

# HEALTHCARE HAPPENINGS

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**MONROE  
COUNTY**  
HOSPITAL & CLINICS

An Affiliate of  
**MERCYONE**<sup>SM</sup>

*Get Kids* COOKING | *Physical Therapy*: MORE THAN JUST EXERCISE | *Think* PINK



# Cheesy Broccoli & Rice Squares

Loaded with whole grains, low-fat dairy and healthy broccoli, this tasty dish is a perfect side item or after-school snack. It's also a great recipe to make with your child. Chop the vegetables and parsley beforehand. Then don your aprons, assemble the rest of your ingredients and get cooking!

## Get Kids Cooking

Teach your children the love of cooking from a young age.

**COOKING IS A** fun activity for all and a good family bonding experience. It also helps your children build new skills while learning about nutrition. Follow this guide for assigning cooking tasks to your child by age.

### AGE 3-5

- Cut out cookie shapes from dough.
- Mix batter.
- Stir ingredients.
- Wash fruits and vegetables.

### AGE 6-9

- Chop herbs or small items with a child-safe knife.
- Crack eggs into a bowl.
- Use a peeler for potatoes, carrots, cucumbers and other foods.
- Shuck corn.
- Snap green beans.

### AGE 10-12

- Bake using the oven.
- Boil pasta.
- Follow a basic recipe.
- Measure ingredients.
- Simmer foods.
- Slice or chop vegetables.



### INGREDIENTS

- |   |                                 |
|---|---------------------------------|
| 1 cup low-fat shredded cheddar cheese                     | 1/3 cup chopped onion           |
| 1 cup chopped broccoli                                    | 1/2 teaspoon salt               |
| 3 cups brown rice, cooked according to package directions | 3 eggs, beaten                  |
| 1/2 cup fresh chopped parsley                             | 1 1/2 cups evaporated milk      |
|   | 1 teaspoon Worcestershire sauce |
|   | Nonstick cooking spray          |

### DIRECTIONS

1. Preheat oven to 350°F and use cooking spray to coat a 9x9-inch baking pan.
2. Get out a large bowl, and have your child add the brown rice, cheese, onion, broccoli, parsley and salt. Stir until combined.
3. In another bowl, mix the eggs, Worcestershire sauce and evaporated milk. Pour over the rice mixture and mix until well-combined.
4. Pour the combined mixture into the baking pan.
5. Carefully put the pan in the oven and bake for 35-40 minutes, just until firm.
6. Cut into squares and enjoy!

### NUTRITION

- |                   |                    |
|-------------------|--------------------|
| Makes 8 servings. | Sodium: 328mg      |
| Calories: 183     | Carbohydrates: 24g |
| Total Fat: 4g     | Dietary Fiber: 2g  |
| Saturated fat: 3g | Total Sugars: 6g   |

Source: U.S. Department of Agriculture



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

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.641.932.2134。

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# SPECIALIZED HEALTH CARE IN YOUR OWN BACKYARD

The Susan Allison Outpatient Clinic offers first-class healthcare options close to home.



Jenny Klyn, MHA, RT (R)(M)(ARRT) (RDMS), Director of Ancillary Services

## **MANY PATIENTS WHO NEED**

a specialist for their health care don't have to travel far for care. The Susan Allison Outpatient Clinic, part of Monroe County Hospital & Clinics, features an array of

specialty care, ranging from cardiology and podiatry to pain management.

## **PERSONALIZED CARE**

Top specialists see patients at the outpatient clinic on a regular schedule, and the clinic also has dedicated nurses who work with all visiting providers. Nurses do all they can to put

patients at ease and make the experience convenient and hassle-free.

“Our nurses get to know the patients personally,” said Jenny Klyn, MHA, RT (R)(M)(ARRT) (RDMS), Director of Ancillary Services at MCHC. “They also go above and beyond, getting patients scheduled for ancillary services by working with insurance companies, taking care of prescriptions, sending referrals to outside facilities and keeping everything running smoothly.”

## **PROVIDERS AND SPECIALTIES**

MCHC has partnered with some of the leading specialty clinics in the area to make it easy for patients to get the comprehensive, trusted care they need.

