

# Health Connection

FROM YOUR FRIENDS AT PAYSON REGIONAL MEDICAL CENTER

**Health events  
in your  
hometown**

**The road to  
recovery**  
Let our rehab team  
be your guide

**Image is everything!**  
Our diagnostic center offers  
the tests you need

Visit  
Healthy Woman  
Online!  
See page 4

 **Payson Regional  
Medical Center**

[www.paysonhospital.com](http://www.paysonhospital.com)

  
**THOMSON REUTERS  
TOP HOSPITALS**  
NATIONAL  
2006, 2009

## A MESSAGE TO THE COMMUNITY



R. Chris Wolf  
Chief Executive Officer

Dear friends,

I'm reminded each day how much technology plays a vital role in providing health care to our community. Over the past 10 years, Payson Regional Medical Center has invested more than \$25 million in new technologies, expansion and services to meet our community's needs. Last year alone, we completed a \$5 million project to add

more surgical space, expand imaging services and build an annex to house a new open bore magnetic resonance imaging (MRI) scanner. Part of our new technology also includes digital mammography.

Though technology helps us deliver award-winning care, our staff and physicians make the difference. For example, a local radiologist studies all the diagnostic images generated through the Payson Outpatient Imaging Center and the hospital. To me, having someone from our community perform this important work makes a difference. It's all about having award-winning quality health care delivered by people you know—close to home.

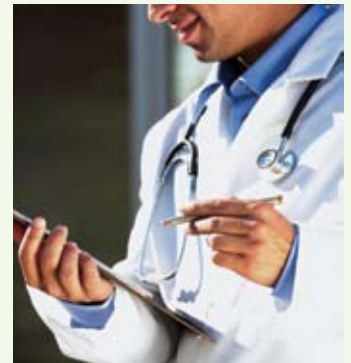
Regards,

R. CHRIS WOLF  
Chief Executive Officer  
Payson Regional Medical Center

## Finding Dr. Right

Finding a physician who's right for you and your family is an often difficult task. Who's taking new patients? Does he or she accept your insurance plan? Will you be a part of the health-care decision process? These are all important questions to ask when searching for the right health care partner.

Payson Regional Medical Center (PRMC) makes finding the right physician easier. We offer an online service that features valuable information you want to know about each physician on our medical staff at PRMC. Visit [www.paysonhospital.com](http://www.paysonhospital.com) and find the right physician today.



## Meet our new cardiologist



Payson Healthcare Specialists, part of PRMC, welcomes Sam Gillette, D.O., to our medical practice. Ask your physician for a referral, or call Payson Healthcare Specialists at (928) 472-3478.

HEALTHY WOMAN  
has moved ONLINE



Connect now  
to communicate  
with friends,  
neighbors and  
other women  
like you – in a  
whole new way!

## Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25–65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
- connect with other Healthy Woman members
- receive information about your health, relationships and life issues

To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at [www.paysonhospital.com](http://www.paysonhospital.com)

FOR QUESTIONS, E-MAIL US AT [HEALTHY\\_WOMAN@CHS.NET](mailto:HEALTHY_WOMAN@CHS.NET)



## Community Events & Programs 2010

PAYSON REGIONAL MEDICAL CENTER



*Events are held at Payson Regional Medical Center (PRMC), unless otherwise noted.*

### Prenatal Classes

Classes include labor, delivery and newborn care. Nutritious snacks are provided. Wear comfortable clothes and bring your coach. Scholarships are available.

**Call: (928) 472-1226** for information about classes, tours and preregistration

**Cost: \$15**

### Tiny Toes Maternity Program

The Tiny Toes Maternity Program helps make sure you and your baby's relationship starts off right, from the first trimester until his or her first birthday.

The best part? It's free. To join, just ask your physician or call the Tiny Toes hotline today.

**Call: (928) 472-1226** to register



### Senior Circle

Senior Circle offers daily, weekly and monthly activities for the active senior. Learn more about upcoming events, classes and lectures at [www.paysonhospital.com](http://www.paysonhospital.com).

### Diabetes Support

Participants discuss how to manage diabetes, share recipes and provide current information. Guest speakers often enhance this support group.

**When:** Fourth Monday of each month, 1–2 p.m.

**Where:** Payson Regional Health Outreach Facility, 215 N. Beeline Highway

**Call: (928) 472-9290** to register

### American Cancer Society's Look Good ... Feel Better Program

Free quality wigs, scarves, hats and turbans are provided by the American Cancer Society.

**Where:** Payson Regional Health Outreach Facility, 215 N. Beeline Highway

**Call: (928) 472-9290** for information or to register

### Lunch and Learn

PRMC's health care providers present free educational and informational health talks.

**When:** Call for a schedule of talks and times

**Where:** Payson Regional Health Outreach Facility, 215 N. Beeline Highway

**Call: (928) 472-9290** to register

## Get back in the game

### Essential therapy for full recovery

**P**ayson Regional Medical Center Rehabilitation Services can help you enjoy life again. Our caring and professional staff is dedicated to providing quality rehabilitation services that include physical therapy, speech/language therapy and occupational therapy tailored to your individual needs.

Our therapists are uniquely qualified to offer a continuum of care from an acute, inpatient treatment setting through more progressive outpatient treatments in our well-equipped clinic. Working with your physician, our therapists evaluate your personal needs to help minimize pain and disability. All physical therapy services require a physician order.



### Regain your independence

Learn more about physical therapy or make an appointment. Call (928) 472-5230 or send a message through the "Contact Us" section at [www.paysonhospital.com](http://www.paysonhospital.com).

*Health Connection* is published as a community service of Payson Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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FALL 2010



[www.paysonhospital.com](http://www.paysonhospital.com)

70PRM

# A better view of you

## PRMC's advanced imaging services

**P**ayson Regional Medical Center's (PRMC) Outpatient Diagnostic Imaging Center provides advanced technology. We take our job seriously to keep up with ever-changing technology in the field of imaging. This is why we continue to improve our services by purchasing software upgrades for our equipment and acquiring some of the newest technology in the state. We're dedicated to providing our community with the level of imaging services to meet health care needs.

### A VARIETY OF SERVICES

We proudly offer a complete line of imaging services, including:

- bone densitometry (DEXA) scanning
- computed tomography (CT) scanning
- diagnostic X-rays
- echocardiography (on PRMC campus)
- nuclear cardiac stress testing (on PRMC campus)
- nuclear medicine (on PRMC campus)
- open-bore magnetic resonance imaging (on PRMC campus)
- ultrasounds (general and vascular)



PRMC's digital CT scanner provides enhanced images in less time.

From the patient's perspective, digital mammography feels identical to conventional screenings.

### WOMEN'S BREAST CARE

Our Women's Outpatient Imaging Center offers the expertise, technology and convenience you need for complete breast health:

- digital breast imaging (mammography with MammoPad technology to provide a more comfortable experience)
- computer-aided detection mammography
- breast ultrasounds
- stereotactic breast biopsy

If your physician tells you that you need imaging, get the quality care you deserve close to home at PRMC's imaging services department. We care for you ... for life.

## **!** Get a clearer diagnosis!

When it comes to disease, early diagnosis is key to effective treatment. Make an appointment with your physician. To find a physician, call (928) 474-PRMC (7762) or visit [www.paysonhospital.com](http://www.paysonhospital.com).

