

## NOTE FROM THE CEO



Welcome to the first Mount Graham Minute (MGM) – our electronic communication that is replacing our quarterly written newsletter. We are continually seeking new and more effective ways to serve our community to include clinical services as discussed in this MGM as well as the MGM itself. As I write this on a windy, chilly day, it is apparent the holidays are coming upon soon, as well as our usually busiest time of year. We remain ready to attend to your healthcare needs because what we do, is all about serving our community. Thank you for trusting us with your care! Good Health and Good Cheer!  
**Roland Knox, CEO**

## OCTOBER IS BREAST CANCER AWARENESS MONTH!

October is Breast Cancer Awareness month, and here at MGRMC, we are committed to providing our community with the best quality care we can, which includes offering state-of-the-art 3D mammography services.

Upon arriving for your mammogram appointment, you will meet one of our three Mammography Technologist, Rachel, Kristi or Shila, who is pictured here and is MGRMC's Lead Mammography Technologist. "I get asked a lot why I chose this career but being part of the process of catching breast cancer and helping so many women has been incredibly rewarding for me" -Shila Lunt.



According to the National Breast Cancer Foundation, 1 in 8 women will develop breast cancer in their lifetime. It is the second most common cancer among American women. It is estimated that in 2021, approximately 30% of women's cancer diagnoses will be breast cancer. While it is usually recommended to begin receiving annual mammograms at age 40, be sure to consult with your primary care provider to assess your risk and decide how early you should begin receiving your annual mammogram.

Our 3D mammography, also known as digital breast tomosynthesis, provides women with more accurate breast imaging than traditional 2D mammograms. Simply put, 3D mammography combines multiple X-ray images of the breast tissue creating a three-dimensional picture of the breast. As a result, radiologists and technologists can view the breast in multiple "slices" and easily identify and closely evaluate areas of concern. 3D mammograms detect more breast cancer than 2D mammograms, and they also lower the chance for false positives and callbacks for additional testing.

According to Shila Lunt, there is quite a bit of misinformation surrounding mammograms. Lunt "wants women to know the things that used to keep many women from getting their annual mammograms discomfort during the procedure, not being covered by insurance, thinking you are too old or young to begin- those things have greatly improved over the years."

At MGRMC, we recognize we are caring for our mothers, sisters, daughters, and friends. We know that early detection of breast cancer can save lives. This is why we are committed to providing our community with the highest quality of mammography services, along with kind and understanding patient care.

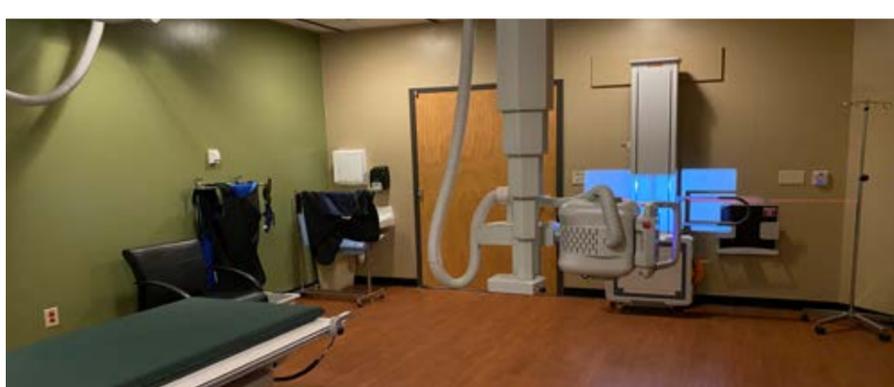
"I want women to know they can feel comfortable and confident when they come in for their mammograms. When working with my patients, I like to think of them as my mother or my sister. What kind of care and precision would I want them to receive in their own mammogram? I try to be compassionate and accurate with each and every patient that comes through my doors," says Lunt.

Take time to schedule your mammogram and encourage other women in your life to schedule theirs, too! Call 928-348-4251 to schedule your mammogram appointment today.

## OUR FAITHFUL X-RAY MACHINE OF 19 YEARS RETIRES!

After faithfully serving MGRMC for over 19 years, the x-ray machine inside the main hospital has retired. It has been donated to Eastern Arizona College. It is expected to continue faithfully serving students who attend their brand new medical radiography program. "The Radiologic Technology Program will train students to specialize to work in hospitals or imaging centers specializing in x-ray and computed tomography (CT) to create diagnostic images. This program will require an Associate's Degree that has a separate admission process. The pre-requisite courses are similar to the Nursing Program. Students will work with patients closely; positioning them, communicating with and performing imaging procedures. Radiologic technologist also are an important part of the healthcare team." - Carolyn McCormies, Nursing Director, EAC

In its place, our Imaging Department has received an upgraded X-ray machine, the Carestream Compass, which will allow us to provide the highest quality of patient care to everyone in our community. This particular unit is more patient-centered and will help us improve the overall patient experience. It helps decrease the time a patient spends in front of the x-ray and limits the margin of error.



The Compass machine has state-of-the-art technology that allows us to take multiple x-ray images and stitch them together as if it was one sizeable fluid image. This is particularly helpful for larger surface areas, such as the spine. Mount Graham Regional Medical Center is only the second hospital in the United States to receive this updated, fully automatic Compass x-ray machine.

It was installed on October 11th and saw its first official patient on October 17th, 2021. We are excited to welcome this new piece of equipment to our campus and can't wait to see its impact on the lives of our patients and our community.

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## MEET SOME OF OUR PROVIDERS!



### DAVID BRYCE, DO

CHIEF OF STAFF

- An Arizona native-born and raised in Pima
- Attended Des Moines College of Osteopathic Medicine
- Completed Residency at St. Luke's Univeristy Hospital in Bethlehem, Pennsylvania
- Married to Allison Mullenax with 14 children
- Lives on a small farm/zoo that includes goats, donkeys, sugar gliders, fish, and a blue and gold macaw that likes to say "bull crap."

### FARREL ROSEBERRY, DO

- Raised in the Gila Valley- a graduate of Safford High School
- Received his bachelor's degree in Molecular Cellular Biology and Chemistry from The University of Arizona
- Received training as a firefighter and paramedic
- Made a career change and decided to go into medicine
- Received medical degree from The Arizona College of Osteopathic Medicine



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