



HealthcareConnections

MARCH 2018

Healthcare News

CELEBRATE
GOOD
nutrition

MARCH
is national
nutrition month

Kick off spring with a commitment to nutrition

With winter drawing to a close, green grass and chirping birds of spring can be seen all around. As they welcome the start of March, so can you by celebrating National Nutrition Month.

Pulmonary Rehab Week March 11-17

When you're living with chronic obstructive pulmonary disorder (COPD), everyday activities like walking or climbing stairs can be difficult. That's why so many turn to pulmonary rehabilitation to improve their condition.

With pulmonary rehabilitation, **Dave Oldham**, Respiratory Therapy/Pulmonary Rehab Coordinator, helps increase your fitness and strengthen your breathing. By administering nebulized medicines, providing chest physical therapy, continuous ventilation, and oxygen therapy, Dave treats diseases and conditions that have a respiratory component.



Begin treating your COPD.

Call 641-932-1684 to learn more.

Did you know March is National Nutrition Month?

What is National Nutrition Month?

National Nutrition Month began in 1980 as a way to spread nutrition information.¹ Over the decades, the month has remained true to its original purpose and has become more relevant than ever before.

Eating healthy is a goal that many of us have, but find it difficult to follow through. Picking up fast food on the ride back from work, having a bar of chocolate as a snack, or drinking a soda when you're thirsty are hard habits to break. That's why observing National Nutrition Month raises awareness and provides education to help people make informed choices about food selection and physical activity.

Why nutrition matters

Practicing good nutrition is one of the best and most important ways to remain healthy. You probably know that eating a well-balanced diet can help reduce the risk of obesity, but did you know smart food choices also help prevent a wide variety of health problems? By eating right, your risk of diabetes, heart disease, hypertension, and even some types of cancer can be dramatically decreased.²

A nutritious meal can help your mood as well. High-quality foods rich in vitamins, minerals, and probiotics can improve mood and energy level. In fact, studies suggest that diets high in vegetables, fruits, unprocessed grains, and fish can lower the risk of depression by 25-35% when compared to typical "Western" diets that are high in sugars and refined foods.³

"Go further with food."

The theme for this year's National Nutrition Month goes beyond healthy eating. "Go further with food" is about reducing food waste—when an edible item goes unconsumed. BILLIONS of pounds of food go to waste each year in the U.S. alone. When food spoils, it's more than a wasted meal; it is a waste of resources, time, and money used to grow and transport the food.

Luckily, waste is easy to prevent. By following these few simple tips, you can save more food and get the most out of your budget:

- Use the food in your fridge, freezer, and pantry before shopping
- Find recipes that can use up your perishables
- Plan your meals and snacks in advance
- Only buy food that can be eaten or frozen before spoilage
- Don't forget to store your food properly

Keep more food at the dinner table and out of the garbage by going further with food.⁴

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American Diabetes Association.
ALERT! DAY

Find out if you're at risk for diabetes

American Diabetes Association® Alert Day® is observed March 27th. It's a day dedicated to sounding the alarm about the risk of type 2 diabetes. With approximately 7.2 million Americans unaware they have the disease¹, you could be living with diabetes and not know it.

1. National Institute of Diabetes and Digestive and Kidney Diseases (2017, September). Diabetes Statistics. Retrieved from <https://www.niddk.nih.gov/health-information/health-statistics/diabetes-statistics>



TAKE THE DIABETES RISK TEST

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Discover if you're at risk in just a few minutes by taking the test.

It's fast.

It's easy.

It could save your life.

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Make March your month to make a change

Bring in the spring season with a commitment to health this National Nutrition Month. By choosing to eat a more nutritious diet, you won't just be healthier, you'll be happier as well. Start today and make this month one to remember.

