



HealthcareConnections

SEPTEMBER 2017

Healthcare News



When you're out and about this month, you may notice a light blue ribbon popping up online, on television, or around town. That ribbon is the symbol of prostate cancer awareness. The month of September is National Prostate Health Month, dedicated to raising awareness of the disease.

What is the prostate, and how does prostate cancer begin?

Prostate cancer begins with the development of cancer cells in the prostate—a walnut-sized gland found below the bladder in males. It's the second most common cancer in American men. In fact, statistics show one in seven¹ will be diagnosed during their lifetime.

Prostate cancer is also the third leading cause of cancer death in men. The American Cancer Society estimates 26,730² will die as a result of the illness in 2017 alone.

Growth usually occurs slowly. In its early stages, it may show no signs in affected men, but as the cancer progresses, symptoms such as trouble urinating, pelvic discomfort, bone pain, and erectile dysfunction may develop. Other symptoms may include weakness in the legs or feet and even loss of bladder and bowel control as the cancer presses on the spinal cord.

High occurrence and lack of early warning signs make screenings and early detection critically important.

Since the introduction of screenings in the early 1990s, prostate cancer death rates have dropped.³ Tests such as the prostate-specific antigen (PSA) and the digital rectal exam (DRE) can help find cancer at a more treatable stage. Depending on family history, doctors recommend starting screening between 40 and 50 years old.⁴

Unfortunately, the direct cause of prostate cancer has evaded the medical community, but it's clear some factors play a role. For instance, it's known that the risk of this cancer increases with age, with the average age of diagnosis occurring around 66 and rarely occurring before the age of 40.⁵ Family history, race, and obesity can also increase likelihood of development.

One in seven men will get prostate cancer in their lifetime.¹



An estimated 26,730 will die in 2017.²

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Congratulations

Gale Herrera, RN, BSN
Chief Nursing Officer

Iowa Hospital Heroes Awards honor “people of integrity and compassion who always place others before themselves.” As one of the Heroes being honored this year, Gale exemplifies MCHC’s mission to create a world-class healthcare experience and much, much more. Congratulations, Gale!



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What you can do to lower the risk.

Some of these contributing factors are unavoidable. While there is currently no proven prostate cancer prevention strategy, there are steps you can take for a happier, healthier prostate gland. Simple lifestyle changes like becoming smoke-free, regularly exercising, and reducing stress can help lower the chances of cancer forming.

Prostate health can also be improved through a healthy, well-balanced diet. Reducing red meat and salt and replacing them with fruits and vegetables is a great place to start. Foods with bright colors like tomatoes and grapefruit, as well as cruciferous vegetables like broccoli and cauliflower, are great. Healthy fats in olive oil, almonds, and pecans are also great fits into a prostate-friendly diet. And, of course, watch portion sizes along the way.

While wearing a blue ribbon during National Prostate Health Month and starting a conversation about prostate cancer are great ways to show your support, reducing the risk for the disease is the best way to celebrate. Make this September the month you take the first steps to lowering your risk of cancer and achieving a healthy prostate.

1. The American Cancer Society. (2017, January 5). Key Statistics for Prostate Cancer. Retrieved from <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>
2. The American Cancer Society. (2017, January 5). Key Statistics for Prostate Cancer. Retrieved from <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>
3. The American Cancer Society. (2016, April 14). Prostate Cancer Prevention And Early Detection. Retrieved from <https://www.cancer.org/cancer/prostate-cancer/early-detection/finding-prostate-cancer-early.html>
4. Prostate Cancer Foundation. (2017). Early Detection and Screening. Retrieved from <https://www.pcf.org/c/early-detection-and-screening/>
5. The American Cancer Society. (2017, January 5). Key Statistics for Prostate Cancer. Retrieved from <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>



Thank you to our employees!

TOP WORK PLACES 2017



Because of you, we were named a Top Workplace again!

Based on your feedback, the *Des Moines Register* has designated Monroe County Hospital & Clinics as one of the Top Workplaces in the state—and we couldn’t be more grateful.

