to the community and hospital and the utilization of evidence-based medicine in daily practice.

The practice also welcomed a new chief executive officer in fall 2016, John Polikandriotis, Ph.D., M.B.A., M.P.H., F.A.C.H.E. Polikandriotis is highly trained in health care administration, with a Doctor of Philosophy in biochemistry, a Master of Business Administration in finance and health care administration and a Master of Public Health. Prior to starting his role at Vail-Summit Orthopaedics, he was the Director of Orthopaedics and Vice President of Ambulatory Operations at Children's Healthcare of Atlanta, one of the largest pediatric institutions in the country with almost one million annual patient visits.

"I was very excited to join the team at Vail-Summit Orthopaedics and the Eagle and Summit county communities as a whole," says Dr. Polikandriotis. "With this excellent group of providers and dedicated medical staff, I see a very bright future for our practice, and I'm honored to be able to take part in it."

As part of their continuing culture of advancement, the practice has expanded its spectrum of care. In addition to the

specialties and services they already offer to the area, they have added neurosurgery to their list of specialties, allowing them to better serve those suffering from nerve-related pain. They brought on highly qualified and board-certified neurosurgeon Ernest E. Braxton Jr., M.D., to continue to meet the needs of their patients and community.

"We are proud to have Dr. Braxton join us at Vail-Summit Orthopaedics," says Dr. Richard Cunningham, partner and surgeon at Vail-Summit Orthopaedics. "Having an expert neurosurgeon on our team allows us to offer specialized surgical treatment to get patients with brain, spinal and peripheral nerve injuries and conditions back to doing what they love."

Having the ability to track and compare patient outcomes data will ensure that patients are recovering effectively in comparison to national norms, **improving outcomes and overall patient experience now and in the future.**

Former Chief of Neurosurgery at the San Antonio Military Medical Center at Fort Sam Houston in Texas, Dr. Braxton joins the practice with nearly a decade of experience as a neurosurgeon. He received a medical degree from the University of Pennsylvania, a graduate degree from Carnegie Mellon University and residency training at Allegheny General Hospital, where he was Chief Resident of Neurosurgery. He is a fellow of the American Association of Neurological Surgeons and certified by The American



ERNEST E. BRAXTON JR., M.D.

Board of Neurological Surgery. Through his extensive training and experience, Dr. Braxton demonstrates the same commitment to the highest level of expertise shared by the doctors and staff at Vail-Summit Orthopaedics, making him an ideal fit at the practice and an excellent addition to the community.

COMMUNITY LEADERS

The specialists at Vail-Summit Orthopaedics are among the most experienced fellowship-trained doctors in sports medicine and orthopaedic surgery, but they don't limit their expertise to the operating room. They go beyond their role as health care providers and act as leaders in the community. You will often see them volunteering on the sidelines at local school sporting events, teaching injury prevention workshops for recreational athletes, educating Ski Patrol and first responders on orthopaedic injuries in addition to so much more. Additionally, several of the practice's doctors have been chosen to be part of the elite U.S. Ski Team and Winter Olympic Games physician group, and all providers at the practice deliver individualized care for bone, joint and muscle injuries and conditions for each and every one of their patients, from Olympians to weekend warriors.

Providing orthopaedic care to Edwards, Frisco, Vail and the surrounding areas since 1979, Vail-Summit Orthopaedics continues to be on the forefront of orthopaedic and sports medicine. This leadership over the years is not by mistake; the doctors at Vail-Summit Orthopaedics have a commitment to excellence, and they are driven by the desire to provide their patients the highest quality care. As the dedicated experts at providing sports medicine, orthopaedic trauma, joint replacement and revision and physical medicine and rehabilitation care, as well as treatment for the back, neck and spine, elbow, foot and ankle, hand and wrist, hip, knee and shoulder, the doctors and staff at Vail-Summit Orthopaedics deliver experience you can trust. **V**

GIVING BACK

Vail Health invests in the local community

OVER THE LAST FIVE YEARS, Vail Health has given back approximately \$55 million to the local community. While health care systems across the nation distribute hospital revenues to shareholders or a corporate office in another city or state, Vail Health has been dedicated to reinvesting in the following health care services here in Eagle County, where locals live, play and need them the most.



Vail Health supports Mountain Family's Health's efforts to provide care for the underserved.

HOW DOES VAIL HEALTH IMPROVE LOCAL ACCESS TO CARE?

- Expanded financial assistance policy, extending eligibility to local individuals with an annual household income up to 350% of the annually published Federal Poverty Guidelines.
- Lowered prices at urgent care clinics in Avon and Gypsum.
- Expanded the medical discount policy to allow uninsured local patients who live in Eagle County to receive 75% off their urgent care bills.
- Every Vail Health-owned service accepts Medicare, Medicaid and TRICARE for uniformed service members and their families.
- Provides charity care at all of our facilities.
- Gives \$385,000 in annual subsidies to Mountain Family Health, located in Edwards, to help provide care for our underserved locals.



HOW DOES VAIL HEALTH SUPPORT STARTING HEARTS?

- Funded by philanthropy, Vail Health has committed to place 50 Automated External Defibrillators (AEDs) across Eagle County, including seven in state patrol cars, in partnership with Starting Hearts. Through this \$100,000+ contribution, we will dramatically increase the number of public life-saving AEDs in Eagle County.

"We are so grateful to Vail Health for supporting Starting Hearts in our mission and efforts. Through a generous individual donation to the Vail Health Foundation, this partnership will help save lives and establish Eagle County as a model community for addressing America's leading cause of death."

– LYNN BLAKE, FOUNDER OF STARTING HEARTS

HOW DOES VAIL HEALTH TAKE CARE OF OUR SENIORS?

- Provides access to specialists in cardiology, endocrinology and joint replacement, for instance, as well as free programs like fall risk prevention.
- Supports Castle Peak Senior Care Community, the local experts in assisted living, long-term care and memory care. Vail Health's recent gift to their capital campaign was used to build a therapy room for rehabilitation.

HOW DOES VAIL HEALTH HELP PEOPLE WITH LIFE-LIMITING DISEASE?

- Contributes about \$34,000 annually to HomeCare & Hospice of the Valley, which provides care to individuals who are diagnosed with a life-limiting illness with a prognosis of six months or less to live.

HOW DOES VAIL HEALTH ADDRESS MENTAL HEALTH NEEDS?

- Employs two licensed, clinical social workers, who are available to patients seven days a week.
- Uses telehealth technology to confer with behavioral health specialists in Denver and Grand Junction.
- Partners with local psychologists and neurologists.
- Supports Mind Springs Health, recently donating \$200,000 to their capital campaign, which will contribute to the building of a psychiatric hospital in our region.
- East wing building expansion includes psychiatric rooms in the new Emergency Department, scheduled for completion in 2020.
- Offers medical detox.
- Contributes significant dollars to fund social detox in our community.

"The partnership between Vail Health and SPRI is groundbreaking. It brings together excellent clinicians and world-class researchers. This means our community and visitors from around the globe will receive the very best care possible."

– MIKE SHANNON, CHAIR OF VAIL HEALTH BOARD OF DIRECTORS

HOW DOES VAIL HEALTH FACILITATE RESEARCH?

- Supports the research being conducted in Vail Health Hospital through an annual donation to the Steadman Philippon Research Institute (SPRI). SPRI's scientists and physicians have expanded their research to include muscle-derived stem cell and regenerative medicine studies aimed to promote healing, slow aging and keep people active.
- Financially supports research at the Vail-Summit Orthopaedics Foundation, which focuses on the advancement of orthopaedic medicine through basic science and clinical outcomes.



A SPRI scientist conducts research in its new robotics lab in Vail Health Hospital.

HOW DOES VAIL HEALTH SUPPORT EDUCATION AND PREVENTION?

Eagle County Schools:

- Vail Health's Injury Prevention team gives out over 1,100 ski and bike helmets annually.
- Sun Safety programs for elementary school children, funded by philanthropy.
- Provides free physicals to high school athletes.
- Supports high school teams with athletic trainers at no charge.
- Partners with the Eagle County Public

School District and Walking Mountains Science Center to enhance STEM (Science, Technology, Engineering and Math) programming for local children.

Colorado Mountain College:

- Partnership with Colorado Mountain College in Edwards provides a two-year Associate of Applied Science degree in the field of surgical technology, one of the best health care support jobs in the nation.

The annual donation of Vail Health to local education and prevention programs alone is valued at \$270,000. **V**

Vail Health also supports dozens of local initiatives, groups and events throughout Eagle County, including:

- 9Health Fair
- All You Need is Heart
- Bec Tri
- Bonfils community blood drives
- Buddy Werner
- Camp 911
- Doctor talks on a variety of relevant topics throughout Eagle and Summit counties
- Eagle County Fair & Rodeo
- Eagle Outside Festival
- Eagle River Youth Coalition
- Education Foundation of Eagle County
- Gypsum Daze
- Hero Classic
- InteGreat! program serving summer lunches to local school children
- Kids Adventure Games
- LG Tri
- Rotary clubs
- Roundup River Ranch
- SOS River Ride
- Star Dancing Gala
- Vail Recreation District
- Vail Symposium
- Vail Valley Foundation
- Vail Valley Partnership
- Walking Mountains
- Wheels & Wings
- Wild West Days
- YouthPower365



Vail Health's emergency and urgent care teams provide a glimpse into the medical field for Eagle County School children.



Vail Health sends medical providers to health fairs around Eagle County to provide free or significantly reduced health care services.



WELCOME TO THE WORLD

*When babies make their way into the world too soon,
many can stay right in Vail until they are ready to go home*

BY **HEATHER HOWER**

THIRTY-TWO WEEKS PREGNANT and standing on top of Vail Mountain, Jenna Mueller thought her overall discomfort was par for the course. Who doesn't have shortness of breath, after all, at 8,150 feet above sea level with a little one taking up all that space in the womb?

Two hours after downloading from the gondola, Jenna was at the Family Birth Center at Vail Health, six centimeters dilated with baby Emma determined to make her way into the world — eight weeks before her due date. After an emergency Cesarean, four-pound, seven-ounce Emma was whisked into Vail Health's Level II Nursery, where she stayed, along with her mom, for the subsequent 34 days.



While vacationing in Vail with family over the Thanksgiving holiday, Jenna Mueller and her husband, Matt, took some baby bump photos on Vail Mountain.



Six hours later, Jenna delivered baby Emma after an emergency C-section eight weeks before her due date.

