

November is American Diabetes Month

DIABETES is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

SYMPTOMS OF DIABETES MAY INCLUDE:

- Increased urine output
- Excessive thirst
- Weight loss
- Hunger
- Fatigue
- Skin problems
- Slow healing wounds
- Yeast infections
- Tingling or numbness in the feet or toes

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

TO HELP PREVENT TYPE 2 DIABETES:

- Watch your weight
- Get regular checkups
- Eat healthy
- Get more physical activity

If you think you may have prediabetes or diabetes contact your healthcare provider. Ask your provider about Diabetic

Education classes offered by NBMC Care Management.



CONGRATULATIONS TO OUR NOVEMBER EMPLOYEE OF THE MONTH



Lindsay has been with NBMC for 2 years. She is a true professional who is very helpful, has an

amazing attitude and is always striving to learn new skills. Lindsay is an understanding and compassionate person whose working relationships with co-workers and patients set the bar for others. She is an absolute asset to Dr. Markelov's office and NBMC.

VACCINE ACCOUNTING EXCELLENCE RECOGNITION FOR COOS BAY CLINIC

CONGRATULATIONS to the NBMC Coos Bay Clinic for achieving vaccine accounting excellence. They were a Gold Level performer among Vaccine For Children (VFC) clinics. To achieve the gold category clinics must have met or exceeded the 95% inventory accountability standard.

Have You Gotten Your Flu Shot Yet?

GET THE SHOT, NOT THE FLU!

If haven't gotten your shot yet, please contact your primary care provider's office or come see us at the **IMMEDIATE CARE CLINIC.**

THE CDC RECOMMENDS A FLU SHOT EVERY YEAR FOR ANYONE WHO IS SIX MONTHS OF AGE OR OLDER.

- The flu vaccine has been shown to reduce flu illnesses, risk of flu-related hospitalization and ICU admission
- The flu vaccine is an important preventative tool for people with chronic conditions such as heart disease, lung disease and diabetes
- The CDC estimated for the 2016-2017 flu season that 47% of the population was vaccinated and prevented 5.3 million illnesses, 2.6 million flu associated medical visits and 85,000 hospitalizations associated with the flu



FREQUENTY ASKED QUESTIONS

- **Can the flu vaccine can give you the flu?**
Getting the flu shot cannot cause you to get the flu. The flu viruses to make the vaccine have either been inactivated (killed) or use a single gene from the flu virus (in place of the full virus).
- **Is the flu vaccine needed every year?**
Because the flu virus changes over time, every flu season is different. You need a flu shot every year to help protect you from this ever-changing virus.
- **What are common side effects of the flu vaccine?**
Common side effects may include soreness, redness, tenderness or swelling. Sometimes a low-grade fever, headache and muscle ache can also occur.

WELCOME NBMC IS PLEASED TO ANNOUNCE OUR NEWEST TEAM MEMBERS:



Julian Ospina, MD
Coquille Family Practice

After attending Medical School in Columbia he moved

to Winnipeg Canada for his Family Medicine Residency Training. After completing his residency he attended the University of Maryland in Baltimore, completing the Addiction Medicine Fellowship. He is married and has three young children. Dr. Ospina loves to ride his bicycle and enjoys the mountains and the ocean.



Yulia Whidden, FNP
NBMC Neurology

Yulia was born in Novosibirsk, Russia. She completed her schooling at

Novosibirsk Medical University as a Pediatric Physician. Yulia moved to the United States and attended the SWOCC nursing program where she received her RN license, then attended Simmons School of Nursing and Health Science in Boston, graduating as a Family Nurse Practitioner. Yulia loves to travel, read and play piano. She is married, has two children and three dogs.



