

LAS VEGAS COMMUNITY HEALTHCARE

FEBRUARY 2024



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HEALS

HEALTH · EDUCATION · ADVOCACY · LEADERSHIP
of SOUTHERN NEVADA

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WELCOME

Dear Readers,

Welcome to this vibrant issue of our community healthcare magazine. As our city evolves, so does the need to serve the new industries built up within it. This month, as we highlight Sports Medicine, we will emphasize how it not only enhances the performance and well-being of individual athletes but also plays a crucial role in the health and vitality of our entire community.

Just as the body thrives when each muscle, bone, and tendon works in harmony, our community flourishes when every individual, organization, and institution collaborates towards a common goal. In sports medicine, we see the epitome of this interconnectedness; it's a realm where physicians, physiotherapists, coaches, and athletes come together, each playing a pivotal role in the pursuit of health, excellence, and resilience.

In this issue, we celebrate the symphony of movements that keep both our bodies and our community in motion. We explore how the principles of sports medicine can teach us about more than just physical health—they mirror the importance of every member's contribution to the fabric of our society. From the dedicated professionals who mend our injuries to the community programs that foster youth sports, every element is vital.

We also underscore the significance of embracing our role within these larger systems. Just as every ligament in a sprinter's knee has its unique function, each one of us holds a special place in our community. Recognizing and valuing our role, and by extension, our organization's role within the community, is pivotal. It's about more than just belonging; it's about contributing to a collective well-being that echoes far beyond the confines of our immediate surroundings.

Join us as we share inspiring stories, innovative research, and practical advice that not only aim to enhance individual health and performance but also to weave stronger, more resilient community ties. Together, let's move forward, embracing the beauty of our interdependence, and celebrating every contribution that propels us towards a healthier, more vibrant future.

Gratefully,
Diego A. Trujillo



Diego A. Trujillo
CEO of Las Vegas HEALS

PHYSICIAN SPOTLIGHT INTERVIEW &



Inna Zdorovyak

Physician primary care, geriatric

What brought you to start practicing medicine in Las Vegas?

Lifestyle and job opportunities.

What are some of the biggest challenges you face and what do you most enjoy about your job?

Lack of growth opportunities.

What does leadership in the Southern Nevada medical community look like to you?

Competent

What is your perspective on the future of medicine in Southern Nevada?

Hopefully it will grow with more caring providers.

How did you first get involved with Clark County Medical Society?

Self interest to be part of a medical like minded professional group.

What are the benefits of participating in CCMS? Why did you become a member? Local information about professional events and education.

What might someone be surprised to know about you?

I'm not as serious as I appear.

Who would play you in a movie about your life?

Julia Roberts

"You must believe you have limitless potential in order to manifest your genius fully" by ilchi lee B0ok-I've decided to live 120 years by ilchi lee.

"You must believe you have limitless potential in order to manifest your genius fully"

by ilchi lee B0ok-I've decided to live 120 years by ilchi lee

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MEMBER SPOTLIGHT

Dr. Kelsie Buth

Medical Accounts Receivable Consultants (MARC)



"Our goal is to work as an extension of our clients' teams, providing a kinder and gentler approach to account recovery that is also low-liability. We become an essential resource for patients to ask questions and for our clients to generate more revenue."

Tell us a little about your business and what services you offer?

MARC Med is a medical accounts receivable consulting company. Many companies have accounts receivable teams, but we like to work with medical organizations because there are many reasons why medical bills aren't paid quickly or timely. We are able to step in and help. How we fit into the process is that a patient will see a provider and receive services, and that account will go through a billing cycle. After that process, the bill might remain open with billing companies for 90 to 120 days+. If it is not paid in that time, the bill may go to a collection agency, but for medical debt that is a pretty aggressive method of working with a patient. That's where MARC comes in.

MARC Med steps in between the billing company and collection agencies. We are unique because we are not a collection agency. Our goal is to work as an extension of our clients' teams, providing a kinder and gentler approach to account recovery that is also low-liability. We become an essential resource for patients to ask questions and for our clients to generate more revenue.

We are two and a half years old and fully integrated in the State of Nevada. Medical debt laws have changed and providers are limited in what resources they can use here, so we partner to help with these issues and reach out to patients on their behalf.

You mentioned you were in business for two and half years, what accomplishments are you most proud of in that time?

A lot of local medical practices are struggling with big issues, like reimbursement rates. I am really proud to be a local resource for our providers to help them improve revenue. We work with many national clients as well. However, being a Las Vegas local, I am most proud of our support of local Nevada providers.

What do you see for the future of healthcare in Southern Nevada?

Before working with MARC, my background was working as a chiropractor and I practiced for seven years before transitioning here. I have a unique perspective of being a patient, a provider, and now helping providers improve their revenue. We regularly work with insurance issues, which is a challenge for the patients to navigate. I hope things will get better and to see some changes in the insurance world because that is where we see the biggest challenges for both the patient and providers.

What advice would you give to someone who wants to enter the healthcare space in Southern Nevada?

Most providers aren't heavily involved in the revenue cycle. They are providing life-saving services and leave the revenue to their billing team and administrators. I encourage every provider to at least understand what's happening in the revenue cycle. What happens in billing is important to the reputation of the provider, and reputation is everything to patients. Understanding your patients' experience and what a solid revenue cycle looks like, and developing a solid revenue cycle team, is good for revenue generation, patient retention, and more.

How long have you been a member of HEALS? Why did you first join HEALS?

We have been a member of HEALS for two years. I was introduced to Diego at an event and the entire organization was super welcoming. The events are well attended and its been a great experience. I am now part of the Resident Respite Program.

Tell me more?

The Resident Respite program targets local medical residents and the goal is to utilize sponsorship money to show residents just how great Las Vegas is to practice medicine and have them get acquainted with different experiences so they can have fun with their fellow residents. It's a chance to provide a little relief during their residencies and for sponsors to offer more insight into the business side of practicing medicine. It's been great to be a part of this program.

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NETWORK
#DonateLife



NIKKI FARGAS
President,
Las Vegas Aces

  NVDonor  Nevada Donor Network

Transplant Games of America Join Team Nevada!

It is that time of the year! We are thrilled to travel to Birmingham, Alabama to celebrate the 2024 Transplant Games of America (TGA). This event is similar to the Olympics, but for individuals who are impacted and have a connection to transplantation. TGA is a biennial (every other year) event held in the United States to recognize the tremendous accomplishments of individuals whose lives have been affected by organ, eye and tissue donation and transplantation. They also welcome members of our front-line community involved in transplantation to promote the life-changing impact that donation represents today. Participants from every state compete in a variety of

We are proud to share the inspiring stories of two of our team members who are incredibly grateful to their hero donors for giving them a second chance at life.

Brienna Love (Heart Recipient)- Brienna had competed twice at TGA! Her story inspires many to live their second chance to the fullest. In the Summer of 2016, Brienna was an 11-year-old, perfectly athletic, healthy and vibrant girl that rarely even caught a cold, but got very sick. Her parents couldn't figure out what was wrong, so they took her to the hospital and discovered she had a failing heart that was working at less than 20%. The official diagnosis was Dilated Cardiomyopathy, or an enlarged heart with a weak muscle. Once discovered, she was quickly flown to Salt Lake City, Utah and placed in the Pediatric Intensive Care Unit (PICU) at Primary Children's Hospital. Within days, she received a Left Ventricular Assist Device (LVAD), that would keep her alive for six weeks until she received the gift of life on September 7th, 2016. She received her heart from a 16-year-old boy named Kris from Northern Idaho. Since her heart transplant, Brienna has lived knowing she honors her donor in everything she does.

Dinorah Arambula (Kidney Recipient)- Dinorah AKA "Medals" received her nickname because of how many medals she has taken home from past games! On February 4, 2011, Dinorah just got home from dialysis. Exhausted, she decided to watch some T.V. with her daughter before heading to bed. The phone rang and her heart started racing, because it is her kidney transplant team and she was told a heroic donor was her perfect match. When she started dialysis, she was told to expect a two to five year wait, but 11 months later, Dinorah's life changed forever. Dinorah suffered from high blood pressure for years and in 2009, her kidneys began failing. This once active soccer player was barely able to climb the stairs to her apartment. Several months after surgery, Dinorah was feeling healthy and ready to climb mountains, both literally and figuratively. She continues to stay in shape to take care of her precious gift. Though it was a difficult journey, Dinorah never lost hope.