“It was wonderful. The nurses and nurse practitioners took the time to sit down and talk to us and explain things to us. They are amazing,” Jenna says.

The Muellers were visiting family over Thanksgiving and thought they had plenty of time in Vail before heading back to Chicago. Jenna didn’t know she had a septum uterus, a condition that affects roughly one percent of women. In the simplest terms, a septum uterus means there is a wall in the middle of the uterus, impacting the amount of space a fetus has to grow. It’s difficult to discover with an ultrasound, and can be a contributing factor to both miscarriages and premature births.

It’s a scary time, going into labor eight weeks before the due date, but Jenna says the staff at Vail Health turned what could have been a harrowing few weeks into a calm, comfortable time.

“They made it so much easier. They explained things about Emma, and took the time to ask about how I was doing. They genuinely care. The care was amazing,” Jenna says.





The Level II Nursery at Vail Health was set up the same time the Family Birth Center opened in 2002. It can handle babies who are born from 32 weeks on. The nook in the center of the Family Birth Center is calm and can hold up to seven babies at one time — but on average there are less than two babies there on any given day. It's considered special care, not critical care, explains Amy Lavigne, BSN, RNC-OB, C-EFM.

Not only does the Level II Nursery help babies come into their own, it helps moms and dads come into their own as parents. Vail Health doesn't rush families out right after birth — the Muellers got to stay at the hospital for the entire 34 days that Emma was there, growing,



Matt Mueller holds his new daughter, Emma.

developing and getting ready for her trip back to Illinois.

"It's really a community service," Lavigne says. Prior to the Level II Nursery opening, families would have to go to Denver with their early-arriving baby; they would be out of sorts and without their family and community support. "For us to be able to keep babies and families here in their community where their support system is, is hugely important to us as an organization."

Not only does the Level II Nursery help with pre-term babies (those who are born between 32 and 37 weeks), term babies who may be fighting an infection or need extra monitoring are also put in the Level II Nursery. The entire Family Birth Center is staffed by nurses and neonatal

nurse practitioners, many with advanced certifications that focus on neonatal care.

EXPERT CARE

The hospital is also set up to help complicated cases by employing telemedicine and tele-echocardiography with pediatric subspecialists at the Rocky Mountain Hospital for Children. This allows the baby to stay in Vail while its care team and parents consult with specialists in Denver, who can answer questions in real-time.

Many times it doesn't come to that — the babies just need to develop in their own time. These pre-term babies stay in the nursery, and parents are welcomed and encouraged to spend as much time as possible

What is a Level II Nursery?

Level II Nurseries care for babies born at less than 32 weeks gestation, as well as babies born after 32 weeks and requiring extra monitoring. These facilities offer prompt and readily available access to a full range of pediatric medical subspecialties, including neonatologists, neonatal nurses and respiratory therapists.



It's really a community service.
For us to be able to keep babies and families here in their community where **their support system is, is hugely important to us as an organization.**

AMY LAVIGNE



Matt, Jenna and Emma Mueller are now back home in Chicago, happy and healthy.



The Family Birth Center provides round-the-clock care.

with their baby. Skin-to-skin contact and breastfeeding are taught and encouraged. And moms are urged to take time for themselves and leave the hospital now and then, Jenna adds.

"I learned to just get out of the hospital. There were times I felt guilty that I should be here taking care of her. But you have to get out of those walls sometimes," Jenna says. The nurses and nurse practitioners really encouraged her to take a break.

Being in the hospital can be taxing and worrisome. The staff helped the Muellers focus on the positive and celebrate successes.

"Another thing the nurses said was to find one positive thing every day. Maybe she gained weight or she was a little more awake. It could be the smallest things, focus on those," Jenna says. "Try and look at the positives."

One huge positive is discharge day, but Jenna admits it was bittersweet.

"It felt like a long journey. It was such a happy day, but sad. I miss the nurses, though I still keep in touch. I've gotten pictures with them and Emma, so I have them for her scrapbook."

Going home as a healthy family is the ultimate goal, and Vail Health's Family Birth Center plays a big part of that for many local — and visiting — families. **V**



STORIES OF

SURVIVORSHIP

*Nayla Tawa story
by Emily Tamberino*

*Pete Roskovich story
by Kirsten Dobroth*

How does a person survive a life-threatening experience? Is it the precise way the car hits the tree? Is it the matter of time it takes to get the defibrillator? So many things need to go right in a life-or-death situation. Circumstances, the incredible resilience of the otherwise very fragile human body and, of course, an element of human will to survive play significant roles.

The two survivors in this story prevail, and while their traumatic and life-threatening experiences are dramatically different, one common element in their survival is people — villagers in a remote area of Kyrgyzstan, an old friend who knew CPR, and countless first responders, surgeons, nurses and physical therapists who restored these incredible people in the fight for their lives and got them back to the lives they love.

NAYLA TAWA

As the taxi Nayla Tawa was traveling in hit a patch of ice at 60 mph and slid off the road into a tree in a remote area of Kyrgyzstan, she wondered, "What if I get too injured to call for help and our car is never found?" She felt time slow down enough to think about how she wasn't wearing a seatbelt and should cover her face in case the windshield shattered. In a matter of seconds, Nayla's life changed forever. She recalls, "It was the loudest noise I ever heard, followed by silence."

Everyone in the vehicle was knocked unconscious, and when Nayla woke up, she was the only one who knew what had happened.

Inspired to make a film about a local Kyrgyz man's vision to better his country's economy through ski tourism, Nayla had recruited a group of friends who shared her passion for travel, adventure and service. Kevin, Jerod and Megan had arrived days earlier to explore Istanbul and Bishkek. They met up with Brandon, who was working for the Peace Corps in Kyrgyzstan and spoke the language. Nayla traveled with Doug and Adam, but when their initial flight out of LAX was delayed, they missed their connection out of Turkey. A rare snowstorm hit Istanbul, and every flight was canceled. By the

time they arrived in Kyrgyzstan, their bags were missing. They spent three days waiting for their luggage in -20 degrees. It was one of the coldest winters on record. Originally scheduled to meet up with the rest of the group for a backcountry trek to a yurt in Karakol, Doug said he had a strange

“IT WAS THE LOUDEST NOISE I EVER HEARD, FOLLOWED BY SILENCE.”

NAYLA TAWA, FILMMAKER AND ADVENTURER

feeling, as if they weren't meant to go to the yurt. But when their bags finally arrived, they pushed those feelings aside and headed for the mountains, ready for adventure.

Then the unthinkable happened — the taxi crash and a fight for life. Dragging herself out of the car, Nayla realized her extreme

pain and remembered then that she had taken her shoes off for the long ride. She had no idea that her back was broken, her sternum shattered and her right knee blown-out. In that moment, her mind was flooded by more questions. "What if someone stops, not to help, but to rob or kidnap the members of the film crew?" An acute awareness of their vulnerable position caused her some panic, but with Doug pinned to the dashboard and heavily bleeding, Adam suffering memory lapse and the taxi driver badly injured, Nayla stopped listening to the questions, and waved down a passing truck.

Thus began the initial leg of the crew's three-day rescue. Villagers gathered to help, and Nayla and her friends were taken to a nearby village hospital — a place with moldy walls, blood-stained sheets and no running water. Nobody spoke English. Knowing the country's high rate of AIDS transfer from dirty needles, Nayla and her friends adamantly denied pain medications. Pain and fear gripping her, Nayla kept uttering the only word she knew in Kyrgyz, "Rakhmat" (thank you).

Four hours after arriving at the hospital, Kevin, Jerod and Megan found them. It turned out, due to heavy snow and avalanche danger, they never made it to the yurt, and



Nayla was immobilized using duct tape and the closest thing to a backboard that could be found — a snowboard.



Nayla with Thomas Olson, one of her physical therapists at Howard Head Sports Medicine.

had returned to the city, only to be phoned by a frantic Nayla, crying for help. Brandon spoke Kyrgyz, and Kevin was a paramedic from back in the States. There was hope.

The area they were in, however, was experiencing unusually significant snowfall and couldn't be accessed by ambulance that evening. Nayla spent the night in a hallway of the hospital.

The next morning, when an ambulance arrived to take the injured to Bishkek, the capital and largest city of the Kyrgyz Republic, Kevin carefully duct taped Nayla to the closest thing he could find to a backboard — his snowboard. They were able to take her to an MRI machine across town, where they put the results on a CD that no one locally knew how to read. With a dwindling sense

of confidence in the doctors at the hospital in Bishkek, the crew decided to refuse treatment and instead went to the home of a Kyrgyz family, where Nayla stayed strapped to the snowboard on their living room floor. Back and forth on the phone with her father, Charles, a family physician in Boulder, they struggled to find a way to evacuate Nayla and her friends out of Kyrgyzstan.

As Nayla felt her body shutting down, her father, Charles, was able to arrange for an airplane to pick them up and take them to a hospital in Dubai. Nayla stayed there for 10 days before she was stable enough to return to the States. Unsure of the extent of her injuries, one doctor recommended she see Dr. Robert LaPrade, one of the world's top complex knee surgeons, in Vail.

In Boulder, Nayla consulted with various physicians and remembers feeling like every one of them had bad news. With a broken back, she was relegated to a hard brace for four months. One doctor told her she might forever walk with a limp. Unwilling to accept the prognosis, Nayla called Dr. LaPrade at The Steadman Clinic in Vail. Two days after consulting with him, she was scheduled for surgery and underwent a double-bundle PCL reconstruction, superficial MCL reconstruction and deep MCL repair. Dr. LaPrade prepared her for a year of rehabilitation, which she pursued with Howard Head Sports Medicine.

The care team in Vail told Nayla with confidence that they would get her back on her snowboard with one caveat — she had to do her part of the work. She moved to Vail to commit herself to recovery and went to physical therapy four times a day. With Howard Head located in the same building as The Steadman Clinic, Dr. LaPrade checked in on her periodically and worked in conjunction with her therapists. Despite tremendous pain, some setbacks and having to work extremely hard, Nayla stayed positive.

"I knew there was a light at the end of the tunnel, even though the tunnel was extra-long," she explained. "It made my recovery go more quickly and made the work easier."

Eleven months after her accident, Nayla strapped on her knee brace, hugged her father and headed out on a snowshoe trek into Colorado's backcountry. Since then, she has adventured all over the U.S., in the Alps, the Himalayas, the Arctic and South America. With her health intact and a new outlook on life, Nayla travels, snowboards, mountain bikes, stand up paddleboards, surfs and fights for human rights. "If we don't test our limits, we will never know how far we can go," she explained.

