

The OccMed Colorado Connection

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Welcome to The OccMed Colorado Connection

Welcome to the inaugural issue of *The OccMed Colorado Connection*. The publication is designed to keep you informed about local topics and trends in occupational medicine and Workers' Compensation issues. It will also provide workplace safety tips and introduce you to our practice.

OccMed Colorado is comprised of the metro area's premier occupational medicine physicians and administrators. With offices in Aurora, Denver and Thornton, we work with businesses throughout the metro area — large and small — and recognize that their most valuable assets are their employees. We assist them in developing a strong return-to-work philosophy, identifying environmental causes of injuries, intervening to minimize potential for the problem to reoccur, and managing difficult injury treatment cases until they are resolved.

In each issue of *The OccMed Colorado Connection*, you'll meet a member of our professional staff, learn about our clients and gain new knowledge about how to keep your workplace safe. We might even make you grin. So, turn off the heavy machinery, put on your reading glasses, sit back and enjoy!



Meet the Staff

In each issue of *The OccMed Colorado Connection*, we'll introduce you to a member of our professional staff. In this issue, meet Dr. Gary Zuehlsdorff.

Gary L. Zuehlsdorff, D.O., is a founding partner of OccMed Colorado. He is certified by the American Board of Internal Medicine. Dr. Zuehlsdorff's practice of occupational medicine places an emphasis on fitness and active participation by patients to achieve optimum outcomes.

Dr. Zuehlsdorff received his bachelor's degree from Saginaw Valley State University in Michigan and his doctor of osteopathy degree from the University of New England's College of Osteopathic Medicine in Maine. He completed an internship in internal medicine at Grandview Hospital and Medical Center in Dayton, Ohio, and a residency in internal medicine at St. Joseph Hospital in Denver. Prior to founding OccMed Colorado with partners Jeff Raschbacher, M.D., and Greg Smith, D.O., Dr. Zuehlsdorff worked for Kaiser Permanente and HealthOne.

"I chose a career in occupational medicine because of the diversity of patient care," Zuehlsdorff said. "I enjoy the mixture of urgent care, primary care, acute care, lacerations, fitness evaluations — you never know what's going to walk through the door next. I'm also intrigued by the legal quandaries that surround causality and the application of evidence-based medicine."

Dr. Zuehlsdorff is a member of the Quality Health Care Coalition, and is certified as a MRO (medical review officer). In his spare time, he practices yoga, and is an avid skier and bicyclist.



Gary Zuehlsdorff, D.O.

Exercise Treadmill Testing

Because he feels there is a strong connection between fitness and wellness in treating patients, Dr. Gary Zuehlsdorff recently introduced a new service at OccMed Colorado's Thornton office — exercise treadmill testing.

"Exercise treadmill testing offers an individual a snapshot of his or her current personal fitness level," said Zuehlsdorff.



"Monitored over time, we can track whether their cardiac fitness has improved, worsened or stayed the same. Because we provide both diagnostic and prognostic indicators in our testing, we are

better able to identify early symptoms of heart disease, which allows us to assess an

individual's exercise tolerance level and recommend adjustments."

In addition to working with personal fitness trainers and their clients, Zuehlsdorff has engaged several metro area municipalities to conduct ongoing exercise treadmill testing on police officers and firefighters. "Some types of testing can provide false positives," said Zuehlsdorff. "An individual may think he's healthy, go off to fight fires like he has for years, and still come home one night to die of heart disease. Our testing provides a baseline for monitoring an individual's cardiac fitness level, enabling the department to adjust his or her exercise program accordingly. They're reducing their workers' comp claims and extending their employees' lives."

For more information about exercise treadmill testing, call Dr. Gary Zuehlsdorff at 303-341-1799.

In Good Company

In each issue of The OccMed Colorado Connection, we will profile one of our client companies or a pet project in which we are involved. In this issue, we spotlight a new OccMed Colorado initiative designed to focus on the needs of fire departments in the metro area.



Recently, OccMed Colorado invited chiefs and other leaders from five north metro area fire departments to join them for a round table discussion. The goal was to begin a dialogue about such topics as minimum fitness requirements for new recruits, the process for assessing safety in an aging workforce, and the legal and medical parameters that need to be

established to evaluate each.

The group engaged in an open discussion about current practices within their own departments and had an opportunity to share new ideas and concerns with their peers. Dr. Gary Zuehlsdorff imparted information about conversations he has begun with fire departments in other parts of the country as well as professional studies and data he has been tracking. The group will convene quarterly. If your fire department is interested in joining the discussion, please call Monika Valentine at 303-341-1799 or email her at mvalentine@occmedcolorado.com.



