



SEPTEMBER 2008

## MEN'S HEALTH

September 15 - 21 is National Prostate Cancer Awareness Week

A man's prostate gland isn't what people sit around and talk about in casual conversation very often. Consequently, not so much is known about it. Many men come to learn about it if they have a change in their urinary habits or start to have problems or discomfort.

### What is the prostate gland?

The prostate is a gland, only in males, and a part of the reproductive system. It produces semen and is located below the bladder (which stores urine) and surrounds the urethra, the tube through which urine flows. Semen is the fluid that carries sperm, released during ejaculation. Many men can go their whole lives without prostate problems or even thinking much about them. However there are some common problems. If you have symptoms you should talk to your health care provider as soon as possible.

### Common prostate problems

**Prostatitis** is a swelling or infection of the prostate, which may be caused by a bacterial infection. Sometimes the cause is not known. This condition affects about 60% of all men at some time during their life.

Symptoms of prostatitis may include: an urge to urinate often, a burning pain when you urinate, a problem starting the urine stream and dribbling after urinating, waking up often at night to urinate, a feeling of not completely emptying your bladder, pain in the lower back, in the area between your testicles and anus, in the lower belly or upper thighs, or

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Visit the TCRHCC website:  
[www.TCHEALTH.org](http://www.TCHEALTH.org)

# EAR, NOSE & THROAT

## A TCRHCC State-of-the-Art Specialty



Dr. Moller takes a microscopic look inside the ear of Maizie David of Tuba City, Tódich'í'nii (Bitter Water Clan) and Táchii'nii (Red-Running-Into-The-Water Clan).

As a Regional Referral Medical Center, Tuba City Regional Health Care Corporation (TCRHCC) has made the necessary investments in state-of-the-art technological equipment and personnel to be the premier center for otolaryngology (ear, nose and throat, abbreviated as ENT) for the western half of the Navajo area. The TCRHCC ENT Clinic is staffed by otolaryngologist Paul Moller, D.O., and a part time physicians assistant, Kathy Morris.

Otolaryngology often involves surgery of the ears, nose and throat. Most common are tonsillectomies, followed by tympanoplasty, or repair of the eardrum and middle ear, sinus surgeries, and middle ear ventilation tubes. Last year, Dr. Moller performed nearly 400 ENT surgical procedures.

The ENT Clinic is staffed by Moller or Morris, Monday through Wednesday from 8:00 a.m. to 5:00 p.m. Morris provides consultations on Thursdays. Moller performs surgery on Tuesdays and Thursdays. Field clinic services are also provided to Kayenta Service Unit. ENT works closely with TCRHCC Audiology. Audiological (hearing) exams help to determine a diagnosis and what type of surgery needs to be performed.

Dr. Moller will retire from TCRHCC and the U.S. Public Health Service at the end of 2008 after a 26-year career with IHS. He began his career with IHS as a family physician in Schurz, Nevada, in 1982. He then served as as medical director and a family physician for the Washoe Tribal Health Center in Gardnerville, Nevada. While working as a family physician Moller saw a need for ENT care that was not being met. He did his ENT residency at Doctors Hospital in Columbus, Ohio, then came to TCRHCC in 1991.

Moller will continue as a corporate employee at TCRHCC on a part time basis in 2009.

The ENT specialty is especially important in the Tuba City service area. Indigenous people of Athabaskan descent (which includes Navajos) have an increased incidence of eustachian tube dysfunction due to an absent muscle in the soft palate. (The eustachian tubes connect the inner ear with the back of the throat.) This causes more inflammation or

infections of the inner ear, tympanic membrane (eardrum) perforations, and hearing loss that results in learning disabilities. Problems with recurring ear infections and chronic draining ears are usually diagnosed by the primary care provider, generally around ages one to two. Proper diagnosis and treatment by an ENT and audiologist can prevent chronic eardrum perforation, hearing loss or speech delay. Untreated children are often misinterpreted as having a learning disability.

### What is an Otolaryngologist?

Otolaryngology (pronounced oh/toe/lair/in/goll/oh/jee) is the oldest medical specialty in the United States. Otolaryngologists are physicians trained to provide comprehensive medical and surgical care for adult and pediatric patients with diseases and disorders that affect the ears, nose and throat (ENT), the respiratory and upper alimentary systems, and related structures of the head and neck. They are commonly referred to as ENT physicians.