## Patients can see the following providers at the outpatient clinic:

### **AUDIOLOGY (HEARING, BALANCE)**

Gregory K. Moore, AUD

### **CARDIOLOGY (HEART)**

Nisreen Yaghmour, MD; Dee Dorsett, ARNP

### **DERMATOLOGY (SKIN, HAIR AND NAILS)**

Katie Broshuis, ARNP

### **GENERAL SURGERY**

Neal Sokol, DO, FACOS

### **ONCOLOGY/HEMATOLOGY (BLOOD DISORDERS AND CANCER)**

Brian P. Freeman, MD; Carissa Thompson, ARNP

### **ORTHOPEDIC CLINIC**

#### **(FRACTURES; SHOULDER, KNEE AND HIP)**

Shehada Homedan, MD

### **PAIN MANAGEMENT CLINIC (CHRONIC PAIN)**

Matthew Biggerstaff, DO; Robert Rossi, MD;  
Chandra Brown, ARNP

### **PODIATRY CLINIC (FOOT)**

Gary Gansen, DPM; Robert Moratz, DPM

### **RHEUMATOLOGY (AUTOIMMUNE DISORDERS; JOINTS, MUSCLES AND BONES)**

Libby Allen, ARNP

TO SCHEDULE AN APPOINTMENT AT THE SUSAN ALLISON OUTPATIENT CLINIC, CALL 641.932.1678. REFERRALS ARE NOT NEEDED IN MOST CASES.

# Think **PINK**

October is Breast Cancer Awareness Month. Celebrate by scheduling your annual breast cancer screening.

**FIFTEEN MINUTES COULD** make a lifetime of difference. Regular mammograms help providers identify breast cancer in its early stages. The sooner breast cancer is identified, the more likely treatment will be a success.



Lori Keller, RT (R)(M)(CT),  
Radiology Technologist

“Mammograms detect breast cancer before it’s big enough to feel or cause symptoms,” explained Lori Keller, RT (R)(M)(CT), Radiology Technologist at Monroe County Hospital & Clinics. “Breast cancer is the most common cancer in women except skin cancers. By receiving regular screenings we can catch breast cancer early.”

## **MARK YOUR CALENDAR**

Most women should receive yearly mammograms starting at age 45, according to the American Cancer Society. Some women may benefit from starting breast cancer screenings

**“Mammograms are a quick, non-invasive exam, and we offer them every day during the week at Monroe County Hospital & Clinics.”**

**—Lori Keller, RT (R)(M)(CT),  
Radiology Technologist at MCHC**

earlier. Ask your primary care physician about your risk and what’s recommended for your breast cancer screening schedule. Then, be sure to stick to it as best as you can.

“Our physicians help with informing patients when they’re past due for a mammogram,” said Wendy Dyson, AA, RT (R)(M), Mammography Technologist at MCHC. “I hear a lot of my patients tell me their doctor told them to schedule a mammogram because they’re past due.”

The technologists at MCHC are flexible with patient schedules, and most screenings can be done in 15 minutes. Patients do not need a referral from a physician, either.

“Mammograms are one of the tests in which we allow self-referrals from patients,” said Jenny Klyn, Director of Ancillary Services at MCHC. “The process to schedule a mammogram is very easy.”

## **QUALITY CARE CLOSE TO HOME**

Mammograms take X-ray pictures of breast tissue to identify possible cancers. Women can benefit from advanced technologies for 3D mammography, which uses low-dose radiation to take detailed photos of the breast. During a 3D mammogram, the machine moves across the breast in an arc, taking multiple photos that a computer splices together to create a 3D image. 3D mammography has been shown to reduce callbacks for further testing and appears to identify more cases of breast cancer than traditional 2D testing.

“We have the same equipment as larger facilities,” Klyn said. “State-of-the-art, 3D mammograms are available close to our patients’ homes.”



Wendy Dyson, AA, RT (R)(M),  
Mammography Technologist

**“We have a wonderful free mammogram program a lot of ladies in our community don’t know about. I would like to see more women take advantage of this opportunity to get screened.”**

**—Wendy Dyson, AA, RT (R)(M),  
Mammography Technologist at MCHC**

In addition to leading-edge technologies, the mammography staff includes two radiology technologists, both of whom have 20-plus years of experience.

