FEATURED STORY

DR. EUGENE SOMPHONE, MEDICAL DIRECTOR, ON DEMAND CARE - BEASLEY MEDIA GROUP RADIO INTERVIEW

Dr. Eugene Somphone recently visited Terrie Springs’ “Talking Solutions” program, which aired on the local Beasley Media Group radio stations (96-3 KKLZ; Old School 105.7; Star 107.9; AM 720 KDWN; 102.7 The Coyote; KCYE HD2 Channel/Radio Disney) with great information about NowClinic® and its patient-focused advantages, as well as other related healthcare technologies provided by Southwest Medical.

You can listen to the program here.

https://www.youtube.com/watch?v=5zG649rivSI
PEOPLE HELPING PEOPLE

OPTUM NV VOLUNTEER HOURS AND CONTEST

The 2015 goal has been set at 13,000 hours. Let’s keep the momentum going with volunteering! Similar to last year, sites that reach 95% of their volunteer target hours will be eligible for a drawing for a team reward such as breakfast, lunch, or an activity.

VOLUNTEER HOURS ARE NOW EASIER AND QUICKER TO LOG ON UHG’S INVOLVE OUR VOLUNTEER PROGRAM SITE.

Remember to track your hours each time you volunteer or to keep a record of your volunteer time and make entries online periodically. We recommend tracking your hours on Involve as soon as possible after volunteering to ensure an accurate record. All volunteer hours are eligible for tracking, including time spent volunteering on personal time through school, church, or other nonprofit organizations, as well as any hours spent actively participating in company-sponsored volunteer events.

STEPS TO TAKE:
2. Click on the blue box “Track Hours.”
3. Select one of your activities from the drop-down box or click on “Add New Activity.” In the opportunity drop-down box, you will see a list of all activities you have previously entered. If you are adding hours to a recurring activity, you can click on that activity and add the hours without having to add a new activity.
4. Click on “Add New Activity” and follow steps 1 through 3 to track a new activity. You can search for the organization where you volunteer to easily log your hours or click a link to manually record your activity. You will need to provide information about the volunteer event and organization to add hours for opportunities you did not find on Involve Our Volunteer program.
5. You can also track your volunteer hours at any time from any location! MobileMatch, a mobile web app, serves as an extension of VolunteerMatch’s website.
6. Volunteers can search and sign up for opportunities from their smartphones and log their hours, simply by opening the web browser on their device to https://unitedhealthgroup.volunteermatch.org. For a tutorial on MobileMatch, click here. DO NOT FORGET TO LOG YOUR VOLUNTEER HOURS!
## JANUARY- JUNE YTD

<table>
<thead>
<tr>
<th>Location</th>
<th>Grand Total Hrs Logged for Site</th>
<th>Hrs Remaining for Site to Reach Target</th>
<th>Total Hr Target for Site</th>
<th>% to Target</th>
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<tbody>
<tr>
<td>NV001 - THC</td>
<td>303</td>
<td>97</td>
<td>400</td>
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<tr>
<td>NV007/NV063- Siena Heights/ Lake Mead Clinics</td>
<td>368</td>
<td>412</td>
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<td>NV009 - 2300 W. Charleston</td>
<td>375</td>
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<td>NV011 - 2316 W. Charleston</td>
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<td>NV017/NV018/NV019/NV022 - Tenaya Campus</td>
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<td>1,738</td>
<td>2,150</td>
<td>19%</td>
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<tr>
<td>NV016/NV013 - Tenaya &amp; Summerlin</td>
<td>315</td>
<td>595</td>
<td>910</td>
<td>35%</td>
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<tr>
<td>NV026 - South Eastern Clinic</td>
<td>96</td>
<td>814</td>
<td>910</td>
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<tr>
<td>NV028/NV044 - West Flamingo</td>
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<td>336</td>
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<td>NV029 &amp; NV037 - Nellis</td>
<td>227</td>
<td>543</td>
<td>770</td>
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<tr>
<td>NV031 - 888 W. Rancho</td>
<td>208</td>
<td>832</td>
<td>1,040</td>
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<tr>
<td>NV032 - 900 S. Rancho</td>
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<td>706</td>
<td>780</td>
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<tr>
<td>NV041 - Montecito</td>
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<td>437</td>
<td>520</td>
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<td>NV048 - FHH/FHS</td>
<td>212</td>
<td>1,738</td>
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<td>NV051/NV057 - Lifestyle Centers</td>
<td>40</td>
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<td>NV064 - Pahrump</td>
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<td>74</td>
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<td>NV023/NV024/NV036/NV043/NV050/NV055/NV0102 - NV Medical Services</td>
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<td>190</td>
<td>190</td>
<td>0%</td>
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<td>NV052/NV060/NV061/NV070/NV065 - E. Craig, Civic Center &amp; CCC Clinics</td>
<td>243</td>
<td>17</td>
<td>260</td>
<td>93%</td>
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<td><strong>Total:</strong></td>
<td><strong>3,401</strong></td>
<td><strong>9,599</strong></td>
<td><strong>13,000</strong></td>
<td><strong>26%</strong></td>
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It is always gratifying when someone’s dedication is recognized. That is why we were so happy to share the news that Linda Rittenburg, RN (and our Director of Specialty Care and Imaging Services) was one of the top three finalists in the Nurse Category for the Clark County Medical Society Winged Heart Awards.

