

# HEALTHCARE HAPPENINGS

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**MONROE  
COUNTY**  
HOSPITAL & CLINICS

An Affiliate of  
**MERCYONE**

*Exercise* FOR ALL | *Simplifying* BACK TO SCHOOL | *Does Your Teen* HAVE ANXIETY?



# Exercise FOR ALL

New expert recommendations underscore that physical activity is important for everyone.

**LATE LAST YEAR**, for the first time, the World Health Organization released physical activity recommendations for people with chronic health conditions and pregnant and postpartum women. The recommendations state that:

- Individuals who have cancer, high blood pressure, Type 2 diabetes or HIV should complete at least 150 to 300 minutes of moderate-intensity aerobic exercise each week to reap a variety of health and quality-of-life benefits.
- Pregnant and postpartum women should complete at least 150 minutes of moderate-intensity aerobic exercise each week to reduce their risk of preeclampsia, gestational diabetes, delivery complications and more.

“Aerobic exercise helps prevent heart disease, improves strength and endurance, and may lengthen your life,” said Julie Vander Linden, RN, Cardiac Rehab/Med-Surg Clinical Support Coordinator at Monroe County Hospital & Clinics. “When you exercise, your confidence will improve, and you’ll feel better overall.”



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al MCHC: 1.641.932.2134.

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## Don't Skip Breakfast!

Fuel for your day is important for all ages.

**WHEN YOU'RE IN** a rush to get to school or work, it can be easy to let breakfast fall by the wayside. But a healthy breakfast is essential to start your day.

“Eating breakfast can help children and adolescents do better in school by improving memory, test grades, school attendance and mood,” says Liz Zmolek, RDN, LD, Dietitian at Monroe County Hospital & Clinics. “Also, eating breakfast daily is associated with a lowered risk of cardiovascular disease and Type 2 diabetes.”

Skip the fatty processed breakfast meats like bacon, as well as sugary cereals, to get the most out of breakfast. Look for whole-grain breads, low-fat dairy like yogurt and high-fiber cereal like oatmeal. Lean turkey sausage or a boiled egg can be a great way to boost your protein.

**FOR MORE RECIPE AND DIET ADVICE, MAKE AN APPOINTMENT WITH OUR NUTRITIONIST AT [MCHALBIA.COM](http://MCHALBIA.COM).**

## Quick Breakfast Smoothie

- |                           |                  |
|---------------------------|------------------|
| 1 cup frozen strawberries | 1 banana, peeled |
| 1 cup frozen raspberries  | 1 cup skim milk  |
| 1 cup pineapple chunks    | 1½ cups ice      |

In a blender, process all ingredients until smooth. Makes two servings.

Source: [myplate.gov](http://myplate.gov)





# INFUSED WITH *Warmth and Compassion*

At Monroe County Hospital & Clinics' sparkling new Infusion Center, a skilled team of nurses makes patients feel like family.

**PATIENTS MAY NEED** medical infusions or injections to treat a variety of conditions, including cancer, blood disorders, infections, rheumatoid arthritis and osteoporosis. MCHC has provided infusion therapy since 2004. Now, this service operates within a new Infusion Center, located just inside the new entrance, which opened as part of the recent multiyear expansion and renovation project.

"The Infusion Center is a beautiful, modern space with windows that allow for natural light," says Jenny Klyn, MHA, RT (R)(M)(ARRT) (RDMS), Director of Ancillary Services, Radiology Manager, and Outpatient Clinic and Infusion Center Manager at MCHC. "We offer private and semi-private treatment areas and can accommodate up to nine patients at once. All spaces feature comfortable seating and televisions. We offer an array of appointment times to fit patients' schedules and help them keep working during their treatment regimens."

The Infusion Center's services include:

- antibiotic therapy
- biotherapy
- blood transfusions
- chemotherapy
- lab draws and maintenance for vascular access devices and central lines
- pain control

## A CARING DUO

Full-time Infusion Center staff Alyssa Prater, RN, and Kasi Stephens, RN, are certified by the Oncology Nursing Society and have more than 25 years of experience between them. Their goal is to make patients as comfortable as possible during treatment.

"We enjoy getting to know patients' likes and dislikes, including where they like to sit, what they like to eat or drink and whether they want a warm blanket," Prater said. "We love to dote on our patients."

Stephens agrees.

"Our patients are very important to us," she said. "We want them to feel at home."

## Care Connections

The team at the Infusion Center at Monroe County Hospital & Clinics works closely with other departments and providers throughout the hospital. That includes Brian Freeman, MD, a Medical Oncologist and Hematologist, and Nurse Practitioner Carissa Thompson, ARNP, who see patients facing cancer at the Susan Allison Outpatient Clinic every Monday.