“By being a small department, we get to know our patients as we see them year after year,” Keller said. “They become friends of ours and we genuinely care about their health and outcomes.”

Still, the thought of receiving a mammogram makes some women uncomfortable. MCHC staff do everything they can to make patients feel safe, secure and comfortable during their screening.

“Compression is always a concern,” Dyson said. “I talk each patient through the different positions and keep checking in to make sure they’re comfortable.”

### **BE YOUR OWN BREAST FRIEND**

If finances are a factor in getting your annual screenings, Dyson, Keller and Klyn encourage women in the community to take advantage of MCHC’s free mammogram program designed for patients who are uninsured or unable to pay for a mammogram.

“Each application is completely confidential, and we can mail them to patients if they’d like,” Dyson said. “We want to reach as many patients as we can.”

“Some patients say they don’t need mammograms because they have no family history of breast cancer, but I always tell them family history has to start somewhere,” Keller said. “Get screened! It’s one of the best defenses we have against breast cancer.”

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**FIND OUT IF YOU ARE ELIGIBLE FOR A FREE MAMMOGRAM  
BY CALLING 641.932.1721.**



### **DID YOU KNOW?**

Mammograms can detect breast cancer up to 3 years before it can be felt.

*Source: Centers for Disease Control and Prevention*





# PHYSICAL THERAPY: MORE THAN JUST EXERCISE

A deeper look at rehabilitation and the specialized team that leads patients to healing

**THINK YOU KNOW** what physical therapy is all about? Unless you've gone through rehabilitation recently, you may need a new perspective of what's involved in "PT."



Becca Carter, PT, DPT,  
Rehabilitation Services  
Manager

"Many people think that physical therapy is just a set of exercises that fix conditions," said Becca Carter, PT, DPT, Rehabilitation Services Manager at Monroe County Hospital & Clinics. "However, physical therapists and physical therapist assistants are skilled, trained professionals. They provide patient-centered treatment that involves much more than exercises."

## SUPERVISED CARE

Patients who need PT need an expert, watchful eye. When patients come in for PT, therapists analyze their movement patterns. They use this information to develop a treatment plan that may include manual therapy, modalities and exercises for reduced pain and increased strength. As the patient progresses, therapists modify these exercises based on the patient's response.

Similar to medicine, PT is individualized. If three people come in with back pain, each could receive a different treatment regimen. Why? Because treatment isn't based only on symptoms. It revolves around the cause and extent of injury and also depends on the patient's goals and exercise tolerance.

## MORE HOPE FOR YOU

According to Carter, many come to PT without knowing what to expect. They've suffered for years and suspect PT won't change that. They may not know much about PT and its benefits.

They've been told they are too old or their condition is too advanced.

That all changes when they begin PT. After a thorough evaluation, therapists educate patients on their condition. Then, they lay out a treatment plan and get to work. Within a few sessions, patients are often surprised how quickly they improve.

"At MCHC, we provide one-on-one, personal treatment that really encompasses the whole person," Carter said. "We invest ourselves into the success of our patients, and it pays off."


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TO LEARN MORE ABOUT REHABILITATION SERVICES AT MONROE COUNTY HOSPITAL & CLINICS, VISIT [MCHALBIA.COM](http://MCHALBIA.COM) AND CLICK "REHABILITATION SERVICES DEPARTMENT" UNDER "SERVICES."

## Don't Fall Down on Sports Safety

Fall sports are around the corner. To keep young athletes off the injured list, share these tips from Becca Carter, PT, DPT, Rehabilitation Services Manager at Monroe County Hospital & Clinics.

- Always warm up and cool down during workouts.
- Be careful at the end of workouts. Injuries often occur when you're fatigued.
- Eat nutrient-dense foods and drink plenty of water to maintain a healthy weight and max out your performance.
- Manage off-season time effectively to rest and recover.
- Tell a parent or coach of any injury. Exercising while injured could make things worse.



# THEY PUT THE 'RAD' IN RAD TECHS!

November 7–13 is National Radiologic Technology Week, a time to celebrate the work of radiology technicians.