Our appreciation goes out to you, the employees who create a culture of excellence and provide exceptional care that makes Monroe County Hospital & Clinics truly great.

Monroe County Hospital & Clinics announces progression of master plan

Since 1951, Monroe County Hospital & Clinics (MCHC) has been the trusted provider of high-quality, local healthcare to the residents of Monroe County, Iowa. Over the last six decades, the community has grown, and our commitment to ensure exceptional care for our patients close to home has grown with it. To deliver on our promise, we're proud to announce we are moving forward with significant renovations to the MCHC campus.

In the fall of 2016, an MCHC team began evaluating the critical needs of the facility to better provide for patients and staff. As the breadth of the process expanded, it became clear the project would be larger than originally estimated. The facility was in need of a facility master plan to accommodate and plan for the needs of the future. A Steering Committee was formed to guide the process. The master planning process included meetings with different groups of staff to look at processes, patient workflows, and overall space needs. A detailed timeline composed of multiple phases was formed

and presented to the medical staff, department leaders, and the MCHC Board of Trustees. After much discussion about the critical needs of the facility as well as the scope presented, the Board approved moving forward with developing a formal plan for the facility.

"We are proud to engage in a process to develop a formal plan to move the organization forward," said Veronica Fuhs, CEO of MCHC. "Developing the plan is necessary in order to meet the critical needs of the facility while improving patient flow. We believe it is an important step in enhancing our patients' experiences with us and continuing to deliver a higher level of personalized care."

We're both confident and excited in our decision to move forward with developing a formal master plan addressing phase one needs. These upgrades will help us better fulfill our mission, which is a promise to our patients of creating world-class health experience as we continue to grow with the community.

Bike Rodeo

Leave it to Iowa weather to rain for the first time in two months during the Back to School Kids Health and Safety Fair on August 10th. Despite the rain, a large number of parents and children attended the Bike Rodeo that was held during the event. The Bike Rodeo was sponsored by the Monroe County Health Care Foundation and provided education on the importance of bike safety and wearing bike helmets. Helmets were donated by the Monroe County Public Health office and handed out to each child who attended. There to help fit the helmets and make sure children were knowledgeable about bike safety were Monroe County Health Care Foundation President Ryan Ammons, Vice President Laura Teno, member Colleen Putnam, and Foundation Coordinator Jill Witt. Two lucky kids also won brand-new bikes in a raffle sponsored by the Monroe County Health Care Foundation.

Thank you to all who attended.
Have fun and stay safe!



Check out our lucky bike raffle winners! Aaliyah Rockwell (left) and Tyler Smith both went home with new bicycles, presented to them by Monroe County Health Care Foundation President Ryan Ammons.

Healthy Recipe

Roasted, toasted broccoli is a healthy snack and is great for a healthier prostate. Prepare this tasty dish in just minutes.

Roasted, toasted broccoli

2 heads of broccoli
(about 1 1/2 pounds)
1/4 cup extra virgin olive oil
4 peeled and sliced garlic cloves
large pinch of dried red pepper flakes
1/2 teaspoon kosher salt
3 tablespoons raw, sliced almonds
(with or without skin)
2 teaspoons freshly squeezed
lemon juice
zest of half a lemon
"Pecorino cheese (optional)"

1. Preheat oven to 425°F
2. Shave off any unwanted ends around your broccoli. Cut the broccoli into half-inch thick slices. Begin in the middle and work outward. Don't worry about any whole pieces that can't be cut; they can still be added to your snack!
3. Using a bowl large enough to toss your ingredients later, mix your red pepper flakes and pressed garlic with your olive oil. Add the cut broccoli to the mix and toss gently until it's completely coated. Arrange the broccoli on a sheet pan, leaving a little room between each piece. You can add a little kosher salt, but staying salt-free won't take away from this tasty dish.
4. Let the broccoli cook in the oven for 10 to 12 minutes. Take the pan out, flip the broccoli, and scatter the almond slices across the pan. Roast for another 8 to 10 minutes, or until broccoli is evenly caramelized, crispy, and easy to pick up with a fork
5. Move your delicious snack to a plate or bowl and evenly coat with lemon juice, then garnish with fresh lemon zest. If you're feeling a little cheesy, top off your healthy treat with a dash of pecorino cheese!
6. Serve and enjoy your roasted, toasted broccoli!