In 2016, Nayla returned to Kyrgyzstan to meet Hayat Tarikov, the man who originally inspired her film and the 2012 trip. Her purpose and story had evolved though. This time, she and her crew brought 1,500 pounds of donated ski equipment and trained local guides in first aid, snow science and how to travel safely in avalanche terrain. Nayla believes the accident that initially prevented her from filming has become part of a new narrative, not only for the film, but for her life. Without the experience of surviving the life-threatening crash, she wouldn't have learned as much about herself and the resiliency of the human body. With her incredible power of positivity, Nayla views Kyrgyzstan not as the country where she almost died, but as the place where her life was saved.

Nayla now travels with a Garmin InReach, the only two-way communication device that uses satellite technology to send and receive texts. She believes the InReach offers an element of safety that may have sped up her rescue from Kyrgyzstan.



Nayla teaches a young Kyrgyz girl to snowboard on her return trip to the country in 2016.

PETE ROSKOVICH

Pete Roskovich texted his wife, Linda, on the morning of March 31, 2016 and said, "Vail is awesome. 6-12 inches of fresh powder." The avid snowboarder frequents Utah's mountains, typically racking up an impressive 20-30 days annually from his home in Salisbury, Maryland. This time, he made a trip to Colorado, grabbed his nephew, Jordan, in Denver and headed to the mountains. He reached out to an old friend via Facebook, Mark Tamberino, a Vail local who Pete knew 20 years ago when Mark was a beach patroller during college in Salisbury. Pete owned a restaurant Mark frequented. It was during those days when Mark first learned CPR, a skill he hadn't needed to use since.

About an hour and a half into a great day on the mountain, while perched on Sleepytime cat track in Vail's Back Bowls, Pete told the guys he wasn't feeling well.

"We were skiing pretty hard, so I assumed it was the altitude getting to him," says Mark. "I told him to take his time, catch his breath and drink some water; we weren't in a hurry."

Mark recalled Pete telling him he had high blood pressure and felt like he was going to be sick. He was heaving when suddenly he fell forward into the snow.

"He suddenly collapsed, and I realized something was really wrong," says Mark. "I started calling his name, and he was unresponsive. I rolled him over and he didn't have a pulse, and I called 911."

As he delivered the first few details of the situation to a dispatch representative, Mark began CPR in an attempt to revive Pete. As he was in the midst of chest compressions, two bystanders skied over and offered to switch off; one was an off-duty



Pete returned to Vail's Back Bowls one year after his cardiac incident.



A reunion of the first responders who saved Pete's life: Eagle County Paramedic Services Jennie Thorne and Clarissa Quinn, Vail Health Cardiologist Dr. Jerry Greenberg, Vail Ski Patroller Ian King, Pete Roskovich, Eagle County Paramedic Services/Vail Ski Patroller Josh Mauro, Vail Ski Patrollers Caroline Stone and Matt Whalen and first responder Mark Tamberino.

emergency room physician from Denver, and the other was a good Samaritan who happened to be CPR-certified.

Within minutes, Mark saw the first ski patroller, Ian King, headed toward them. Ian, in his first year on patrol, began a response indicative of the level of training and preparedness undergone by all Vail Ski Patrollers.

"Ian called in the cavalry," recalls Mark, and almost immediately, a larger team of patrollers, ski paramedics and a cardiologist from Vail Health arrived on the scene.

Brice May, of Vail Ski Patrol, remembers the first call coming in, although the severity of the situation wasn't yet fully known.

"When we arrived, CPR was being performed by a skier, and the rest of the team set up the DEFIB, the King Airway (an airway management device) and other equipment," says Brice.

The shock from one of Vail Mountain's many automated external defibrillators (DEFIB) was key in returning a pulse. Will Dunn, a part-time Vail Ski Patrol paramedic

happened to be working that day and was able to provide an IV and administer cardiac drugs to Pete with fellow Ski Patrol paramedic Josh Mauro. Once Ski Patrol got Pete down the mountain, Eagle County Paramedic Services was waiting at the base and performed a procedure to put him in a medically-induced coma. While this is typically done in an emergency room, the procedure allowed the team to better stabilize Pete in preparation for catheterization.

Dr. Jerry Greenberg, a cardiologist at Vail Health, happened to be skiing on Vail Mountain when Pete went into cardiac arrest. He saw the incident on the run below him.

"They had closed Yonder, and the patrolman by the rope told me that there was a cardiac arrest in the area below," says Dr. Greenberg, "I notified him that I was the cardiologist that would be caring for the patient, and he put me on the back of a snowmobile down to him."

Dr. Greenberg was able to take an initial evaluation of his future patient from the team of medical personnel and ski patrollers that had returned a cardiac rhythm to Pete, who was now breathing on the back of the sled. As Pete was being evacuated from the mountain, Dr. Greenberg commandeered a Town of Vail bus to take him to Vail Health's Emergency Department, where he prepped his team and waited for Pete. Vail Health's Cardiac Catheterization Lab and its team of experts proved to be vitally important to Pete's survival.

"It was apparent he was having a very large heart attack," says Dr. Greenberg, who led the team in the Cath Lab, which had only opened a little over a year before. "We

were able to open the artery using balloons and stents, although during this timeframe he became very unstable and required multiple shocks to restore a normal heart rhythm. An intra aortic balloon pump was placed for his transport to Denver."

The ability of a paramedic group to transport a patient with an intra aortic balloon pump is highly unusual, as nationwide the normal protocol is to have a nurse or physician present during the transport. Because of the location of Vail Health and the high standard of cardiac care at the facility, Eagle County Paramedic Services staff are specially trained to be able to do that type of transport on their own in order to get high risk patients to further medical services in Denver.

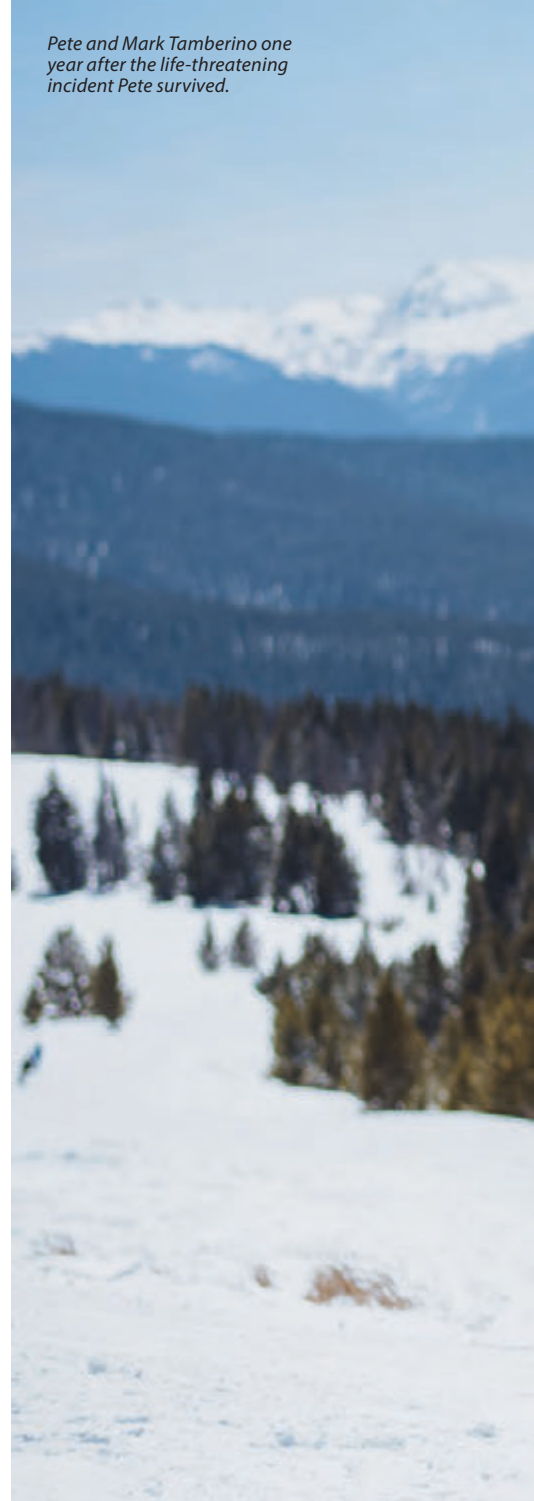
"When we opened the Cath Lab, we knew there was a possibility that we would need to put in a balloon pump and possibly transfer patients with it," said Dr. Greenberg, "And we have paramedics in the county that have been trained to be able to do it."

A day before Pete flew back home to Maryland with his wife, Linda, to rejoin their daughters, friends and other family members, Linda remarked that the people and systems in place to respond to a medical event like the one her husband underwent on Vail Mountain is likely the reason he is alive today.

"If this had happened anywhere else, at any other resort, I don't know if there would have been this same response," she says.

A large part of that credit lies with the Vail Ski Patrol, who not only quickly and efficiently mobilized a team to extract Pete from Vail Mountain, but provided the first DEFIB shock to return a cardiac rhythm to his heart.

Pete and Mark Tamberino one year after the life-threatening incident Pete survived.



Pete and his family in Maryland.

“
**PETE FLEW HOME
A WEEK AFTER
HE DIED ON THE
MOUNTAIN; IT'S
ABSOLUTELY
REMARKABLE.**

WILL DUNN, VAIL SKI PATROL PARAMEDIC



“The initial response is the reason that he’s neurologically and cardiologically intact today; that first shock was vitally important,” says Dr. Greenberg, “All the pieces and all of the training just fell perfectly into place.”


Will visited a quickly recovering Pete the following week at Presbyterian St. Luke’s in Denver. He similarly agreed that Mark’s prompt response to the Sudden Cardiac Arrest, the team approach in responding to Pete, the ability to quickly resuscitate and evacuate him from the mountain and the cardiology capabilities of Vail Health and Eagle County Paramedic Services were crucial in

providing the response that Pete received.

“There’s so much training that everyone goes through to respond to a situation like this, and we’re always asking ourselves, ‘How can we do better next time?’” says Will, “Despite doing everything right, it’s not generally the outcome that Pete had, and it’s really gratifying when all the training pays off. It’s just a testament to the amount of people we have here that are dedicated to what they do, and do it well. Pete flew home a week after he died on the mountain; it’s absolutely remarkable.”

Mark, who despite not having seen his old friend in 20 years is now bonded to him for

life, feels eternally indebted to the Valley’s emergency services teams for their expert response to Pete’s Sudden Cardiac Arrest.