### ENT

**The Ears**—Hearing loss affects one in ten North Americans. The unique domain of otolaryngologists is the treatment of ear disorders. They are trained in both the medical and surgical treatment of hearing, ear infections, balance disorders, ear noise (tinnitus), nerve pain, and facial and cranial nerve disorders. Otolaryngologists also manage congenital (birth) disorders of the outer and inner ear.

**The Nose**—About 35 million people develop chronic sinusitis each year, making it one of the most common health complaints in America. Care of the nasal cavity and sinuses is one of the primary skills of otolaryngologists. Management of the nasal area includes allergies and sense of smell. Proper breathing through the nose is also part of otolaryngologists' expertise.

*Continued on page 2* ▶



**Ear, Nose & Throat,** *Continued from page 1.*

**The Throat**—Communicating (speech and singing) and eating a meal all involve this vital area. Also specific to otolaryngologists is expertise in managing diseases of the larynx (voice box) and the upper aerodigestive tract or esophagus, including voice and swallowing disorders.

**The Head and Neck**—This center of the body includes the important nerves that control sight, smell, hearing, and the face. In the head and neck area, otolaryngologists are trained to treat infectious diseases, both benign and malignant (cancerous) tumors, facial trauma, and deformities of the face. They perform both cosmetic plastic and reconstructive surgery.



**Preserve Your Hearing**

Blasting your ears with that Apple iPod or mp3 player a couple of hours every day? You need to know about **noise-induced hearing loss (NIHL)**.

Every day, you experience sound in your environment, such as the sounds from television and radio, household appliances, and traffic. Normally, these sounds are at safe levels that do not affect your hearing. However, when you are exposed to harmful noise—sounds that are too loud or loud sounds that last a long time—sensitive structures in the inner ear can be damaged, causing noise-induced hearing loss



(NIHL). These sensitive structures, called hair cells, are small sensory cells in the inner ear that convert sound energy into electrical signals that travel to the brain.

**The CEO's Corner . . .**

Ya át ééh, I hope that over the past several months, each edition of the *Healthy Directions* newsletter has helped show how Tuba City Regional Health Care Corporation is becoming an increasingly dynamic health system.

This month we are pleased to announce that after 18 months of work, Ms. Shannon Newland of Nursing Education, just received 150 infant CPR mannequins in a grant for TCRHCC from the American Heart Association. TCRHCC is in the process of planning how these mannequins could be located and utilized at each of the Chapter Houses, perhaps coordinated and monitored by the Community Health Representatives at each chapter.

Congratulations to Shannon in her efforts to increase knowledge of how to handle infant emergencies where it is needed the most.

Ahé heé,  
Joseph Engelken  
*Chief Executive Officer*



**OUR MISSION**

To provide accessible, quality, culturally sensitive health care.

**OUR VISION**

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

Once damaged, hair cells cannot grow back.

If someone else can hear the music coming from your earbuds, you have it turned up way too loud. If you listen while you work with loud machinery, for instance, don't try to pump the volume up louder than the machine – use noise-reducing earmuffs over your earbuds.

If you're listening for several hours a day, the constant barrage of sound waves damage the fragile hair

cells. Sometimes they recover (that's the temporary threshold), but many times they don't (that's noise-induced hearing loss). So cut back a bit, and take breaks on a regular basis.

Hearing loss is more common than ever before. About 16% of American adults have an impaired ability to hear speech, and more than 30% of Americans over age 20, or about 55 million people, have lost some high-frequency hearing, according to a recent study.

**What is Respiratory Therapy?**  
*A busy department crucial to patient care*

A staff of ten people in TCRHCC's Respiratory Therapy Department have busy days in a variety of functions and departments due to their knowledge of respiratory conditions and hands-on technical skills.

The lungs transfer oxygen to the blood, necessary for the life of cells and organs throughout the body. The heart pumps the blood through the entire cardiovascular system.

"We do heart and lungs," summarized TCRHCC Respiratory Department Manager David Erickson.

