

HEALTHCARE HAPPENINGS

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**MONROE
COUNTY**
HOSPITAL & CLINICS

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MERCYONE

Prepare TO PLAY | *Mental Health* MATTERS | *Mobile Check-In* IS HERE



Slow Cooker Asian Turkey and Rice Soup

Asian-inspired flavor gives this easy soup a savory twist your family will love.

INGREDIENTS

- | | |
|--|----------------------------------|
| 4 cups low-sodium broth | 2 tablespoons soy sauce |
| 1 pound boneless, skinless turkey, chopped | 2 teaspoons fresh ginger, grated |
| 2 cups mushrooms, sliced | 4 cloves garlic, minced |
| 1½ cups water | 1 cup brown rice |
| 2 carrots, diced | 1½ cups bok choy or spinach |
| 1 medium onion, diced | |

DIRECTIONS

- Place all ingredients except greens into the slow cooker.
- Cover and cook on low for 7–8 hours or on high for 3½–4 hours.
- Add greens and cover for 5–10 more minutes or until greens have wilted.

NUTRITION INFORMATION

Servings: 6	Saturated fat: 1.8g
Serving size: 2 cups	Sodium: 215mg
Calories: 154	Dietary fiber: 1.1g
Total fat: 6.3g	

Source: EatFresh, California Department of Social Services



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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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Prepare to Play

Fall sports season is right around the corner.
Is your child ready?

SPORTS CAN BE great for your child's health and self-confidence, but how do you know they're ready to start playing? Developmentally, most children are ready for basic versions of sports such as baseball and soccer by ages 6 to 9, according to the American Academy of Pediatrics. By the time they're 10 to 12, children typically have the skills for sports such as basketball and football.

TIPS FOR A SMOOTH TRANSITION TO SPORTS SEASON

As your child's biggest fan, you have an important role to play in helping them prepare for the fall sports season. Tips you can take include:

- **Encourage exercise.** Children ages 6 to 17 should spend at least one hour daily participating in aerobic and muscle- and bone-strengthening activities.
- **Go for a checkup.** See your child's medical provider for a pre-participation physical exam to ensure they're healthy enough to play sports.
- **Prioritize sleep.** Sleep can help enhance athletic performance. Your child needs at least eight to nine hours of sleep per night.
- **Provide healthy fuel.** Foods such as beans, broccoli, brown rice, cheese, chicken, fruits, nuts and whole-wheat pasta contain nutrients young athletes need.

TO FIND A MEDICAL PROVIDER FOR YOUR CHILD AT MONROE COUNTY HOSPITAL & CLINICS, VISIT MCHALBIA.COM/SERVICES/MEDICAL-CLINIC.



Mental Health MATTERS

Caring for your mental health is about more than preventing mental illness.



YOU DON'T HAVE to experience mental illness such as depression or anxiety to have poor mental health. Just as your physical health is a measure of how well your body functions, your mental health measures how well you cope with stress, adversity and other people.

SIGNS OF POOR MENTAL HEALTH

If your mental health is out of whack, you might experience problems at work or home. These are not necessarily signs of a more severe mental illness, although sometimes they can be. Signs that your mental health is suffering include:

- Extreme irritability
- Feeling like nothing matters
- Having no energy
- Lack of sleep or getting too much sleep
- Reacting inappropriately (extreme anger or sadness) to minor setbacks
- Starting arguments with friends or family
- Using alcohol or other substances more than usual

Fast Facts About Mental Health

- Around 1 in 5 adults in the U.S. experiences mental illness.
- Approximately 1 in 12 adults has a substance use disorder.
- About 75% of mental illness begins before age 24.
- Roughly half of people with mental illness seek medical treatment.
- Family caregivers for mentally ill relatives spend around 32 hours a week on care.

Poor mental health affects your emotional well-being. If symptoms last for a long time, they can also negatively affect your physical health.

SELF-CARE IS MENTAL HEALTH CARE

If your symptoms have only been present for a few days and are not severely impacting your life, taking time for yourself may help improve your mental health.

- **Drink plenty of water, limit caffeine and avoid alcohol.** Hydration is important, and skipping caffeine and alcohol will improve your sleep.
- **Eat healthy meals on a set schedule.** A balanced diet can help you feel better and have more energy.
- **Exercise daily.** Whether you go for a long walk or hit the gym, physical activity can boost your serotonin and enhance sleep.
- **Get enough rest.** It can make a big difference in your mood.
- **Talk to someone.** Communicating your stresses to a trusted friend minimizes feelings of isolation.
- **Try to relax.** Consider meditation, a yoga class or a long bath.

