

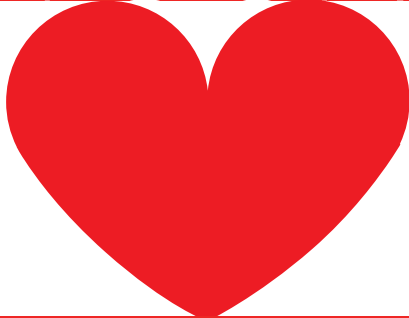


# HealthcareConnections

FEBRUARY 2018

## Healthcare News

**LOVE  
YOUR**



**FEBRUARY  
is Heart Disease  
Awareness Month**

**Keep your heart in mind during the holiday of love.**

Valentine's Day helps bring warmth and color into the cold month of February. Flowers in bouquets, brightly colored candles, and giant red hearts seem to be everywhere. But hearts and the second month of the year have more than just the holiday in common. February is also Heart Disease Awareness Month.

### **The #1 killer in America can strike at any moment**

In the United States, heart disease is the leading cause of death for both men and women. According to the Center for Disease Control (CDC), about 630,000 people die every year from it—that's about 1 in every 4 deaths. In the United States, a new heart attack occurs every 40 seconds, and there is more than one death every minute directly linked to heart-related diseases.<sup>1</sup>

### **What is heart disease?**

Heart disease can reference a number of cardiovascular conditions. Coronary artery disease, heart valve problems, heart failure, and arrhythmia all fall under this term. Heart disease can be caused by naturally forming defects, or can occur as the result of lifestyle choices. It can lead to life-threatening events, such as cardiac arrest or stroke, which in turn can lead to permanent physical and mental damage or death.<sup>2</sup>

### **Are you at risk?**

Heart disease doesn't discriminate. It affects people of all races, genders, and ages, but certain factors heavily increase the risk. High blood pressure, LDL cholesterol, and smoking are key factors. Medical conditions, such as diabetes and obesity, are also known to contribute to the disease, as well as diet choices like poor eating habits and excessive alcohol use.

### **8 out of 10 people can reduce the risk by making healthier lifestyle choices**

Some factors for heart disease are simply unavoidable, like family history and aging. But for most—up to 80% according to AmericanHeart.org—lifestyle choices can help lower the risk of heart disease for better long-term health:

- No smoking
- Maintaining a healthy weight
- Eating a healthy diet
- Getting regular exercise
- Managing stress
- Measuring and controlling blood pressure

In some cases, a prescription is necessary. Consult your doctor to see if medication is right for you.<sup>3</sup>

As hearts start appearing for the holiday of love, take a moment to reflect on your own heart health. For your Valentine's Day gift, give that special someone in your life more than a box of chocolate. Give them more time and memories together with the promise of heart-healthy living.

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## Stroke Symptoms

A stroke occurs when blood supply to the brain is stopped or slowed. If you feel these symptoms, see a doctor immediately:

- Difficulty speaking or understanding
- Numbness in the face, legs, or arms
- Trouble seeing
- Headache
- Stumbling or inability to walk

## Heart Attack Symptoms

A heart attack occurs when blood supply to the heart is blocked. If you feel these symptoms, they could be signs of an oncoming heart attack, and you should seek medical help immediately:

- Pressure, tightness, pain, or a squeezing sensation in the chest or arms
- Nausea, indigestion, heartburn, or abdominal pain
- Shortness of breath
- Cold sweat
- Fatigue
- Lightheadedness or sudden dizziness

1. Center for Disease Control. (2017, August 23). Heart Disease Fact Sheet. [https://www.cdc.gov/dhdsdp/data\\_statistics/fact\\_sheets/fs\\_heart\\_disease.htm](https://www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_heart_disease.htm)

2. American Heart Association. (2017, May). What is Cardiovascular Disease? [http://www.heart.org/HEARTORG/Support/What-is-Cardiovascular-Disease\\_UCM\\_301852\\_Article.jsp#.WI-6XpM-d4L](http://www.heart.org/HEARTORG/Support/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp#.WI-6XpM-d4L)

3. Mayo Clinic. (2017, October 6). Heart disease. <https://www.mayoclinic.org/diseases-conditions/heart-disease/diagnosis-treatment/drc-20353124>

## Healthy Recipe

Looking for a sweet treat to share this Valentine's Day? Enjoy a crunchy cranberry biscotti for a heart-healthy snack!

### Crunchy cranberry biscotti

1 cup unsalted almonds

2 eggs

2/3 cup caster sugar

1 orange

2 cups flour

1/4 teaspoon baking powder

1/2 cup dried cranberries

1. Preheat your oven to 375°F. Use this time to finely grate your orange rind.
2. Spread the almonds around on a baking tray. Place them in the oven for 10 minutes or until they are lightly toasted, then chop the almonds roughly.
3. Beat eggs, sugar, and the grated orange rind together until the mix is thick. Sift flour and baking powder together and add to the blend, along with your toasted almonds and cranberries. Stir again until dough begins to form.
4. Cut your dough in half. Place each half on a lightly floured surface. We find that forming the logs two inches wide and 10 inches long bakes best.
5. Bake for 20–25 minutes or until the dough is golden and cooked through.
6. Let it cool. While you're waiting, set your oven to 300°F. Cut the logs into thin slices with a knife. Place the slices on baking paper-lined trays.
7. Bake for another 15 minutes—turning occasionally—until they are crisp. Remove from oven and let them cool.
8. Serve and enjoy!

**Tips for the chef:** Biscotti goes well with a drink! Dunk into coffee or tea to add even more flavor.

Do you have a recipe you'd like to share? Send us your healthy snack or meal at [jwitt@mchalbia.com](mailto:jwitt@mchalbia.com).

