



The Three Rs of Prescription Drug Use

Risk: Recognize that all medicines (prescription and non prescription alike) have risks as well as benefits. You need to weigh those risks and benefits carefully for every medicine you take.

Respect: Respect the power of your medicine and the value of medicines properly taken. Understand what the side effects might be and watch for symptoms which could indicate a problem.

Responsibility: Take responsibility by learning to take each medication safely. When in doubt, ask first. Patients should know the name of their medication, what it is for, the dose and directions and what it looks like.



Pharmacists: Jessica Smith, Jack Potter, Ed Calvert, Jonah Le and Darrell Wilson (seated)

Community Flu Vaccination Event

**Saturday
November 3, 2007
9 am – 1 p.m.**

McFarland Junior High Gym
Drive through at McFarland Junior High
Parking Lot on 10th Avenue

\$20 flu vaccine for adults
\$15 flu vaccine for children

Be sure to bring your health coverage information, especially Medicare/Medicaid clients, as we may be able to directly bill your insurance provider.

We have enough flu vaccine for everyone!

Sponsored by:
Adams Co. Emergency Management
Adams Co. Health Department
Columbia Basin Health Association
Community Health Plan
Othello Community Hospital

Clinic Hours

Othello Family Clinic Monday–Thursday Friday Pharmacy, M–F Appointments:	9 a.m. to 8 p.m. 9 a.m. to 6 p.m. 9 a.m. to 6 p.m. 488-5256	Wahluke Family Clinic Monday–Friday Pharmacy, M–F Appointments:	9 a.m. to 6 p.m. 10 a.m. to 6 p.m. 932-3535
Othello Family Dental Clinic Monday–Friday Appointments:	7 a.m. to 6 p.m. 488-5256	Wahluke Family Dental Clinic Monday–Friday Appointments:	8 a.m. to 5 p.m. 932-3535
14th Avenue Medical Center Monday–Friday Appointments:	8 a.m. to 5 p.m. 488-6644	Othello EyeCare Mon, Wed, Thur, Fri Tuesday Appointments:	8 a.m. to 5 p.m. 10 a.m. to 7 p.m. 488-2020

JCAHO Accreditation

JCAHO (Joint Commission on Accreditation of Healthcare Organizations) Accreditation is recognized in the healthcare industry as an international standard comparable to the Good Housekeeping Seal of Approval. CBHA received this accreditation in March of 2002. Only 18% of all healthcare facilities in the nation are accredited.

This accreditation is granted only after a strict onsite review and inspection of a healthcare facility. Cleanliness, patient care policies and practices, adherence to local, state and federal laws and regulations are all taken into account.



CBHA Clinics Provide Medical, Dental, Vision and Pharmacy Services

With the addition of eye care services during the summer of 2004, CBHA clinics now offer a “one stop shopping” approach to health care in the Othello and Mattawa area. The Othello Family Clinic, located at 140 East Main in Othello, offers medical, dental, vision and pharmacy services. Fourteenth Avenue Medical Center, also a part of CBHA, offers full medical services at its 14th Avenue location; patients receive their dental, vision and pharmacy services at the 140 East Main location.



Optician Marilyn Eidahl measures the distance between the pupils in David Powell's eyes to make certain his corrective lenses will fit properly.

David Powell, long time area resident, finds it very convenient to obtain all his medical services in Othello. He graduated from Othello High School in 1970 and returned during summers off from college to work in his father's aerial application business. He and his family returned to Othello in 1987 when he accepted a position with Hanks & Fields Insurance Agency. He currently works for Basin Insurance Company. He and his wife, Karen, have a grown son and daughter.

Powell has a history of fairly serious eye problems. He had a cornea transplant in 1981. He has seen many vision care physicians over the years and has visited a number of optical dispensaries to have his prescription for corrective lenses filled. He has been impressed with the state-of-the-art equipment at Othello EyeCare. “I have been very happy with the care I have received here,” he said. “The prescription was right the first time and I didn't have to return to have corrections made.”

Powell also appreciates the Othello Family Dental Clinic and is a patient of Dr. Alvin Thien. “I have had several incidences with painful dental emergencies,” he said. “I explained this to the receptionist and was able to be treated quickly as a walk in patient even though I didn't have an appointment.” Powell describes himself as a “healthy person”; he receives his medical care at 14th Avenue Medical Center.

“Keeping Healthy Those who Feed the World”

In this Issue...