**HERE AT MONROE COUNTY HOSPITAL & CLINICS**, our radiology technologists, or “rad techs,” ensure that when you need an imaging scan, the result is a comprehensive, in-depth look at the internal structures of your body. This department is essential in confirming or eliminating a diagnosis or evaluating the process of a chronic condition.

## UNDERSTANDING RAD TECHS

What are radiology technologists? They're medical professionals who perform imaging examinations. Need a magnetic resonance imaging (MRI) exam? A computed tomography (CT) test? How about a traditional X-ray? Whatever imaging you need, it's done by a radiology technologist.

It's the rad tech's responsibility to position patients for scans. Their goal is to capture picture-perfect images that help doctors make a quick diagnosis. This way, treatment begins immediately or conditions get ruled out.

## A SPECIAL GROUP

While all radiology technologists are well-trained, there's something special about the ones at MCHC. They're committed to patients and each other. For them, radiology technology isn't just a career...it's a calling.

“We have a great group of knowledgeable, compassionate radiology techs at MCHC,” said Jenny Klyn, MHA, RT (R)(M) (ARRT) (RDMS), Director of Ancillary Services. “They work 24/7 to acquire quality images, and they do it with a positive attitude, because they genuinely care for our patients.”

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VISIT [MCHALBIA.COM](http://MCHALBIA.COM) TO LEARN MORE ABOUT RADIOLOGY TECHNOLOGY.



## Meet Rae IN RESPIRATORY THERAPY

Rae Griffin, BHS, RRT, joined MCHC in June as the Respiratory Therapy Department Coordinator.

**RAE GRIFFIN, ORIGINALLY FROM** Lake of the Ozarks, came to Albia with eight years of respiratory therapy experience at both large and small facilities to offer her expertise.

“I heard wonderful things about Monroe County Hospital & Clinics,” Griffin said. “It's an exciting opportunity to grow the department for the community. We will be able to provide the same accurate testing using advanced equipment locally so you don't have to travel far for high-quality respiratory care.”

Griffin started her career as a staff respiratory therapist but eventually moved into a leadership role after becoming interested in protocols and helping maintain a functional work environment. Outside of work, you may find Griffin on her horse either trail riding or competing in cowboy-mounted shooting, a competitive, gunslinging accuracy competition on horseback.

“I enjoy working with every department,” Griffin said. “I have the opportunity to continue helping patients, but also be a part of making decisions and developing policies to ensure the best care for our patients.”

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TO FIND OUT MORE ABOUT THE RESPIRATORY THERAPY DEPARTMENT, CALL 641.932.2134.

## We Help You Breathe Easily

At MCHC, a variety of respiratory services are offered, including:

- pulmonary function testing
- oxygen qualification
- chest physiotherapy
- pulmonary rehabilitation
- blood gas analysis
- incentive spirometry
- sleep studies (in lab and at home)



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# Is Exercising at Night BAD FOR SLEEP?

There's hope for the night owls.

**EXERCISING IN THE MORNING** is wonderful for some people, but not all. Early morning gym sessions may not fit your lifestyle and schedule. Or maybe the thought of getting up to work out before sunrise makes you pull the covers over your head. Thankfully, new research shows evening exercise is not as harmful as once thought. Here are some common misconceptions busted:

**MYTH: EXERCISE BEFORE BED WILL KEEP YOU AWAKE.**

**FACT:** Several recent studies prove that evening exercise does not impair sleep. In fact, it may even help you sleep longer and deeper. If you prefer working out at night, continue—just be sure to wrap up your routine about 90 minutes before bedtime to give your body time to cool down.

**MYTH: YOU SHOULD ONLY DO GENTLE WORKOUTS IN THE EVENING.**

**FACT:** Moderate or vigorous exercise finished two hours before bed has been shown to not disturb sleep. However, if you have trouble calming down before bed, low-intensity workouts (such as Pilates or yoga) are a great way to wind down.

**MYTH: YOU CAN EXERCISE AT NIGHT, BUT YOU'LL GET MORE BENEFITS FROM MORNING EXERCISE.**

**FACT:** The consistency and type of exercise are more important than when you work out. You'll experience the benefits of exercising both in the morning or at night, so choose a workout schedule that works for you.