“This is not just a story of being in the ‘right place at the right time,’” says Mark. “Pete is alive today because he had a team of the best working to save his life. From the Vail Ski Patrol to the Eagle County Paramedic Services to the Cath Lab team and everyone in between, these guys are trained experts and their reactions were text book. It takes incredible courage — and heart — to do their jobs, and our community is so lucky to have these guys watching out for us and taking care of us.” 

WORKING HARD,

Vail Health employee Christine Albertson, top left, and other volunteers at Roundup River Ranch, are all smiles after being "painted" by campers.



VAIL HEALTH'S CORPORATE VOLUNTEER PROGRAM
ENCOURAGES — AND PAYS — EMPLOYEES TO GIVE BACK

... BY MELANIE WONG ...

DOING GOOD

Volunteering has long been an important part of Christine Albertson's life, and an aspect that she missed after moving to Eagle County from Denver five years ago.

"I volunteered at the Children's Hospital Colorado for three years, and I really missed it," says Albertson, the community outreach and events manager at Vail Health.

She began looking for local opportunities to give back and was pleasantly surprised to find that not only did her employer encourage volunteerism, but it would pay for up to a week of her time.

Through the Vail Health Corporate Volunteer Program, 10 employees each year can volunteer for as many hours as they would work in a full week at a community nonprofit of their choice while receiving their regular hourly pay. Since the program began in 2014, more than 23 employees have participated, volunteering for organizations

such as Foresight Ski Guides, the Brain Injury Foundation of Colorado, Roundup River Ranch, First Descents and the Vail Valley Foundation.

"The goal of this program is to partner with other nonprofits in our community and connect our employees to the volunteer opportunities available to them," says Jaime Paulus, Vail Health's manager of employment. "We've found the experience enhances our employees' job satisfaction, performance attitude and morale."

The response from both the employees and the community has been very positive. The program helps Vail Health attract and retain high caliber employees who care about their community, and their nonprofit partners are assured the volunteers are empathetic and hard-working. "The feedback from our partners has been amazing — we've received handwritten cards and thank-you emails about our employees," says Paulus. "In turn, our employees come back to work rejuvenated, grateful and inspired."

Christine Albertson (far left), community outreach and events manager at Vail Health, volunteered at a week-long camp at Roundup River Ranch in June 2016.



COMMUNITY SUPERHEROES

Albertson took the opportunity to volunteer for a week in June of 2016 at Roundup River Ranch (RRR), a camp for children with serious illnesses and their families. RRR allows kids to experience the joys of summer camp along with full medical, physical and emotional support, despite their illnesses. RRR is free to all campers and their families.

"I look at where we live here in the mountains and what we all love to do and this camp gives the kids a chance to experience it all," Albertson says. "Plus, I get my kid fix. It allows the kids to be kids and forget about being sick for a week during camp. I get to be there watching them grow throughout the week."

Albertson spent the week as a counselor and camp photographer for a camp specifically for children ages 7 to 16 with heart disease. The theme of the week was "superheroes are everywhere," a concept that made a significant impact on Albertson.

"That really stuck with me," she says. "The idea that everyone can be a superhero, from the doctors, to nurses, to volunteers, right down to each child — being a superhero can be as simple as making someone smile or laugh. There was a ton of that at camp and you don't have to have super powers for that."

The fact that her presence was sponsored by Vail Health made the experience that much better and allowed Albertson to commit a full work week.

"I've never had the opportunity to take an entire week off and give my time back," she says. "I wanted to work in a job that helped people, and now I do that here at Vail Health. The fact that they go the extra mile and give us the time to go work for another nonprofit is fantastic."

Albertson was so inspired at Roundup River Ranch that she returned on her own time the following fall to volunteer at a family weekend and she plans to help at other family weekend camps in the future.

GETTING DUSTY FOR A CAUSE

The Corporate Volunteer Program also gives employees with little volunteer experience the incentive to jump in and make a bigger commitment. Joe McSwiggan, a registered nurse at Vail Valley Surgery Center, hadn't done very much volunteering work until he decided to pitch in with the Vail Valley Mountain Bike Association (VVMBA) two summers ago to help with several trail-building projects. As an avid mountain biker, he had always wanted to get involved and help bring more trails to the area.

With the support of Vail Health, McSwiggan and other volunteers helped build and repair trails on the West Avon Preserve, Cougar Ridge in Minturn and Berry Creek in Edwards. He also became trained as a trail leader, allowing him to lead groups of other volunteers for future trail work. The experience was so rewarding that he still volunteers with the VVMBA and has been involved in several other projects.

"The hospital program was a nice way to expose me to volunteering and get me out there. Getting paid to do it made it easier, and it felt good to give back to the biking community. I haven't encountered a volunteer program like this at any other hospital I've worked at," McSwiggan says.


The experience is especially rewarding in that he gets to see the results of his work when he rides, he said.

"While working on Cougar Ridge, we spent the entire weekend on this one turn. We built a huge rock wall, which involved lots of digging and manual labor, but I love going back and seeing how big of an impact we made there," he says.

HANDS ON CARE

Some employees have used their volunteer opportunity to combine extracurricular passions with their medical expertise. Simone Horness, a registered nurse at Vail Valley Surgery Center, spent a week volunteering as a camp nurse for First Descents, an organization that offers young adult cancer fighters and survivors a free outdoor adventure experience. Horness, an experienced rock climber, jumped at the chance to work at one of First Descents' rock climbing camps in Estes Park during the summer of 2015.

Fortunately, most of her work that week involved patching minor scrapes and cuts and helping campers acclimate to the altitude, but she also got to harness up and help guide campers up some routes. For Horness, it was gratifying to watch the campers experience a new sport and push their limits while feeling supported by professional guides, chefs and medical staff.



A First Descents camper rock climbs in Estes Park during one of the organization's outdoor camps for cancer fighters and survivors.



Simone Horness (far right) and her group enjoy a break from rock climbing during a First Descents camp.



IT'S REFRESHING TO GET A NEW PERSPECTIVE OUTSIDE OF THE DAILY GRIND. IT MAKES YOU HAPPY AND GRATEFUL FOR WHAT YOU HAVE.

• • • **SIMONE HORNESS** • • •

"It was amazing to see these people come from all over the country to participate in a camp with people they don't know, doing a sport they knew nothing about," she says. "They learned how to climb together, which is a bonding experience in itself. It takes a lot of trust to let someone belay you — especially someone you don't know. It makes for a positive experience and a small escape from cancer without ignoring it completely."

Horness was no stranger to volunteering — she's done nurse volunteer stints in countries such as Kenya and Haiti, but always on her own vacation time. This time, she liked the idea of contributing locally, and it was a bonus not to have to use vacation time. She feels that using her skills outside of the hospital setting helps her return to work rejuvenated and inspired.

"It's a great program," she says of the Vail Health volunteer program. "It's always been important to me as a nurse not just to use my job to make money, but also to help people. It's refreshing to get a new perspective outside of the daily grind. It makes you happy and grateful for what you have." **V**

Vail Valley Surgery Center nurse Simone Horness (also known by campers as "Tutu") gives a high five to "John Wayne," while volunteering for a First Descents rock climbing camp.



MOUNTAIN MEDICINE

at the top of the world

By the time Vail Health Hospitalist Dr. Tracee Metcalfe reached the 29,029-foot summit of Mount Everest on May 13, 2016, she had already been climbing for seven hours, most of it in the cold, dark stillness of the night. And even though she had worked as a doctor on previous high-altitude expeditions in the Himalayas and Alaska, standing on the summit of Everest put her closer than ever to the dangers of oxygen deprivation, extreme cold and physical exhaustion.

But the real test of Dr. Metcalfe's mental and physical endurance came on the descent, which proved to be even more dangerous with gear issues and colder-than-usual temperatures. And since Dr. Metcalfe climbed Everest not only as a teammate on an expedition to the mountain's summit but also as the expedition's doctor, her work wasn't complete when she safely made it back to base camp, where she tended to another climber's frostbite and offered medical services to the climbers, trekkers and expedition support crews there.

"Climbing to the summit of Everest was secondary to my role as the team's doctor," says Dr. Metcalfe. "My first priority was to take care of everyone's health on the mountain, and I had to keep myself going to do that." Dr. Metcalfe trained physically and mentally for the expedition by skinning and ski mountaineering in Vail, and her work as a hospitalist at Vail Health contributed to the skills she needed to succeed as a doctor at the top of the world.

by traci j. macnamara

Dr. Tracee Metcalfe and guide Richie cross a ladder in the icefall. PHOTO BY JACO OTTINK

AN EXPEDITION DOCTOR'S SUMMIT PATH

Dr. Metcalfe's experience as a hospitalist at Vail Health served as an early stepping-stone on her path to becoming an expedition doctor and climber on Mount Everest. As a hospitalist, Dr. Metcalfe specializes in the care of hospitalized patients. At Vail Health, it's not unusual for her to treat patients with symptoms of altitude-related illnesses, which can afflict those who have difficulty adapting to Vail's high-altitude environment. Altitude sickness can present itself in symptoms that range from mild headaches or nausea to life-threatening complications that can affect the heart and lungs.

But at an altitude of 8,150 feet, Vail isn't even half as high as Everest's South Base Camp in Nepal, which is tucked into the Himalayas at around 17,600 feet. While a gradual acclimatization plan can help ease the symptoms of altitude sickness, many people still struggle to adapt even at mildly high altitudes.

"On Everest, more is at stake medically right away," says Dr. Metcalfe. "Climbers and trekkers feel the altitude's taxing effects and get out of breath quickly. When someone has a headache or is worried about a cough, it's my job there to offer medical advice and also help others make the best decisions for their health."

In such a remote location, the consequences of altitude sickness and cold-related injuries such as frostbite can be much greater, but Dr. Metcalfe's experience working in Vail and also as an expedition doctor on Alaska's Denali, the highest peak in North America at 20,310 feet, added to medical skills that Dr. Metcalfe put to use on Everest.

Even though Vail is located conveniently along the I-70 corridor, it's still considered a remote location from a medical perspective, and patients may need to be transported to Denver by ambulance or helicopter when some types of specialized medical treatment are required. The

decision to transport a patient is a sensitive one for medical teams, who must weigh the patient's condition with risks to medical support staff and pilots who make the transport possible.