While respiratory therapists are considered the go-to experts in the hospital setting for respiratory care technology, their knowledge isn't limited to the equipment they use. They also understand how to apply high tech devices in the care and treatment of patients, how to assess patients to ensure the treatments are working properly, and how to make the care changes necessary to arrive at the best outcome for patients.

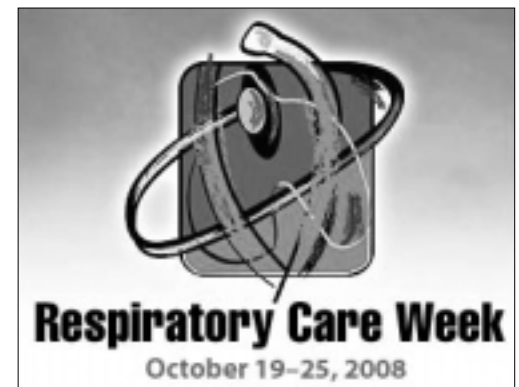
Respiratory therapists can be found working throughout the facility in various clinics and inpatient areas. A typical day for a respiratory therapist might include:

- Diagnosing lung and breathing disorders and recommending treatment methods.
- Interviewing patients and doing chest exams to determine what kind of therapy is best for their condition.
- Consulting with physicians to recommend a change in therapy based on evaluation of the patient.
- Analyzing breath, tissue, and blood specimens to determine levels of oxygen and other gases.
- Managing ventilators and artificial airway devices for patients who can't breathe normally on their own.
- Responding to Code Blue or other urgent calls for care.
- Educating patients and families about lung disease so they can maximize their recovery.

Staff turnover is low in the Respiratory Therapy Department. Three quarters of the department are Native Americans, providing crucial language skills for communicating effectively with patients.

Typical of a rural hospital, inpatient cases for respiratory therapists are higher in the winter and lower in the summer. The outpatient case load remains fairly constant. During RSV season (respiratory syncytial virus) in the winter, there is an influx of children, generally under two years of age.

Respiratory therapy technicians perform 400 - 500 EKGs per month at TCRHCC. (See photo below.)



The demand for respiratory therapists is expected to rise by 26 percent nationwide in the next ten years because of the aging baby boomers. Older people tend to suffer the most from respiratory conditions.



Marjorie Tsosie, EKG Technician, administers an electrocardiogram (EKG) to a patient. An EKG measures the electrical activity of the heart over time. The test can detect abnormal rhythms and weaknesses in the heart muscle.



# Keeping Your Appointments

*We'll be calling to remind you . . .*



*Medical Support Assistants (MSAs): bottom row, left to right - Betty Nez, Diabetes Clinic; Fern Yazzie, Adult Walk-In Clinic; Alfred Green, Jr., Diabetes Clinic; second row, left to right - Geraldine Degolie, Diabetes Clinic; Francine Montoya, Pediatric Clinic; Doreen Kiyaani, Family Medicine Clinic; third row, left to right - Everlee McCabe, Physical Therapy; Linette Howard, Adult Walk-In Clinic; top row, left to right - Gina Chimerica, Lead MSA; Melissa Kopelva, Women's Clinic.*

In an effort to help our patients at Tuba City Regional Health Care Corporation keep their appointments, the Medical Support Assistants (MSAs) in each outpatient clinic will be making reminder calls to those patients that have scheduled clinic appointments two days before their appointment date. These clinics include all of those listed at the bottom of this article.

The available openings in TCRHCC clinics usually fill up very quickly and there may be a wait in order to get an appointment, especially in specialty clinics such as Surgical, Orthopedics, & Urology. The average wait time into these specialty clinics varies from 2-1/2 weeks to 1-1/2 to 2 months.

Because of the difficulty in getting an appointment and the importance of showing up at your appointments, we will be making calls to remind our patients of their upcoming appointment. Missing an appointment will delay important healthcare as patients will then likely have to wait again until a new appointment is available.

If you as a patient know you are unable to make your appointment when you receive your reminder call, please be sure to let the caller know so they can reschedule your appointment to a later date.