KTNV-TV 13 anchor/reporter Beth Fisher interviewed Linda Rittenburg for the station’s ongoing “Positively Las Vegas” news segment, which features positive news from the Las Vegas community. Beth Fisher spoke to Linda about her nomination for the Clark County Medical Society Winged Heart Awards.

They also discussed her work at Southwest Medical and in the community, with a focus on Southwest Medical’s Automated External Defibrillator (AED) device placement and the life that it saved.

https://www.youtube.com/watch?v=IFo3B9WUql0

Partnering with the ACE department, the GI department recently became the first specialty clinic at SMA to complete a Value Stream Mapping (VSM) event. The VSM is a visual tool that shows the process the patient goes through to receive their services. It is created after the event team completes multiple days of direct observations in the clinic; watching what is actually happening with the patients in real time. The observational data is gathered and the VSM is drawn. Then, most importantly, opportunities for improvement are identified and called out on the VSM.

The GI department will be focusing on creating standard work for the rooming and discharge processes to ensure the patients receive the highest quality service every time they visit the clinic. We are excited for the next several months and making our processes work Better. For Everyone.

To view a one-minute video recap of the week click here. To download the presentation click here.
VSM EVENT
Is mindful eating the next new “diet” craze for weight loss? Emerging evidence suggests there is a link between the amount of calories consumed and how mindful we are about eating those calories. Practicing mindful eating techniques could be a way to aid in weight loss efforts.

Reports now show more than two thirds of Americans are overweight or obese with the number of obese adults greater than those who are merely overweight (1). This epidemic is directly related to food choices and oversized servings of foods. Many individuals are unaware of the amount of food they actually consume due to not measuring servings or just eating mindlessly.

Eating mindlessly encompasses many habits that are commonly practiced such as eating while driving, watching television, working on the computer or snacking on foods that are left out for easy grabbing.

A recent study done by Suzanne Higgs showed that inattention to eating at meal time, by focusing on either television or video games, led to greater snack intake later on. Meal memory was also impaired which implies participants did not remember exactly how much or what was eaten at meal time (2). When trying to lose weight, challenges can become evident if the individual does not remember meals and has larger snacks because of this.

Mindful eating practices have been shown to be effective with weight loss, decreasing overall caloric intake and feelings of self-efficacy during weight loss. A study by Timmerman, et al, found participants practicing behavior change along with mindful eating lost significantly more weight in a 6 week period than those participants who only practiced behavior change (3). The mindful eating participants also had better success with healthier choices and fewer calories at restaurants. Successful weight loss could be greatly enhanced by mindful eating.
Mindful eating is a fairly new concept and encompasses a few strategies to aid in weight loss efforts.

1. **RATE YOUR HUNGER**
   Rate your hunger prior to eating and ask a few questions: Are you hungry or bored/sad/happy or another emotion besides hunger? How hungry are you on a scale of 1-10?

2. **KEEP A FOOD JOURNAL**
   Keep a food journal that is accurate and timely. Record foods as they are eaten and measure all portions with measuring cups, spoons or a scale.

3. **PLAN MEALS**
   Plan all meals and snacks. Do not eat foods that are not planned or just show up at work or home.

4. **DO NOT EAT WHILE DISTRACTED**
   Do not eat in front of the TV, computer, while playing video games, driving or doing anything else besides eating.