Interested in joining Team Nevada for the 2024 Transplant Games of America? Visit: <https://www.nvdonor.org/teamnv>

competitive activities to demonstrate how their lives have been changed through the gift of donation. Competitors are grouped by age into three categories, organ transplant recipients, tissue transplant recipients and living donors. They can compete in everything from darts to swimming to ballroom dancing and so much more!

Team Nevada most recently participated in the 2022 Transplant Games of America. The team consisted of six members, including transplant recipients and living donors. They took part in various sports such as swimming, track and field and bowling. Our team did an outstanding job and brought home a total of 34 medals (22 gold medals, five silver medals and seven bronze medals).



Innovation Circle Has Been Around The World And Now Is Coming To Las Vegas!

Previously run in Sydney, Singapore, Dubai, Stockholm, Washington DC, and New York, among other cities, the Innovation Circle will come to Las Vegas on March 21, 2024.

In the rapidly evolving landscape of healthcare and life sciences, innovation is not just a buzzword—it's a necessity. The "Play Bold Innovation Circle Las Vegas" event is a unique opportunity for industry leaders and innovation experts to unite, learn, and contribute to the future of healthcare.

The event is led by Magnus Penker, a Wall Street Journal and USA Today bestselling author, and an internationally renowned thought leader on innovation, sustainability, and business transformation. Penker's expertise in innovation management is unparalleled, and his insights are invaluable for any organization striving to navigate the complexities of today's healthcare environment.

The event aims to address the major challenge for the healthcare and life science industry: continuously introducing innovative solutions with high clinical and market value. Despite continuous progress, business growth remains a struggle in today's fast-changing environment. But innovation is a skill; every company can master it through a more systematic approach and building an innovation culture.

The event's objectives are threefold:

- To understand the science and language of innovation.
- To learn how innovation contributes to sustainable growth and a competitive edge
- To solve the most significant healthcare challenges.

Participants will have the opportunity to get their special limited Las Vegas edition of "Play Bold" signed by Magnus Penker. They will also receive a comprehensive report on key drivers and the changing environment for innovation in the global healthcare and life science industries, based on previous sessions with industry leaders and input provided in Las Vegas. Finally, they will receive an InnoSurvey Customized

Report—an individualized assessment of their company, detailing their unique innovation strengths, untapped potential, and pinpointed insights into what is blocking them from achieving their strategic goals.

The event will also feature another prominent speaker, Kasia Hein-Peters, MD, a medical doctor with deep experience in developing enterprise, portfolio, and brand strategies, and creating market conditions for growth through policy, advocacy, and scientific initiatives. Kasia lives in Las Vegas and works with companies to scale up innovations and helps them on their innovation continuum: ideation, selection, development and commercialization. She is board-certified in AI in medicine and a licensed innovation practitioner.

Innovation in healthcare and life sciences is not a solitary endeavor—it requires collaboration, shared knowledge, and a collective commitment to improving patient outcomes. The "Play Bold Innovation Circle Las Vegas" event is a platform for this collaboration, offering a unique opportunity to learn from the best, share insights, and contribute to the future of healthcare.

Join us in Las Vegas on **March 21st, 2024**, to be part of this transformative event. Together, we can create a positive change in healthcare!

Spaces are limited, so book your ticket here:



SCAN ME

Innovation Circle has been run around the globe and now is coming to **Las Vegas!**

Play Bold

Novel Approach to Innovation in
Healthcare, Med-Tech & Life Sciences

March
21st
2024

Innovation Circle's original interactive format brings together the brightest minds and leaders together with insights from the foremost experts in innovation management. Release your organization's untapped potential through individualized InnoSurvey®. Learn new, transformative methods to grow sustainably.

SPEAKERS



Magnus Penker

A Wall Street Journal and USA Today bestselling author and an internationally renowned thought leader on innovation, sustainability, and business transformation.



Kali Arduini

Director of Innovation for Northwestern Medicine, leading the identification, evaluation, and activation of internal and external innovative technology solutions to issues faced by patients and care providers today and the challenges of tomorrow.



Kasia Hein-Peters, MD

Expert in scaling up innovations and transforming organizations, strategic C-suite partner in public health, healthcare, life sciences, med tech and digital health industries.

Price: \$799

Early bird price: \$599
(until January 31, 2024)

Location:

Plaza Hotel & Casino
1 N Main St.
Las Vegas, NV 89101

Date:

March 21st, 2024

Time:

11:00am - 6:30pm

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L A S V E G A S
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AI in Medicine: Challenges, Myths, and the Future

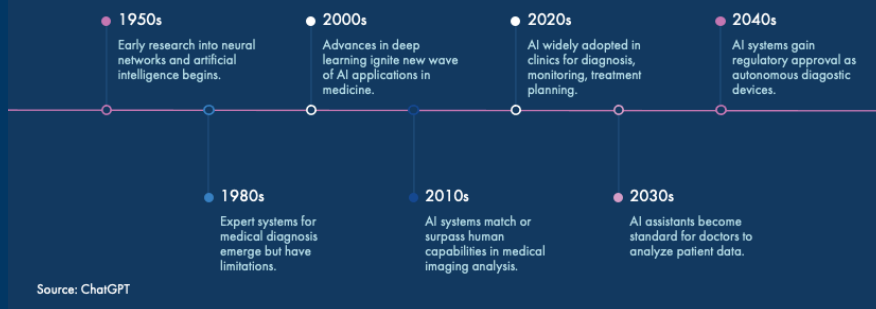
In 2023, the media have been brimming with content about AI and ideas on how it will transform medicine. The entry of ChatGPT almost exactly a year ago put AI front and center for everybody. The change has been happening so fast that many of us feel poorly prepared to keep up. The approach to AI in healthcare spans from doing nothing to developing own solutions or adopting marketed technologies. Many hospitals and clinics are still not ready for adoption of even well tested technologies.

Limitations and Challenges of AI/ML in Medicine

It is tempting to ask ChatGPT the question about AI adoption in medicine, but it is very likely that the answer will not be completely right.

This is because ChatGPT uses information from the internet and has no independent knowledge of what information is right and what isn't. In this example, it is not true that medical imaging surpassed humans in 2010s or that in 2020s AI is widely adopted in clinics. Imaging has become very precise and sometimes surpassing expert radiologists only recently, and even now the AI solutions are not broadly adopted in healthcare.

Incorrect Timeline of AI in Medicine, Developed by AI



Any AI is as good as data on which it was trained and has access to, so medically useful AI solutions must be trained on proper medical data. This is the main challenge in developing AI solutions in medicine, because of a vast proportion of unstructured data (data that cannot be easily put in tables, such as a patient medical history), and multimodal data (e.g., text, pictures and sounds). Multimodal AI for medical practice is currently being tested and may be released within the next months. In addition, generalizability of AI/ML solutions across different populations is limited, for example, an AI algorithm trained in a big urban academic center may not perform as well in hospital located in a rural, lower resource environment due to differences in treated populations.

Several other challenges should be considered when developing AI/ML in medicine:

- Limited knowledge among hospital administrators and clinicians regarding AI/ML solutions, leads either to total rejection or lengthy review process before implementation. It is not to say that review is not necessary, but that many hospitals do not have the process to quickly assess new technologies.
- Healthcare data is highly sensitive, requiring robust privacy measures that can impede accessing data for developing AI.
- Algorithmic biases stemming from biases in a training dataset may lead to serious clinical mistakes, as observed in a few cases when AI treated patients of color differently from Caucasians.
- The “black box” phenomenon, meaning lack of transparency in how algorithm works and therefore inability to explain how it reaches its conclusions.
- Clinicians are rarely involved in the development of AI algorithms, what sometimes leads to solutions that are not clinically relevant or don't match existing clinical workflows. Improved collaboration between various stakeholders is necessary to develop clinically useful AI/ML, but it is continuously difficult to form research teams with combined clinical, subspecialty, engineering, and computer science expertise.

Addressing these challenges is necessary for the evolution of AI/ML technology and realizing its potential in medicine.



Current AI/ML Use in Medicine

Despite challenges, there are already several successful uses of AI/ML in medicine, especially in diagnostics, drug discovery, clinical decision support and personalized medicine.