**It is very important that you keep your scheduled clinic appointments. Here are some tips to help you in making sure that you can make your next appointment:**

- Keep track of your plans for the next few weeks and/or carry your planner with you to your hospital appointments.
- When the doctor lets you know that you'll be coming back to the hospital for a follow up appointment or an appointment at another clinic, make sure to wait for the clerk in the clinic to hand you your appointment slip.
- It's always OK to ask if you can change your appointment date or time to match your schedule. We want to be able to work with your schedule so that we know you can make your appointment. Please keep in mind though that your doctor may or may not be in clinic on certain days. Check with the clerk and communicate with them before they begin to schedule your appointment so you get what you want.
- Make sure to read your appointment slip thoroughly to see any notes that may have been added, i.e., changing of clinic hours, switching to daylight savings time or mountain standard time, labs that require you to come in or just a reminder to update.

If you have any questions about your appointments, you may call the clinics at the following numbers:

|                            |              |                     |              |
|----------------------------|--------------|---------------------|--------------|
| Internal/Diabetic Medicine | 928/283-2689 | Speech/Occ. Therapy | 928/283-2593 |
| Adult Walk In              | 928/283-2669 | Physical Therapy    | 928/283-2659 |
| Pediatric/ENT/Audiology    | 928/283-2679 | Dental Clinic       | 928/283-2672 |
| Women's Health Clinic      | 928/283-2460 | Radiology           | 928/283-2702 |
| Family Medicine Clinic     | 928/283-2458 | Eye Clinic          | 928/283-2748 |
| Surgical/Ortho/Urology     | 928/283-2660 | Pharmacy            | 928/283-2754 |



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

## Men's Health, Continued from page 1.

above the pubic area. Pain may be worse during bowel movements. There may be pain during or after ejaculation, or pain in the tip of the penis. Sometimes symptoms come on slowly, sometimes they start suddenly and are severe.

A doctor can often tell if you have prostatitis by asking about your symptoms or with a digital rectal exam. He or she may prescribe medicine to control pain and swelling, or to soften your stool and relax your bladder muscles.

**An enlarged prostate** is common in men over 45. It has a more technical name – BPH, or benign prostatic hyperplasia. You may hear about BPH in television commercials. The prostate may continue to grow with time. BPH is not a cancer, nor does it lead to cancer. Symptoms are similar to prostatitis – frequent urination, incomplete emptying of the bladder, a weak or interrupted stream and difficulty starting urination. Sometimes BPH and accompanying symptoms lessen on their own. Talk to your doctor or provider for treatment options.

## Prostate Cancer

Prostate cancer is a common, but usually slow growing cancer, compared to other types of cancer. Its growth is fed by, and generally depends on, male hormones. According to national studies, one in every six men will get prostate cancer, but if caught early it is nearly 100% curable. Aside from skin cancer, prostate cancer is the most commonly diagnosed cancer in American men.

Two tests are commonly used to detect prostate cancer; a blood test, the prostate specific antigen (PSA) test. A physical exam and digital rectal exam may be required. Your health care provider should start your screening annually at age 50. Men with higher risk factors, such as a family history, may want to have screening at an earlier age.

There are no noticeable symptoms of prostate cancer while it is still in the early stages, which is why screening is so critical. In more advanced stages, symptoms may include difficult or frequent urination, blood in the urine or bone pain. **In order to find prostate cancer in its most treatable form, it must be caught before symptoms appear.**

There are various options for treatment of prostate cancer. The right treatment depends on the individual case. Treatment may include surgery, radiation, hormone therapy or a combination of methods.



## Dr. Moran Honored



*Kenneth Moran, DDS, has stepped down as chairman of the TCRHCC Housing Committee after seven years of service. He was recently recognized by the Board of Directors. The plaque reads:*

### **Kenneth J. Moran, DDS**

**On behalf of the TCRHCC Board of Directors and all staff – Thank you for your dedicated, selfless work for seven years as Chairman of the TCRHCC Housing Committee**





**TUBA CITY REGIONAL HEALTH CARE CORPORATION**  
**Main Telephone Switchboard (928) 283-2501**  
**Emergencies: Call Navajo Nation Police (928) 283-3111**

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

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

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

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

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

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

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

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

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

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

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

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- HP/DP**
  - Health Promotion Program 283-1429/1420
  - Diabetes Prevention Program 283-1429/1420  
(Located on the east side of TCRHCC)