"The need for oncology services in South Central Iowa is great," said Jenny Klyn, MHA, RT(R)(M)(ARRT) (RDMS), Director of Ancillary Services, Radiology Manager, Outpatient Clinic and Infusion Center Manager at MCHC. "We are thrilled to have an oncologist and the Infusion Center in one facility, close to home and accessible to our community. We see the need for oncology growing and expect our Infusion Center to expand."

Other key members of the Infusion Center's extended team are MCHC Pharmacist Nick Gerdes and his staff. The MCHC Pharmacy approves and maintains all medications administered in the Infusion Center.



# ***Simplifying Back to School***

Prioritizing your child's medical care appointments during the summer can help make for a fuss-free return to school in the fall.

**DURING THE SUMMER MONTHS**, medical appointments might not be high on your family's list of priorities. Afternoons spent splashing in the pool are much more appealing. However, taking care of annual well child visits before the autumn rush for back-to-school physicals begins could save you significant time and headaches down the road.

"Scheduling your physicals early allows you to get appointments at times that work well with your schedule," said Lynnette Major, ARNP, Family Nurse Practitioner at Monroe County Hospital & Clinics. "Plus, if your child's healthcare provider finds an illness or injury before school begins, you and your child will have time to address the issue or go to necessary medical appointments with minimal school absences."

For example, your child's healthcare provider may discover a vision issue during a well child visit. Identifying the need for glasses during the summer gives your child plenty of time to find and get adjusted to a useful pair of

lenses. By taking care of vision issues early, your child can avoid potential academic challenges that may have resulted from undiagnosed eyesight issues. If your child has issues that could be addressed by the therapy team at MCHC, the well child visit is a great time to coordinate with a physical therapist, occupational therapist or speech-language pathologist.

The well child visit is also a perfect time to have a sports participation physical. If your child is interested in participating in school sports during the upcoming academic year, this physical is required in the state of Iowa.

## **POWERFUL PREPARATION**

In addition to a physical exam, the well child visit is when your child's healthcare provider can administer immunizations that are appropriate for your child according to their age and health history. Your child's provider may offer immunizations that protect against:

- COVID-19 (for ages 12 and up)
- hepatitis B
- human papillomavirus
- influenza
- measles, mumps, rubella
- rotavirus

During the well child visit, you and your child can also talk with a healthcare provider about other best practices to optimize your child's health during the school year ahead. This conversation may include conversations about the importance of nutrition, sleep hygiene and stress management.

## **Don't Forget Dental Care**

Summer is a great time to have your child's teeth cleaned and examined by a dentist. If cavities are found or orthodontic devices are needed, there will be plenty of time for follow-up appointments that will not take your child away from his classes at school. And if your child needs braces or a new retainer, he will have ample time to get used to talking with and caring for the orthodontic device.





“The well-child visit is a great time to get ahead of the main health issues that kids tend to encounter during the fall, such as adjusting to an overpacked schedule,” said Jennifer Archer, ARNP, Family Nurse Practitioner at MCHC. “Once school and sports swing into full gear, you want your child’s physical, mental and emotional health to be strong.”

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TO SCHEDULE A WELL CHILD VISIT AT MCHC, CALL 641.932.7172 OR SCHEDULE ONLINE AT MCHALBIA.COM.

**“Being proactive where your child’s health is concerned is better than being reactive. Kids are resilient. But if we can find and treat illness and injury before the school year begins, that is ideal to enhance quality of life and the academic experience.”**

*—Jennifer Archer, ARNP,  
Family Nurse Practitioner at  
Monroe County Hospital & Clinics*





# EXCEPTIONAL CARE IN YOUR OWN BACKYARD

Monroe County Hospital & Clinics offers first-class surgical care options close to home.

**MONROE COUNTY HOSPITAL & CLINICS** isn't the biggest healthcare facility in the area. But services here rival those of much bigger hospitals, especially when it comes to surgical care. Patients often do not need to travel far when surgery becomes a necessary part of their health care.

"Patients can receive excellent care, right here, close to home, with professionals they know and trust," said Michele Manternach, BSN, RN, CNOR, Surgery Manager at MCHC. "Providers truly care about their patients and do what they can to go the extra mile."

## SURGICAL OPTIONS

A wide variety of surgeries are performed at MCHC. These include:

- General Surgery: hernia repairs, cyst removals, laparoscopic cholecystectomies, colonoscopies and endoscopies
- Orthopedic Surgery: total joint replacements, knee and shoulder arthroscopies, carpal tunnel and trigger finger releases and trauma care
- Podiatry: bunion and hammertoe corrections and Achilles tendon repairs
- Pain Management: radiofrequency ablations, joint injections and epidural injections

**Surgical providers include:** Matthew Biggerstaff, DO, Pain Management; Jay Brewer, CRNA, Pain Management; Gary Gansen, DPM, Podiatry; Shehada Homedan, MD, Orthopedics; Robert Rossi, MD, Pain Management; and Neal Sokol, DO, FACOS, General Surgery.