- AI can analyze medical images and detect abnormalities earlier and more accurately than doctors. It can enhance the analysis of medical images, such as X-rays, CT scans, and MRIs, to improve diagnostic accuracy and reduce the workload on radiologists.
- AI can speed up drug discovery by screening millions of chemical compounds and analyzing data to find promising drug candidates. AI automates the identification of potential drug candidates and predicts their effectiveness. Also, AI can assist in various aspects of medical research, from analyzing large datasets to identifying potential drug targets and repurposing existing drugs for new uses.
- AI can analyze data from wearable devices and other remote monitoring tools to track patient health and provide real-time feedback to healthcare providers.
- AI can provide treatment recommendations based on patient data and medical knowledge to assist doctors in making clinical decisions.
- AI can analyze patient genomics, metabolomics, lifestyle, and medical history to provide personalized prevention and treatment plans.
- AI-driven robotic systems, such as the Da Vinci, can assist surgeons in performing complex procedures with greater precision and control.
- AI can streamline administrative tasks, such as appointment scheduling, medical record management, and patient follow-ups, reducing the burden on healthcare professionals.
- AI can analyze large datasets to identify trends and patterns in population health, helping to inform public health policies and interventions.



The growth of AI algorithms in medicine leads to very enthusiastic business forecasts, with a prediction of 30% CAGR (Compound Annual Growth Rate) for the next ten years.

Common Myths

With the fast growth of AI, many fear what it means for them and the practice of medicine. I am convinced that AI/ML will change the ways we work, but I don't subscribe to catastrophic views. Common myths include:

AI will replace doctors. AI augments and assists doctors but is not able to think critically and has no intuition. AI may replace simpler, more common tasks and may recommend diagnosis and treatment. By eliminating human biases, it will help doctors to do better. Doctors who use AI will eventually replace doctors who don't.

However, it is possible that AI will replace some administrative roles due to the ability to generate intake and discharge documents, schedule appointments and quickly analyze data. It's also very likely that other jobs will be improved by removing the administrative burden.

AI must be flawless. Doctors make mistakes, but we expect AI/ML to be flawless. It is not possible and should not be required as long as AI adds value over current standards of care. However, we also should be aware of the "automation bias," meaning the belief that a digital solution provides better results than a human being.

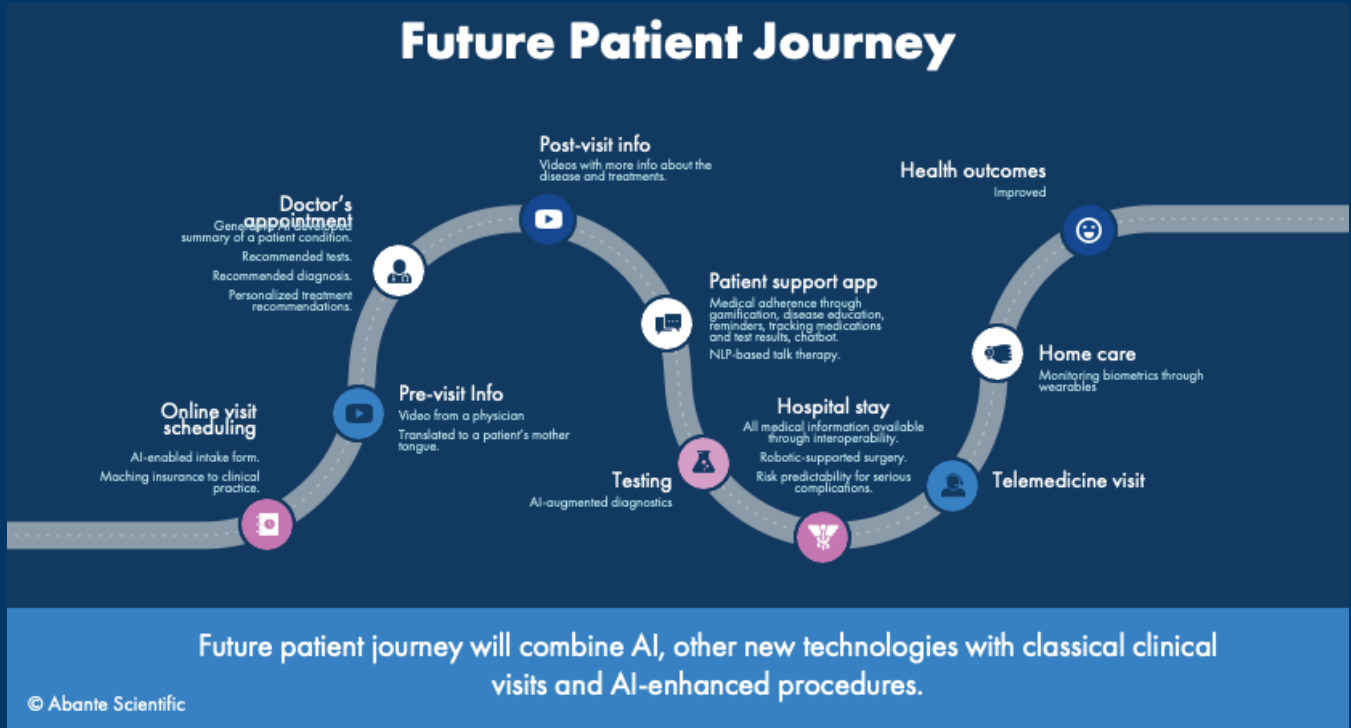
AI is universally applicable. Due to differences in patient populations between healthcare systems, the AI solution developed in one location may not be fully applicable in another hospital or clinic. Differences in population translate into very different training data sets and therefore different algorithms. An algorithm may have to be retrained or developed anew for a new setting.

"AI can speed up drug discovery by screening millions of chemical compounds and analyzing data to find promising drug candidates. AI automates the identification of potential drug candidates and predicts their effectiveness."

The Future

While AI has great potential in medicine, we need realistic expectations about its current and future abilities and limitations. I am positive that while addressing challenges, we will continue to develop and implement new solutions for the benefit of patients, clinicians, and the healthcare system.

My hope is that we will enhance patient experience and outcomes in the future, by smoothly incorporating new technologies into the existing physician workflows and patient journeys. The slide below shows how it can be done, with technologies that are already available or in development.



"AI will replace some administrative roles due to the ability to generate intake and discharge documents, schedule appointments and quickly analyze data."

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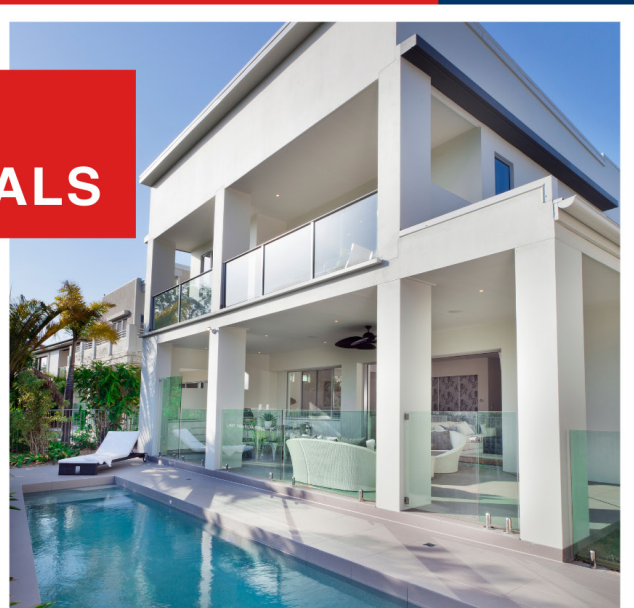
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What Is Sports Medicine?

Sports medicine is a multidisciplinary field focused on the prevention, diagnosis, treatment, and rehabilitation of injuries related to sports and exercise. It encompasses various medical specialties, including orthopedics, physiatry, physical therapy, sports nutrition, sports psychology, and exercise physiology, among others. Here's a comprehensive overview of sports medicine:

Prevention: Sports medicine professionals work to prevent injuries by educating athletes about proper warm-up techniques, equipment use, biomechanics, nutrition, hydration, and safe training practices. They may also assess athletes for risk factors predisposing them to injuries and provide personalized injury prevention strategies.

Evaluation and Diagnosis: When injuries occur, sports medicine physicians and healthcare providers evaluate and diagnose the condition. This may involve a physical examination, medical history review, diagnostic imaging (such as X-rays, MRI, or CT scans), and other specialized tests to determine the extent and nature of the injury.