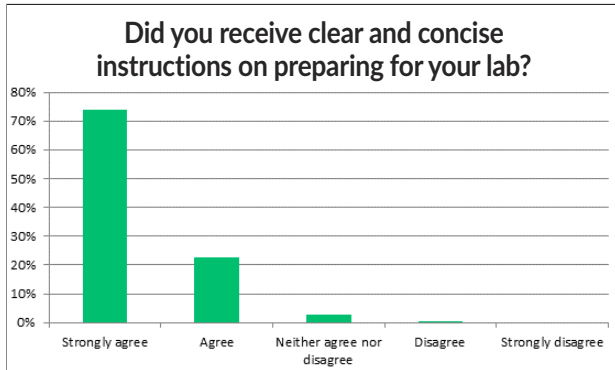
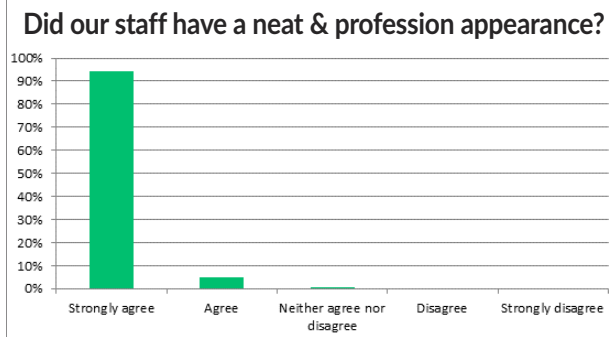
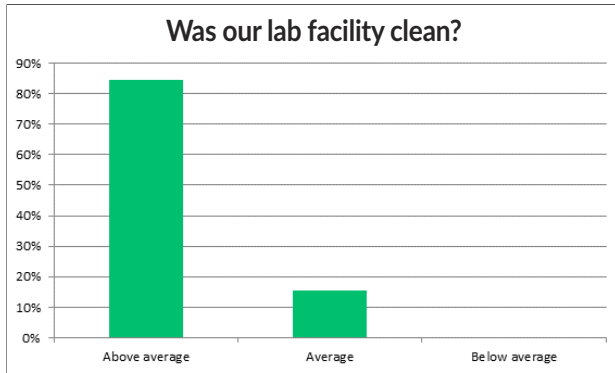
Linda Almeida, FNP
Gold Beach Clinic

Linda started her nursing career after attending the College of Southern Idaho

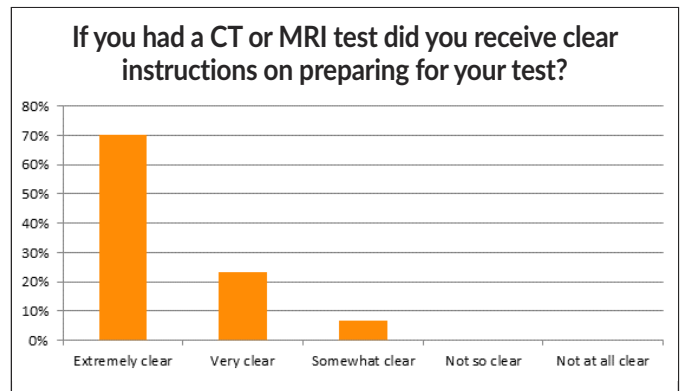
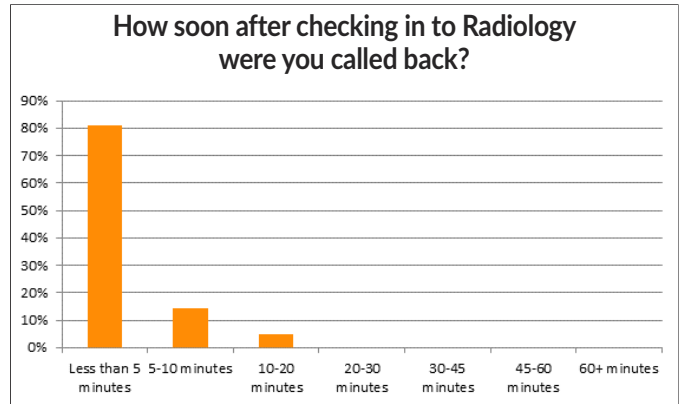
Technical Practical Nursing Program and became an LPN, she then obtained her Associates degree in Nursing Science from Excelsior College and her Bachelors and Masters degree in nursing from the University of Phoenix. Linda recently completed her Post-Masters degree with Gonzaga University as a Family Nurse Practitioner. Linda has one daughter and enjoys walking on the beach, swimming, hiking, skiing and cooking.

