

A Sign of Success

Mark Twain once said, "Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Twain may have a point, but the fact of the matter is, living longer and living well does matter to most of us.

Even for the healthiest among us, our primary care physician is likely to become an increasingly important person in our life. One of the best ways to get the most from your health care is to build a relationship with your doctor. This philosophy is embraced by two of Oroville Hospital's finest physicians, Dr. Norman Challburg and Dr. Thomas Mundorff.

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"It's wise to get to know your doctor. It's important that I know a patient's history and have a close relationship so that I can help them maintain a good quality of life," says Dr. Challburg a family practice physician, specializing in internal medicine. He grew up in Citrus

Heights and went into the U.S. Navy out of high school, serving as a medic in Japan and Hawaii. He attended medical school at UC Irvine and practiced in Sacramento for 22 years.

Another advantage of having a good relationship with your doctor is that you feel comfortable and have a level of trust. And if you trust your doctor, you are more likely to follow instructions.

"Many of the conditions that I treat can be avoided by lifestyle changes...like not smoking, eating better, and getting more exercise," says Challburg. "Change is difficult, that's why it is important to have a physician in your corner."

Dr. Mundorff, a geriatrician in an outpatient clinic, grew up in Atlanta and was "encouraged" by his father to attend the Medical College of Georgia. He has been practicing at Oroville Hospital for nearly 30 years.

"Being old is a sign of success," Mundorff says. "In 1900, the average lifespan was around 50. Now, it's

not uncommon to live into your 80's or 90's.

"The aging process presents us with its own unique set of challenges," says Mundorff. "Muscle mass decreases, the ability to use oxygen decreases, our joints wear out, and the possibility of dementia increases. Luckily, we get wiser and better looking...okay, maybe just better looking!"



Oroville Hospital