Treatment: Treatment options vary depending on the type and severity of the injury. Common treatment modalities in sports medicine include:

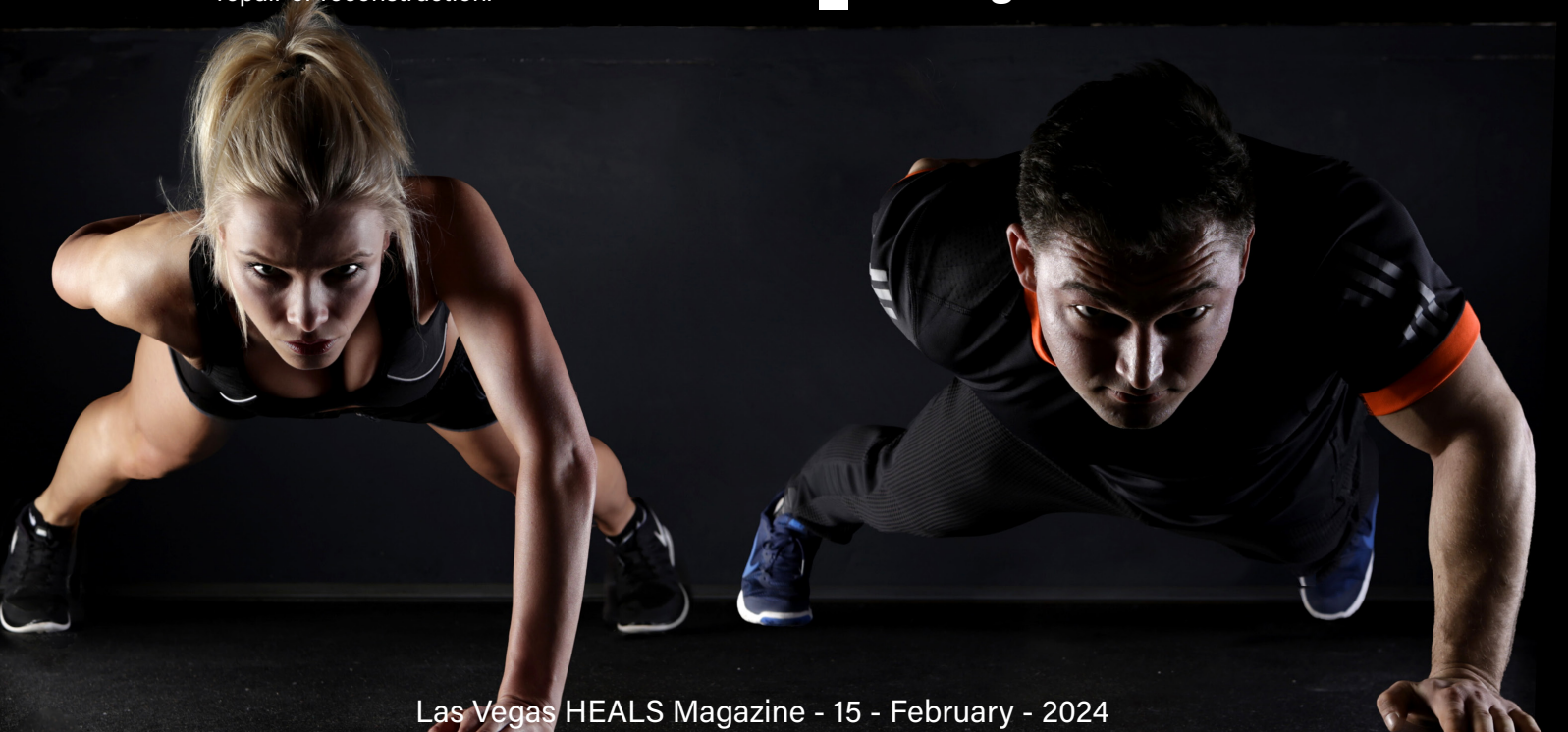
- Rest, Ice, Compression, Elevation (R.I.C.E.) for acute injuries like sprains and strains.
- Medications for pain management and inflammation reduction. Physical therapy to restore function, mobility, and strength.
- Bracing or taping for support and stability.
- Injection therapies (e.g., corticosteroids, platelet-rich plasma) for certain conditions.
- Surgical intervention for severe injuries requiring repair or reconstruction.

Rehabilitation and Recovery: After the acute phase of treatment, rehabilitation focuses on restoring the athlete's functional abilities and returning them safely to sports or activities. Rehabilitation programs typically include therapeutic exercises, stretching, manual therapy, and progressive loading to improve strength, flexibility, proprioception, and neuromuscular control.

Performance Enhancement: Sports medicine professionals also work with athletes to optimize their performance. This may involve biomechanical analysis, sports-specific conditioning, nutrition counseling, mental skills training, and injury risk reduction strategies.

Sports Psychology: Addressing the psychological aspects of sports performance and injury recovery is an integral part of sports medicine. Sports psychologists help athletes develop coping strategies, manage stress and anxiety, enhance motivation, and foster resilience.

"Sports psychologists help athletes develop coping strategies"





Concussion Management: Concussions are a significant concern in sports medicine. Healthcare providers specialized in sports medicine assess and manage concussions, emphasizing proper diagnosis, rest, gradual return to play protocols, and education about the potential long-term consequences of repeated head injuries.

Injury Epidemiology and Research: Sports medicine professionals contribute to research efforts aimed at understanding the causes and patterns of sports-related injuries, as well as developing innovative treatment approaches and injury prevention strategies.

Team Coverage and Event Medicine: Sports medicine practitioners often provide medical coverage for athletic teams, sporting events, and competitions. They may work closely with coaches, athletic trainers, and other healthcare providers to ensure the safety and well-being of athletes.

Overall, sports medicine plays a crucial role in promoting the health, performance, and longevity of athletes across all levels of competition and physical activity. It combines medical expertise with a holistic approach to address the unique needs and challenges of athletes and active individuals.

"Sports medicine plays a crucial role in promoting the health, performance, and longevity of athletes across all levels of competition and physical activity."



Recognizing the Signs: Understanding the Symptoms of a Concussion

Recognizing the signs and symptoms of a concussion is crucial for prompt diagnosis and appropriate management. If you've experienced a head injury or suspect you may have a concussion, here are some common symptoms to watch out for:



Physical Symptoms:

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness or balance problems
- Sensitivity to light or noise
- Blurred or double vision
- Fatigue or feeling drowsy
- Difficulty with coordination or motor skills

Cognitive Symptoms:

- Difficulty concentrating or focusing
- Confusion or feeling foggy
- Memory problems, including difficulty remembering events before or after the injury
- Slowed thinking or processing information

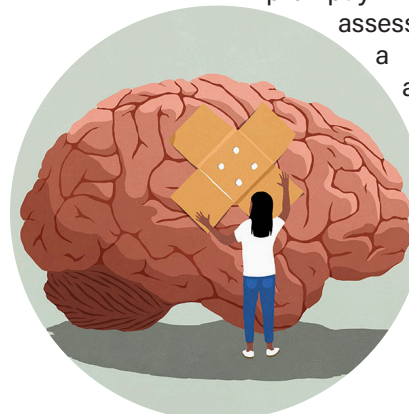
Emotional and Behavioral Symptoms:

- Irritability or mood swings
- Anxiety or nervousness
- Sadness or depression
- Increased emotional sensitivity
- Changes in sleep patterns, such as sleeping more or less than usual

Other Potential Signs:

- Loss of consciousness (although not always present)
- Amnesia regarding the event that caused the injury
- Feeling "off" or not quite like yourself
- It's important to note that symptoms of a concussion may not always appear immediately after a head injury and can develop gradually over time. Additionally, symptoms can vary from person to person, and not everyone will experience the same set of symptoms.

If you suspect you may have a concussion or have experienced a head injury and are experiencing any of these symptoms, it's essential to seek medical attention promptly. A healthcare professional can assess your symptoms, perform a neurological examination, and determine if further evaluation or treatment is necessary. Remember, even seemingly minor head injuries can lead to concussions, so it's crucial not to ignore any potential signs or symptoms.



