



# COME CELEBRATE WITH US AT SLC'S WELLNESS FAIR

Come treat yourself to FREE medical screenings, behind-the-scene tours of our new facilities, and the opportunity to meet ReAL and Utah Blaze Players - see article on page 1.

*Also inside this issue:* Who's New at Salt Lake Regional Medical Center, Sleep Disorder Info, and the Senior Advantage Program.

## CALENDAR of upcoming events:

To register for upcoming childbirth classes, surgical weight loss seminars, and more simply go online today.



**Salt Lake Regional**  
MEDICAL CENTER

www.saltlakeregional.com • (801) 350-4111

## Quick Care, Close to Home:

a way to describe our fast emergency care

According to a recent study reported in *The Salt Lake Tribune*, Utah patients reported spending an average of 6 hours and 21 minutes in emergency departments. That's way above the national average of 4 hours, which is twice the average length of stay at our emergency room. Your time is way too precious to spend it waiting for emergency care.



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# Well, Well, Well, We're Celebrating Wellness!

SALT LAKE COMMUNITY  
**WELLNESS FAIR**

2008 **Friday 9/19** 10:00 a.m. – 6:00 p.m. **Saturday 9/20** 9:00 a.m. – 1:00 p.m.

The end of summer is fast approaching and with that comes a myriad of local festivities: the State Fair, the Park City Jazz Festival, the Avenues Street Fair; the possibilities are endless. While all of these undoubtedly offer a lot of fun, only one event this fall has your best health in mind and that's Salt Lake City's Wellness Fair 2008.

The Wellness Fair 2008, sponsored by Salt Lake Regional Medical Center, will take place on September 19th and 20th and will offer the following:

### FREE HEALTH SCREENINGS

When it comes to staying healthy, the best medicine is always preventative care. Our free health screenings offer a unique chance to enjoy health screenings from our medical specialists at no cost. During the fair, Salt Lake Regional Medical Center will be offering the following screenings:

- Ask A Doc - Meet New Physicians
- Breathing Test
- Balance/Gait - w/ Physical Therapist
- Blood Pressure
- BMI (Weight)
- Free Eye Exam Certificates
- Foot - w/ Podiatrist
- Hearing Test Certificates
- Glucose
- Pain Management

- Sports Injury Evaluations
- Oximetry Reading (Oxygen Levels)
- PSA - Friday 3 pm to 6 pm, Saturday 9 am to 1 pm (Call 531-9453 for an appt.)

### WITNESS THE FUTURE OF SURGERY

The da Vinci, a new robotic surgery system, is designed to expand the surgeon's capabilities, and provide patients with a minimally invasive option for many complex procedures. Powered by state-of-the-art robotic technology, the da Vinci allows the surgeon's hand movements to be scaled, filtered and seamlessly translated into precise movements. The result is an intuitive interface with breakthrough surgical capabilities and you can see it for the first time during the Wellness Fair.

### THOMAS CUISINE SAMPLES

Salt Lake Regional Medical Center prides itself on its "Regional Cuisine." From 11:00 a.m. to 1:00 p.m., on both Friday and Saturday, you can come and enjoy samples from our local chef. The menu will include Tuscan chicken sandwiches, asian beef salad, and pesto tomato soup.

### MEET REAL & UTAH BLAZE PLAYERS

Salt Lake Regional's Sports Medicine Centers are proud to treat the toughest

and most talented athletes in the state. Come meet some of our more recognizable patients and perhaps get an autograph or two. On Saturday, come meet-and-greet the Blaze team, coaches, and even dancers.

### MEET OUR NEWEST ADDITIONS

Salt Lake Regional Medical Center is home to some of the newest and most talented medical specialists around. Come meet our newest physicians, including a brand new group of geriatric specialists, and find out how they can help you.

### NEW FACILITY TOURS

If you've been in the community for a while, you've undoubtedly noticed the new additions to the hospital. During the Fair we'll be offering behind-the-scenes tours of our new Medical Wing, Cardiology Clinic, Sleep Clinic, Senior Clinic, and the Surgical Weight Loss Center of Utah.

On both Friday and Saturday, begin your Wellness Fair Experience by following the signs to our Medical Office Building (entry from 1100 E.). Enter the fair on the Red Carpet!

**For more information about the Wellness Fair call 350-4111 today.**

# Who's New Close to You

## DR. GRIFFIN SENIOR MEDICINE SPECIALIST

Dr. Gary Griffin will be joining the Senior Clinic at Salt Lake Regional Medical Center after eight years of experience as a senior medicine specialist.

As a board-certified physician, he is pleased to offer his patients the full range of adult primary care. After practicing internal medicine for the first five years of his career, he found the breadth and complexity of elder care the most challenging and rewarding area of medicine. Since then, he has limited his practice to geriatrics.

Call **(801) 350-4602** for an appointment or more info.

## DR. SCHLISMAN SENIOR MEDICINE SPECIALIST

Dr. Alison Schlisman is pleased to be joining Salt Lake Regional Medical Center following six years as a senior medicine specialist.

In her practice, Dr. Schlisman strives first and foremost to provide her patients with as much background and information as they desire - in an effort to help them age gracefully and maximize their golden years. She is excited about working with a hospital that shares a similar philosophy when it comes to senior medical care.

Call **(801) 350-4602** for an appointment or more info.

## DR. THAKUR SENIOR MEDICINE SPECIALIST

Dr. Sonia Thakur, a Board Certified Internist, is pleased to join the Senior Clinic at Salt Lake Regional Medical Center after recently completing a fellowship in Geriatric Medicine at the University of Utah and Salt Lake VA Medical Centers.

Dr. Thakur's current interest focuses on older women's health issues (osteoporosis, urine incontinence, cardiovascular disease). Her expertise also includes managing a wide spectrum of dementia, neurological & musculoskeletal disorders.

Call **(801) 350-4602** for an appointment or more info.

## DR. TORONTO SPORTS MEDICINE SPECIALIST

Dr. Russ Toronto, one of the most experienced sports medicine specialists in Utah, has now joined the Sports Medicine Center at Salt Lake Regional Medical Center. With over 25 years experience treating, coaching, and playing along side his patients, Dr. Toronto is uniquely qualified to treat any athlete, any time.

In addition, Dr. Toronto is a former collegiate baseball player, avid back country skier, and a proud husband and father of five children.

Call **(801) 424-5042** for an appointment or more info.



## Welcome to the **Senior Advantage**

AT SALT LAKE REGIONAL MEDICAL CENTER

Maintaining a healthy lifestyle is challenging at any age, and for adults 50 and over, one of the best ways to combat symptoms of "old age" is to be educated about ways to stay healthy. Salt Lake Regional Medical Center is proud to offer a program dedicated to making the lives of those 50 and older healthier and happier.

Senior Advantage is a hospital-based program that provides special healthcare services, free or discounted health screenings, and educational seminars designed specifically for older adults. In addition, Senior Advantage provides social activities, volunteer opportunities, and hospital discounts in the pharmacy and cafeteria. Our staff is also available to help members with their questions about Medicare and supplemental insurance and to assist in filing insurance claim forms.

**Membership is open to the public. The membership fee is a low \$15.00 per year. Couples (at same address) may join for \$25.00 for one year. Enjoy the benefits of Senior Advantage by enrolling in this program today. Call 801-350-4991 for more information.**



## S-N-O-R-I-N-G It's No Laughing Matter

Sleep problems can have an impact on every aspect of your life.

**Talk to a Sleep Specialist today!**

**FREE SLEEP OXIMETRY  
SCREENING!**

Call today at  
**(801) 350-4010**

