

HEALTHCARE HAPPENINGS

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**MONROE
COUNTY**
HOSPITAL & CLINICS

An Affiliate of

MERCYONESM

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 [MCHALIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalia.com/patients-visitors/schedule-appointment).



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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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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 | 1½ teaspoons paprika |
| 1 medium sweet potato, cooked and cut into pieces | ½ large jalapeño pepper, chopped |
| 1 cup black beans, low or no sodium, canned, drained | 2 tablespoons low-fat sour cream or reduced-fat plain yogurt |
| 1 small onion, chopped | 8 whole wheat tortillas |
| 1 clove garlic, chopped | ¼ cup reduced-fat cheddar cheese |
| 1½ teaspoons ground cumin | 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 Sugars: 5g
Total Fat: 11g	Added Sugars: 0g
Saturated Fat: 3g	Protein: 15g
Cholesterol: 6mg	Calcium: 258mg
Sodium: 814mg	Iron: 6mg
Carbohydrates: 73mg	Potassium: 577mg
Dietary Fiber: 9g	

Recipe courtesy of the U.S. Department of Agriculture. Source: [MyPlate.gov](https://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.

TO SCHEDULE AN APPOINTMENT AT THE MONROE COUNTY HOSPITAL MEDICAL CLINIC THROUGH THE MYMCHC PORTAL, VISIT [MCHALIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalia.com/patients-visitors/schedule-appointment). DON'T HAVE A MYMCHC PORTAL ACCOUNT? CLICK "SELF-ENROLLMENT" TO GET STARTED.

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.



Physical Therapy **TAILORED TO YOU**

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
- neurological conditions, such as multiple sclerosis, Parkinson's disease or stroke
- vertigo

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 MCHALBIA.COM OR CALL 641.932.1673.

Meet the MCHC Physical Therapy Team

The Monroe County Hospital and Clinics' physical therapy team welcomed three new team members in the past year to meet the growing needs of our community:

- Abbie Bengtson, PT, DPT, Physical Therapist, is the newest member of the MCHC PT team. She works in our outpatient clinic with patients facing a wide range of conditions and diagnoses.
- Michelle Garrett, Patient Access Specialist, helps patients with care coordination, insurance, registration and scheduling therapy appointments.
- Tyler Grimes, PTA, Physical Therapist Assistant, brings more than a decade of experience to MCHC. He works with patients in our inpatient and outpatient rehab programs.

Our new team members join:

- Becca Carter, PT, DPT, Rehabilitation Services Manager
- Bob Schertz, PT, CLT, ASTYM, Physical Therapist
- Jill Fitzgerald, PT, Physical Therapist
- Kaylene Peterson, Patient Access Specialist
- Kelly Heller, PTA, Physical Therapist Assistant
- Kourtnei Robinson, PT, DPT, Physical Therapist
- Paige Bradley, PTA, Physical Therapist Assistant

"Our whole team takes great joy in seeing the success of our patients," said Becca Carter, PT, DPT, Rehabilitation Services Manager. "We will be your biggest supporters and help you achieve your goals."



Abbie Bengtson, PT, DPT
Physical Therapist



Michelle Garrett
Patient Access Specialist



Tyler Grimes, PTA
Physical Therapist Assistant



Becca Carter, PT, DPT
Rehab Services Manager



Bob Schertz, PT, CLT, ASTYM
Physical Therapist



Jill Fitzgerald, PT
Physical Therapist



Kaylene Peterson
Patient Access Specialist



Kelly Heller, PTA
Physical Therapist Assistant



Kourtnei Robinson, PT, DPT
Physical Therapist



Paige Bradley, PTA
Physical Therapist Assistant



PUTTING PATIENTS *in the Driver's Seat*

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.



Beth Grimes, ARNP

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.

Swift, Seamless, Same-Day Care

Need care for a minor illness or injury? Don't have time to wait on an appointment with your primary care provider (PCP)? Monroe County Hospital & Clinics has a solution: Quick Care.

COLDS, FLU, EARACHES and other common medical conditions don't care how busy you are. That's why Quick Care, a service for acute illnesses and injuries at the Monroe County Hospital Medical Clinic, makes it easy to fit medical attention into your schedule.

"We're generally able to see patients for same-day appointments," said Beth Grimes, ARNP, Family Nurse Practitioner at MCHC. "Sometimes, it can be a few days before patients can see their PCP, which makes Quick Care a great alternative. Many illnesses and injuries don't require a visit to the emergency department but can't wait until the next PCP appointment. That's when Quick Care can help."

TREATING CHILDREN AND ADULTS

Quick Care treats patients of all ages for a variety of minor medical symptoms and conditions, including:

- cold
- flu
- sore throat
- cough
- minor cuts
- sprains and strains
- earaches
- nausea
- sunburn
- eye problems
- rashes

School, sports and pre-employment physical exams are also available.

QUICK CARE IS OPEN MONDAY THROUGH FRIDAY FROM 8 A.M. TO 5 P.M. TO SCHEDULE AN APPOINTMENT, CALL 641.932.7172 OR VISIT MCHALBIA.COM.



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
- improved digestive health and weight management
- decreased risk of diabetes
- lower risk of developing Alzheimer's disease and Parkinson's disease
- decreased risk of heart disease

TO SCHEDULE AN APPOINTMENT WITH A MONROE COUNTY HOSPITAL & CLINICS PROVIDER, VISIT [MCHALIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalia.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 [MCHALIA.COM/HEALTHYLUNG](https://mchalia.com/healthy lung) FOR MORE INFORMATION ABOUT THE PROGRAM.





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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.

The background of the lower half of the page is a photograph of an MRI machine's tunnel. The tunnel is circular and metallic, with a bright light shining from the far end, creating a strong perspective effect. The walls of the tunnel are lined with panels.

MRI SUITE COMING SOON!