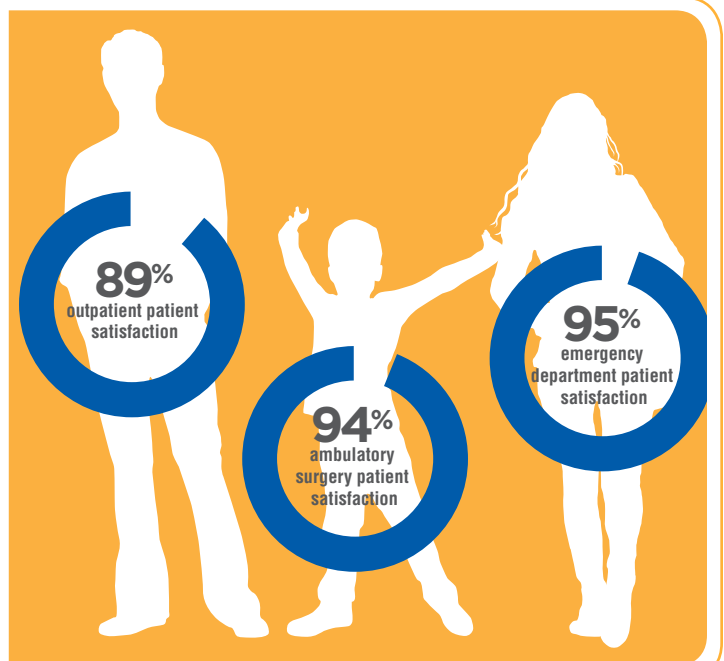
Do you have a recipe you'd like to share? Send us your healthy snack at jwitt@mchabia.com.

Patient satisfaction is our number one goal

We asked, and you answered! Out of 1,445 patients surveyed, 96% said they were satisfied with their care at MCHC, including:

- 89% outpatient patient satisfaction
- 94% ambulatory surgery patient satisfaction
- 95% emergency department patient satisfaction

Thank you to all those who participated in our poll, and a very special thank you to our staff, who provide a world-class healthcare experience every day.



October 2017

Susan Allison Outpatient Clinic

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------|-----------------------|-----------------------------------|---------------------------------------|-----------------------------|----------|
| 1 | 2 Homedan Moratz | 3 Sokol Moratz | 4 Narayan Warren | 5 Sokol Coleman | 6 Onsrud | 7 |
| 8 | 9 Homedan Freeman | 10 Sokol | 11 Sanders Moore Agarwal | 12 Sokol | 13 Marcus Moratz a.m. | 14 |
| 15 | 16 Homedan | 17 Sokol Moratz | 18 Sanders Warren | 19 Sokol Coleman Moratz a.m. | 20 Marcus Onsrud | 21 |
| 22 | 23 Homedan Freeman | 24 Sokol | 25 Sanders Dickins | 26 Sokol | 27 Moratz | 28 |
| 29 | 30 Homedan | 31 Sokol Warren | | | | |

Outpatient Clinic Specialists

Ravinder Agarwal, M.D. - *Allergy & Immunology*
 Greg Moore, AUD - *Audiology*
 Richard Marcus, M.D. - *Cardiology*
 Rachel Onsrud, ARNP - *Cardiology*
 Christina Warren, ARNP - *Dermatology*
 Neal Sokol, D.O. - *General Surgery*
 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.

2nd Annual Community Wellness Expo

Thursday, October 5 | 6 AM-10 AM
 Conference Center Entrance
 East Parking Lot



Monroe County
HOSPITAL & CLINICS