LOU RUVO CENTER FOR BRAIN HEALTH

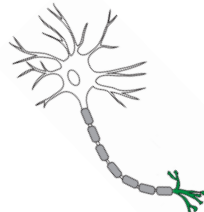
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TARGET AUDIENCE

This activity is intended for neurologists, primary care physicians, psychologists, physician assistants, nurse practitioners, nurses, social workers, physical and occupational therapists, and other allied health professionals who care for persons with multiple sclerosis.

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- Accurately diagnose multiple sclerosis (MS) and distinguish it from other demyelinating disorders and non-specific white matter disease ...
- Identify appropriate disease-modifying therapies for patients with MS, considering individual patient profiles, risk factors, and treatment goals.
- Evaluate the importance of neurorehabilitation in improving functional outcomes and quality of life for patients with MS.
- Determine the psychological impact of MS on patients' mental health ...
- Describe the unique needs of special populations in MS care ...

Optimal Timing for Exercise After Recovering from Illness

The timing of returning to exercise after an illness depends on several factors, including the severity and type of illness, your overall health, and how you're feeling. Here are some general guidelines to consider:

Mild Illness (e.g., Common Cold):

If you have a mild illness with symptoms such as a runny nose, sore throat, or mild cough, it's generally safe to resume exercise when you feel up to it. Listen to your body and start slowly. You may need to reduce the intensity or duration of your workout initially. Stay hydrated and pay attention to how your body responds. If you feel worse during or after exercise, it may be a sign to dial back or postpone your workout.

Moderate to Severe Illness (e.g., Flu, Fever):

If you've had a more severe illness, such as the flu or a fever, it's important to allow your body adequate time to rest and recover before returning to exercise. Wait until your symptoms have significantly improved and you're no longer experiencing fever or body aches before resuming exercise. Start with light, low-impact activities such as walking or gentle stretching, and gradually increase the intensity and duration as you regain strength and energy.

Respiratory Illness

(e.g., Bronchitis, Pneumonia):

For respiratory illnesses such as bronchitis or pneumonia, it's essential to give your lungs time to heal before engaging in strenuous exercise. Wait until your cough has subsided and breathing feels comfortable before returning to exercise. Consider consulting with a healthcare professional, especially if you've had a severe respiratory infection, to ensure it's safe to resume physical activity.

Chronic Health Conditions:

If you have a chronic health condition or underlying medical issues, it's important to follow any specific guidelines provided by your healthcare provider regarding exercise and illness recovery. Some chronic conditions may require modifications to your exercise routine or additional precautions during periods of illness.

Hydration and Nutrition:

Regardless of the severity of your illness, staying hydrated and nourished is crucial for supporting your body's recovery process. Drink plenty of fluids and eat nutritious foods to help replenish energy stores and support immune function. Ultimately, the decision to resume exercise after an illness should be based on how you're feeling and your body's readiness to return to physical activity. It's essential to listen to your body, start slowly, and gradually increase the intensity and duration of your workouts as you regain strength and energy. If you have any concerns or questions about exercising after an illness, it's always a good idea to consult with a healthcare professional for personalized advice.



The Right Rest Period for a Sprain

The duration of rest needed after a sprain can vary depending on the severity of the sprain and individual factors such as age, overall health, and level of physical activity. However, there are general guidelines that can help determine an appropriate rest period:

Grade of Sprain: Sprains are often classified into three grades based on severity:

Grade 1: Mild sprain with slight stretching or tearing of ligaments.

Grade 2: Moderate sprain with partial tearing of ligaments.

Grade 3: Severe sprain with complete tearing or rupture of ligaments.

Rest Period:

Grade 1 Sprain: Typically requires a few days to a week of rest, with gradual return to normal activities as pain decreases and range of motion improves.

Grade 2 Sprain: May require several weeks of rest, with a period of immobilization followed by gradual rehabilitation to restore strength and stability.

Grade 3 Sprain: Often requires several weeks to months of rest and rehabilitation, and in some cases, may necessitate surgical intervention.

R.I.C.E. Protocol: Regardless of the severity, initial management of a sprain often involves the R.I.C.E. protocol:

Rest: Avoid putting weight on the injured area and refrain from activities that aggravate pain.


Ice: Apply ice packs to the injured area for 15-20 minutes every few hours to reduce pain and inflammation.

Compression: Use compression bandages or wraps to support the injured area and minimize swelling.


Elevation: Elevate the injured limb above the level of the heart to reduce swelling and promote fluid drainage.


Gradual Return to Activity: Once pain and swelling subside, it's important to gradually reintroduce activities and exercises to avoid re-injury. Physical therapy may be recommended to improve strength, flexibility, and proprioception (awareness of body position).





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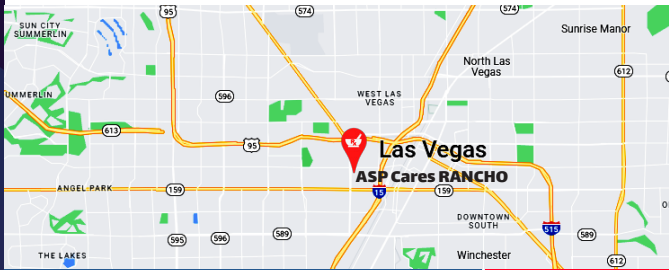
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2024 ANNUAL RESEARCH SYMPOSIUM WINNERS

Congratulations to all who presented! The Winners are:

MEDICAL STUDENT CATEGORY

First Place - Charlton Bassett, MS-II, "MicroRNA-145 Downstream Signaling Pathways as Potential Mediators of Neural Differentiation in Dental Pulp Stem Cells"

Second Place (tie) - Melanie Arslanian, OMS-II, "Slow Binding of a Heterocyclic Pharmacophore against Kinases from Eukaryotic Pathogens"

Second Place (tie) - Kian Habashi, MS-III, "Improved Advanced Care Planning in Geriatric Hip Fractures"

Third Place (tie) - Hunter Triplett, MS-II, "The Role of MicroRNA-27 as a Mediator of Neural Differentiation Signaling Pathways Among Dental Pulp Stem Cells Through Downstream Targets"

Third Place (tie) - Julienne Zhou, MS, OMS-I, "Alimentary Microsporidiosis: Clinical Manifestations and Management"

Best Case Presentation - Meghana Pandit, OMS-III, "Neurological Sequelae of Anti-NMDAR Encephalitis in the Presence of an Immature Ovarian Teratoma: A Case Report"

RESIDENT / FELLOW CATEGORY

First Place - Arman Kakosian, MD, "Logistical and Financial Implications of Treating Acutely Suicidal Patients with IV Ketamine in the Emergency Department"

Second Place - Emily Shaffer, MD, MPHTM, "Impact of Maternal Biologic Drug Screens on Time to Treatment for Neonatal Abstinence Syndrome in Newborns "

Third Place (tie) - Jeffrey DeGrauw, DO, "Using Double Sided Bronchial Blocker for Differential Lung Ventilation for Robotic Bronchoscopy Guided Marking and Subsequent Bilateral Lung Wedge Resections and Lobectomy"

Third Place (tie) - Julian Shih, MD, "1001 Units of Insulin: A Case of Type B Insulin Resistance"

We would like to thank the judges for their deliberations and for providing leadership and support for this activity. Clark County Medical Society is thankful to Volunteers in Medicine of Southern Nevada, Cleveland Clinic Nevada Lou Ruvo Center, Kirk Kerkorian School of Medicine at UNLV, and Touro University Nevada College of Osteopathic Medicine for their generous donations, which was used to support the Research Symposium, including the cash prizes for the winners in the Medical Student and Resident/Fellow categories.



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What are Functional Mushrooms?

Functional mushrooms are nutrient-rich mushrooms that provide a variety of health benefits. They have been used for thousands of years as both food and medicine. There are different kinds of functional mushrooms, each of which provides its own unique benefits.

In recent years, functional mushrooms have been growing in popularity. They have Nootropic Qualities, and are actually good for your brain, mindset and immunity!

The term "adaptogen" refers to a group of compounds found in plants foods that can help the body adapt to stress of all kinds, whether it be chemical, biological or physical.

This helps us to ward off any illness or disease that could be a result of these stressors and maintain our internal homeostasis. One review found these compounds to spring the immune system into action, reduce inflammation throughout the body, detoxify and repair damaged cells, exhibit antiviral properties, and generally improve quality of life.

WOW! I'm impressed!

