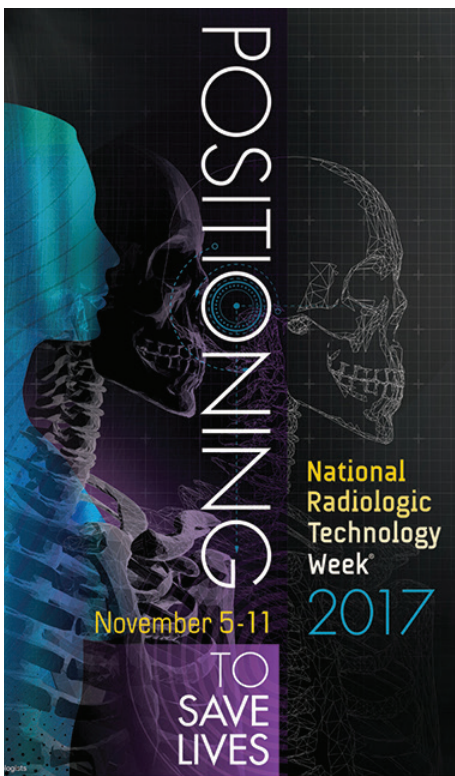




HealthcareConnections

NOVEMBER 2017

Healthcare News



159.7M

X-ray procedures performed in the United States annually



78.7M

CT procedures

37.8M

MR procedures

14.5M

Nuclear medicine scans

1.2M

Radiation therapy treatments initiated

November is National Diabetes Awareness Month

One in four of people affected by diabetes are unaware they have it.

According to the American Diabetes Association, as of 2015, approximately 30.3 million people in the United States have diabetes that's nearly 10% of Americans. One in four of those affected are unaware they even have it. Diabetes is most common in those over 65, but is still a major concern for adolescents, with about 193,000 Americans under the age of 20 being diagnosed.¹

An estimated **30.3 million** people in the United States have diabetes.

One in four people affected are unaware they have it.

What is diabetes?

Diabetes occurs when the body does not make enough insulin to help regulate blood sugar.

The common symptoms can be difficult to discern, and include

- increased thirst
- extreme hunger
- fatigue
- irritability

But some symptoms are more noticeable.

These include suffering from:

frequent gum and skin infections, slow-healing sores, and unexplained weight loss.

If you have these symptoms, it could mean you have one of the three main forms of diabetes:

- **Gestational diabetes** can only develop during pregnancy. It's usually temporary, but can increase your risk of type 2 diabetes later in life.
- **Type 1** or juvenile, diabetes occurs when the body doesn't produce any insulin at all. People who are affected need to take insulin daily. This usually occurs in children and young adults, but can happen at any point in life.
- **Type 2** diabetes is the most common diagnosis, making up 90%-95% of all cases. With type 2, the body does not use insulin properly and can be controlled in some cases with regular monitoring.

Continued on page 2

Healthcare News continued from page 1



Craft & Vendor fair

Monday, November 6
9:00 a.m.–6:00 p.m.
Monroe County Hospital & Clinics
Conference Rooms 1 & 2
Open to the public

*Just in time
for holiday
shopping!*



Featuring: LulaRoe Clothing, Scentsy, Berkley's Bands, Ginger Snaps Jewelry, Younique, Bear Essential Oils, PartyLite, and as holiday hand-crafted home decor, gifts, and quilts!

Should you get tested for diabetes?

The Mayo Clinic recommends those with a body mass index higher than 25 or anyone older than 45 should be screened for diabetes. If you're concerned about your risk, talk to your doctor. They may recommend several different tests to help find out. A blood sample can be taken to test your blood sugar level. You may be required to fast or drink a specially designed solution beforehand. A urine test is also available to test for type 1 diabetes.²

People with diabetes are at higher risks for serious health complications.

Blindness, kidney disease, amputations, and even heart disease and stroke may occur. It's currently the 7th leading cause of death in America, with 252,806 deaths being attributed to the disease.³

How can you lower your risk for diabetes?

Type 1 and gestational diabetes are difficult to avoid. In fact, there is no known way to prevent type 1, and gestational can naturally occur as hormones common in pregnancy make cells resilient to insulin. Genetics can also lead to type 2 diabetes.⁴

But you can help prevent development of type 2 diabetes and gestational diabetes through simple lifestyle choices. Regular exercise, no smoking, and a diet of fruits, vegetables, and whole grains, and limiting amounts of saturated fats are great ways to help prevent diabetes. Some medicines, as prescribed by your doctor, may also help in lowering risk.⁵

As friends and family come together this Thanksgiving, it's the perfect time to reflect on your wellbeing. Start setting goals for healthy living to lower your risk for diabetes today, and at your next turkey dinner you'll be giving thanks for good food, good company, AND good health.

