



Amanda Price, Lab Director, shows off some of Colorado-Fayette Medical Center's new lab equipment.

Colorado-Fayette Gets New Laboratory Equipment

Over the last few weeks, Colorado-Fayette Medical Center has been updating and training on new, state of the art, lab equipment. "It's all about enhancing our quality of care; offering the best that we possibly can to the patients and physicians we serve," said Amanda Price, CFMC Lab Director.

Included in the list of new equipment is: the UniCel DxC 600 Synchron Clinical system, which is the main chemistry analyzer. This bar-coded system allows individual specimen evaluation and processing, a peak throughput of 990 tests per hour. This system runs tests such as: routine

chemistries, STATs, lipids, cardiovascular health, TDMS, renal disease, hepatic testing, diabetes and specialty testing.

Second in the list is: the Access 2 Immunoassay System, which provides quality test results that relate to tumor markers, cardiac, thyroid and anemia. An immunoassay is a biochemical test that measures the level of a substance in a biological liquid, typically serum or urine, using the reaction of an antibody or antibodies to its antigen.

The ACL 7000 is next in the list of new lab equipment at Colorado-Fayette Medical Center. This equipment handles coagulation (clotting of blood) analysis such as: PT, INR and PTT. This powerful new microprocessor allows storage of up to 300 patients for 8 tests, a total of 2,400 test results.

Last, but not least, is the Excell-22, Five-Part Differential Hematology System, which counts white blood cells, red blood cells and platelets, running 70 samples per hour.

Enhancing the laboratory is just one way that Colorado-Fayette Medical Center is striving to provide its communities with fast, efficient and accurate health care. It's just one way of saying, "It's our pleasure to serve you."

Tips From Sally Garrett County Extension Agent

Humans devote about one-third of their lives to one activity but think little about it - until they cannot do it. This activity has a calming effect, often leaves one feeling refreshed and promotes overall wellness. What is this activity? Sleep.

Along with the physical changes that occur as we get older, changes to our sleep patterns may also occur, says Sally Garrett, County Extension Agent - Family & Consumer Sciences. As people age they tend to have a harder time falling asleep and more trouble staying asleep. It is a common misconception that sleep needs decline with age; but, our sleep needs remain constant throughout life, says Andrew B. Crocker Gerontology Health Specialist - Texas Cooperative Extension. Sleep occurs in multiple stages including dreamless periods of light and deep sleep, and occasional periods of active dreaming. The sleep cycle is repeated several times during the night. Older people spend more time in the lighter stages of sleep than in deep sleep.

Insomnia is the inability to sleep and occurs more frequently among older adults. Insomnia may create serious effects, complicating other conditions or making a person too tired to function normally during his waking hours. People with insomnia can experience excessive daytime sleepiness, difficulty concentrating and increased risk for accidents and illness. If you experience insomnia at least a few nights per week or more, it is worthwhile to speak to your health provider about your trouble sleeping and any effects your insomnia may have on your body.

Snoring, a condition that gets worse with age, is the primary cause of sleep disruption for many adults. Snoring is most commonly associated with persons who are overweight. Loud snoring is particularly serious as it can be a symptom of sleep apnea. In sleep apnea, breathing stops and the amount of oxygen in the blood drops. This alerts the brain, causing you to wake-up and resume breathing. These stoppages of breathing can occur repeatedly, causing multiple sleep disruptions throughout the night and result in excessive daytime sleepiness and impaired daytime function. Untreated sleep apnea puts a person at risk for cardiovascular disease, headaches, memory loss and depression. If you experience snoring on a regular basis and it can be heard from another room or you have been told you stop breathing during your sleep, these are signs that you might have sleep apnea and it should be discussed with your health provider, says Crocker.

Certain conditions are related to

increased sleep problems:

-Hypertension is associated with both snoring and sleep apnea.

-The hot flashes, changes in breathing and decreasing hormonal levels associated with menopause may lead to trouble sleeping.

-Many cancer patients experience sleep problems.

-Acid reflux may cause difficulty falling and staying asleep.

-Heartburn sufferers experience nighttime burn, causing discomfort and awakenings. This is more likely to occur while resting your back.

-Depression is most closely associated with insomnia and is a risk factor for having difficulty sleeping. This is especially true for those who have chronic insomnia.

-The pain and discomfort of arthritis may make it difficult to sleep through the night.

In addition, the medications used to treat these conditions and other medical conditions may adversely affect your ability to sleep.

If you experience sleep problems, think about whether your difficulty sleeping may be caused by an event or particular stress. If so, the problem may resolve in time and you need not seek treatment. Crocker states that you may try the following to improve your sleep:

-Use your bed and bedroom for sleep only. It is best to take work materials, computers and televisions out of the sleeping environment.

-Maintain a regular bed and wake time schedule, including weekends.

-Create a good sleep environment that is dark, quiet, comfortable and cool.

-Sleep on a comfortable mattress and pillows.