## SAFE CARE

While some people have been hesitant to have elective procedures during the COVID-19 pandemic, MCHC takes every precaution to ensure patients are safe while receiving care. All patients and staff are screened according to CDC guidelines. This may include rapid COVID-19 testing prior to surgery for some patients. Cleaning procedures have also been ramped up.

"MCHC has an incredible team of professionals making sure that everything is cleaned appropriately for the safety of the patients, visitors and employees," Manternach said.

## LIKE FAMILY

Along with exceptional care and safety procedures, another benefit of the services at MCHC is the caring, family-like atmosphere.

"Providers here give outstanding care to their patients, who are often their neighbors, friends or family. You are never a number here at MCHC; you are part of our family," Manternach said. "We do everything we can to deliver on our promise of a world-class healthcare experience in the safest environment possible."

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**TO LEARN MORE ABOUT THE PROVIDERS AND SURGICAL OPTIONS AT MCHC, VISIT [MCHALBIA.COM](http://MCHALBIA.COM).**



# WHEN SUMMER IS A PAIN

Jumping into summer activities without preparation can lead to injury.

**EVERY SUMMER**, the Monroe County Hospital & Clinics Rehabilitation Services Department sees an uptick in injuries. Many of them are strains and sprains that occur when people eagerly return to warm-weather sports, such as golf, tennis, baseball/softball and water sports, after a months-long layoff.

“People can reduce their risk of injury by implementing an adequate warm-up and cool-down regimen and performing activity-appropriate stretching to prepare for or recover from more intense activity,” said Becca Carter, PT, DPT, Rehab Services Manager at MCHC. “Other strategies include increasing activity level gradually to allow your body to adapt to different conditions and using good posture and proper footwear for your activity.”

If a strain or sprain sidelines you this summer, you can treat the injury at home by resting the joint to give it time to heal. To reduce pain and swelling, apply ice, keep the joint elevated and, if necessary, take an over-the-counter nonsteroidal anti-inflammatory medication as directed.

Symptoms often improve after a day or two, but Carter says if pain persists, bruising or swelling worsens, or you struggle to move or put weight on the joint, see a medical provider. You may need an X-ray to determine if a more serious injury, such as a fracture, has occurred.



## (Yard) Working *Safely*

Be sure to take steps to prevent injury when exercising your green thumb this summer.

**LAWN AND GARDEN MAINTENANCE** is a staple of summer, but it can be tough on your back and shoulders.

“Long periods of time doing repetitive motions with landscaping and gardening tools that people aren’t accustomed to using can make them more susceptible to injury,” said Becca Carter, PT, DPT, Rehab Services Manager at Monroe County Hospital & Clinics. “People often take on large challenging projects in the yard and garden during the summer months, which also increases the risk for injury.”

To check yard work off your to-do list while reducing your risk of injury, Carter recommends:

- avoiding staying in the same position for a long period of time
- lifting with proper form, which includes generating power from your legs, keeping objects close to your body and avoiding twisting or bending your back
- sitting on a stool or bench instead of kneeling when you need to work close to the ground
- staying hydrated
- stretching or warming up before you start working
- taking frequent breaks
- using proper tools for the job to minimize bending at the back

**TO FIND A PHYSICIAN WHO CAN HELP YOU SOLVE BACK OR SHOULDER PAIN, VISIT [MCHALBIA.COM](http://MCHALBIA.COM) AND CLICK ON “ACCESS MYMCHC PORTAL.”**



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# Does Your Teen Have **ANXIETY?**

Learn to recognize the signs of an anxiety disorder in teens and how to get a proper diagnosis.

**AFTER A YEAR** filled with changing routines, social isolation and new restrictions, your teen's mental health may have suffered. Since the pandemic began, about 46% of parents report their teens have experienced a brand new or worsening mental health condition, according to the C.S. Mott Children's Hospital National Poll on Children's Health at Michigan Medicine. Anxiety was the most common problem.

## STEPS TO DIAGNOSIS

Parents often choose to wait it out and see if their teen's mood improves with time. However, untreated anxiety disorders can worsen without treatment. If your child has an anxiety disorder, here are three steps to get the care he or she needs:

- 1 Watch for signs.** Common symptoms of an anxiety disorder include excessive worry, difficulty sleeping, trouble focusing in school, lack of appetite and irritability. Most teens with anxiety disorders are perfectionists and need constant reassurance from others.
- 2 Go to your child's regular health checkups.** Your child's pediatrician will be able to rule out any other health problems.
- 3 Find a trained therapist.** Some therapists even work exclusively with adolescents. A therapist will sit down, talk with your child and ask questions. This helps the therapist diagnose an anxiety disorder and recommend therapy to help your child manage the condition.

MEET WITH A PHYSICIAN TO HELP YOUR CHILD WITH THEIR MENTAL HEALTH NEEDS. TO SCHEDULE AN APPOINTMENT, GO TO [MCHALBIA.COM](http://MCHALBIA.COM) AND CLICK ON "ACCESS MYMCHC PORTAL."