



# Health Matters

Health and Wellness Information for Our Community



## Clinic Hours

Lopez Island Medical Clinic is located in Lopez Village at 103 Washburn Place.

Clinic hours:  
Monday–Friday,  
8:30 am– 5:00 pm

To schedule an appointment, call 468-2245 during regular hours.

Medical emergency?  
Dial 911.

[www.lopezisland-medical.org/](http://www.lopezisland-medical.org/)

## CWMA Board Members

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Cathy Doherty, NP

## Islander Urges Friends & Neighbors

# Don't Delay Colon Cancer Screening

**M**arlyn Munter wants people to learn from her experience. "If you think having a colonoscopy is bad, please think again. It's nothing compared to colon cancer."

The quiet, long-time islander's message is clear: *Take the test.*

Like many of us, Marlyn knew that having a colonoscopy was recommended at age 50. Her partner had had one, and she planned to get one too, but told that her insurance company wouldn't cover the procedure, she put it off. "I'd always been healthy, had great test results, good blood pressure, blood sugar, everything. If I had symptoms, I was completely unaware of them." Her experience tracks with national statistics that report most people with colon cancer experience no symptoms in the early stages of the disease.

She was diagnosed with stage-four colon cancer in April, 2013 when she was 57. "They gave me two years to live. Now with chemo and Yttrium-90 radio therapy, it could be more like five years. I go day by day, trying to enjoy every little thing. I was in bed a lot the first year; this year is better. I walk to the village, hang out, see people, enjoy my garden. But the thing is, you just don't know how long you have. It's very important to catch this kind of cancer early." According to the American Cancer Society, early detection often leads to a complete cure.

She talks about colonoscopy screening. "The test is really nothing. You don't feel a thing. Please tell people to go get their colonoscopy. I don't want others to go through this. If anyone has questions, I'm happy to answer them. I don't mind talking about this if it will help."



Marlyn last year just before her diagnosis

Colon cancer is the third most diagnosed cancer and the second leading cause of cancer death in men and women in the U.S. The American Cancer Society estimates 136,830 people will be diagnosed in 2014 and 50,310 will die from the disease this year. The risk of developing colon cancer is about one in 20, depending on individual risk factors.

## What is a Colonoscopy?

A colonoscopy lets a doctor closely look at the inside of the entire colon and rectum. The doctor is looking for polyps which may be early signs of cancer. The doctor uses a colonoscope, a thin, flexible, hollow, lighted tube with a tiny video camera on the end. It is gently eased inside the colon and sends pictures to a screen. The exam takes about 30 minutes. Patients are given medicine to help them relax and doze during the procedure. You will be awake enough to respond if needed, but sedated enough that you don't feel any discomfort or remember the procedure.

## Lopez Clinic Can Help

Making an appointment with either Dr. Wilson or Nurse Practitioner Cathy Doherty is the first step. They will review your health history with you, discuss the procedure and provide a referral if necessary. Generally, the test is deemed necessary around age 50 and is repeated every 10 years, unless you have risk factors such as family history of colon cancer or previously discovered polyps. Colonoscopy is offered at Island Hospital in Anacortes as an outpatient procedure and takes just three hours from check-in to check-out. Free, round-trip taxi service from the ferry landing to the hospital is provided for island patients. Following the procedure, Bob or Cathy will contact you to review your results.

# Crystal Rovente Promoted to Clinic Manager



**Crystal Rovente**

**C**rystal Rovente's law degree from Syracuse University and experience managing a busy law firm in Binghamton, N.Y. were good preparation for becoming Lopez Clinic Manager.

"I'm used to a fast paced office. In New York, our firm's focus was on Workman's Compensation. Every single person I helped was suffering a work-related accident. I like to make people comfortable who are feeling vulnerable."

Hired in Dec. 2013 as a part-time Patient Appointment Coordinator, Crystal was promoted to Clinic Manager last month following the resignation of Rachel Cory.

She is excited about the opportunity.

"I am comfortable taking on the responsibility because we have a great foundation here: Cathy and Dr. Wilson, the clinical staff and front desk staff, our volunteers – we have an excellent team. Our goal is to offer comprehensive care so people can get their medical needs met right here on Lopez."

As Clinic Manager, her job is to make sure that all the clinic staff have the support they need to make that happen. Big shoes to fill? Absolutely, but challenges are something Crystal and her husband Anthony have experience with.

After teaching history for 10 years in New York state, Anthony lost his position when his school went bankrupt. "We decided to use that as an opportunity to grow," says Crystal. The couple went online to investigate options. Surfing Google Maps, they searched areas of the

U.S. where they could boat, hike, camp and enjoy the outdoors with their four young sons.

Lopez was one of those places. Though they'd never been to the West Coast, they gave it a shot. Anthony was offered a position teaching middle and high school history and shop at Lopez School and soon after, the clinic hired Crystal. "We started over, *really over!*" says Crystal, eyes twinkling. "We both love it here."

So do their four boys, ages 2, 4, 6 and 8. Soon after they arrived on island, Crystal's folks, James and Virginia Troy, made the move, too. Her mother watches the boys when Crystal is at work. "It's great for all of us. Mom says she loves it and her support makes all the difference to us. I really value having my profession and my family. I love both!"

