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CELEBRATING OUR PRENATAL SERVICES
Care Provided for One Third of Deliveries at Vail Health

Mountain Family Health Centers has provided prenatal care in Eagle County since 1993, when it was the Eagle Care Clinic supported by Vail Health. Longtime members of the prenatal team Dr. Kent Petrie, MD, and former Nurse Midwife Carol Conger oversaw the 2014 transition from the Eagle Care Clinic to Mountain Family's health center in Edwards. (Carol Conger retired at the end of 2018 after many years of providing excellent, high quality care for her patients.)



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GIVE

UNDERSTANDING AND PREVENTING ORAL CANCER
HPV Vaccine Is an Important Step
By Dr. Stephen Glass, DDS, Dental Director

April is Oral Cancer Awareness month, and a common question is where oral cancer comes from. One of the most talked-about viruses of recent years is a significant culprit: Human Papillomavirus, or HPV. Specifically, the HPV16 strain has been linked to oral and oropharyngeal cancers. HPV is the most common sexually transmitted virus and infection in the U.S. and affects more than 80 percent of U.S. residents. At this moment, approximately 26 million living in this country active oral HPV infection.

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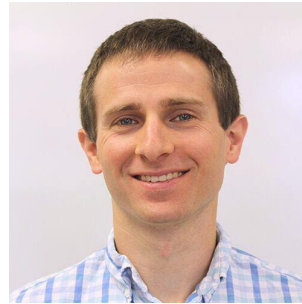
ENTENDIENDO Y PREVENIENDO EL CANCER ORAL

La Vacuna Contra el VPH es un Paso Importante

By Dr. Stephen Glass, DDS, Dental Director

Abril es el mes de la Concientización sobre el Cáncer Oral y una pregunta común es de dónde viene. Uno los importantes culpables de los virus más comentados de los últimos años es el virus del papiloma humano o VPH. Específicamente, la cepa de HPV16 lo han relacionado con cánceres orales y orofaríngeos. El VPH es el virus y la infección de transmisión sexual más comunes en los EE. UU. Y afecta a más del 80 por ciento de los residentes de EE. UU. En este momento, aproximadamente 26 millones viven en este país con infección oral por VPH.

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SPRING 2019 EVENTS

Offering Outreach, Enrollment and Services

Mountain Family Health Centers will be at several local events this spring. We'll have information about insurance programs and services offered by Mountain Family. Join us for information about our services and to find out what insurance programs you qualify for. Please confirm final event details with the organization hosting the event.

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APPRECIATING OUR GLENWOOD SPRINGS COMMUNITY GARDEN VOLUNTEER

Don Jesus is Integral to Our Farmacy

Valley Settlement is an essential partner organization with Mountain Family Health Centers. We value the nonprofit's dedication to working with immigrant families in the Roaring Fork Valley to promote early childhood development, advance opportunity, and reduce barriers to accessing vital community resources.

Earlier this year, Valley Settlement shared the story of Don Jesus, a thoughtful and diligent community volunteer who also shares his time with Mountain Family Health Centers at our Glenwood Springs community garden (also called our "Farmacy"). We deeply appreciate Don Jesus's support for the garden and the opportunity to share his story with our partners and community members. Here is Don Jesus's story, courtesy of Valley Settlement.

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APRIL IS NAT'L MINORITY HEALTH MONTH

This Year's Theme is Active & Healthy

April is National Minority Health Month. This year the theme is Active & Healthy, and the U.S. Health and Human Services (HHS) Office of Minority Health wants to raise awareness about the important role an active lifestyle plays in keeping all residents happy and healthy. The health benefits of incorporating even small amounts of moderate-to-vigorous physical activity into our schedules is significant. HHS also emphasizes that physical activity promotes health and reduces the risk



of chronic diseases and other conditions that are more common or severe among racial and ethnic minority groups.

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ABRIL ES EL MES NACIONAL DE SALUD DE LAS MINORÍAS

El Tema de Este Año es Activo y Saludable



Abril es el mes nacional de salud de las minorías. Este año, el tema es Activo y saludable, y la Oficina de Salud de las Minorías de los Estados Unidos y Servicios Humanos (HHS, por sus siglas en inglés) quiere crear conciencia sobre el importante papel que desempeña un estilo de vida activo para mantener a todos los residentes felices y saludables. Los beneficios para la salud de incorporar pequeñas cantidades de actividad física moderada a vigorosa en nuestros horarios son significativos. El HHS también enfatiza que la actividad física promueve la salud y reduce el riesgo de enfermedades crónicas y otras enfermedades que son más comunes o graves entre los grupos étnicos minoritarios y raciales.

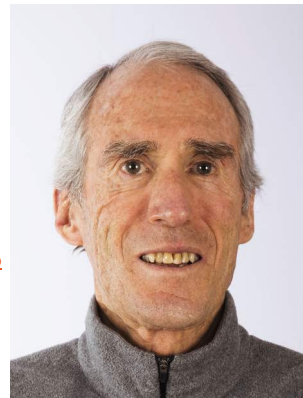
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IN THE NEWS

What We're Reading

Dr. Greg Feinsinger featured Mountain Family Health Centers in his latest column in the Glenwood Springs Post-Independent, saying "Mountain Family Health Centers is a local example of how health care can be less costly, be less fragmented and be available to everyone." Thank you, Dr. Feinsinger, for highlighting the services Mountain Family provides and our commitment to the community. [Click here to read the column.](#)

We enjoyed another informative column by health care analyst Bob Semro, also in the Glenwood Springs Post-Independent. [Click here to read](#) the piece, which reviews the cost of MRI and CT scans in our area.



GOODBYE, LINDSEY LEWIS

Thank You for Many Years of Service

Mountain Family Health Centers and our Development Team are saying goodbye to consultant Lindsey Lewis of Lewis Marketing. Lindsey has accepted a position with the Glenwood Hot Springs Resort and we will miss her. Lindsey's excellent photography, video skills and graphics expertise have been an essential part of our marketing and communications over the years. Thank you for your hard work, Lindsey, and best wishes as you begin a new chapter.

APRIL 2019 MARIPOSA AWARD

Congratulations to Storie Evans

Congratulations Storie Evans, CMA, for winning the April 2019 Mariposa Award. Storie is the Lead Medical Assistant for our Glenwood Springs health center.



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APRIL 2019 EXEMPLARY CARE AWARD

This Month's Winner is Mary Patterson

Mary Patterson, FNP, is the winner of the April 2019 Exemplary Care Award. Mary sees patients at our Glenwood Springs health center and was nominated by Site Medical Director Jenny Lang, for Mary's

excellent care for a woman who came to Mountain Family Health Centers because she couldn't catch her breath.

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