## What concerns you about your heart health?

If you or a loved one have suffered from a heart attack, heart failure, or have had a heart surgery, you may be asking yourself, "What's next? How do I keep this from happening again?" During Cardiac Rehabilitation Week—February 11–17—you can learn what steps to take to start the recovery process and help dramatically reduce risk factors.

Cardiac rehabilitation is a program that helps patients regain and improve their health after a heart-related event. It can play a critical role in helping patients who are currently suffering from heart disease, as well. In fact, **Kristen Reeves, RN**, Cardiac Rehabilitation Coordinator, says "Studies show people who complete the 36 sessions cardiac rehabilitation program have less chance of having a reoccurrence of a heart event."

### **You're invited to an exciting, educational week dedicated to heart-healthy living.**

Cardiac Rehabilitation Week at Monroe County Hospital & Clinics is about recognizing those who work in the field and raising everyone's awareness of heart-healthy living. You can stop in at the Monroe County Hospital & Clinics Bistro through the hours of 11:30 a.m.–12:30 p.m. February 12–14 to participate in the Cardiac Rehabilitation activities, raffle ticket purchasing, and more. Raffle tickets will be on sale for \$5.00 per ticket, or 5 tickets for \$20.00. The final raffle drawing will be Monday, February 19 at noon in the Monroe County Hospital & Clinics Bistro. One lucky winner will receive a Fitbit. All proceeds from this event will go to the American Heart Association. Attendees will learn more about heart-related events and how to live a heart-healthy lifestyle.

## Cardiac Care Close to Home.

### **MCHC Cardiac Rehabilitation Program**

- Accepting new patients
- 12-week, 36-session program
- Open to patients with doctor's orders who have recently encountered a significant heart event such as:
  - Stable Angina
  - Angioplasty
  - Coronary Artery Bypass Graft Surgery
  - Heart Attack
  - Heart Valve Repair/Transplant
  - Heart Transplant

### **What to Expect:**

- Development of an exercise program specific to your needs
- You will be given the tools to help you create a healthier lifestyle and regain strength
- A reduced risk of encountering future cardiac events

**To schedule a consultation or an appointment, please call 641-932-1677.**



**Kristen Reeves, RN**  
*Cardiac Rehabilitation Coordinator*

## Monroe County Hospital & Clinics achieves accreditation with ACHC

**ALBIA, IA,** Monroe County Hospital & Clinics proudly announces its approval of accreditation status by the Accreditation Commission for Health Care (ACHC) for the services of Home Sleep Testing, Sleep Lab/Center services.

Achieving accreditation is a process where healthcare organizations demonstrate compliance with national standards. Accreditation by the ACHC reflects an organization's dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

Sleeping is supposed to be a relaxing way to end your day, but for many Americans, it seems more like a chore that leaves them tired and groggy the next day. Sleep apnea, sleep-related seizure disorders, and sleep-related movement disorders can be more harmful than just feeling tired throughout the day. Sleep apnea is a common and serious sleep disorder that causes you to stop breathing during sleep. Over the course of years, lack of sleep can affect your long-term health and is linked to serious health risks like heart disease, diabetes, and obesity. If this sounds familiar, you may have a sleeping disorder, and a sleep study may be important for you.

A sleep study records data about your body while you're asleep. By monitoring your breathing, oxygen level, and heart rate and taking other measurements through a series of sensors hooked up to various parts of your body, a specialist can determine if you have a sleeping disorder. At least twelve electrode (flat metal disc) sensors will be attached to your head and body. All wires are long enough to allow you to move around in bed as you normally would. You will also wear an elastic belt around your chest to measure breathing and a fingertip or earlobe clip to monitor heart rate and oxygen levels.

**Gale Herrera,** Chief Nursing Officer shares, *"I experienced a sleep study when I didn't think I needed one. It was a life-changing event for me. My results showed I stopped breathing 86 times per hour during my sleep. Therefore, I was not getting any deep sleep at all. I was fitted with a CPAP machine and mask to help. After my first night's sleep with the help of these instruments, I slept 14 hours without waking. It was a miracle and I finally felt well rested."*

At your sleep study, you don't need to do a thing except sleep; the lab technicians record the data. Oftentimes, a physician will provide a sleeping aide to help you sleep. By monitoring the real-time data coming in from your wires and sensors and from in-room video, they can see how your body behaves through all of the stages of sleep.

Generally, sleep studies are one-night stays. The sleep rooms at Monroe County Hospital and Clinics have been designed to be as relaxing as possible. They are decorated with plush, queen-sized beds and are located away from patient rooms, keeping sound to a minimum. "It's very noninvasive. Some people even choose to go to work the next morning," said David Oldham, Coordinator Respiratory Therapy/Pulmonary.

Costs covering sleep studies are often covered by most insurance companies. However, the patient must have the symptoms and meet medical necessity for a test. Medicare, Blue Cross Blue Shield, Aetna, Cigna, and most other insurance companies cover sleep studies.

If you'd like to put an end to your restless nights and daytime drowsiness and reduce your risk of potentially serious health problems, consult your doctor to see if a sleep study is right for you.

For more information, please call David Oldham, Coordinator Respiratory Therapy/Pulmonary Rehab at 641-932-1684 or send your questions to [info@mchalbia.com](mailto:info@mchalbia.com).

ACHC is a not-for-profit organization that has stood as a symbol of quality and excellence since 1986. ACHC is ISO 9001:2008 certified and has CMS Deeming Authority for Home Health, Hospice and DMEPOS.

## February 2018

### Susan Allison Outpatient Clinic

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

#### 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/Sleep Clinic*

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.