1. American Diabetes Association. (2017, July 19). Statistics About Diabetes. Retrieved from <http://www.diabetes.org/diabetes-basics/statistics/>

2. Mayo Clinic. (2014, July 31). Tests and diagnosis. Retrieved from <https://www.mayoclinic.org/diseases-conditions/diabetes/basics/tests-diagnosis/con-20033091>

3. Centers for Disease Control and Prevention. (2016, November 1). It's Your Life. Treat Your Diabetes Well. Retrieved from <https://www.cdc.gov/features/livingwithdiabetes/index.html>

4. Mayo Clinic. (2014, July 31). Causes. Retrieved from <https://www.mayoclinic.org/diseases-conditions/diabetes/basics/causes/con-20033091>

5. Mayo Clinic. (2014, July 31). Prevention. Retrieved from <https://www.mayoclinic.org/diseases-conditions/diabetes/basics/prevention/con-20033091>

Healthy Recipe

Sweet and salty nuts are a tasty treat for a holiday get-together or healthy afternoon snack!

Sweet and Salty Roasted Nuts

1 egg white
 1 tablespoon of water
 4 cups of whole cashews, almonds, walnut halves, and pecan halves
 3 tablespoons of brown sugar
 1 tablespoon of ground cumin
 2 teaspoons of chili powder
 1 teaspoon of garlic salt
 1/8 teaspoon of cayenne pepper

1. Start by preheating your oven to 300° F.
2. In a medium bowl, combine the egg white with the water. Beat the mix with a fork until it's frothy.
3. Toss in the nuts! Let them sit for 5 minutes to coat.
4. While the nuts sit, combine your brown sugar, cumin, chili powder, garlic salt, and cayenne pepper in a plastic bag. Add the nuts to your bag and shake well!
5. Once the nuts are coated, spread them evenly on a baking pan. Bake for 35 minutes or until the nuts are toasted and dry. Pull them out of the oven and let them cool.
6. Serve to your guests or save this savory snack for later.

Tips for the chef: Feel free to mix and match what nuts you use.

Do you have a recipe you'd like to share? Send us your healthy snack or meal at jwitt@mchalia.com.

Thank you to our outstanding Nurse Practitioners!

Your compassion and expertise in healthcare helps us continue our tradition of providing great community care.



Jenn Archer, ARNP
Medical Clinic



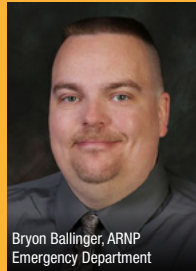
Lynette Major, ARNP
Medical Clinic



Lori Vitko, DNP, FNP-BC
Medical Clinic



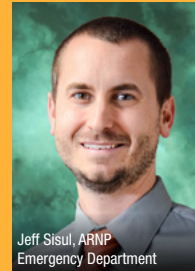
Darcy Weibrenner-Sheldon, ARNP
Medical Clinic



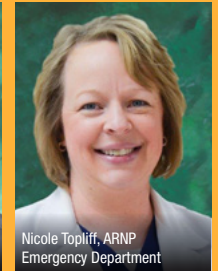
Bryon Ballinger, ARNP
Emergency Department



Darci Fuller, ARNP
Emergency Department



Jeff Sisul, ARNP
Emergency Department



Nicole Toplif, ARNP
Emergency Department

Join us in celebrating Nurse Practitioner Week
 November 12–18, 2017

November 2017

Susan Allison Outpatient Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Narayan	2 Sokol Coleman	3 Marcus Onsrud Moratz	4
5	6 Homedan Agarwal	7 Sokol	8 Sanders Moore	9 Sokol Moratz	10 Marcus	11
12	13 Homedan Freeman	14 Sokol	15 Sanders Curtis	16 Sokol Coleman	17 Marcus Onsrud	18
19	20	21 Sokol Moratz	22 Sanders	23 Happy Thanksgiving!	24	25
26	27 Homedan Freeman	28 Sokol	29 Dickins/ Dawley	30 Sokol		

Outpatient Clinic Specialists

Ravinder Agarwal, M.D. - *Allergy & Immunology*
 Greg Moore, AUD - *Audiology*
 Richard Marcus, M.D. - *Cardiology*
 Rachel Onsrud, ARNP - *Cardiology*
 Heidi Curtis, ARNP - *Dermatology*
 Neal Sokol, D.O. - *General Surgery*
 Kelley Dawley, ARNP - *Neurology*

Q. Stokes Dickins, M.D. - *Neurology*
 Joseph Coleman, M.D. - *OB/GYN*
 Brian Freeman, M.D. - *Oncology/Hematology*
 Shehada Homedan, M.D. - *Orthopedic Surgeon*
 Robert Moratz, DPM - *Podiatry*
 Tamarisa Narayan, M.D. - *Pulmonology*
 Shayla Sanders, ARNP - *Rheumatology*

For additional information or to schedule an appointment, please call 641-932-1678.



Book Fair

To Benefit the Annual Christmas Families Project

Friday, December 1
8:00 a.m.-4:00 p.m.
Conference Rooms 1 & 2
6580 165th Street, Albia, IA



Monroe County
HOSPITAL & CLINICS