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

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

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

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- Orthopedic Clinic/Surgical** 283-2660
  - **Orthopedic Clinic**  
Tuesday: 8:00 a.m. - 5:00 p.m.,  
Thursday: 8:00 a.m. - 12:00 noon
  - **Urology, Podiatry & Surgery**  
Monday - Friday: 8:00 a.m. - 5:00 p.m.  
(Call for specific clinic times)

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

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

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

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

**TCRHCC 2008 Holidays**

October 13 - Native American Day  
(Corp. & IPA Employees)

November 11 - Veterans Day

November 27 - Thanksgiving Day

December 25 - Christmas Day

*No clinics open on holidays!*

~TCRHCC~  
**People to Know**

**Reasol Agustin, PharmD**  
*Quality Assurance Pharmacist*

Reasol came to TCRHCC in January 2007 as a staff pharmacist. She spent her youth in Maryland, her family having moved to the U.S. from the Philippines when Reasol was 11. She graduated from the University of Maryland Pharmacy School in 2005 and worked for a time before accepting a recruiting invitation to Inscription House, Kayenta and Tuba City. Deciding life in the big city was for her, she chose Tuba.



*Reasol Agustin*

Now as the quality assurance pharmacist, one of her prime responsibilities is to be sure the Pharmacy is in complete compliance with the standards of The Joint Commission.

"I like my work," she said. "Everything about it - the people, the staff. The patients are very friendly and I enjoy counseling them."

**Valerie Nicolato, RN, Adult Care Unit**

Valerie grew up in Dayton, Ohio, and graduated from nursing school at Wright State University (Dayton) in November 2007. She had researched opportunities in IHS and was interested in working in another culture and in the region of the Grand Canyon.



*Valerie Nicolato*

"This is my first big adventure," she said. "I didn't know anything about Navajo culture when I came. It's a different culture but still within the U.S."

Valerie adopted a rez dog upon arrival, and takes it hiking in her free time.

"The Grand Canyon is awesome," she said. "There's a lot I want to explore in the region, but right now I'm concentrating most on the job."

**Violet Maloney, RN, Adult Care Unit**

For her final year of nursing school at NAU, Violet received the TCRHCC Nursing Scholarship and started as an RN in March 2008.



*Violet Maloney*


Having grown up on the Hawaiian island of Oahu, Violet came to the mainland to establish state residency for college. Her paternal clan is Tsi'naajinii, Black-Streaked-Wood-People as her father is Navajo with Tuba City area roots, but she knew little about the reservation or the culture before arriving at TCRHCC.

Violet appreciates the experience and opportunities available at TCRHCC. She has taken additional courses and training.

In her free time, Violet enjoys hiking, running, camping, boating, "anything outdoor related," she said.

**Be Careful With the Energy Drinks!**

Are you downing a Rock Star in the car on the way to work, or grabbing any of the dozens of energy drinks available today for an afternoon pick-me-up? Be careful! Did you know that caffeine is the main active ingredient in many energy drinks? A 12 ounce can of the Coca Cola Classic contains 34.5 milligrams (mg.) of caffeine. A cup of drip coffee contains 145 mg. of caffeine. Many energy drinks are comparable to coffee, but a search of energy drinks showed entire cans containing as much as 500 mg. of caffeine. As with many food products, a can and a "serving" are two different things. Consuming a combined total of 300 mg. of caffeine in a day may lead to jitteriness, nausea and heart palpitations. Ingesting 1,000 mg. in a day may result in extreme symptoms such as disorganized speech, muscle tremors and heart arrhythmias. Pay attention to the amount of caffeine listed on the product label for the entire container. Monitor what else you're consuming that contains caffeine. For example, certain over-the-counter pain medications contain caffeine. Don't drink energy drinks while exercising. It can lead to severe dehydration. Mixing energy drinks with alcohol can mask how intoxicated you are and cause extreme dehydration. Most energy drinks contain sugar and sodium which can lead to problems if you have diabetes and high blood pressure.



Tuba City Regional Health Care Corporation  
**Healthy Directions**  
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 Tuba City Regional Health Care Corporation  
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