While working with climbing rangers and other mountain medical experts on Denali, Dr. Metcalfe learned more about the logistics of remote medical transport, and that experience proved helpful on her most recent Everest expedition, where she was involved in the decision to evacuate an injured climber. Beyond Everest, the experience Dr. Metcalfe gained along the way to standing on top of the mountain's summit continues to inform her decision-making process as a doctor back in Vail.

BRINGING EXTREME SKILLS HOME


While practicing remote mountain medical skills on some of the world's

highest peaks, Dr. Metcalfe added depth to the medical knowledge that she now applies to her work at Vail Health. In addition to becoming more adept at making decisions about transporting patients to other locations for specialized care, Dr. Metcalfe has learned to trust her physical examination skills.

"I have seen the extremes that the body can endure on Everest," she says. "But that doesn't make me less conservative in my care. The experience has given me a broader perspective and also allowed me to hone my exam skills. When I'm in a remote location, I'm not able to rely on advanced technology or lab results to back up my decisions. I have to rely on my clinical instinct and on my experience in those situations."

Dr. Metcalfe sees clearly how her medical skills contributed to her experience on Everest and how that experience, in turn, continues to inform her practice in Vail, but the personal impact of the journey is still unfolding.

"I don't think I've completely finished processing my experience climbing Everest," she says. "On one level, it's given me confidence to know that I can survive adverse situations, but at the same time it's also given me more appreciation for the life I have. And maybe that appreciation makes me less willing to put myself in situations as dangerous as Everest."

Dr. Metcalfe hasn't completely ruled out the adventure of being a high-altitude expedition doctor again in the future. She's got her eye on a return trip to the Himalayas, and while one climb to the summit of Everest may be enough for her, she still finds herself fascinated by other peaks that give her the opportunity to continue working in the mountain landscape she loves. 



Suspension bridge on
the approach to Everest.
PHOTO BY JACO OTTINK

OUR CROWD

» INJURY PREVENTION

Led by Injury Prevention Specialist Kim Greene, Vail Health's Injury Prevention team educated over 12,047 people on helmet and seatbelt use and fall prevention in 2016. 930 helmets were distributed through community events and ThinkFirst presentations at Eagle and Lake County schools, and 231 families received car seat education at the hospital in Vail.



LOVING THE VALLEY



» VAIL AMERICA DAYS PARADE

Vail Health staff keep people cool with popsicles and water, and protect them with sunscreen and shade at the Vail America Days parade.



« STEM TRAINING

Vail Health's Pepper Etters, PA demonstrates an airway and intubation simulation on a training mannequin for 6th-8th grade Eagle County students as part of a joint STEM (science, technology, engineering and mathematics) program with Walking Mountain Science Center.



» SUMMER RACE SERIES



« CAMP 911

ABOVE: Vail Health is a sponsor and educator at Camp 911, which introduces 9-11-year-olds to the emergency medical service agencies in Eagle County. Kids learn everything from helmet safety to self-defense and how to call 911.



LEFT: Vail Health and Howard Head Sports Medicine sponsor over 20 mountain bike, running and triathlon races each summer.

VAIL HEALTH HITS THE STREETS



Vail Health's Marketing and Foundation teams lent their helping hands to Habitat for Humanity's project in Gypsum.

« VAIL HEALTH HELPS HABITAT FOR HUMANITY

LOVING THE VALLEY

» SUN SAFETY



With the help of Vail Health's mascot, Blizzard, the Sun Safety team educates over 1,000 students in 16 local elementary schools on the importance of sun safety.



» ALL YOU NEED IS HEART



Vail Health is a presenting sponsor and provides medical staff like Dr. Jerry Greenberg (pictured above) and Dr. Dennis Lipton (pictured below) to support the Starting Hearts "All You Need is Heart" event.



» PINKTOBERFEST - BREAST CANCER AWARENESS MONTH

The Dusty Boot's Pinktoberfest helps raise awareness and funds for Shaw Cancer Center during Breast Cancer Awareness Month.

» RODEO - TOUGH ENOUGH TO WEAR PINK

Vail Health supports the Eagle County Fair & Rodeo, and is grateful for the rodeo's Tough Enough to Wear Pink night, which raises awareness and funds for Shaw Cancer Center.

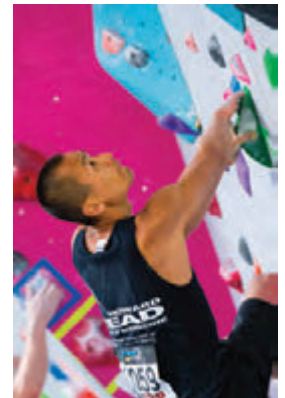


» HEALTH FAIR

Vail Health is a presenting sponsor of the 9Health Fair and provides medical screenings at no cost to participants.



« VAIL HEALTH'S ACTIVE HEALERS



Vail Health fields staff mountain bike, running, basketball, hockey and softball teams. It also supports its "active healers" at local river series, triathlons and the GoPro Mountain Games.

OUR CROWD

POWDER PUFF FOOTBALL

Eagle Valley High School's Powder Puff football team hosted a game to raise awareness and funds for Shaw Cancer Center during Breast Cancer Awareness Month.



CANCER CENTER GIFT

Edwards locals, Reese Dill and her friend, Harrison Baumer, spent their summer selling snow cones to raise funds for Shaw Cancer Center in memory of Reese's father.

THANK YOU! THANK YOU!



EAGLE COUNTY FAIR & RODEO

Logan Trujillo, 12, and Sean Keefe, 9, auctioned off a pig and a sheep they raised at a special livestock auction at the 2016 Eagle County Fair & Rodeo to raise funds for Shaw Cancer Center. With family and friends who were treated at Shaw, the boys wanted to give back and help future patients.



SONNENALP GOLF TOURNAMENT



ABOVE: Keith Landsness, Sheika Gramshammer, Johannes Faessler and Marty Moore. LEFT: John Kirchner, Vail Health President & CEO Doris Kirchner, Luke O'Brien and Lindsey Kirby.



« HIKE, WINE & DINE

CLOCKWISE, FROM TOP LEFT: Hiking for Jack's Place were Gisela Huffman, Shelly Wilcox, Sarah Giovagnoli and Walt and Betsy Seabert; Patti Nelson and Katie Anderson; Sara Charles, Drs. Gordon and Patti Hardenbergh, and Linda Pancratz; Dr. Jack Eck and Kathleen Eck; and Amy and Carter Keller.



GIVING BACK TO VAIL HEALTH

« EAGLE RIVER FIRE

The men and women from Eagle River Fire Protection District proudly wore pink shirts during Breast Cancer Awareness Month. The shirts were a reminder to Eagle County women that it is important to get a mammogram each year after age 40 - early detection is key!



THANK YOU! THANK YOU!



« EAT, DRINK & BE MANLY

Eagle River Fire Protection District, Vail Brewing Company and Rocky Mountain Taco partnered to raise awareness for prostate cancer. Eat, Drink & Be Manly raised \$1,225 for Shaw's Patient Assistance Fund.



« WHEELS & WINGS

Long-time supporters of Jack's Place, Wheels & Wings and the Vail Automotive Classic once again donated proceeds from their car auction to the cancer caring house.

» PINK IN THE RINK



« VVSC VIXENS

For four years, Eagle Pool and Ice Rink has partnered with Eagle Valley's women's hockey teams to raise awareness and funds for Shaw Cancer Center through Pink in the Rink.

Vail Valley Surgery Center once again supported Pink Vail with a staff team and generous donations of over \$20,000.



» FAMILY DINNER DANCE

More than 400 Vail Health supporters celebrated at the Family Dinner Dance Grand Finale.
CLOCKWISE, FROM TOP LEFT: 2016 Gala Honoree Dr. Jack Eck and Kathleen Eck; Elaine Kelton, Katie Bennett, Taylor Breul, Courtney Breul, VVMC Foundation Chair Art Kelton and Gabby Seeger; VVMC Board Chair Mike Shannon and Mary Sue Shannon; Kelly Shannon; Kerry and Robbie Pearson; Susanna and Tim Shannon.



The Vail Health Volunteer Corps

Contributing thousands of hours of service each year, volunteers are an important part of the Vail Health team

BY **KIMBERLY NICOLETTI**

VOLUNTEERS GIVE THEIR TIME AND CARE to so many aspects of Vail Health. From greeting the often worried families of patients and sending them in the right direction, to raising funds to help purchase new equipment, volunteers are part of Vail Health's heart and soul.

VOLUNTEER SPOTLIGHT

SHERI BALL

As a three-time cancer survivor, Sheri Ball is eager to give back. She coordinates and trains other volunteers to work in Vail Health's Emergency Department (ED), so there are plenty of people to attend to both visitors and locals with injuries and illnesses throughout the busy seasons.

"We're the hands behind the scenes," she says, explaining how volunteers provide patients with warm blankets or ice packs, run tests down to the lab and escort patients to their appointments.

She trains volunteers to not only be empathetic, but also "to have eyes in the back of our heads." That means anticipating a need and taking care of it, which ultimately takes pressure off nurses and doctors, and makes everything run efficiently.

A busy ED doesn't faze her; she evacuated aircrafts after accidents three times during her career as a flight attendant, and performed CPR three times on a plane — and once at Costco, last winter.

Her mission involves "getting people to a better place," often by talking them through whatever medical procedure they're facing and following up afterward.

"I can't give back enough," she says.

And, as she gives back, doors continue to open up for her; for instance, she was a vocalist when she lived in Seattle, and now she sings with the staff carolers at the hospital during the holidays.



The original mission of the Volunteer Corps was to run the gift shop and raise funds for life-saving equipment.

THE VOLUNTEER CORPS WAS STARTED BY PAULA WAHLE AND PAT COLE IN 1979.

THERE WERE 13 MEMBERS.

TODAY, THE VOLUNTEER CORPS IS COMPRISED OF MORE THAN **100 MEMBERS.**



ANNA POLICASTRI

Ninety-one-year-old Anna Policastri is a bundle of energy, and it comes across during every volunteer shift she staffs at the hospital's information desk.

"I'm here to serve," she says.

And serve, she does. She's not one to simply sit behind the counter; she'll hop out, in front of the desk, to greet patients as they arrive. She jokes that some people call her "Big Mouth Anna," but she goes out of her way to grab a wheelchair and extend a hand — or a hug. She's been known to briefly, and politely, close off a woman's room so a husband could help his wife, who was in a wheelchair, to use the restroom.

"She got out of her wheelchair and hugged me," Anna says about the wife. "Those are the times you've got your head down and say, 'God, I did my very best.'"

