Meet Our NEW MEDICAL PROVIDER | Physical Therapy TAILORED TO YOU | Swift, Seamless, SAME-DAY CARE
Scroll Past the TikTok Diets

TikTok can be a great source of interesting recipes, but some social media influencers promote diets or weight loss tricks that don’t work—or that can even be harmful.

Many TikTok health trends do not rely on information that is scientifically sound. Some questionable recommendations to slim down include loading up on energy drinks or stirring lemon into your coffee.

Chances are, if something sounds too easy to be true, it probably is. Anytime you come across a social influencer selling you on a diet trend or weight loss tip, ask your healthcare provider before trying it yourself.

A MENU FOR SUCCESS
Instead of digging into the latest food fads, choose time-tested, nutrient-rich options that will make you feel satisfied and energized. Stick with fresh produce, lean forms of protein, whole grains and plenty of water.

LOOKING FOR A PRIMARY CARE PROVIDER TO HELP WITH YOUR WEIGHT LOSS JOURNEY? REQUEST AN APPOINTMENT AT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT.

Delicious Whole Food Quesadillas

Cooking with whole foods can be quick, easy and tasty, like creating these quesadillas.

BLACK BEAN AND SWEET POTATO QUESADILLAS

INGREDIENTS
- Non-stick cooking spray
- 1 medium sweet potato, cooked and cut into pieces
- 1 cup black beans, low or no sodium, canned, drained
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1½ teaspoons ground cumin
- 1½ teaspoons paprika
- ½ large jalapeño pepper, chopped
- 2 tablespoons low-fat sour cream or reduced-fat plain yogurt
- 8 whole wheat tortillas
- ¼ cup reduced-fat cheddar cheese
- ½ cup baby spinach

DIRECTIONS
1. Sauté onion and garlic using non-stick cooking spray in a medium size pan until soft.
2. Add cooked sweet potato pieces, black beans, spices and jalapeño.
3. Heat until warm.
4. Spread potato mixture over tortilla, then top with baby spinach and cheese.
5. Top with a second tortilla.
6. Heat a pan on high heat and spray with non-stick cooking spray.
7. Brown quesadilla for about 1 minute on each side until the inside is warm and the cheese is melted.

Servings: 4

NUTRITION INFORMATION PER SERVING
- Calories: 449
- Total Fat: 11g
- Saturated Fat: 3g
- Cholesterol: 6mg
- Sodium: 814mg
- Carbohydrates: 73mg
- Dietary Fiber: 9g
- Total Sugars: 5g
- Added Sugars: 0g
- Protein: 15g
- Calcium: 258mg
- Iron: 6mg
- Potassium: 577mg

Recipe courtesy of the U.S. Department of Agriculture. Source: MyPlate.gov
MEET OUR NEW QUICK CARE Nurse Practitioner

Family Nurse Practitioner Beth Grimes, ARNP, feels right at home at Monroe County Hospital & Clinics—and she’s ready to care for every member of your family.

GRIMES JOINED MONROE County Hospital Medical Clinic in October 2022 after serving as a nurse practitioner at an urgent care and walk-in clinic in Pella. A nurse for 13 years, Grimes has experience working in the intensive care unit and operating room. Nearly two years ago, the South Central Iowa native switched her focus to providing primary care as a family nurse practitioner.

“I’m originally from Tracy but grew up in the Knoxville area,” said Grimes, who attended nursing school at the University of Iowa. “I always had a passion for helping others with an interest in pathophysiology [the study of changes to the body’s function due to disease]. Nursing seemed like a perfect fit.”

WIDE RANGE OF SERVICES
In Iowa, advanced registered nurse practitioners, or ARNPs, can practice independently. That allows Grimes to provide a variety of primary care services for children, teenagers and adults.

Grimes performs physical exams, diagnoses and treats acute and chronic conditions, and prescribes medications. She also conducts Department of Transportation (DOT) physical exams and provides Quick Care services for minor illnesses and injuries. She sees patients from 8 a.m. to 5 p.m. on Mondays, Tuesdays, Thursdays and Fridays.

A PERFECT FIT
Grimes has found it easy to settle in since she arrived at MCHC last fall.

“My family and I live about 15 minutes from MCHC, so the short drive to work is wonderful,” she said. “I’ve always been so impressed with this organization, both as a patient and an employee. The staff and leadership are phenomenal to work with, and MCHC always puts patient care first.”

Grimes devotes her spare time to her family. They enjoy camping, playing board games and traveling.

EXPANDING HER SKILL SET
Monroe County Hospital & Clinics family nurse practitioner Beth Grimes, ARNP, provides a variety of services to patients in South Central Iowa, and she has been working on adding another skill to her repertoire: wound care. Grimes recently obtained Wound Care Certification.

TO SCHEDULE AN APPOINTMENT AT THE MONROE COUNTY HOSPITAL MEDICAL CLINIC THROUGH THE MYMCHC PORTAL, VISIT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT. DON’T HAVE A MYMCHC PORTAL ACCOUNT? CLICK “SELF-ENROLLMENT” TO GET STARTED.
Monroe County Hospital & Clinics Rehabilitation Services provides expert physical therapy services customized to you.

WHEN YOU COME TO MCHC for physical therapy, you will find outstanding medical care from providers who are dedicated to your well-being. From the moment you walk through the door, we get to know you and your lifestyle, goals and challenges so we can help you live your best life.

PERSONALIZED CARE MAKES A DIFFERENCE
“The MCHC Rehabilitation Services Department provides individualized and personalized care,” said Becca Carter, PT, DPT, Rehabilitation Services Manager at MCHC. “We believe our patients have better outcomes because we get to know them and they get to know what to expect of us from each and every session.”