These special fungi can now be found in all types of products – from coffee to protein bars, gummies and chocolate.

Do Functional Mushrooms have psychedelic properties?

No, functional mushrooms won't cause you to have a trip or have an out of body experience. We will save that or another article!

Are Functional Mushrooms Safe?

Yes, functional mushrooms are safe for most people to consume. Most functional mushrooms (such as reishi) have been used as a food source for thousands of years.

What's the Best Way to Add Functional Mushrooms To Your Diet?

The best way to add functional mushrooms to your diet is to find a quality supplement with your mushroom of choice. Fresh mushrooms aren't always available in stores. Hence, taking a supplement or mushroom powder is often the best way to go. If you choose to buy a mushroom powder, you will then be able to add it to your cooking, smoothies, protein shakes, etc. Look for a brand that offers micro dose capsules. If you don't enjoy cooking or don't have time to cook, consider taking a supplement. Single mushrooms or a combination of single and wild mushrooms are available as supplements.

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- PELLINUS LINTEUS** helps heal abnormal growth of cells
- LION'S MANE** improves memory, focus & reduces feelings of irritability & anxiety
- OYSTER** immune support, reduces inflammation in the body
- MAITAKE** strengthens immune system
- AGARICUS** digestive, heart & liver health
- SHIITAKE** boosts immune system, energy & brain function
- CHAGA** highest in antioxidants, increases vital force & strengthens immune system
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A few Functional Mushrooms and their nutrient value:

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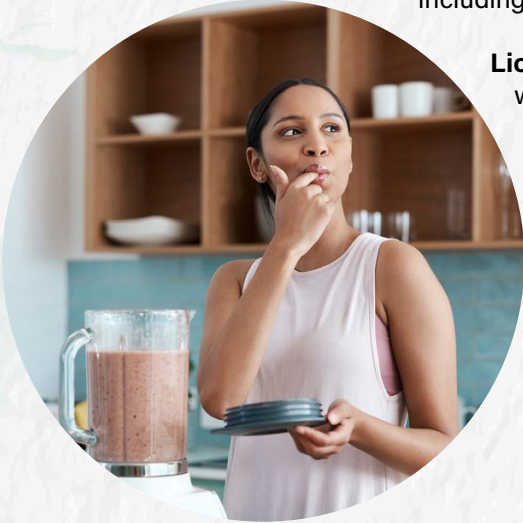
Chaga Mushrooms: Do not Disturb. Sleep, wonderful sleep. As great source of beta glucans, vitamin D, Zinc, B vitamins, copper, manganese and potassium.



Cordyceps: Energy, supports healthy blood clotting, has protein, Vitamin K and B vitamins, including B12

Lion's Mane Mushrooms: neuroprotective benefits, red blood cell formation, loaded w beta-glutan, supports gut health, immunity and metabolic health.

The health benefits of functional mushrooms should not be overlooked. They provide many benefits to the human body. Functional mushrooms are safe for most people to consume and can be easily added to your diet. Whether you're looking for a natural way to boost your energy levels or support your immune system, functional mushrooms should be your go-to. Experiment what works for you and contact me for any questions!



Terry Bruesehoff RN BSN
(808) 476-2005
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"They provide many benefits to the human body. Functional mushrooms are safe for most people to consume and can be easily added to your diet."

Comprehensive Approaches to Managing Head Injuries: A Guide to Varied Treatment Strategies

Treating a head injury depends on the severity of the injury. Here are some general guidelines for managing different types of head injuries:

Minor Head Injury (Concussion):

Rest: Encourage the individual to rest and avoid strenuous physical or mental activities that could worsen symptoms.

Monitor Symptoms: Keep a close eye on the person for any worsening symptoms, such as headache, dizziness, confusion, nausea, vomiting, or changes in behavior.

Pain Management: Over-the-counter pain relievers like acetaminophen (Tylenol) can be used to alleviate headache pain, but avoid aspirin or ibuprofen as they can increase the risk of bleeding.

Stay Hydrated: Ensure the person stays well-hydrated by drinking plenty of fluids, unless otherwise advised by a healthcare professional.

Avoid Alcohol and Recreational Drugs: Alcohol and certain drugs can impair recovery and increase the risk of complications, so they should be avoided.

Gradual Return to Activity: Once symptoms improve, gradually reintroduce activities, but avoid activities that could potentially lead to re-injury.

Medical Evaluation: Seek medical attention if symptoms worsen or if there are signs of a more serious head injury.

Moderate to Severe Head Injury:

Emergency Medical Attention: Call emergency services immediately or go to the nearest emergency department if the head injury is severe, with loss of consciousness, persistent confusion, seizures, severe headache, vomiting, unequal pupil size, or clear fluid draining from the nose or ears.

Stabilize the Neck: If there is suspicion of a neck injury, take care to stabilize the neck and avoid moving the person unnecessarily until medical help arrives.

Follow Emergency Medical Instructions: Follow instructions given by emergency medical personnel, which may include immobilization, monitoring vital



signs, and transport to a trauma center for further evaluation and treatment.

Avoid Additional Injuries: Take precautions to prevent further injury during transportation, such as securing the person to a stretcher and minimizing movement.

Observation and Follow-up:

After initial treatment, follow any instructions provided by healthcare professionals regarding monitoring for symptoms, follow-up appointments, and any restrictions on activity or medications.

Monitor for Complications: Keep an eye out for signs of complications, such as worsening symptoms, changes in consciousness, weakness, numbness, difficulty speaking, or seizures, and seek medical attention if any occur.

It's essential to take head injuries seriously and seek prompt medical attention, especially for moderate to severe injuries or if there are any concerns about the person's condition. Prompt and appropriate treatment can help minimize the risk of complications and promote optimal recovery.

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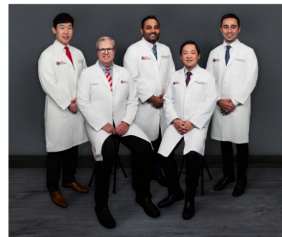
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Project ECHO's Digital Prescription for Health Disparities

Whether they were finding funding for telecom systems, reaching out to build the program's network, or helping providers navigate new technology, one of the hurdles that Project ECHO Nevada faced before Zoom became a household name was how to connect healthcare providers in rural communities to the telementoring program. Then, the COVID-19 pandemic accelerated the adoption of digital learning methods and created an environment that broke down virtual connection barriers amid social distancing measures and stay-at-home mandates.

"We were always a virtual telehealth platform," said Mordechai Lavi, M.D., Medical Director of Project ECHO Nevada. "We connect and create virtual communities of learning where we amplify best practices and share knowledge. These types of communities can help—especially in rural communities."

In Nevada, where more than two out of three people live in a primary care Health Professional Shortage Area (HPSA), according to the "Physician Workforce in Nevada: A Chartbook," providing educational and support resources in rural areas is critical.

Through telementoring, rural clinicians can stay updated with the latest medical practices and treatments, which can directly translate into improved patient care and outcomes. This is especially vital for rural communities where accessing specialized medical training and resources may otherwise require extensive travel or be entirely out of reach.

As ECHO expands primary care physicians' knowledge base, patients benefit by reducing healthcare-related travel, long waits, and costs. They receive quality care within their own communities when physicians can work together to solve medical problems.



Bridging the Gap in Rural Outreach

In the years following the onset of the COVID-19 pandemic, Project ECHO continues to serve some of the most rural communities in the Silver State and demonstrate the value of its outreach. Rural healthcare and public health professional participation in the program grew by more than 26% from 2019 to 2022. During the same time, participation from all state organizations grew by 180%. And in 2023, the program experienced a 98% increase of case reviews conducted across all ECHO sessions from pre-COVID operations.

One of the cornerstone programs of Project ECHO is teleECHO programs, during which healthcare professionals across the state review patient cases with a multidisciplinary team of subject matter experts to collaborate on treatment using multi-point video technology. The case review process increases the impact of a session by providing the reviewing provider with recommendations about their case and offering other participants new skills and training.

"A physician in Ely may have had a similar experience as a physician in Yerington and be able to share advice or recommend resources," Dr. Lavi said.

"We were always a virtual telehealth platform," said Mordechai Lavi, M.D., Medical Director of Project ECHO Nevada."