- Pg 2..... Safe Prescription Drug Use
- Pg 3..... New Medical Providers
- Pg 4..... Tammy Foley Health Article
CBHA Dental Residency Site
Medication Safety Award
- Pg 5..... Three Rs of Safe Drug Use

CBHA Board of Directors

Everett Cole Board Chair	Josie Albin Dora Beraza Gina Bullis
Joe Montemayor Vice-Chair	Kevin Byington Maggie Gutierrez Francisco Mendez
Kevin Byington Secretary	Enrique Miron Maxine Taylor Maria Villa
Blanca Fernandez Treasurer	

**Call 488-5256
to schedule a
no-charge
medication
consultation.**



PRSRRT STD
US Postage
PAID
Yakima, WA
Permit #1

Publishing Information
The Columbia Basin Health Association newsletter is published as a community service by its Marketing and Public Relations Department. It is published in the spring and fall each year.
Fay Coats, Editor
140 E. Main | Othello, WA 99344 | 509-488-5256
The Field Group | Yakima, WA
Copias en español de esta publicación están disponibles para quien la solicita al llamar al 488-5256.

140 East Main
Othello, WA 99344
Columbia Basin Health Association

Safe Prescription and Non Prescription Drug Use Don't be Fooled by Slick Drug Ads!

Newspaper headlines often tell the sad story of prescription drug misuse, abuse and addiction. We read about celebrity deaths caused by drug overdose, teenage drug addiction and over-prescribing by physicians. We are besieged by ads promoting the latest drugs on the market when we watch television, listen to the radio and read our magazines and newspapers.

These direct-to-consumer ads sponsored by drug companies are a \$4.8 billion-a-year business which has resulted in a 15-fold spending increase by patients over the past ten years. Patients are encouraged in these slick ads to "ask their physician" about whatever drug is being promoted. "These ads can harm the doctor-patient relationship, pressure physicians to prescribe certain drugs, and lead to the inappropriate use of medications," said Judy Norsigian, director of Our Bodies, a health education organization.

The medical provider-patient relationship is an important one wherein the patient's health status and medical needs are well known to the medical provider. The medical provider knows all the medications currently being taken by the patient. All three CBHA clinics have electronic medical records software in place that flags any drug interactions that might occur when a new prescription is added and instantly alerts this information to the medical provider.

Another important relationship for the patient is the one she/he has with their pharmacist. Pharmacists understand the scientific composition, uses and effects of drugs and are always willing to discuss this with the patient. This consultation is free of charge and available on the spot when patients pick up their prescriptions at either the Othello Family Clinic Pharmacy or the Wahluke Family Clinic Pharmacy.



Pharmacist Jessica Smith reviews medications with a patient. Patients are invited to "bag up their prescriptions" and come in our pharmacy for a no charge review.



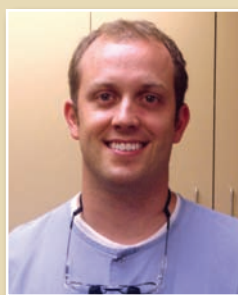
CBHA Welcomes New Medical Providers!



Michelle Ang, MD, completed her family practice residency at the University of Arkansas for Medical Sciences, in Pine Bluff, AR. She also completed a pediatric residency in the Philippines prior to her residency in the United States. Dr. Ang enjoys taking care of patients in all age groups and with a variety of medical conditions. "I also like to teach families about preventing illnesses", she says. On a personal basis, Dr. Ang enjoys travel and exploring new places. She also likes sports and her future plans include learning to play tennis.



Swati Kakodkar, MD, completed her family practice residency at the University of Arkansas for medical sciences. She specializes in family practice and obstetrics. "I love to bring new babies into a family and watch them grow," she said. "I treat the family as a whole, from kids to grandparents." Her interests outside of work include photography, travel, cooking, music and spending time with her family.



Dr. Lance Gledhill, D. D. S., recently joined the staff of the Othello Family Dental Clinic. He received his Doctorate in Dental Surgery from the University of Washington. He specializes in general dentistry. He was born in Spokane and raised in Basin City. He looks forward to serving the community where his family lives. Outside of work, Dr. Gledhill enjoys waterskiing, running, golf, and spending time with his family.



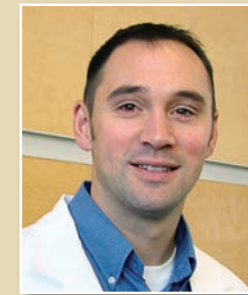
Garret De Castro, MD, received his Internal Medicine degree and chief residency from the State University of New York Health Sciences in Brooklyn, New York. He is board certified by the American Board of Internal Medicine. He will see patients at all three CBHA clinics. Dr. De Castro's interests include hiking, camping, exploring caves, and video games.