We'll match you with a dedicated care team based on your health condition and goals. They will be your guides through your rehabilitation journey and will design a physical therapy program just for you.

A PLACE FOR EVERY BODY
The MCHC Physical Therapy Department cares for people
during all stages of life. Our team can help you get or stay active, no matter your concern or diagnosis.

We treat people with a wide range of conditions, including:
• chronic pain
• deconditioning
• decreased balance
• joint or muscle conditions

We also see patients who are recovering from cancer treatment, orthopedic surgery or sports injuries.

“Many of our therapists have backgrounds as athletes in high school and college,” Carter said. “They understand what it takes to compete at a high level and can help you return to the game.”

SPECIALIZED PROGRAMS AND SERVICES
MCHC Physical Therapy also offers specialized services and programs, including:
• concussion recovery
• dry needling to decrease pain and improve function
• instrument-assisted soft tissue mobilization (IASTM) to address soft tissue conditions or injuries
• lymphedema therapy to reduce swelling, increase quality of life and provide education
• pelvic floor therapy to address incontinence or pain

A REHAB SPACE DESIGNED WITH YOU IN MIND
From the front desk to the gym, our recently expanded Rehabilitation Services Department is designed to be accessible, comfortable, efficient and safe. It also provides more room for physical therapy treatment and equipment, including our updated Nustep recumbent bikes, a patient favorite.

“We recognize that patients have a choice when it comes to health care,” Carter said. “We want to provide you not only with high-quality care but also a world-class experience.”

LEARN MORE ABOUT MONROE COUNTY HOSPITAL & CLINICS REHABILITATION SERVICES AT MCALBIA.COM OR CALL 641.932.1673.
Monroe County Hospital & Clinics provides an important service for South Central Iowa’s workforce: Department of Transportation (DOT) physical exams for commercial motor vehicle drivers.

**FAMILY NURSE PRACTITIONER**
Beth Grimes, ARNP, who joined the Monroe County Hospital Medical Clinic last fall, is certified to provide DOT physical exams by the Federal Motor Carrier Safety Administration. These exams help ensure commercial motor vehicle drivers are healthy enough to perform their jobs safely.

“There’s a large demand for medical examiners in our area,” Grimes said. “The provider whose position I filled at MCHC was offering DOT physicals, so I obtained my certificate to be able to continue this service. Being a large farming community, we have a lot of certified drivers who require testing and examination.”

**COMPREHENSIVE CHECKUP**
As part of a DOT physical, Grimes performs a visual acuity test, urine screening, color blindness test, hearing screening and a head-to-toe physical exam.

“The visit takes approximately 40 minutes,” Grimes said. “Certification is good for two years if a chronic illness doesn’t warrant more frequent follow-ups.”

Patients can pay for DOT physicals out of pocket or through their employer. Insurance typically doesn’t cover this service.

DOT PHYSICALS ARE AVAILABLE AT THE MONROE COUNTY HOSPITAL MEDICAL CLINIC MOST WEEKDAYS. TO SCHEDULE AN APPOINTMENT, CALL 641.932.7172.
Wake Up and Smell the Health Benefits of Coffee

Your cup of joe may lower your risk of heart disease and help you live a longer, healthier life.

THINK YOUR DAILY coffee habit might not be good for you? This may not be the case. According to a recent study, drinking up to eight cups of coffee—or even more—per day might help you live longer.

The 10-year study, which appeared in the JAMA Internal Medicine journal, found that the more coffee people drank every day, the lower their risk of early death. Drinking eight or more cups was associated with a 14% lower risk as compared with consuming no coffee at all. What’s more, the benefit appeared the same whether the coffee was brewed or instant, caffeinated or decaf.

BENEFITS OF COFFEE BEANS

Many studies suggest that some of the nutrients in coffee beans, such as vitamin B2 and magnesium, as well as other chemicals in coffee, have benefits for your health. Drinking coffee regularly has been linked to:

• better mental health
• decreased risk of diabetes
• decreased risk of heart disease
• improved digestive health and weight management
• lower risk of developing Alzheimer’s disease and Parkinson’s disease

TO SCHEDULE AN APPOINTMENT WITH A MONROE COUNTY HOSPITAL & CLINICS PROVIDER, VISIT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT.

FOCUS ON LUNG HEALTH

Monroe County Hospital & Clinics offers a low-cost lung cancer screening program.

STUDIES SHOW THAT when lung cancer is detected early, survival rates go up. By the time symptoms appear, the cancer is in a more advanced stage, limiting treatment options. That’s why for people at higher risk of developing lung cancer, regular screenings are critical.

ARE YOU ELIGIBLE?

MCHC offers a lung cancer screening program for people who meet certain criteria. These include:

• being a current smoker or a former smoker who has quit within the last 15 years
• having a 20 pack-year smoking history
• receiving an order for screening from your provider
• showing no current symptoms

Patients on Medicare must be between the ages of 50 and 77, while those with commercial health insurance are eligible between the ages of 55 and 80.

To get the highest benefit, those who are screened should be in fairly good health and able to have surgery or other treatments if cancer is detected.

HOW DOES SCREENING WORK?

Currently, the only recommended screening for lung cancer is a low-dose CT scan. The screening is not painful and takes only a few minutes.

TALK WITH YOUR PROVIDER ABOUT WHETHER LUNG CANCER SCREENING AT MCHC IS RIGHT FOR YOU. VISIT MCHALBIA.COM/HEALTHYLUNG FOR MORE INFORMATION ABOUT THE PROGRAM.
This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.