With interdisciplinary teams and shared experiences, ECHO sessions become a community of learning. Issues sometimes relate to navigating the vast healthcare system network, like prior authorization, income barriers, or functional deficits, affecting whether a patient gets the care they need.

"We can create that community of learning that Project ECHO is known for," Dr. Lavi said. "It helps us connect so we can learn from each other."

In this way, the ECHO model is not traditional telemedicine where the specialist assumes patient care but instead a guided practice model where the primary care provider retains responsibility for managing the patient.

"Providers practicing in rural areas have similar workforce shortages and fewer resources, such as social workers or therapists, and these sessions have allowed for innovative solutions," said Troy Jorgensen, Senior Program Manager for Project ECHO Nevada.

By enabling specialists to serve as mentors and train community providers in clinical areas previously outside their expertise, primary care providers can operate with increased independence as their skills and self-efficacy grow.

According to post-session evaluations since 2017, 91.9 percent of ECHO participants either strongly agree or agree that their participation has decreased their sense of professional isolation.

"These sessions can help providers feel not so alone in what can be a really lonely environment," Dr. Lavi said. "It lets them know other people are dealing with the same challenges in other communities."

"We can create that community of learning that Project ECHO is known for," Dr. Lavi said.

"It helps us connect so we can learn from each other."



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- April 18th 2024 - Oops, I Hit It Again! : Concussion Updates
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Bridging Aspirations: The GVHS Medical Society's Impact on Future Physicians

Written by Brianna Shaw



At Green Valley High School, passion meets purpose in the form of the GVHS Medical Society, founded by the visionary Junior, Brianna Shaw. With a clear mission to empower aspiring future physicians, this club serves as a gateway to the world of healthcare, connecting eager students with practicing physicians in various specialties.

With Nevada grappling with a shortage of physicians, the GVHS Medical Society's role becomes increasingly vital. By fostering early connections and engagement with practicing physicians, the club ignites a spark of motivation within its members, inspiring them to pursue their dreams of a career in medicine.

The heartbeat of the GVHS Medical Society lies in its monthly fireside chats, where members delve into the realities of medical practice with seasoned professionals. Through these intimate conversations, students gain invaluable insights into the daily lives of physicians, learning about the challenges, triumphs, and invaluable advice that shape their journey.

Beyond fireside chats, the GVHS Medical Society is committed to providing tangible opportunities for its members to explore the medical field. With the close network support of Las Vegas HEALS making connections with their partners, the club facilitates medical school and hospital tours, offering a firsthand glimpse into the rigorous yet rewarding path to becoming a doctor. Talks are underway to replicate the club's success at other CCSD High Schools, providing more students with the opportunity to explore careers in medicine. These experiences not only illuminate the journey but also instill a sense of purpose and determination in aspiring physicians.

The club's dedication to nurturing future healthcare professionals extends beyond mere inspiration. For example, this month's fireside chat in honor of National Women's Sports Day is with Dr. DiMuro, a Pain Management and Anesthesiologist, former Chief Medical Officer



for the State of Nevada, and a national expert in sports medicine. Through meticulous research and preparation, members craft meaningful questions that delve into Dr. DiMuro's background and practices, gaining insights into sports medicine and other medical specialties. These interactions not only enrich their understanding but also provide invaluable mentorship and guidance along their academic journey.

Led by Brianna Shaw, a driven and ambitious Green Valley High School student, GVHS Medical Society continues to thrive, serving as a beacon of hope and possibility for aspiring physicians. Inspired by her own aspirations to become an OB/GYN, Brianna is deeply passionate about creating opportunities for her peers to explore the medical field. With over four years of club leadership experience under her belt, Brianna's dedication and vision have been instrumental in the club's remarkable success in its inaugural year. Beyond her role as the club's founder and President, Brianna's journey to medicine extends far beyond the classroom. As a year-round volunteer at Summerlin Hospital in the NICU and Maternity & Labor Ward, she has witnessed firsthand the transformative power of healthcare. These experiences have not only deepened her passion for women's health but also reinforced her commitment to serving her community as a future OB/GYN.

Through its unwavering commitment to excellence and empowerment, the GVHS Medical Society is not just a club; it's a community of dreamers, doers, and future healers, united in their quest to make a difference in the world of medicine.





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Choosing Between Heat and Cold Therapy for Muscle Injuries: A Comprehensive Guide

The decision to apply heat or cold to a muscle injury depends on several factors, including the type and stage of the injury. Here's a general guideline:

Cold Therapy (Ice):

Use cold therapy during the acute phase of injury, typically within the first 48 hours. Cold helps to reduce pain, inflammation, and swelling by constricting blood vessels and numbing the area. Apply an ice pack wrapped in a thin cloth to the injured area for 15-20 minutes at a time, several times a day. Be sure to allow the skin to return to normal temperature between icing sessions to prevent frostbite or skin damage.



Heat Therapy:

Heat therapy is generally beneficial for chronic muscle pain or stiffness, or during the later stages of injury recovery when inflammation has subsided. Heat helps to relax muscles, improve blood circulation, and alleviate stiffness. Apply a warm compress, heating pad, or warm moist towel to the affected area for 15-20 minutes at a time. Be cautious not to apply excessive heat or leave heat packs on for too long to avoid burns or skin irritation.

When to Avoid Heat:

Avoid applying heat to an acute injury or if there's any active inflammation, as heat can exacerbate swelling and increase pain. Heat should not be used if the area is bruised or swollen, as it can potentially worsen these symptoms.

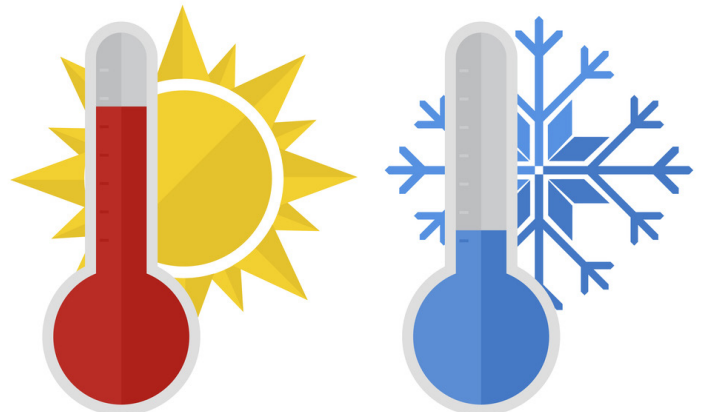
Alternating Therapy:

In some cases, alternating between cold and heat therapy (contrast therapy) may be beneficial, especially for chronic muscle injuries or pain management. Alternating between cold and heat can help improve circulation, reduce pain, and promote healing.

Seek Medical Advice:

If you're unsure whether to apply heat or cold to your muscle injury, or if you have any concerns about the severity of your injury, it's best to consult with a healthcare professional for personalized advice.

Ultimately, the choice between heat and cold therapy depends on the specific characteristics of the injury and individual preferences. Both modalities can be effective in managing muscle injuries when used appropriately.



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This is Katie Baird and Elizabeth Jeser, and we are Co-Presidents of the Clark County Medical Society Alliance (CCMSA). The mission of CCMSA when it was founded 75 years ago continues today - to build a healthier Southern Nevada. CCMSA is a non-profit service organization comprised of spouses of members of the Clark County Medical Society and the American Medical Association. Primarily a service organization, CCMSA focuses on health-related needs in the community, initiating their own projects or providing volunteer hours and monetary assistance to charitable organizations or groups.

This year, our charity of choice is the Trauma Intervention Program (TIP) of Southern Nevada, Inc. TIP works with all of our local hospitals, EMS, law enforcement agencies, the coroner's office, and other organizations to provide well trained citizen volunteers to scenes of crisis/tragedy who can offer emotional and practical support to everyone on scene. Studies show that having a well trained person intercede in the immediate aftermath of traumatic situations decreases the long-term effects of the trauma. In addition to helping the victims on scene, TIP volunteers are a valuable resource to the agencies that call them out, because they allow the emergency responders and law enforcement officers to do their work uninterrupted. In scenes of trauma and tragedy, the emergency responders and law enforcement officers have to prioritize their time so they can get to the next scene. TIP allows them to do their work more efficiently, while helping those who have just experienced trauma, while using care and expertise. We wanted to spend our year highlighting their mission and bringing awareness, because due to the nature of the work they do, most people are unaware of who they are and the incredible support they are ready to extend to each of us in our darkest moments.