Her "best" leads her to drive 30 miles, one way, from Gypsum to Vail Health Hospital, which drew her from the moment she saw it. Ten years ago, after her husband passed away, she moved from New York City to Eagle County, where she now lives with four generations of her family. Upon her arrival, she sought out a doctor at the hospital.

"I came out of the elevator and said, 'That's where I'm going to volunteer,'" she says. "I just loved the idea of helping people find where they needed to be."

THE VOLUNTEER
CORPS HAS
RAISED OVER
\$1.5 MILLION
FOR VAIL HEALTH.

GREATEST NUMBER
OF PERSONAL
VOLUNTEER HOURS:

CURRENTLY ACTIVE
SHERI BALL LEADS
WITH **3,458**

LIFETIME FROM ALUMNA
LAURA GARBE
WITH **9,084**

SINCE 2004,
VOLUNTEERS
HAVE DONATED
166,622 HOURS
OF SERVICE.

ON AVERAGE,
VOLUNTEERS
CONTRIBUTE
A COLLECTIVE
10,000 HOURS
PER YEAR.



MELISSA SIMPSON

Twenty-five-year-old Melissa Simpson graduated in May 2017 with her associate's degree of general studies and an emphasis on patient coordination services, from Colorado Mountain College.

"I love the hospital environment, and I also love being around the patients and the nurses and being able to be a part of the medical environment," she says. "It helps me realize, 'Hey, I give back to the nurses; I help the patients; I help the doctors.' Just because I'm in a wheelchair doesn't mean I can't give back."

Melissa was born three months premature, with cerebral palsy. Her mother drives her to Vail Health every Monday, from Leadville. Other days, Melissa works as a patient services coordinator at a local dentist office.

She started volunteering after ending up in the hospital for 18 days due to pancreatitis, in 2014.

"As a patient, I felt the community made my stay comfortable, because I was in a bad place," she says. "The doctors kindly discussed what they were going to do."

Now, she tries to ease the load on doctors and nurses by restocking gloves and wipes, and generally ensuring hospital rooms are ready to accommodate patients. She also chats with patients as they walk down the hall, and greets them throughout her shift because she knows, firsthand, how important it is to feel acknowledged and affirmed.



LARRY KUNKLE

As a dentist on the Front Range, Larry Kunkle spent his adult life taking care of patients' oral health. About 14 years ago, he retired and moved to his home in Minturn, which he has owned for nearly 35 years. Then, he needed prostate surgery. Four years later, he underwent radiation at Shaw Cancer Center. "Everybody was so nice and friendly," he says about his experience as a patient at Shaw.

Now, as a volunteer at the information desk at the cancer center, he knows how far a friendly welcome, and a few clear directions, can go to make patients feel just a little more comfortable. Within his two years of volunteering at Shaw, he has come to know the doctors, nurses and staff well, and it's one of the reasons he keeps coming back to volunteer. "It's the personnel working at the Shaw," he says. "They're friendly — they'll stop by and chat at the information desk." Larry is one of the many people at Shaw who keep the heartening attitude circulating throughout the cancer center, ensuring patients see a smiling, uplifting face from the moment they walk in. **V**

MEDICAL DIRECTORY



WHILE IT'S SOMETIMES uncommon to find a wide array of medical services in a rural setting like Eagle County, Vail

Health believes in providing quality health care in the communities where our patients and their families need it the most. With over 350 physicians and advanced providers, services are offered in Eagle and Summit counties, including urgent care facilities in Gypsum and Avon, as well as specialty clinics for cardiology, endocrinology, internal medicine, cancer diagnosis and treatment, physical therapy and plastic surgery. The main campus in the heart of Vail is a Level III Trauma Center, Level II Nursery and home to some of the world's most celebrated surgeons.



Vail Health's Cardiac Catheterization & Electrophysiology Lab.

BREAST HEALTH

Sonnenalp Breast Center, Shaw Breast Center & Cancer Clinic

See Cancer Diagnostics & Care

CANCER DIAGNOSTICS & CARE

Shaw Cancer Center

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7429

Patients travel from around Colorado to receive the unique, personalized care Shaw offers in the healing setting of the Rocky Mountains. Our knowledgeable doctors and top-of-the-line equipment

help cure cancer. But it's the rest of the care—courtesy of a dietitian, exercise physiologists, genetic counselor, nurse navigator and a complimentary 12-room cancer caring house in a stunning setting—that helps our patients survive and thrive.

Shaw Cancer Center is a service of Vail Health Hospital.

Sonnenalp Breast Center—Edwards

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7690

Established in 2002, Sonnenalp Breast Center provides the most sophisticated technology available for breast imaging and diagnosis of breast cancer in the Rocky

Mountains, including 2D and 3D mammography. The Breast Center features a relaxing, spa-inspired interior in a private setting. Our knowledgeable and compassionate radiologists and mammography technologists provide the best care and expertise to guide patients in the pursuit of breast health.

Sonnenalp Breast Center is a service of Vail Health Hospital.

Jack's Place
332 Beard Creek Road
Edwards, CO 81632
(970) 569-7644

Patients traveling to Shaw Cancer Center for treatment are invited to stay with their caregiver at Jack's Place, a cancer caring house. Overlooking the spectacular Lake Creek Valley and peaks of the Sawatch Mountain Range, Jack's Place features 12 luxurious private rooms, an inviting common living area, gourmet kitchen, library, yoga studio and massage room. With a donate-what-you-can philosophy, patients and their family or caregiver are invited to take respite at Jack's for the day or overnight, while in active treatment. Jack's Place was built and funded by the Shaw Outreach Team.

Shaw Breast Center & Cancer Clinic – Frisco
323 West Main Street, Suite 101
Frisco, CO 80443
(970) 668-6400

Shaw Breast Center & Cancer Clinic in Frisco offers the latest in breast screening, including 3D mammography, in a convenient Main Street location. The clinic also offers infusion treatments and provides the greatest knowledge and compassion for patients.

Shaw Breast Center & Cancer Clinic is a service of Vail Health Hospital.

CARDIOPULMONARY

Cardiopulmonary Services

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7218

Cardiopulmonary medicine deals with the heart and lungs, specializing in respiratory care, cardiology, electroencephalography (EER) and sleep services. Cardiopulmonary Services provides diagnostic and therapeutic interventions to routine and critical care clients. Rocky Mountain Pediatric Cardiology offers a pediatric cardiology clinic at Vail Health, assisting patients with suspected or known heart disease from newborn to age 18.

CARDIOVASCULAR

Cardiovascular Center

108 S. Frontage Road W., Suite 206
Vail, CO 81657
(970) 476-1110

337 Sylvan Lake Road
Eagle, CO 81631

323 West Main Street, Suite 101
Frisco, CO 80443

Led by board-certified cardiologists, the Cardiovascular Center offers adult cardiology services, including pacemaker implants and the management of coronary heart disease, hypertension, lipid disorders, arrhythmia, valvular heart disease, cardiomyopathies and congestive heart failure.

Cardiac Diagnostics

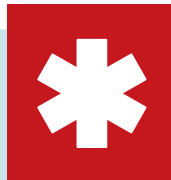
The Cardiovascular Center provides a full range of cardiac diagnostic testing, including nuclear stress testing and stress echocardiograms. In addition, echocardiography, EKGs, CT angiograms and heart rhythm monitoring services are available.

Cardiac Catheterization & Electrophysiology Lab

Vail Health's Cardiac Catheterization & Electrophysiology Lab allows cardiologists to visualize the arteries and chambers of the heart, treat abnormalities and diagnose and treat arrhythmias.

Anticoagulation Clinic

Vail Health's Anticoagulation Clinic provides convenient care for patients taking warfarin (Coumadin®), heparin and low molecular weight heparin. The staff provides assessments, reviews and adjusts medications, checks for possible drug interactions, provides patient education and guides the management of blood thinners for invasive procedures.



EMERGENCY & URGENT CARE SERVICES

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY,
CALL 911 FOR IMMEDIATE HELP

Emergency Department—Vail

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7225
Open Mon – Sun, 24 hrs/day

Vail Health's Emergency Department (ED) is a 24-hour facility staffed by board-certified emergency physicians. A Level III Trauma Center, emergency trauma care is provided to infants, pediatrics, adolescents, adults and geriatrics.

Beaver Creek Medical Center

1280 Village Road
Avon, CO 81620
(970) 949-0800
Open during ski season only

Beaver Creek Medical Center is located in Beaver Creek Village. The clinic offers emergency care services with a 12-bed treatment area, two of which are critical care. X-ray, lab services, occupational health services, wound care, orthopaedic and respiratory care are available. No appointment is needed.

Beaver Creek Medical Center is a service of Vail Health Hospital.

Urgent Care—Avon

230 Chapel Place
Avon, CO 81620
(970) 949-6100

Urgent Care—Gypsum

410 McGregor Drive
Gypsum, CO 81637
(970) 777-2800

The Urgent Cares in Avon and Gypsum are equipped to manage most emergency medical situations, including wound, orthopaedic and respiratory care. They also offer on-site x-ray and lab services such as urinalysis, quick strep, influenza, pregnancy, occult blood and glucose testing. No appointment is needed.

Skip the wait - let us know you're coming at vailhealth.org/urgent.

TREATING:

- + Abrasions, bruises, scrapes and lacerations
- + Cough, cold, fever and flu symptoms
- + Respiratory or urinary tract infections
- + Ear, eye, nose and skin infections
- + Minor burns
- + Minor fractures
- + Sprains and strains
- + Intestinal illness, including dehydration



Cardiac Rehabilitation

Cardiac Rehabilitation delivers care to individuals who have experienced a significant heart event or are involved in the maintenance and prevention of further disease. Patients are closely monitored as they follow the guidance of trained professionals to improve strength and endurance.

EAR, NOSE & THROAT

Colorado Mountain Medical

See Primary Medical Care

ENDOCRINOLOGY

322 Beard Creek Road
Edwards, CO 81632
(970) 477-5160

323 West Main Street, Suite 101
Frisco, CO 80443
(970) 668-6404

Vail Health's board-certified endocrinologists specialize in the diagnosis and treatment of adult diseases related to the hormones of the endocrine system, including diabetes, thyroid disorders, metabolic and weight disorders, menopause, osteoporosis, adrenal gland disorders and pituitary disease.

EYE CARE

Eye Center of the Rockies

www.eyecenterrockies.com
232 Broadway Street | Eagle, CO 81631 | (970) 926-7773

Eye Center of the Rockies provides eye care and ophthalmology, including medical and surgical care for cataracts, glaucoma, retina and LASIK. Providing routine eye exams for all ages, Eye Center of the Rockies also offers eyeglass prescriptions and contact lens fittings.