5. **TAKE YOUR TIME**
   Take your time to enjoy meals. Meals should last 20-30 minutes. Chew foods well and take the time to taste them. Always remember, it takes 20 minutes for your brain to register being full. Take your time to eat and enjoy your foods, feeding your brain and your stomach. You may see greater success with your weight.

Respectfully submitted by: Lacy Puttuck, MS, RD, LD, CISSN, CSCS Health, Education and Wellness (HEW).
To learn more about this topic or additional health topics, please call the HEW scheduling line at 702-877-5356 or visit MyHEWOnline.com.

**References:**

DIET, NUTRITION, PHYSICAL ACTIVITY AND LIVER CANCER

The American Cancer Society’s estimates for primary liver cancer and intrahepatic bile duct cancer in the United States for 2015 are that approximately 35,660 new cases will be diagnosed and 24,550 people will die of these cancers. The number of new cases is on the increase. Statistics show that the disease is more common in men than women. The risk of developing liver cancer increases with age and is highest in people over the age of 75. Some of the main causes of liver cancer include having cirrhosis of the liver, chronic viral hepatitis, and smoking. There is a further increase in risk among smokers who also have hepatitis B or hepatitis C virus infection and among smokers who consume large amounts of alcohol.

It is often hard to find liver cancer early as symptoms do not manifest in the early stages of the disease; therefore, it is usually advanced by the time of diagnosis. There are no widely recommended screening tests for people who are not at increased risk. Some of the most common symptoms of liver cancer include unintentional weight loss, loss of appetite, early satiety, nausea or vomiting, an enlarged liver which is felt under the ribs on the right side, an enlarged spleen which is felt as a mass under the ribs on the left side, pain in the abdomen or near the right shoulder blade, swelling or fluid build-up in the abdomen, itching, and yellowing of the skin and eyes (jaundice).

The World Cancer Research Fund International’s Continuous Update Project – the world’s largest source of scientific research on cancer prevention and survivorship through diet, weight and physical activity – analyzed worldwide research on how certain lifestyle factors affect the risk of developing liver cancer. Below are some of the new findings.

It should be noted that liver cancer has now been added to the list of cancers linked to excess weight.

The World Cancer Research Fund International’s Continuous Update Project – the world’s largest source of scientific research on cancer prevention and survivorship through diet, weight and physical activity – analyzed worldwide research on how certain lifestyle factors affect the risk of developing liver cancer. Below are some of the new findings.

The CONTINUOUS UPDATE PROJECT FINDINGS

• There is strong evidence that being overweight or obese is a cause of liver cancer. This was assessed using body mass index (BMI).

• There is strong evidence that consuming approximately three or more alcoholic drinks a day is a cause of liver cancer. However, because lower levels of alcohol increase risk for other cancers, such as breast and esophageal cancers, it is recommended that women limit themselves to one drink per day and men to two drinks per day.

• There is strong evidence that drinking coffee is linked to a decreased risk of liver cancer. Coffee does contain a variety of naturally occurring compounds that are currently being studied for their anti-cancer potential. It is not yet possible to determine the amount or style of preparation that provides the most protection.

• There is strong evidence that foods containing aflatoxins are a cause of liver cancer. This is a poison from a fungus that grows on improperly stored grains and nuts, particularly in the developing world.

• It is possible that both physical activity and fish consumption may decrease the risk of liver cancer, but more research is needed at this time for confirmation.

Respectfully submitted by: Suzanne Rogers, MEd, RD, LD, Health, Education and Wellness (HEW). To learn more about this topic or additional health topics, please call the HEW Scheduling line at 702-877-5356 or visit MyHEWOnline.com.
EVENTS & COMMUNITY FOOTPRINT
AMERICAN RED CROSS - BLOOD DRIVE AT W. CHARLESTON

On July 2, 2015, our W. Charleston health care center hosted the American Red Cross Blood Drive, sponsored by Fox 5, to help save lives. Donors included staff members and people throughout the community wanting to contribute.

There were a total of 87 presenting donors and 70 pints collected which will save the lives of 210 patients!

Thank you to all who participated!
UNITED BLOOD SERVICES - BLOOD DRIVE AT SUNRISE MARKETPLACE

On June 11, 2015 the ECC Nellis at Sunrise Marketplace sponsored their 5th Blood Drive to help save lives. April Rand, PCC for OB/GYN and pediatrics coordinated this event. Donors included staff members from Nellis adult medicine, OB/GYN and pediatrics and also from our Civic Center pediatrics, adult medicine and urgent care.

