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## Splendor in the Valley

Last chance for tickets!

As of the printing of this newsletter, there are still a few tickets left for Glenn Medical Foundation's 12th annual Splendor in the Valley event on Saturday evening, September 12th.

This year's theme "A Night At The Beach" will feature the music of *Garrett Wilkin & the Parrot-heads*, a celebration of Jimmy Buffett's music.

It's going to be a traditional luau, with Hawaiian attire the desired wear of the evening. The event will once again take place at the Big W Ranch near Orland, which is owned by the family of famous television personality Cal Worthington. For tickets or information, call Deborah McMillan today at 934-1881. Silent auction items are still being accepted. Join your friends for a night out - it will be an evening to remember!

~ ~ *What's Happening at GMC* ~ ~

### New Provider at Glenn Medical Center!

We are very happy to announce the exciting addition to our medical staff of Lisa Beletsis, Family Nurse Practitioner. Lisa is a highly skilled practitioner who specializes in Neurology, primarily headaches and backaches. She is accepting new patients, by referral only, in our Specialty Clinic (the same clinic as Dr. Merliss) at 934-1820. Lisa works in a dual role here - she's also our new OR Manager. Welcome aboard, Lisa; we're very happy you're here!

### September is Gynecologic Cancer Awareness Month

Attention all women: How long has it been since you've had your gynecologic exam? If it's been a year or longer, now would be a great time to call our Family Care Center at 934-1816 to make an appointment with Dr. Mark Garrison or Jacqueline Casey, PA-C, both Women's Health Specialists. Don't put off these routine check-ups; the earlier cancer is detected, the better your chances are for a positive outcome for treatment. We provide full service exams here, including all your blood work, mammography and bone density testing. Call today!

### September is also National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news is that childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active. We are fortunate at Glenn Medical Center to have Laura Curtis, Registered Dietitian, on our staff. If your primary care provider has concerns about your overweight child, or if you are concerned about your own weight, Laura provides dietary counseling by referral through our Specialty Clinic at 934-1820.

### What is West Nile Virus?

It's a mosquito-borne virus that has spread throughout the United States and is well established in California. Most often, WNV is spread by the bite of an infected mosquito. Mosquitoes are WNV carriers that become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite. People typically develop symptoms from 3 to 14 days after they are bitten by an infected mosquito. WNV affects the central nervous system. However, symptoms vary. They can range from high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis...to no symptoms at all. For more information, go to [http://www.westnile.ca.gov/wnv\\_faqs\\_basics.php](http://www.westnile.ca.gov/wnv_faqs_basics.php).



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