Not owned or operated by Vail Health.



Cardiac Rehabilitation at Vail Health.

INFUSION THERAPY

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7600

323 West Main Street, Suite 101
Frisco, CO 80443
(970) 668-6400

Shaw Cancer Center offers infusion therapy to treat an assortment of chronic and sometimes rare diseases with two convenient locations in Edwards and Frisco.

INTERNAL MEDICINE

322 Beard Creek Road
Edwards, CO 81632
(970) 477-3090

323 West Main Street, Suite 101
Frisco, CO 80443
(970) 668-6403

Vail Health's board-certified internists specialize in the prevention, diagnosis and treatment of diseases in adults of all ages. They help patients achieve optimal health, as well as manage complex or life-threatening chronic illnesses. Women's health is also a focus. No referral is necessary, and all Medicare patients and most people with health insurance can receive an Annual Wellness Visit with 100 percent of the initial costs covered and no out-of-pocket expense to the patient.

INTERNATIONAL TRAVEL & VACCINES

Traveler's Clinic

230 Chapel Place, Unit D 101
Avon, CO 81620
(970) 569-7715

Vail Health's Traveler's Clinic is a full-service provider of immunizations, travel medication prescriptions, medical advice and documentation for world travelers.

LABORATORY & BLOOD WORK

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7280

Vail Health's laboratory is accredited by the College of American Pathologists and offers comprehensive testing.

MEDICAL LIBRARY

Medical Library at Shaw Cancer Center

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7607

Free to the public, the Medical Library loans books, journals, magazines, audio books, videos and children's materials. The wide-ranging, up-to-date health care collection is open to patients and the community. The library is home to the region's only certified medical librarian and offers many personalized services, including reference, interlibrary loan and document delivery, material loans, databases and over 320 electronic journals.

OBSTETRICS/ GYNECOLOGY (OB/GYN)

Colorado Mountain Medical

See Primary Medical Care

Family Birth Center

181 West Meadow Drive
Vail, CO 81657
(970) 479-7181

Vail Health's Family Birth Center is a labor and delivery unit and Level II Nursery, equipped to handle most babies born after 32 weeks or full-term babies with health concerns. Home to pediatric specialists and neonatal nurse practitioners, the center also offers lactation counseling and childbirth classes, including natural birth seminars, breastfeeding, "I Love My Sibling," and more.

OCCUPATIONAL HEALTH AND WORKERS COMPENSATION

Occupational Health Clinic

181 West Meadow Drive
Vail, CO 81657
(970) 479-5085

230 Chapel Place, Unit D 101
Avon, CO 81620
(970) 569-7715

Occupational medicine offers services specialized to the needs of employees and employers. Common services include physical exams, drug screening, injury prevention and vaccination programs, as well as custom programs built for the particular needs of each workplace.

ORTHOPAEDICS & SPORTS MEDICINE

Howard Head Sports Medicine

See Physical Therapy

The Steadman Clinic

www.thesteadmanclinic.com

181 West Meadow Drive
Vail, CO 81657
(970) 476-1100

322 Beard Creek Road
Edwards, CO 81632
(970) 476-1100

360 Peak One Drive,
Suite 340 | Frisco, CO 80443
(970) 668-6760

The Steadman Clinic is a world-renowned orthopaedic clinic with facilities in Vail, Edwards and Frisco. Specializing in knee, hip, shoulder, elbow, hand, spine, foot and ankle

injuries, The Steadman Clinic's experience and research have led to significant advances in orthopaedics and sports medicine.

Not owned or operated by Vail Health.

Steadman Philippon Research Institute

www.sprivail.org

181 West Meadow Drive
Vail, CO 81657
(970) 479-9797

Founded in 1988 by orthopaedic surgeon Dr. J. Richard Steadman, the Steadman Philippon Research Institute is an independent, nonprofit organization, known throughout the world for its research into the causes, prevention and treatment of orthopaedic disorders.

Not owned or operated by Vail Health.

Vail-Summit Orthopaedics

www.vsortho.com

108 S. Frontage Road West,
Suite 300
Vail, CO 81657
(970) 476-7220

1140 Edwards Village II, B-105
Edwards, CO 81632
(970) 569-3240

Peak One Drive, Suite 180
Frisco, CO 80443
(970) 668-3633

Specializing in knee, shoulder, elbow, hand, spine, foot and ankle injuries, Vail-Summit Orthopaedics (VSO) was founded in 1979 and has been an active part of the community since. VSO's physicians are fellowship-trained and take an integrated approach to injury repair and healthy recovery by creating customized treatment plans.

Not owned or operated by Vail Health.



The Emergency
Department at
Vail Health.



PHARMACY

Vail Pharmacy

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7253

The only pharmacy in Vail Village, the Vail Pharmacy is located inside Vail Health Hospital. The pharmacy retails over-the-counter medications, has a wide assortment of braces and accepts prescription transfers from other pharmacies, telephone prescriptions and multiple insurance plans (insurance card needed). We also offer adult vaccines, including flu, Tdap (whooping cough), shingles and pneumonia, all administered by vaccine-certified pharmacists.

Edwards Pharmacy

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7676

Located at the Edwards Medical Campus, the full-service pharmacy accepts a wide array of insurances and offers over-the-counter medications and prescription delivery. The pharmacy also offers adult vaccines, administered by vaccine-certified pharmacists.

PHYSICAL THERAPY

Howard Head Sports Medicine

www.howardhead.org

Avon:

The Westin, 126 Riverfront Lane
Avon, CO 81620
(970) 845-9600

Beaver Creek:

1280 Village Road
Avon, CO 81620
(970) 949-5522

Open during ski season only



The Edwards Pharmacy is a full-service pharmacy inside the Shaw Pavilion.

Breckenridge:

505 South Main Street
Breckenridge, CO 80424
(970) 547-2763

Eagle:

377 Sylvan Lake Road
Eagle, CO 81631
(970) 328-6715

Edwards:

320 Beard Creek Road
Edwards, CO 81632
(970) 569-7777

Frisco:

360 Peak One Drive,
Suite 370 | Frisco, CO 80443
(970) 668-3169

Gypsum:

52 Lundgren Boulevard
Gypsum, CO 81637
(970) 777-2700

Silverthorne:

265 Tanglewood Lane
Silverthorne, CO 80498
(970) 262-0179

Vail (West Clinic):

181 West Meadow Drive
Vail, CO 81657
(970) 476-1225

Vail (East Clinic):

108 South Frontage Road West
Vail, CO 81657
(970) 479-7291

Howard Head Sports Medicine (HHSM) helps people of all abilities rebuild their body and spirit. Working closely with the world's top orthopaedic doctors and researchers, our progressive sports medicine protocols are reshaping physical therapy worldwide. HHSM offers rehabilitative, preventive and nonsurgical therapies. Services include aquatic therapy, dry needling, hand therapy, lymphedema therapy, occupational therapy, orthopaedic rehabilitation, Pilates, sports rehabilitation, total joint therapy, vestibular rehabilitation, men's and women's health and Howard Head Performance powered by EXOS.

Howard Head Sports Medicine is a service of Vail Health Hospital.

PLASTIC SURGERY

108 S. Frontage Road Road W.,
Suite 206
Vail, CO 81657
(970) 569-7656

Applying the latest innovations in plastic surgery, Vail Health specializes in cosmetic and reconstructive surgery of the face, breast and body contouring. Located in Vail.

PRIMARY MEDICAL CARE

Colorado Mountain Medical

www.cmmhealth.com

108 S. Frontage Road W., Suite 101
Vail, CO 81657
970-926-6340

50 Buck Creek Road, Suite 200
Avon, CO 81620



377 Sylvan Lake Road, Suite 210
Eagle, CO 81631

Colorado Mountain Medical is a team of primary care physicians and specialists, including ear, nose and throat; OB/GYN; pediatrics; family medicine; urology and gastroenterology. Their providers offer total family care, emphasizing wellness, as well as treatment of illness.

*Not owned or operated by
Vail Health.*

Mountain Family Health Center: Edwards

www.mountainfamily.org
320 Beard Creek Road
Edwards, CO 81632
(970) 945-2840

Mountain Family Health Center provides high-quality, integrated primary, behavioral and dental health care with special consideration for the medically underserved, regardless of ability to pay.

*Not owned or operated by
Vail Health.*

SLEEP DISORDERS

See Cardiopulmonary Services



SURGERY

Surgical Associates

181 W. Meadow Drive
Vail, CO 81657
(970) 479-5036

With some of the most respected surgeons in Colorado on our team, Vail Health is fortunate to be the



Surgery at
Vail Health.



Physical
therapy at
Howard
Head Sports
Medicine.

home of Surgical Associates. Known for their expertise in emergency and trauma care, they also specialize in general surgery, cancer detection and prevention, cancer surgery, laparoscopic surgery and wound and ostomy care.

Vail Valley Surgery Centers

181 W. Meadow Drive
Vail, CO 8165
(970) 476-8872

320 Beard Creek Road
Edwards, CO 81632

Vail Valley Surgery Centers are world-class, multi-specialty outpatient surgical centers, offering the finest state-of-the-art technology, treatment and physician expertise.