We are celebrating our 75th anniversary and our 22nd charity Fashion Show event on April 18, 2024 at the Four Seasons. We would like to personally invite you to join us as we raise awareness and support the Trauma Intervention Program!



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In July 2023, I sought the expertise of an orthopedic doctor for a severe hip injury requiring extensive surgery. I met with an orthopedist, and he diagnosed the injury and recommended a hip replacement and tendon repair. After reflecting on six years of discomfort and pain since the injury, I decided to trust the expertise of the doctor. An experienced and compassionate orthopedic surgeon, Dr. Crovetti, advised complete hip replacement surgery to alleviate the pain. Following a two-hour surgery and a six-week recovery period, during this time I remember thinking of my profession as the healthcare manager for the Division of Workforce Development at the College of Southern Nevada and my personal journey. During the recovery period, I was fortunate to have a caring team consisting of a personal care assistant (PCA) that helped me with daily care activities, a medical assistant (MA) that monitored my vital signs and documented my health activities, and I also had in-home IV therapy treatment. Getting to know these individuals personally and professionally, I came to appreciate the rigorous programs they had undertaken to be where they were, not only as a profession but also as a platform to jump-start a different type of pathway.

Within the medical field, advancements in technology result in enhanced treatments, personalized care, improved efficiency, and safety enhancements. These advancements have greatly benefited orthopedic surgery, with professionals working together to enhance precision and safety during procedures. With the advancement of technology and research showing positive outcomes, more orthopedic surgeons are incorporating robotics, computer navigation, augmented reality, and smart sensors to enhance patient care. The use of these advanced tools allows for more precise and personalized treatment plans. Robotics Robotic-assisted surgery is becoming increasingly popular in the field of orthopedics. Robots aid surgeons in carrying out procedures with an increased level of accuracy and precision. However, the use of advanced technology also opens the door to potential employment opportunities with liveable wages. This would include employment for new members of the healthcare community and incumbent workers alike. This would include employment for new healthcare students, manufacturing students, and incumbent workers alike, ultimately leading to a more efficient and effective healthcare system. Many of these careers can be obtained with just a few months of training in a certificate program that leads to advanced degree programs , providing a variety of pathways for individuals to enter healthcare and manufacturing fields.

Prosthetic technology advancements have had a significant impact on the field of orthopedics, resulting in innovative solutions and better patient outcomes. Cutting-

edge technologies, such as 3D printing and artificial intelligence, are transforming orthopedic surgery. Exploring the world of 3D printing 3D printing represents a major advancement in orthopedic technology. This technology enables the development of implants and surgical instruments tailored to individual patients, improving accuracy and personalization. Augmented Reality This technology has the potential to revolutionize orthopedic surgery by superimposing virtual information onto the surgeon's field of view. Smart implants and wearable technology New advancements in implants and wearable technology are becoming popular in the field of orthopedics.

Virtual Orthopedic Consultations The emergence of telemedicine has also influenced the field of orthopedics. Medical Monitoring Systems They facilitate ongoing monitoring of patients' vital signs, activity levels, and progress in rehabilitation.

Digital tamping utilizes advanced imaging technology and software to precisely plan and size orthopedic implants. Exploring the Future of Orthopedic Surgery The most recent orthopedic technology offers a sneak peek into the future of orthopedic surgery. These developments are constantly progressing, offering better surgical results, improved patient experiences, and cost-efficient healthcare options. With the continuous advancement of technology, orthopedic surgeons will have access to cutting-edge tools that allow for personalized, efficient, and precise treatments. In conclusion The latest advancements in orthopedic surgery "technological advances have significantly influenced the way orthopedic surgery is practiced today. Computer-driven approaches, such as augmented reality (AR), robotic surgery, and patient-specific instrumentation (PSI), have been implemented to support surgeons in preoperative planning and improve surgical execution. AR technology, in particular, has shown potential benefits in reducing radiation exposure, decreasing surgery time, and improving the accuracy of surgical execution. With further advancements in display and wearable technologies, the integration of AR technology in orthopedic surgery is expected to become routine in the future." (Fabio et al., 2021)(Lu, 2022)(Fabio et al., 2021) technology is transforming the field and leading to more advanced and patient-focused care. These advancements are enabling orthopedic surgeons to offer customized, accurate, and effective treatments, ultimately enhancing the well-being of patients with musculoskeletal conditions.

I never imagined being able to walk out of the post surgical recovery room with minimal pain and a renewed sense of hope for my future. It was truly amazing to see the benefits of effective medical technology and the importance of having the support of every member of the care team.

Proving training and educational programs are essential for providing excellent employees in our community to ensure the best possible care for patients.

Life Is A Sport, & Exercise Is Medicine

By Kevin Machino, DO
Physiatrist, Intermountain Health



Intermountain Health is committed to expanding access to specialty care across southern Nevada, which includes physical medicine and rehabilitation. I'm proud to serve patients of all ages in our sports medicine practice, from youth athletes to active seniors and individuals with chronic physical ailments. Our dedication

to serving our communities means patients receive the personalized and non-surgical orthopedic care needed to return them back to the activities and hobbies they enjoy.

You're probably thinking, "Dr. Machino, I'm not an athlete in any way, so what could sports medicine do for me?"

The answer is plenty. Life is a sport. Whether you have a disability, whether you're a child or an adult, everyone is participating as an athlete in life and everyone can benefit from the types of treatments offered by sports medicine. We care for acute injuries such as sprains but also chronic overuse injuries and degenerative diseases including arthritis. Arthritis may not be the first thing you think of when you hear the words sports medicine, but it's a common ailment we see in our practice.

Nonsurgical orthopedic care focuses the treatment plan around regular exercise you can do at home or at a local gym. As a patient, you receive personal instruction on how to do each exercise properly to help you train your body. If more advanced treatments are needed, we may consider use of regenerative medicine, such as platelet rich plasma (PRP) injections at the site of the injury if appropriate.

It's preferred to manage your injury without the use of oral medication when possible. You can really break down an exercise into a prescription. I may not issue it in the same way your primary doctor gives you a prescription for your blood pressure medicine, but we can specify the frequency, intensity, and type of exercise for each patient. My goal is to take people off pain medication rather than put people on them. If someone can benefit from correction of biomechanics, guided physical therapy, or even one injection that prevents them from constantly taking pain pills, I prefer it.

The most important thing, however, is preventing future injury. This aligns with Intermountain Health's focus on preventative care – getting you in to see your primary care provider regularly for screenings and checkups. The avoidance of recurrence is something we work together on as a team to plan for and work toward. That's why it's so important for me to walk patients through the proper execution of exercises. Our bodies are so finely tuned that any motion that disrupts it can cause further injury or reinjury.



Our mission is to help people live the healthiest lives possible, and that's why I'll always advocate for physical activity and I'm here to partner with patients and ensure they are not putting themselves in danger. I always say, "motion is lotion." You should keep using your joints and muscles, and even your mind, to keep everything moving. This will allow you to do your day-to-day activities.

As a sports medicine doctor, I believe exercise is medicine. Evidence and several studies suggest that any cardiovascular fitness that people can perform at any level is good for mental health, heart health, joint health, bone health and everything in between. This is the core philosophy of sports medicine.

Dr. Machino completed his residency in physical medicine and rehabilitation and subspecialty in sports medicine. He cares for patients at Intermountain Health Sunset Physical Medicine Clinic in Las Vegas, Nev. For more details, visit intermountainnv.org/provider/kevin-machino.



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Welcome
TO THE TEAM



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Las Vegas HEALS
 Game of Thrones Meeting
 February 1st, 2024
 Dr. Brian Le
 The Nevada Pain Consortium IPA



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FEBRUARY 2024 CALENDAR OF EVENTS

Feb 14-17

Annual National
Psychopharmacology Update
Paris Hotel

Feb 17-18

International Conference on
Medical & Health Science
(ICMHS)
Plaza Hotel & Casino

Feb 23

APPOS Las Vegas
The Orleans Hotel & Casino

Feb 17

NCVH Las Vegas
Green Valley Ranch Resort,
Henderson

Feb 18-20

Annual Autism Conference
Caesars Palace

Feb 21-24

Spine Summit

Feb 28

SNV ED Opiate Response & Mixer
4:00 pm - 8:30 pm
The City of Las Vegas
Innovation Center





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