How about the adjustment to island life?

She laughs. "We were living three hours north of New York City in a mid-sized college town. Our friends thought we were crazy, that we would become shut ins, that Lopez was a million miles away from the rest of the world!"

Actually, the transition has been smooth. "We've never been more social. It's only been a year and we have made many wonderful friends here. I think there are just some places you're supposed to be. Lopez is a great fit for us."



## Back to School: Immunizations, Sports Physicals and more...

**A**s school approaches, here's something to add to your preparations: check your child's immunization records. Immunizations or boosters are recommended before starting pre-school, kindergarten and middle school. Middle and high school athletes need sports physicals, too. Call the Clinic at 468-2245 if you have questions or to make an appointment.

# Annual Fundraising Appeal

Lopez Clinic has been recognized for its outstanding medical services, high patient approval rating and exceptional staff, impressive accomplishments for a small rural healthcare provider. We have much to be proud of!

The Catherine Washburn Medical Association's Board is the all-volunteer group that organizes financial support for Lopez Clinic, collects and manages its operating funds and works with Island Hospital to assure that Lopez islanders have excellent medical care. Because the clinic relies on community funding, it's fair to say it belongs to all of us. Don't wait for the autumn CWMA fundraising letter to arrive in your mailbox, why not make your contribution today? Supporting Lopez Clinic with your annual membership donation and financial gifts is the best way to keep outstanding medical care here on the island.

## Clinic Wish List

Dr. Wilson and the staff keep a list of items that the clinic needs. If you'd like to fund a Wish List gift, please contact Dr. Wilson or Office Manager Crystal Rovente directly at 468-2245.

## New Donations to Lopez Clinic

### In Loving Memory

One way islanders traditionally honor the passing of friends and loved ones is by making a special donation to Lopez Clinic. During recent months, the clinic has received 30 gifts honoring these islanders:

- |                |                    |
|----------------|--------------------|
| Oscar Anderson | Gordie Rydberg     |
| Carol Avent    | Betty Shuttleworth |
| Doug Cowan     | Sarah Smiley       |
| Gerhart Kring  | Bob Speiker        |
| Michael Rigik  |                    |

### Benefactor Gift

Lopez Clinic received a Sponsor Donation from Dan and Dot Kovak

- New heat and air conditioning system: \$58,000
- Updated phone system: \$8,000
- Autoclave: \$8,000
- Surgical kits (4): \$250 each
- Ultrasound needle guide: \$250
- Exam room sinks (2): \$500 each



# Support For Lopez Clinic

Annual CWMA membership (\$25 family household / \$15 individual)	\$ _____
<i>Your additional gift will make a big difference</i>	
MAINTENANCE AND OPERATIONS FUND	\$ _____
<i>Upkeep of the clinic building and grounds</i>	
SIKSTROM FUND	\$ _____
<i>Assist those who are unable to afford medical care</i>	
EQUIPMENT FUND & WISH LIST	\$ _____
<i>Purchase state-of-the-art medical equipment for Lopez Clinic</i>	
<i>List item you would like to purchase _____</i>	
RESERVE FUND	\$ _____
<i>Available for capital improvements or emergency needs</i>	
ENDOWMENT FUND	\$ _____
<i>Provide perpetual income for funding major capital improvements</i>	
Total tax deductible donation (credit card payment or checks to CWMA; no cash please)	\$ _____

Name \_\_\_\_\_ Address \_\_\_\_\_

City/State/Zip code \_\_\_\_\_

☐ Visa ☐ Mastercard Expiration date \_\_\_\_\_ Billing zip code \_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_

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Catherine Washburn Medical Association  
P.O. Box 309 • Lopez, WA 98261



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## Welcome Kendra Eguia

**M**eet Kendra Eguia, the clinic's new Patient Appointment Coordinator. Kendra has long-time Lopez connections: her grandmother, Pat Payne, and great grandfather, Amos Hilton, lived on island and she came to visit often as a child. She attended 11<sup>th</sup> grade at Lopez High School.



**Kendra Eguia**

*Photo by Robert Harrison*

Kendra was involved in community health work in the Aleutian Islands for eight years. She moved back to Washington state a few years ago, but continued to work in Alaska, returning for two-month assignments as a Community Health Practitioner in rural clinics where she provided healthcare to people in remote fishing communities.

For Kendra, husband David, and their two young children, the timing of the move to Lopez was right. "We want to put down roots here. Lopez is where we want to raise our family."

## *Island Medicine* Now in Second Printing

**W**e are very pleased with the community response to *Island Medicine*," says CWMA Board President Ron Shively. "The first 100 copies sold out in less than two months. We are now in our second printing and are pleased to say the book is available for sale at Lopez Bookstore again." Published by the Catherine Washburn Medical Association, *Island Medicine* has three major purposes. It honors major donors to Lopez Clinic by name; lists the names of deceased friends and loved ones who islanders remember with "In Loving Memory" gifts to Lopez Clinic, and traces Lopez medical history from 1889 to the present through islanders' own stories, tales and anecdotes.