*Partially owned, but not
operated, by Vail Health.*

*For orthopaedic surgery,
see orthopaedics.*

UROLOGY

Colorado Mountain Medical

See Primary Medical Care

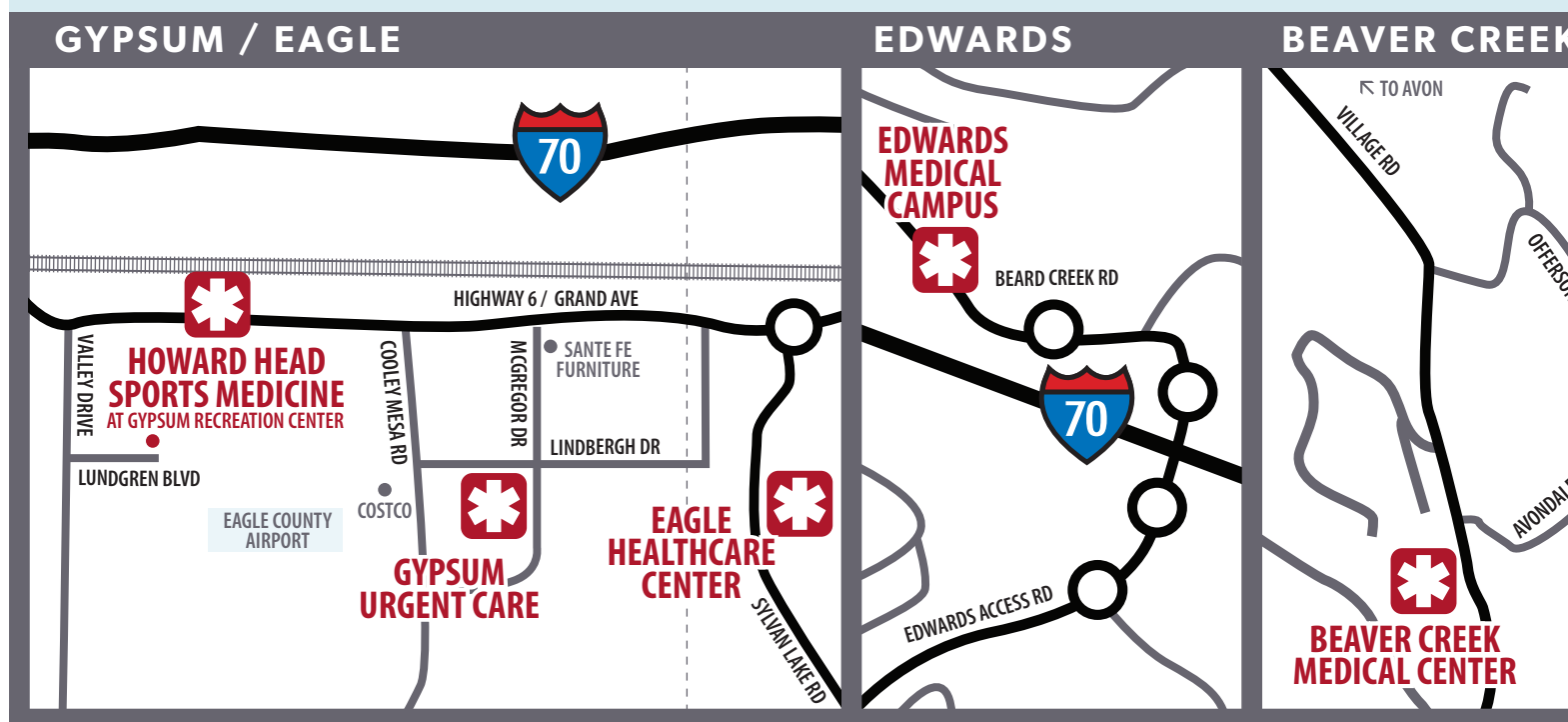
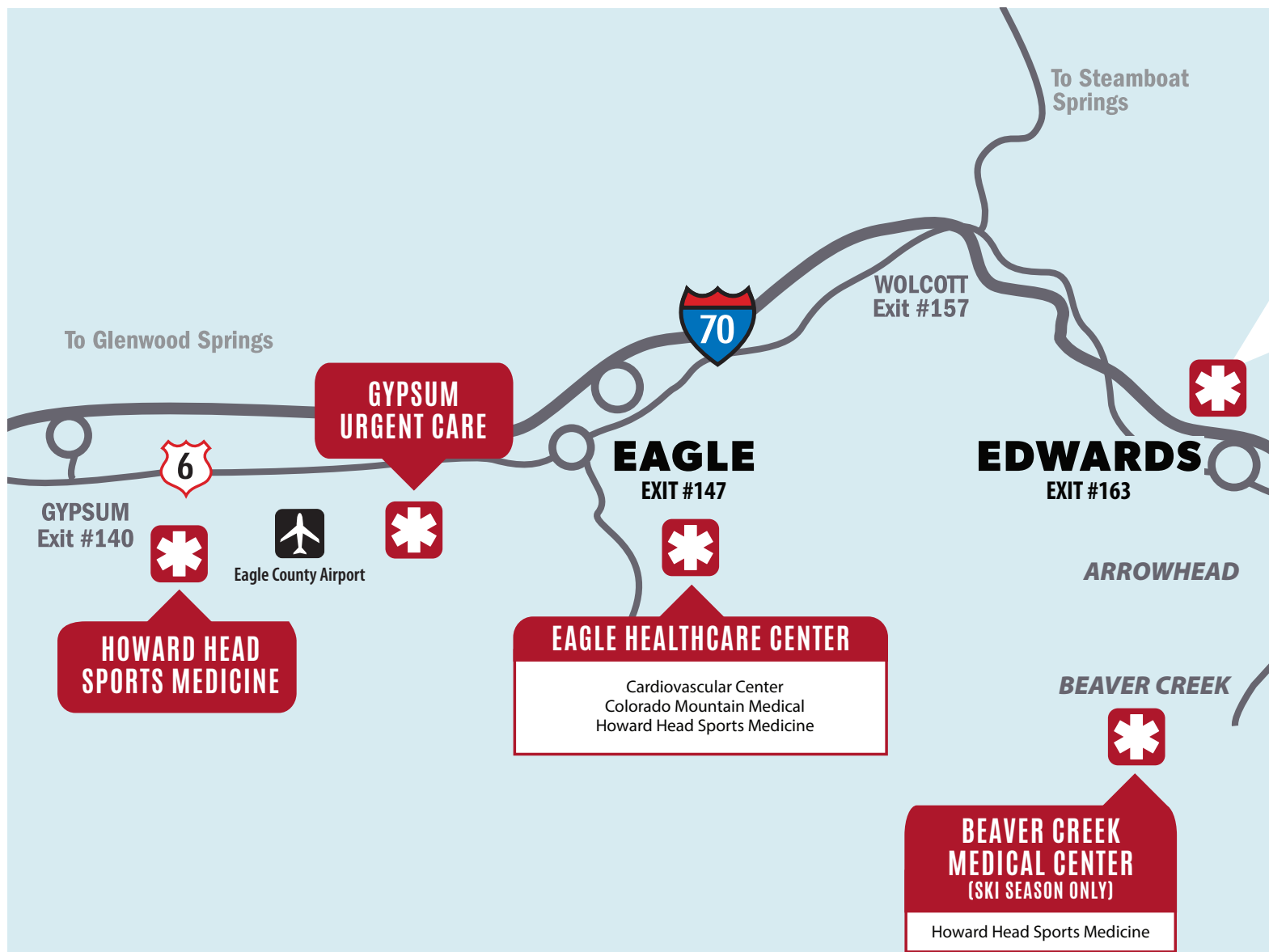
WOUND & OSTOMY CARE

Surgical Associates

181 W. Meadow Drive
Vail, CO 81657
(970) 479-5036

Using advanced wound care treatments to accelerate the healing process and maximize patient comfort, the care team specializes in burns and trauma, surgical wounds, diabetic ulcers and venous stasis ulcers, arterial ulcers and pressure ulcers. The ostomy specialist also provides expert advice and treatment options on troubleshooting, new products, support groups, practical lifestyle tips and more. Physician referral is required.





EDWARDS MEDICAL CAMPUS

Edwards Pharmacy
Endocrinology
Howard Head Sports Medicine
Internal Medicine
Jack's Place, A Cancer Caring House
Mountain Family Health Center: Edwards
Shaw Cancer Center
Sonnenalp Breast Center
The Steadman Clinic
Vail Valley Surgery Center

HOWARD HEAD SPORTS MEDICINE

BRECKENRIDGE, SILVERTHORNE, FRISCO



FRISCO SPECIALTY CLINIC

Cardiovascular Center
Endocrinology
Internal Medicine
Shaw Breast Center & Cancer Clinic



HOWARD HEAD SPORTS MEDICINE

AVON

EXIT #167

WEST VAIL

Exit #173

VAIL

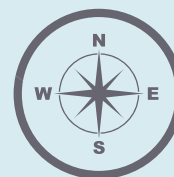
EXIT #176

EAST VAIL

Exit #180



To Denver



AVON URGENT CARE

Occupational Health
Traveler's Clinic

VAIL MEDICAL CAMPUS

Cardiopulmonary Services
Cardiovascular Center
Colorado Mountain Medical
Emergency Department
Family Birth Center
Howard Head Sports Medicine
Imaging
Laboratory
Plastic Surgery
Steadman Philippon Research Institute
Surgical Associates
The Steadman Clinic
Vail Pharmacy
Vail-Summit Orthopaedics
Vail Valley Surgery Center

AVON

VAIL

HOWARD HEAD SPORTS MEDICINE

AT THE WESTIN



AVON URGENT CARE



VAIL MEDICAL CAMPUS



FRONTAGE RD



FRONTAGE RD
FOUR SEASONS

W MEADOW DR

VAIL RD

BEAVER DAM RD

SWIFT GULCH ROAD

E. BEAVER CREEK BLVD

CITY MARKET

CHapel PLACE

SUN & SKI

LOADED JOES

E BENCHMARK RD

TO BEAVER CREEK

BEAVER CREEK VILLAGE

CENTENNIAL LIFT

The Way We Were



The Vail Clinic, which was founded in 1965, officially became "Vail Valley Medical Center" in 1980, its first year as a full-service hospital. At that time, VVMC had one primary location, 25 physicians and most of the staff could fit in one photo! Today, we are Vail Health. With locations in nine towns, 965 employees, 350 physicians and advanced providers and 100 volunteers, Vail Health has come a long way.



HOME AWAY FROM HOME

When the Shaw Outreach Team heard about a patient sleeping in his pickup truck between cancer treatments, they rallied to raise \$4 million to design and build a cancer caring house, which they would name after Dr. Jack Eck, who was instrumental in making Shaw Cancer Center possible.

Since opening in 2007, Jack's Place has provided over 10,000 nights of respite to Shaw patients and their caregivers. Thanks to the Jack's Place Endowment Fund, lodging is offered on a donate-what-you-can basis, helping patients focus on recovering from one of life's hardest battles.

LOCATED IN EDWARDS

(970) 569-7644 | VAILHEALTH.ORG





12 LOCATIONS. 9 COMMUNITIES.

1 NEW NAME.

VAIL VALLEY MEDICAL CENTER IS NOW VAIL HEALTH.

What's in a name? At Vail Health, a lot of history. What began as a seasonal clinic for skiers has grown to provide the world's most modern mountain health care. Over the last 50 years, we've expanded our services to include Shaw Cancer Center,

Howard Head Sports Medicine and partnerships with renowned orthopaedic specialists. We've always shared the same local mission and community-first vision, and now we're proud to share one new name. Vail Valley Medical Center is now Vail Health.