Below is a letter from Nancy Dewey, United Blood Services, outlining our success. Our 6th blood drive will be held in December.

Hi Ms. April,

Thank you so much for hosting the blood drive at Southwest Medical Associates yesterday. It was an amazing drive!!

We had 20 donors signed in, four of them were not able to donate and one of them donated a double. We had 16 successful donors and 17 total units collected which will save the lives of 51 patients!

Thank you, April, for being our partner and for caring about your community. What a pleasure to be able to work with you.
UNITED BLOOD SERVICES - BLOOD DRIVE AT CORPORATE

On June 15, corporate sponsored a Blood Drive to help save lives. Donors included staff members from Optum and UnitedHealthcare. They all received some fun donations and the opportunity to wear jeans on July 31.

There were a total of 45 presenting donors, 37 successful donors and 39 blood donations collected! Each successful donor can help save the lives of up to three people. With your support and everyone who participated, we will be able to impact the lives of up to 111 hospital patients and their families!

NEVADA DIABETES ASSOCIATION - DCAF CONNECTIONS (DIABETES IN CHILDREN & FAMILIES)
JUNE 19 - NORTHWEST ECC

Enjoying a little SNOW in June – it’s never a bad thing.

JUNE 16 - FHS/FHH AT THE LAS VEGAS RESCUE MISSION

Dani Dozier, Marie Sullivan, Kristi Huss and fellow ECC volunteers helped serve 540 meals to the valley’s homeless. The experience was excellent and very fulfilling!
JUNE 12 - MONTECITO - FLAG DAY BBQ

Thanks to the awesome team:
Silvia, Mary and Linda - for the decorations; Anabel - for the pictures; Linda, Michele and Karrin - for the games and yummy prizes; the gentlemen who helped with the heavy lifting and BIG THANKS to the COOK, Karrin! Thanks to everyone who came out and endured a little heat, played games and ate.
KUDOS TO YOU

SMA

A patient shared with management the superior treatment she received from the staff at SMA. She feels that everyone from the customer service reps, to the operators, to the clinic staff have been very professional and kind. She was very happy to be referred to such a “classy place!” Congratulations to all of you!

CALL CENTER, W. CHARLESTON, SIENA HEIGHTS & SURGERY CENTER

• A patient called to give a huge “shout out” compliment to our departments and employees. The patient has had multiple medical issues that resulted in surgeries and she said that the Southwest Medical Associates staff made the process so seamless. The patient said that the call center staff was very professional and kind and went above and beyond the call of duty to assist her with her needs.

• A patient said that her provider, APRN Candy Lin, is a fantastic provider and her nurse, Helen, has always returned her calls within 24 hours and is very attentive to her needs.

• Another patient wanted Southwest Medical Associates management to know that APN Sondra McCall was very kind and that she made sure that she was seen by Dr. Tanita who is amazing and very thorough. Dr. Tanita personally called the patient to follow-up with her care after discharge. The patient wanted to also give a KUDOS to the anesthesiologist who took care of her during surgery for being professional and kind.

• One patient was very pleased with the level of customer service she received at Southwest Medical Associates.
NEW PROVIDERS

WELCOME NEW PROVIDERS

STEPHANIE ASHMAN, MD – Medical Management and Primary Care at N. Tenaya
JEANA BEAVERS, APRN – Primary Care at Nellis inside Sunrise Marketplace
CASEY BURCHILL, DPM – Podiatry at W. Charleston
CANDANCE LEAPHART – St. Cloud, DO - OB at Siena Heights
LAUREN MAXHAM, MD – Primary Care at Montecito
KHURSHEEDA PATHAN, MD – Peds at Nellis inside Sunrise Marketplace
TANISHA POWELL, MD – Peds at Siena Heights
JOSELITO SAN JOSE, APRN – CarePlus
CORI SAVILLE, APRN – CarePlus
CHAORUI TIAN, MD – Gastro at W. Charleston
ALVIN UCAB, APRN – Primary Care at N. Tenaya
ELENA ZALAN, PAC – Convenient Care at Valle Verde

DATES TO REMEMBER

UHG CAREER DEVELOPMENT DAYS – August 20 & 27, September 13 & 17
2015 VITAL SIGNS SURVEY DATES – September 1-22