1. Denny, Sharon. (2006). "National Nutrition Month: A Brief History." Journal of the AMERICAN DIETIC ASSOCIATION, 106(3), 365-366
2. Health.gov (2018, February 23). 2015-2018 Dietary Guidelines. Retrieved from <https://health.gov/dietaryguidelines/2015/guidelines/introduction/nutrition-and-health-are-closely-related/>
3. Selhub, Eve (2015, November 16) Nutritional psychiatry: Your brain on food [Blog post]. Retrieved from <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>
4. Academy of Nutrition and Dietetics (2017, August 1). Go Further with Food [PowerPoint slides]. Retrieved from <https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month-celebration-toolkit>

National Doctors' Day March 30th



Show your doctor you care

National Doctor's Day is the time people across the country recognize the service of their physicians. On March 30th, we take a few moments to appreciate the long hours and sleepless nights doctors endure to provide the unconditional care we need when we're at our weakest. The first Doctor's Day was held in 1933 in the town of Winder, Georgia. It began as a small affair that involved mailing cards to doctors and placing flowers on the graves of physicians passed. The tradition held steady for years, becoming an annual event with its own symbol—a red carnation. Its popularity expanded to the national level in 1990 when it was officially designated a national holiday.¹

Why celebrate our doctors?

Doctors help us when we are least able to help ourselves. They play a critical role in our communities and our individual lives. It would be difficult to find someone whose life wasn't positively affected by a physician in one way or another. Our doctors know us, care about us, and grow with us, working night and day to make sure we have a healthier tomorrow.

Use March 30th as a time of reflection and remember the doctors who have been by your side. Take a moment to send your thoughts, kind words, or even a gift to those special doctors in your life and let them know you care.

To our outstanding physicians: Thank You!



Alex Curiel, M.D. Andrew M. Frost, D.O. Gerald Haas, D.O. Neal Sokol, D.O., FACOS

1. History of Doctor's Day. (2016, September 8). Retrieved from <https://ideas.hallmark.com/articles/spring-ideas/history-of-doctors-day/>

Are you at risk for type 2 diabetes?



Write your score in the box.

1. How old are you?

Less than 40 years (0 points)

40-49 years (1 point)

50-59 years (2 points)

60 years or older (3 points)

2. Are you a man or a woman?

Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

4. Do you have a mother, father, sister or brother with diabetes? ..

Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

6. Are you physically active?

Yes (0 points) No (1 point)

7. What is your weight category? ..

See chart at right.

Add up your score.

| Height | Weight (lbs.) | | |
|---|----------------|-----------------|-----------------|
| 4' 10" | 119-142 | 143-190 | 191+ |
| 4' 11" | 124-147 | 148-197 | 198+ |
| 5' 0" | 128-152 | 153-203 | 204+ |
| 5' 1" | 132-157 | 158-210 | 211+ |
| 5' 2" | 136-163 | 164-217 | 218+ |
| 5' 3" | 141-168 | 169-224 | 225+ |
| 5' 4" | 145-173 | 174-231 | 232+ |
| 5' 5" | 150-179 | 180-239 | 240+ |
| 5' 6" | 155-185 | 186-246 | 247+ |
| 5' 7" | 159-190 | 191-254 | 255+ |
| 5' 8" | 164-196 | 197-261 | 262+ |
| 5' 9" | 169-202 | 203-269 | 270+ |
| 5' 10" | 174-208 | 209-277 | 278+ |
| 5' 11" | 179-214 | 215-285 | 286+ |
| 6' 0" | 184-220 | 221-293 | 294+ |
| 6' 1" | 189-226 | 227-301 | 302+ |
| 6' 2" | 194-232 | 233-310 | 311+ |
| 6' 3" | 200-239 | 240-318 | 319+ |
| 6' 4" | 205-245 | 246-327 | 328+ |
| | 1 point | 2 points | 3 points |
| If you weigh less than the amount in the left column: 0 points | | | |

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call **1-800-DIABETES (800-342-2383)**.