Jessica Smith, PharmD, received her Doctor of Pharmacy degree from Washington State University. She works in the pharmacy department at the Othello Family Clinic. She grew up in Eastern Washington and is happy to be working in the area. Jessica and husband, Kurt, enjoy camping and fishing activities with their three children. She is also a singer and enjoys all types of music.



Darrell Wilson, PharmD, graduated from Washington State University with a Doctor of Pharmacy degree. He grew up in Milton Freewater, OR and is enjoying the Eastern Washington climate. He enjoys spending time with his wife, Doris, and their three sons. Darrell is also a certified scuba diver, a licensed ham radio operator and a motorcycle enthusiast. He works in the pharmacy department at the Othello Family Clinic.



Preston Lehr, P.A.-C., received his Bachelor of Science degree from Carroll College in Helena, Montana. He graduated from the Medex Northwest Physician Assistant Program at the University of Washington School of Medicine and recently joined the CBHA Medical Staff. He completed a six month clinical rotation at 14th Avenue Medical Center prior to graduation. Outside interests include snow boarding, bird hunting, hiking and golf. He also enjoys music and plays the guitar. He and his girlfriend, Erin, plan to be married in the near future and make their home in Othello.



Tammy Foley Appreciates Health Care in Othello

Tammy Foley has lived in Othello for 20 years. She taught kindergarten for five years at Hiawatha Elementary School and is in her 15th year at Scootney Springs Elementary. "I love teaching kindergarten," she says. "I try to provide a variety of enrichment experiences to help the children learn."



Dr. Alvin Thien visits with Tammy Foley prior to her dental examination.

Foley has added another dimension to her life in the form of summer visits to Russia for four of the past five summers. "I have corresponded with a pen pal there for many years," she said. "When she invited me to come, I jumped at the opportunity." She quickly discovered that the area she visited, Sukhinichi, was very poor. Medical care is almost non-existent. "The people had never even seen a band aid", she said. Foley and her teaching colleagues and friends now regularly collect supplies and either ship them to Sukhinichi or Foley takes them when she visits.

These experiences in Russia have been "life changing" for Foley. She is grateful for the quality of care available in the U.S. She is especially appreciative of being able to receive care for her medical, dental, vision, and pharmacy needs in Othello. "I am a big fan of the Othello Family Dental Clinic and Dr. Alvin Thien," she says. Foley recalls that several years ago, just before Christmas, she broke a tooth. She called the Othello Family Clinic and was told "to come right over". She did just that and had her tooth taken care of. She continues to have regular cleanings and dental examinations.

Foley receives her medical care from Dr. Randal S. Bunch at the 14th Avenue Medical Center and has her eye examinations at Othello EyeCare. "It is important to me to be checked for glaucoma and macular degeneration," she said. "I have found Dr. Gaimari to be very thorough." She also fills any drug prescriptions she might need at the Othello Family Clinic Pharmacy.

CBHA Receives Safety Award for Medication Reconciliation Project

The Washington State Medical Association has recently awarded the prestigious William O. Robertson, MD Patient Safety Award for Achievement to CBHA in recognition of the clinic's efforts to create a medication safety program. Patients taking multiple prescription and nonprescription drugs are given a small blue tote wherein they can place all their medications to take along when making a visit to their physician. Under this program, patients are also invited to bring all their medications to the pharmacy where they can speak to a pharmacist about any possible drug interactions.

CBHA Chosen to be Dental Residency Site

Othello Family Dental Clinic has received word that it has been chosen to serve as a site for the new AEGD (Advanced Education General Dentistry) program, which has been developed by the Yakima Valley Farm Workers Clinic through the University of Washington Dental School. Under this program, graduates of the UW Dental School will have an opportunity to receive additional training and experience for one year as they rotate between the Othello Family Dental Clinic and the Wahluke Family Dental Clinic.

A residency allows dentists to enhance their skills in a multi-chair environment and learn how to lead a support staff. In addition they have the opportunity to work with physicians and other health professionals directly involved with a patient's overall healthcare. "We are excited to be a part of this program," says Dr. Thien. "We will receive two fully qualified dentists at our site and are eager to begin their rotations."



Tina DeLeon, dental assistant, cleans a patient's teeth. Patients can now relax by watching a video or TV show on the overhead screen.