Lab, Anti-Coag & Radiology Department Surveys

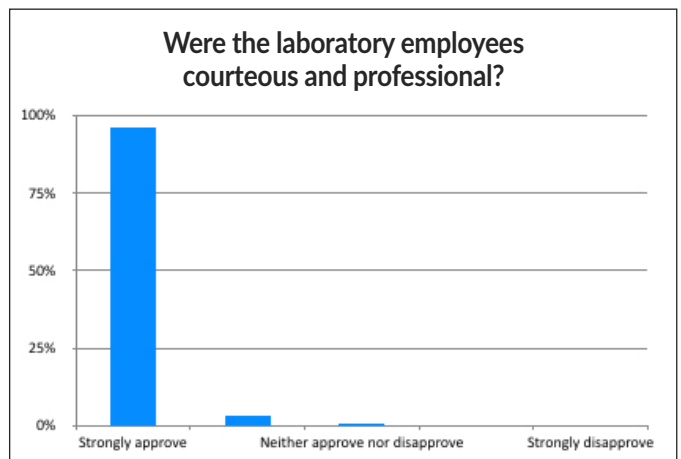
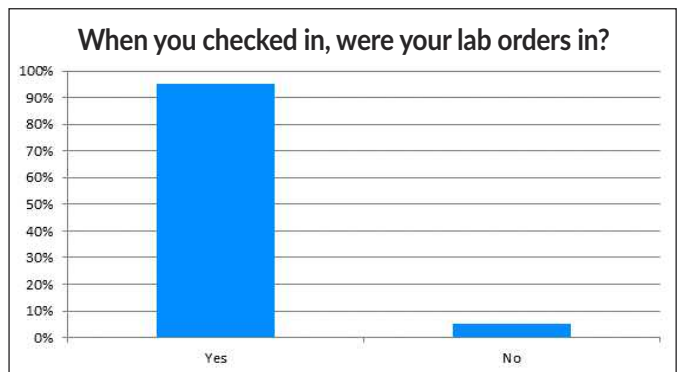
The Lab department had 1,253 surveys completed.



The Radiology Dept. had 42 surveys completed.



The Anti-Coag Dept. received 156 completed surveys.



A BIG THANK YOU To Our Staff Celebrating an Anniversary This November!

Allen Erskine, Care Coordination – 3 years
 Amanda Carter, Lab – 1 year
 Amanda Harris, Radiology – 9 years
 Angela Black, NP, Internal Medicine – 3 years
 Dr. Bhandari, Internal Medicin – 13 years
 Dr. Cheung, Psychiatrist – 11 years
 Dr. Jennings, Orthopedic – 4 years
 Dr. Lotman, Neurology – 10 years
 Dr. Riccalarsen, Family Medicine – 9 years
 Dr. Somera, Internal Medicine – 13 years
 Geanna Berrier, Care Management – 1 year

Janessa Baker, BACC – 1 year
 Jessica Bowling, BACC – 1 year
 Lori Shott, Care Management – 1 year
 Maycie Dibble, Physical Therapy – 3 years
 Nita Adams, Mary Anker – 5 years
 Ortashia Foxworthy, Radiology – 15 years
 Philip Amonoo, Lab – 1 year
 Sally Ringor, Dr. Patel – 1 year
 Tammy Wagner, Women's Health – 11 years
 Virginia Van Over, Lab – 1 year

SATELLITE

NEWS

COQUILLE

We are very excited to have Dr. Ospina join our practice. Dr. Ospina is accepting new patients if you are looking for a primary care provider in Coquille.

MYRTLE POINT

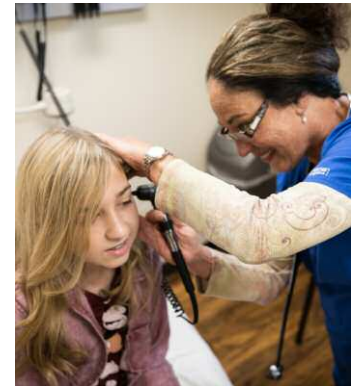
We would like to welcome Trillian Carter as Ana Ferguson's, FNP medical assistant.