Registered Dietitian Nutritionist Day



Registered Dietitian Nutritionist Day is celebrated on March 14th. On that day, we recognize those who commit their lives to helping improve the health of those around them. The holiday began in 2008 and has reached its 10th anniversary of acknowledging food and nutrition experts. In honor of this decade of success, we talked with Liz Zmolek, RDN, LD—MCHC’s very own Registered Dietitian Nutritionist (RDN) to learn more.

What responsibilities does your role as a Dietitian entail?

“I work with clients in the treatment and prevention of disease. I help them improve their health through food and nutrition. Clients can know that they are receiving accurate and science-based nutrition advice when working with an RDN.”

Why might someone want to see a Dietitian?

“A common reason why someone might want to see an RDN would be if they have a medical condition that can be better managed with proper nutrition, such as diabetes, cardiovascular disease, high blood pressure, digestive problems, or an eating disorder. Other reasons could include wanting to gain or lose weight, pregnancy, breastfeeding, sports nutrition, or if they simply want to learn how to eat smarter.”

What are some traits your most successful clients have in common?

“Clients who are more successful at reaching their goals are those who are ready to make a change and embrace new menu ideas and foods. They like to try new things, read everything they can find, and write down food finds. Clients who practice planning ahead, moderation, and mindful eating also have a better chance at success.”

What are your favorite success stories?

“My favorite success stories are those clients who come in feeling negative, confused, or overwhelmed by their current health and lifestyle and leave feeling motivated and confident in making necessary changes in their eating habits. It’s very rewarding to see their confidence grow as they learn how to sort out and prioritize accurate nutrition information and set smart goals to live a healthier lifestyle.”

Do you have any advice to share with those looking to begin a more healthy diet and lifestyle?

“Here’s some of my most common advice:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that’s right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.”

Healthy Recipe

Top of the morning to you! If you're looking for something festive for St. Patrick's Day, this Shamrock Shake Smoothie is a great way to show off your Irish pride.

Shamrock Shake Smoothie

1 frozen banana
1 cup of raw spinach
½ cup of low-fat vanilla yogurt
½ cup low fat milk
½ cup of packed fresh mint leaves
4 ice cubes
1 Kiwi

1. Cut your banana and kiwi into slices.
2. Place the banana slices, spinach, milk, mint and ice in your blender. Remember—don't add the kiwi yet!
3. Blend your ingredients until smooth and creamy.
4. Pour your smoothie into a glass.
5. Thread your kiwi slices onto a skewer and place it in your smoothie. Add more mint for additional garnish.
6. Serve and enjoy!

Tips for the chef: Bring even more fun to St. Patrick's Day by cutting your kiwi slices into shamrock shapes!

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

BOOK FAIR


Monday, March 26
8:00a.m. - 4:00 p.m.
Conference Rooms 1 & 2
6580 165th Street, Albia, IA

Proceeds benefit:
Annual Christmas Families Project



March 2018

Susan Allison Outpatient Clinic

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

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.



We're on track to become one of the safest hospital systems in America

Patient Safety Awareness Week was established to raise awareness about harm done to patients that is preventable. At MCHC, Patient Safety Awareness Week is more than a few days in March. We recognize it every day of the year through our values and devotion to protecting our patients. Our unwavering commitment to ensuring a safe place for every patient is exemplified by achieving an exceptionally low fall rate.

Falls are among the most common incidents reported, complicating 2% of hospital stays. They increase costs, length of stay, and can result in injuries to patients.¹ At MCHC, we believe falls are avoidable, so we've made it our mission to bring that rate down as low as possible. This year, **we have lowered our fall rate to 0.1%—that's just one tenth of one percent.** By proactively identifying risks, we have fostered an environment that prevents injuries, creating a safer environment for every MCHC patient.

1. Andresen, E. M., Bouldin, E. L. D., Daniels, M. J., Dunton, N. E., Liu, L., Mion, J., ... Waters, T. M. (2013). Fall among Adult Patients Hospitalized in the United States: Prevalence and Trends. *Journal of Patient Safety*, 9(1), 13-17 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3572247/>