From the Director's Desk

When I look back at the past year, I think, "Wow, we have come a long way!" We opened our first clinic just over a year ago and have now grown to three offices, strategically located throughout the metro area. Our success would not have been possible without our client partnerships! We understand you have a choice when selecting your workers' compensation designated provider and gratefully thank each of our clients for placing your trust in us.

If you are an OccMed Colorado client, you already know that our doctors are seasoned "Level II" providers, who make a difference. You know that because they are some of the most experienced occupational physicians in the state, they are not afraid to make the tough calls. They have all practiced in the workers' comp arena for many years and understand the needs of both the employer and the patient. Working alongside a capable team of therapists, specialists and support staff, OccMed Colorado physicians provide exemplary service,



Monika Valentine

unparalleled in the metro area. Our mission is to keep your employees healthy and transition them back into the workforce safely and efficiently. With the guidance of our talented staff, that task is not difficult.

I encourage you to stop by any of our three convenient OccMed Colorado locations to meet our staff. They are people making a

difference every day, a team that I am very proud to lead. We would like the opportunity to get to know you and your business, and would welcome an invitation to tour your facility. You might also be interested in scheduling a risk assessment. Please call me at 303-341-1799.

Thank you for your confidence in OccMed Colorado. Best regards for a safe, healthy and happy holiday season.

Monika Valentine
Executive Director, OccMed Colorado

Our success would not have been possible without our client partnerships.

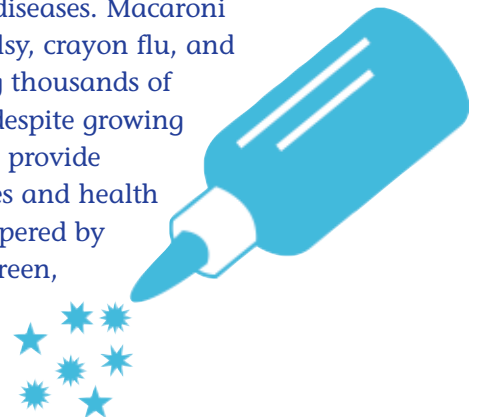
Truth or Fiction?

In 2003, more than 4.3 million people in private industry experienced nonfatal injuries or illnesses on the job in the U.S. and more than 1.3 million required recuperation from work beyond the day of the incident (Source: U.S. Bureau of Labor Statistics). Some of the injuries are stranger than fiction — some are just fiction. In each issue of The OccMed Colorado Connection, we'll try to share one or two of these stories with you. We'll leave it up to you to decide which are true and which are not! (Hint: Our source for this issue's story is The Onion.)



CHICAGO — The Occupational Safety and Health Administration released figures Monday indicating that record numbers of elementary school art teachers are falling victim to pneumosparklyosis, commonly known as glitter lung. Characterized by a lack of creative energy

and shortness of breath, and accompanied by sneezing or coughing up flakes of twinkly, reflective matter, glitter lung typically strikes teachers between the ages of 29 to 60 who spend 20 hours per week in an art-class setting during the school year. Epidemiologists note that the increase in glitter-lung cases is occurring simultaneously with a general rise in other classroom-related diseases. Macaroni elbow, modeling clay palsy, crayon flu, and googly-eye are sidelining thousands of teachers each year. But despite growing medical alarm, efforts to provide adequate safety measures and health care continue to be hampered by bureaucratic red, blue, green, and yellow tape.





Occupational Medicine
and Musculoskeletal Care

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Tips from the Pros — Build Relationships

The competitive nature of occupational medicine makes the relationship between you and your provider paramount. Does your provider keep you apprised of an employee's



recovery each step of the way? Is the primary care physician calling you to provide you with updates? Do they have a thorough understanding of Workers' Compensation? Have they made an effort to understand your business? Do they have your best interest at heart? At OccMed Colorado, we believe relationships are what differentiate us from our competitors.

Three Convenient Locations

Aurora

13701 E. Mississippi Ave., Suite 320
(NE corner Mississippi and Potomac)
720-859-6139

Denver

2425 S. Colorado Blvd., Suite 100
(Just north of Colorado and Yale)
303-757-2141

Thornton

550 E. Thornton Pkwy., Suite 110
(SW corner of Thornton Pkwy and Washington
in the Pinnacle Shopping Center)
720-872-0399

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