



DRIGGS HEALTH CLINIC

VICTOR HEALTH CLINIC

We're Family

Community Health News

March / April 2017

Monthly Recipe
from the Mayo Clinic



White Bean Dip

Ingredients

- 1 can (15 ounces) white (cannellini) beans, rinsed and drained
- 8 garlic cloves, roasted
- 2 tablespoons olive oil
- 2 tablespoons lemon juice

Directions

In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice. Blend until smooth. Serve on top of thin slices of toasted French bread or pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.

Serving size: 2 tbsp Calories: 84

Dietitian's tip:

To roast garlic, cut off the tops of several heads of garlic, exposing the cloves. Spray the garlic generously with cooking spray. Wrap in aluminum foil also sprayed with cooking spray. Heat the oven to 350° F and roast about 30 minutes.

One-time 25% discount on billing

Starting March 1, TVHC is offering a one-time 25% discount for bills paid in full by May 15, 2017. Anyone with a balance due for services from Teton Valley Hospital, Driggs or Victor Health Clinics is eligible to take advantage of this significant reduction.

For example, if you owe \$550, your bill would be reduced by \$137.50 for a new total due of \$412.50, which must be paid in full by May 15 to qualify for the discount.

Questions? Call Christy, Financial Counselor, at (208) 354-6331 or email cjames@tvhcare.org.

Don't play Chicken with colorectal cancer.

If the thought of undergoing a colonoscopy frightens you, imagine the fear of confronting colorectal cancer. In the United States, more than 200,000 people will begin treatment to battle this type of cancer. Chances for recovery are higher if the disease is caught early.

Doctors recommend colonoscopies for those at high risk or over the age of 50. Regardless of age, anyone experiencing symptoms should see a medical provider. Common symptoms include changes in bowel habits, abdominal pain, changes in stool consistency, and/or blood in the stool.



Hospital first in state to receive critical care designations

Teton Valley Hospital this month became first critical access hospital in the state of Idaho to receive STEMI II and Stroke III designations in addition to its recent Trauma Level IV recognition.

The new designations continue to demonstrate how Teton Valley Health Care is supporting the valley by providing the highest level of care, locally.

These emergency-care levels are determined through a rigorous audit and testing process led by the State of Idaho Time Sensitive Emergency Council (TSE).

"I personally wanted to congratulate you and your facility since Teton Valley Hospital is the first CAH in Idaho to have earned all 3 TSE designations," said Christian Surjan, program manager of Idaho's TSEC, which is a department of the Idaho Health and Welfare's Bureaus of EMS & Preparedness department.

"For heart attacks, time is muscle," said TVHC CEO Keith Gnagey. "For stroke recovery, time is brain. Coming to Teton Valley Hospital can reduce the permanent damage

that a stroke or heart attack can cause. As a rural hospital, it's essential that we can provide the correct care in the shortest amount of time, which is why our staff has been certified to render this lifesaving care for many years. By undergoing the certification process and ongoing quality reporting to TSE, we can further assure our community that they have round the clock care for these types of medical emergencies."

For more information about these specific designations at TVH, contact Ann Loyola at (208) 354-6301.

When it comes to health insurance, what's important to you? Speak up!

Coverage for pre-existing conditions?

Lower deductibles? Expanded dental coverage?

More choice for providers and clinics?

Share your ideas and experiences with your State elected officials. Visit <https://legislature.idaho.gov>



MARCH SPECIAL!

Take \$5 off every clinic visit

Monday thru Friday 4pm—8pm
30 East Little Avenue, Driggs

Offering quick care for minor medical issues.

Visit fee is \$45 through March. Additional services may increase the cost. No insurances are billed. Check out our menu at cacheclinic.com or email info@cacheclinic.com. (208) 354-1156

Great care / Low cost

Did you miss out on our FREE ultrasound carotid artery screenings, blood sugar tests, and vouchers for free flu shots?

Were you one of 140 people who took advantage of our low-cost lab draw screenings that targeted up to 55 different diseases and blood deficiencies?

Stop missing out on free and discounted medical services!

Join us on Facebook and make it a habit to visit our website tvhcare.org. You'll learn more about upcoming events, give-aways, and services. You can share your comments and questions online, too.



Moose spotted crossing the street to visit Driggs Health Clinic