

HEALTH & WELLNESS

HEALTH BRIEFS SENTINEL STAFF

Doctor named cancer liaison physician

Dr. Gregory Chipman of Grand Junction recently received a 3-year appointment as cancer liaison physician for St. Mary's Hospital's cancer center.

Cancer liaison physicians are an integral part of cancer programs accredited by the American College of Surgeons' Commission on Cancer.

Chipman is part of a national network of more than 1,600 volunteer physicians responsible for providing leadership and direction to establish, maintain and support cancer programs.

Chipman, who has a significant interest in the diagnosis and treatment of patients with malignant diseases, is a member of the multidisciplinary cancer committee at St. Mary's Hospital. Cancer liaison physicians are responsible for spearheading Commission on Cancer initiatives within their cancer program, collaborating with agencies, such as the American Cancer Society, and facilitating quality improvement initiatives utilizing data submitted to the National Cancer Database.

Advanced care planning symposium set

Communicating end-of-life wishes to loved ones, appointing a health care power of attorney and addressing legal issues are just a few of the seminars scheduled for the advance care planning symposium.

The event will be from 8 a.m. to 3 p.m. April 16 at the Saccomano Education Center at St. Mary's Hospital.

Cost is \$10 per person and includes lunch.

To register, call 211 by April 12. Seating is limited, and reservations are required.

Rocky Mountain Health Plans will be available for health care providers.

April 16 is National Health Care Decisions Day, a national grass roots initiative to encourage individuals to express their health care wishes through conversations and the completion of advance directives.

For more information, go to www.hospicewco.com.

Vision month: Protect your eyes

March is Save Your Vision Month. The American Optometric Association reports that visual discomfort, eye strain and eye injuries in the workplace cost billions in lost worker productivity each year.

Safety experts and doctors of optometry agree that 90 percent of all eye and vision injuries could be prevented with simple safety steps, such as wearing properly designed and fitted protective eyewear, according to Dr. Andrew J. Werner of Advanced Vision Care in Clifton.

The eye protection chosen depends on the nature and extent of the hazard, the circumstances of exposure, other protective equipment used and personal vision needs.

Simple tips to reduce the symptoms of computer vision syndrome include increasing the font size on your device so that it can be used at a distance that is more comfortable for your eyes.

Try holding the screen to reduce glare, and reduce your overall usage time.

Follow the 20-20-20 rule. For every 20 minutes spent on a computer or portable electronic device, take a 20-second break and look at something 20 feet away.

SNEEZE:

► Continued from facing page

the changing work force, found that 63 percent received at least five paid days off per year for personal illness. Low earners were much less likely to receive that number, which has been on a downward trend since 1997.

"More than half the work force says their employers call them at times when they're not supposed to be working, on a pretty regular basis," said Ellen Galinsky, the group's president and co-founder.

But even those who set their own sick policies feel crunched. Gina Kazimir has an online communications firm in Bel

Air, Md., and prides herself on speedy service.

"I don't take ANY days off. Even when I had swine flu I checked e-mail at least once or twice a day — and I was so sick I could barely shower," she said. "Vacations are a challenge. I usually make sure I have some wireless access just in case."

Her availability to clients is expected, she said, "but I'm not sure that it increases productivity. It's definitely bad for being sick."

Unplugging when sick is also worse for Elie Rosenfeld in Teaneck, N.J. He heads a small niche advertising agency in nearby New York City. Not

States ranked for health spending

Trust for America's Health and the Robert Wood Johnson Foundation released a new study that ranks Colorado 28th out of 50 states in the amount of federal funding received from the U.S. Centers for Disease Control and Prevention to support state disease and injury prevention programs in fiscal year 2009.

According to the study, "Shortchanging America's Health: A State-By-State Look at Public Health Funding in the United States," Colorado received \$19.59 per person or a total of \$98,459,583, which is above average for the Western region.

The report found that overall federal spending for public health has been virtually flat for nearly five years, at \$19.23 per person. It has not kept pace with inflation.

States in the Midwest received the least amount of federal funding for public health at \$16.50 per person. Northeastern states received the highest amount, at \$19.80 per person. Western states received \$19.22 per person, while Southern states received \$19.75 per person.

Approximately 75 percent of CDC's budget is distributed through grants or cooperative agreements to states and communities to support programs to prevent diseases and prepare for health disasters.

Aid to disabled adults, seniors provided

Adult Resources for Care and Help (ARCH) is a program administered through the Adult Services Division of the Department of Human Services.

The program intends to be a "one-stop shop" for resources for disabled adults and seniors.

With the opening of the new Community Services West DHS office in Fruita, these services will be offered to residents in the west end of the valley. Services are offered from 8 a.m. to 5 p.m. the first and fourth Thursday of each month at the new DHS Fruita office, 215 N. Plum St.

The program assists disabled adults and seniors exploring options for long-term care services.

For more information, contact Jeremy Kuebler, ARCH resource specialist, at 248-2746.

An ARCH resource specialist will be able to discuss concerns, needs and help answer questions. The specialist can also make referrals for services, identify resources and assist with the application process.

Take Steps Walk fundraising set to begin

A rally for the Rocky Mountain Chapter of the Take Steps Walk for Crohn's & Colitis Foundation will be from 6-8 p.m. March 16 at Kannah Creek Brewing Company, 1960 N. 12th St.

Teams and individuals may sign up at the event. The walk will be at 6:30 p.m. May 22 at Canyon View Park.

Thousands of Americans across the country will participate in Take Steps Walks on that day to help to raise awareness and research funds for Crohn's disease and ulcerative colitis programs.

Crohn's and colitis are digestive diseases and affect more than 1.4 million Americans.

Those participating will receive information, including all the necessary fundraising tools. Each registrant will receive a free Web page to use for fundraising support, fundraising advice and assistance and banners for social networking sites.

knowing what's going on at the office "would drive me nuts," he said, so he managed a few hours of work each day during a recent bout of strep.

"I don't even tell some clients that I'm away," he said. "I generally don't expect employees to be connected the way I am, but I like them to check e-mail, etc., to be sure there isn't something being missed."

The rise of mobile devices and computing systems that allow people to work remotely make it easier to keep the work flowing from sickbeds.

"What it comes down to is a need to refine corporate policy," said Cary Landis, chief execu-

tive of Virtual Global, a Morgantown, W.Va., provider of "cloud computing" systems that help employees work at home. "Managers and HR executives need to take a look at those policies to make sure that we're getting the most out of it without tying a virtual rope around people who are home sick or on vacation."

Galinsky, of the Families and Work Institute, agreed.

"Work is a marathon. We keep running harder and faster," she said. "What we know from research is that work is really much more like interval training. You need time for reset and recovery."



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- Dr. Phil Mohler, Family Practitioner

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