



# FLAGSTAFF FAMILY CARE CLINIC

*Quality Care for the Entire Family*



Newsletter Date: March 2012

Volume 1, Issue 1

**“Flagstaff Family Care Clinic is dedicated to providing quality health care to the entire family in a positive and caring environment that promotes wellness throughout the community.”**

## Cindy Martin, MD



Cindy Martin, M.D., has been named Flagstaff Medical Center’s 2011-2012 Physician of the Year. Dr. Martin received FMC’s 18th annual Healing Excellence and Leadership (HEAL).

Each year, FMC presents the HEAL award to a physician on its active staff who exemplifies the mission, vision and values of FMC by working in partnership with the hospital to provide excellent healthcare services to patients and the community. This year, 27 physicians were nominated for the award by FMC staff, physicians, volunteers and board members.

### Special points of interest:

- Cindy Martin, MD
- Christina Wright, MD
- Our additional Practitioners
- Fives Steps To A Healthier You in 2012.

## Christina Wright, MD

We are sad to announce that Christina Wright, MD will be leaving Flagstaff Family Care on April 1st, 2012 to relocate to Alaska due to her husband’s unexpected job transfer. We are sorry to see her go and would like to wish her and her family a safe journey.

Dr. Wright has been an asset to our medical team and will truly be missed. Dr. Wright would like all her patients to know how important they are to her and how sad she is to make this move. She wants to assure you that she is leaving you in the capable hands of Dr. Wise; Irene Wise, FNP; Megan Enbring, FNP; and Kelly Sahl, FNP for your family care needs.



### Inside this issue:

Matthew Wise	2
Irene Wise	2
Megan Enbring	2
Kelly Sahl	2
Happier in 2012	3
Patient Portal	4

# Meet Your New Medical Providers

## Matthew Wise

Matthew K. Wise, M.D. Family Medicine

Matthew K., Wise M.D., has been practicing full spectrum family medicine for the past 12 years, including inpatient and outpatient medicine for newborns, pediatrics, adults, and geriatrics. Dr. Wise graduated from

the University of Alaska Fairbanks with a major in chemistry. He earned his doctor of medicine from the University of California, San Francisco and completed his residency at Family Medicine of southwest Washington in Vancouver, Washington.



## Irene Wise

Irene Wise, F.N.P Family Medicine

Irene Wise, M.S.N., F.N.P., has been practicing family-centered medicine for 22 years, 16 of those as a licensed board certified family Nurse Practitioner. For the past 10 years working at Homer Medical Clinic in Homer

Alaska. Irene provided primary care to men, woman and children with a focus on the assessment and management of Asthma, Allergies and Eczema.

## Megan Enbring

Megan Enbring F.N.P Family Medicine

Megan Enbring, M.S.N., F.N.P., is a recent graduate of Frontier Nursing University where she earned her Master of Science in Nursing as a Family Nurse Practitioner. Megan

earned her BS in nursing from Arizona State University. Licensed and board certified Family Nurse Practitioner, Megan has 8 years of health-care experience, most recently working in Flagstaff Medical Center's special care nursery from 2005 to 2011.



## Kelly Sahl

Kelly Sahl, M.S.N., F.N.P.

Kelly Sahl, M.S.N., F.N.P is joining us from Baltimore, Maryland where she worked for Johns Hopkins Medical Institution and the University of Maryland. She received her

undergraduate degree from the Medical College of Georgia and her masters degree from Regis University in Denver. She has over 11 years of healthcare experience and enjoys providing healthcare to the entire family.



In order to focus on providing excellent care to our patients, providers of our Clinic will no longer be admitting adult patients to Flagstaff Medical Center. Dr. Cindy Martin will continue to see newborns, pediatric, and palliative care patients in Flagstaff Medical Center. If you should require hospital admission, please call or have a family member call to update about your admission. We will leave you in the capable hands of the Flagstaff Medical Center Hospitalist Team who will also notify us and provide information about your hospitalization. Good communication is key.

# Five first steps toward a happier, healthier you in 2012.

Want to be happier and healthier in the New Year? You may not be able to overhaul your life overnight, but there are some simple steps you can start taking right now that can make a big difference in your life. Use these five tips to help you get moving in the right direction:

1. Snooze away! Be sure that you get enough sleep. For most adults, this is about 7 to 8 hours a night. Regularly scheduled, adequate sleep allows your body to heal itself and recharge.
2. Set specific goals and limits for yourself-for example, add 15-30 minutes of exercise per day and limit yourself to desserts twice a week (excluding fruit). Make your goals specific but reasonable and put them in writing. When goals are clearly stated and realistic, the chance for success skyrockets. In a recent study, an average of 15 minutes of daily exercise-half the recommended amount- was associated with significantly lower 8 year mortality and cancer incidence.
3. Turn off electronics. Swap the time you usually spend watching TV, playing video games, and surfing the internet for an enjoyable physical activity or socializing with others. Decreasing screen time may boost your mood and help you shed a few pounds. Children greater than 2 should have less than 20 min, 2 days per week of screen time. Children less than 2 should have none.
4. Volunteer. In a study by Vanderbilt University, people who volunteer were found to be happier and to have better physical health, less depression, and less chronic pain than people who don't.
5. Start with a clean slate. Focus on the opportunities and possibilities that lie ahead instead of dwelling on past failures, losses and disappointments. Having an optimistic attitude about the future will help you manage any hurdles that come your way.

Sources: 10 ways to be happy and healthy in 2010, medical news today, top 10 ways to help children develop healthy habits, American heart association (websites), Wen CT et al. Minimum amount of physical activity to reduced mortality and extended life expectancy: a prospective cohort study. Lancet 2011 Aug 16.

## Patient Portal

We are excited to announce we are now offering our patients easy and private access to their medical information online, so you can view your personal health record whenever and wherever you have access to the Internet!

Gain access to your private health information and receive periodic update and reminders from your medical provider on your personal e-mail address. Be sure to sign up for your Patient Portal during your next visit to our office.

- ✓ Accepting new patients at both locations.
- ✓ Accepting most insurance plans, including Pediatric AHCCCS.
- ✓ Same day appointments are available for existing patients.



**For every Patient you refer to Flagstaff Family Care**

**You will receive a \$5.00 gift card for**

**Late for the Train Coffee**





# FLAGSTAFF FAMILY CARE CLINIC

*Quality Care for the Entire Family*



**710 North Beaver  
Street, Bldg 6**

**Flagstaff, AZ 86001**

**Option # 3**

**With two locations to serve your medical needs**

**(928) 527-4325**

**[www.flagfamilycare.com](http://www.flagfamilycare.com)**

**1501 South Yale  
Street,**

**Bldg 2, Ste 150**

**Flagstaff, AZ 86001**

**Option # 4**



**FLAGSTAFF FAMILY  
CARE CLINIC**

*Quality Care for the Entire Family*



710 North Beaver St. Bldg 6  
Flagstaff, Arizona 86001

Phone: 928-527-4325

Fax: 928-527-4327