BANDON

Dr. Park gave presentations for students at Millicoma Middle School on Nov. 6th and 11th at the Bandon Historical Society Museum in honor of Veteran's day.

GOLD BEACH

Welcome Linda Almeida, FNP, to our practice. We would also like to welcome Nicole Grimes as her medical assistant. Nicole is transitioning from Collin Zelinsky, PA, to Linda. If you have not heard Collin Zelinsky has left our practice and relocated. Tamara Tuttle, PA, is on maternity leave and will be returning in early March. In the meantime Linda Almeida, FNP, and Dr. Williams will be covering Tamara's patients.



NBMC Immediate Care Clinic

The Immediate Care Clinic (ICC) opened 4½ years ago and was designed to support clinic providers and offer an alternative outlet for acute medical conditions and injuries, so that patients did not have to utilize the emergency department as readily. The ICC is especially convenient for patients that need care but can't get in with their medical provider or can't afford to miss work or school.

The ICC has been well received by our community. We saw 72 patients in the first week and currently average 300+ patients weekly. We routinely see ear pain, eye pain/redness, sinus conditions, cough, flu symptoms, sore throat, urinary tract infections, abdominal pain, headache, asthma exacerbations, gout exacerbations, wounds, skin lesions and minor injuries.

The ICC treats problem focused acute illnesses and injuries on patients three years of age and older. Life-threatening issues such as cardiac and stroke symptoms, as well as major head injuries, need immediate evaluation at the nearest Emergency Department.

We have on-site X-Ray and lab and comfortable waiting area. We also see initial workers comp claims, motor vehicle accidents claims, and conduct CDL (Commercial Driver's License) exams and sports physicals. Most insurances are accepted, including OHP.

Our team is dedicated to providing safe, convenient and compassionate patient care. Our hours of operation are Monday through Friday, from 7am to 7pm and Saturdays and Sundays from 8am to 4pm. You can walk right in with no appointment necessary. We are closed on major holidays.



Advanced Care Planning

Plan for the future so your loved ones don't have to...

Tuesday, Jan. 8, 4-5 pm

**Myrtle Point Lower Conference Room
Hosted by: Care Management**

There are many things we may not expect in our life and decisions are best made *before* you become sick or injured. This Advanced Care Planning class will help you plan for those times and what matters to you.

- Review and answer your questions
- Provide help to complete your Advance Directive
- For anyone aged 18 and older

**Call 541.267.5151 x1682
to reserve your space!**

90% of people say talking with their loved ones about end-of-life care is important...

Only 27% have actually done so*

*Source: The Conversation Project Survey 2013



Your Feedback Is Needed

We are looking for Patient Family Advisory (PFAC) members for all five of our facilities who can share their experiences at NBMC. We are always looking for ways we can improve our services and we would like to hear your thoughts on how we can better meet your needs. Meetings are held four times a year for about one hour to discuss services offered. Your feedback is then utilized and incorporated into our workflows. The next PFAC meetings are in 2019. If you are interested in joining please contact Lindsey Tyner at 541.267.5151 x1210.

Consumer Assessment of Healthcare Providers and Systems (CAHPS) Survey's

We survey our patients twice a year to see how we are doing using the standardized CAHPS survey. We would appreciate your feedback! Please complete the survey below to tell us how you feel about the care you receive.

Adult Patients: www.surveymonkey.com/r/69JVHNY

Pediatric Patients: www.surveymonkey.com/r/Q8G9LJW

Easy Communication. Easy Response.

To improve your experience with us, we now offer you the opportunity to receive appointment reminders via a text message.

Don't worry – there will be no marketing, and you can opt-out any time you want.

GETTING STARTED IS SIMPLE:

- 1 Make sure we have your cell phone number
- 2 Text **remindme123** to 622-622