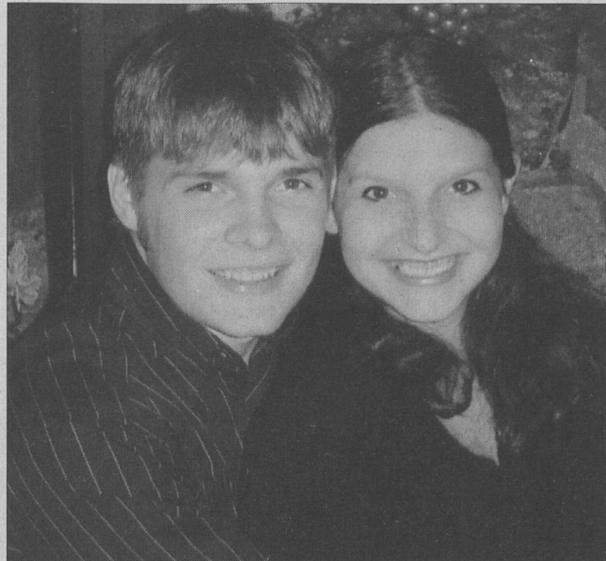
-Finish eating at least two to three hours before your regular bedtime.

-Exercise regularly, completing your workout at least two hours before bedtime.

-Avoid alcohol, nicotine and caffeine - used close to bedtime, they can lead to poor sleep.

If sleep problems persist, they may be a sign of a larger issue that could adversely affect your health. See your health provider and discuss your sleep problems with him or her to try to determine the cause of your sleep issues. Your body and mind work very hard for you and you owe both the seven to eight hours of sleep per night that they deserve.

For more information, go to The National Institute of Aging "Good Night's Sleep" webpage at <http://www.niapublications.org/engagepages/sleep> or contact the Colorado County Extension office at 979-732-2530 for a copy of the publication.



Brown, Dromgoole to Wed

Paul and Alice Brown of College Station are pleased to announce the engagement and approaching marriage of their daughter, Christine Elizabeth to David Glenn Dromgoole, son of Fulton and Frances Dromgoole of Eagle Lake.

The bride-to-be is a 2002 graduate of A&M Consolidated. She is currently attending the University of North Texas in Denton. She will be receiving her Bachelor of Arts degree in English in May 2007.

The future groom is a 2000 graduate of Rice High School. He is currently attending the University of North Texas and will be receiving his Bachelor of Science degree in Hospitality Management with a minor degree in Business and Music on May 13, 2006.

The couple will be exchanging their vows on June 10, 2006 at Christ Episcopal Church in Eagle Lake.

Columbus Christian Women Report On April Meeting

Columbus Christian Women came together April 6 at the First United Methodist Church with a large enthusiastic crowd of dedicated women. Charlene Andrus, President, called the meeting to order and welcomed visitors and new members. Janet Patton, Ruth Cole's sister visiting from Kingwood won the coveted Mary Richter signed and numbered angel painting, congratulations. Two new members, Roberta Tait and Betty Wheeler we welcome you both.

Rev. J Paul Bruhn opened with prayer and gave a scripture reading from John 12. His message was about the differences in Jesus' friends Lazarus, Martha and Mary but that they all served Him in their way, as we should also.

The Columbus Christian Women's choir, The Ecumenical Angels, sang two beautiful songs and then led the group in our theme song, One Spirit One Church.

April birthdays were acknowledged. Diana Foster, treasurer, gave her financial report.

Ann Miller made a motion that the organization sell tickets for an opportunity to win a beautiful, signed and numbered porcelain angel. The statue, a Special Limited Edition from the Seraphim Classics "Hope, Light in the Distance" was donated by Mary Richter to raise money for

the American Cancer Society. Tickets will be available at the concession stand the night of Relay for Life. \$1 each or 6 for \$5.

Sister Jeffrey Jilek reported on the progress of the Weimar location for the next Habitat for Humanity house. They hope to have the slab poured soon. We also received a thank you note from Habitat for Humanity for the contribution CCW made.

Mary Kay Heffley and Laura Hastedt reported on the Relay for Life concession stand needs. They requested volunteers for shift work and to make homemade food items to sell. All proceeds will go to the American Cancer Society. Mary Kay reported on the Community Choir's efforts to raise money for phone cards for our military personnel.

Connie Davis made a motion, second by Mary Ordner that CCW donate \$100 for the phone card purchase. The motion carried.

The following people won door prizes: Lorene Gajeske, Diana Foster,

Roberta Tait, Ginner Ferhrenkamp, Brenda Jax.

Tray favors for all the area care facilities were assembled and delivered. Our May meeting will be at the First Baptist Church at 9 for visiting and 9:30 for business on Thursday, May 4, see you there.

Beef Training Offered

Continued from previous page

org. Or contact the Colorado County Extension office at 979-732-2082.

The program will be held at Columbus Livestock Market in Columbus. Registration begins at 7:30 a.m. The Level I program begins at 8 a.m. and ends at 3 p.m. A complimentary lunch will be served. The Level II program begins at 3 p.m. and ends at 5 p.m.

The TBQP program is a collaborative effort of Texas and Southwestern Cattle Raisers Association, Texas Beef Council and Texas Cooperative Extension.

Funding is provided by TSCRA, checkoff dollars from TBC and gen-

erous sponsorships from Cargill Cattle Feeders, Pfizer Animal Health, Heritage Land Bank, AgriLand Farm Credit Services, Capital Farm Credit, AgTexas Farm Credit Services, Texas Land Bank, Southwest Texas ACA, Ag Credit of South Texas and Great Plains Ag Credit.

Texas and Southwestern Cattle Raisers Association is a 129-year-old trade organization whose 13,400 members manage approximately 5.4 million head of cattle on 70.3 million acres of range and pasture land, primarily in Texas and Oklahoma.

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