If symptoms of poor mental health persist for weeks and self-care isn't helping, it's time to talk to a medical provider. Medications or talk therapy may help you get your mind back on track.

NEED HELP WITH YOUR MENTAL HEALTH? MONROE COUNTY HOSPITAL & CLINICS IS HERE. FIND A PROVIDER TODAY AT [MCHALBIA.COM](https://mchalbia.com).



CHECK IT OUT: Mobile Check-In Is Here

A new digital tool lets Monroe County Hospital & Clinics (MCHC) patients receive automated appointment reminders, complete registration paperwork and check in for their visit before they arrive.



Kendra Sinclair, Director
of Rural Health Clinic
Operations

WHO DOESN'T WANT life to be more seamless? MCHC is bringing convenience to health care with Phreesia, a program that allows patients to fill out registration paperwork and complete other key tasks on a smartphone, tablet or desktop computer in advance of their appointment. Phreesia is available for patients of our Medical and Susan Allison Outpatient clinics, as well as patients scheduled for rehabilitation services.

One of Phreesia's most exciting features is automated appointment reminder messages, which patients can choose to receive via text message or email. Patients can use these messages to confirm their appointments or request to cancel or reschedule.

"Before we began offering Phreesia this year, our staff had to place reminder phone calls to patients, which was time-consuming," said Kendra Sinclair, Director of Rural

Health Clinic Operations at MCHC. "In addition, if a patient didn't answer and their voicemail wasn't set up, we couldn't leave a reminder message. The automated reminders feature was a big reason we looked into Phreesia, and then we learned it offers much more."

DODGE THE REGISTRATION DESK

When you arrive for a medical appointment, filling out forms and answering questions at the registration desk may be easier said than done, especially if you're trying to keep an eye on your children. With Phreesia, you can take care of the paperwork and check in on your mobile device at home, work or in the car line at school.

"Patients can use Phreesia to enter their demographic and medical information and provide consent to be treated—everything they usually do on paper when they get to the office," Sinclair said. "They can also pay copays with Phreesia. They can store the information in the program for use at future appointments, which further streamlines the registration process."

Scheduled for a telehealth appointment? You can use Phreesia to complete pre-visit registration and check in for your appointment, just as you would for an in-person visit.

EASY AND EFFICIENT

Voluntary, free and easy to use, Phreesia doesn't require patients to sign up.

"If we have the patient's cell phone number or email address, there's nothing they need to do to start using Phreesia," Sinclair said. "When they receive a reminder text message or email, all they have to do is click a link to get to the preregistration page. They don't have to create a username or password. It's so simple."

That's the kind of convenience we're proud to deliver.

INTERESTED IN USING PHREESIA? NOTIFY YOUR PROVIDER'S OFFICE AND ENSURE THEY HAVE YOUR EMAIL ADDRESS AND CELL PHONE NUMBER ON FILE.

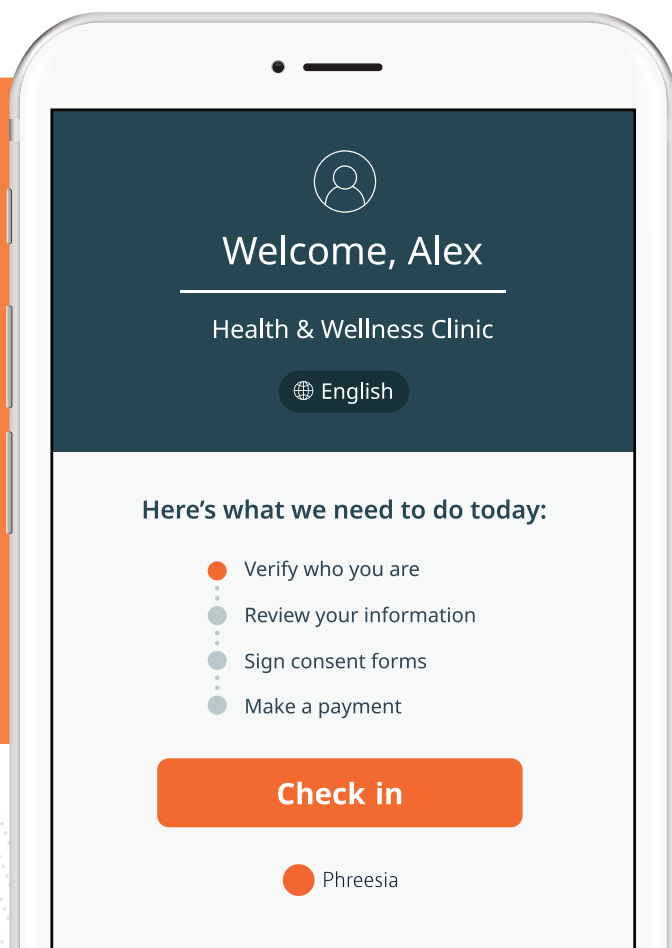
"Phreesia allows our team to focus on patients instead of data entry, and that's important. The ability to get the most accurate, up-to-date information from patients in a way that's convenient for them improves their overall healthcare experience."

—Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics

Privacy Prioritized

For Monroe County Hospital & Clinics, the privacy and security of patient data are paramount. That's why the Phreesia digital patient intake tool is a perfect fit for us.

Phreesia complies with the Health Insurance Portability and Accountability Act, or HIPAA, the federal law protecting patients' health information from disclosure without their consent. Only your healthcare provider can access the information you provide through Phreesia. If you use the tool to make a payment, Phreesia does not store your credit card number, and the staff at your provider's office can only view the last four digits.



Life Stages *and* Breast Changes

By being proactive about breast health and staying informed, women can ensure they receive the care and support needed at every stage of life.

A WOMAN'S BREASTS undergo various changes throughout life. Understanding these changes is essential to maintaining breast health and seeking medical attention when necessary.

Hormonal fluctuations, pregnancy, breastfeeding and aging can all impact your breast tissue from puberty through menopause. While many changes you may notice are considered normal and benign, it is important to be aware of potential warning signs that may indicate a serious condition.

DURING MENSTRUATION

Before or during your period, it's normal for your breasts to feel tender or swollen. Your breasts may also feel bumpy. These changes typically affect both breasts and go away toward the end of your period.

DURING PREGNANCY

During pregnancy, milk-producing glands in the breasts start to increase and grow. This can cause the breasts to enlarge or feel lumpy.

Gold Standard of Breast Screening

Some breast changes may be difficult or impossible to detect without a mammogram. If you and your healthcare provider notice unusual changes in your breasts, you can count on the imaging services you need at Monroe County Hospital & Clinics. Our mammography program is accredited by the American College of Radiology, underscoring our commitment to excellence in the care we provide to you. We also offer 3D mammography examinations using the Hologic Selenia Dimensions mammography machine, which is proven to detect 20% to 65% more invasive breast cancers than 2D mammography.



You may also notice:

- a small amount of yellowish nipple discharge
- darkening of the area around the nipple, called the areola
- increased sensitivity or tenderness
- nipple growth
- small bumps around the areola

DURING MENOPAUSE

Hormonal changes during menopause cause fat and tissue loss in the breasts, making them less full. Skin becomes less elastic, causing breasts to sag or flatten. You may notice that areola also becomes smaller.

WHEN TO CALL YOUR HEALTHCARE PROVIDER

Talk with your doctor if you notice any of these breast changes:

- a new lump in the armpit or breast
- blood or discharge from the nipple that isn't related to breastfeeding
- changes in size or shape of the breast
- flaky or red skin on the areola or breast
- inversion of the nipple
- pain in the breast or nipple
- skin dimpling
- swelling or thickening in one area

TO SCHEDULE A MAMMOGRAM AT MONROE COUNTY HOSPITAL & CLINICS, VISIT [MCHALBIA.COM/SERVICES/RADIOLOGY](https://mchalbia.com/services/radiology).



Welcome, Dr. Conte!

Paul Conte, MD, FACS, brings a wealth of experience to the Monroe County Hospital & Clinics (MCHC) General Surgery team.

DR. CONTE GRADUATED AMONG the top students in his medical school class at Oregon Health & Science University. From there, he went to the University of Wisconsin - Madison, where he completed a residency and fellowship. After moving to Iowa in the early 2000s, Dr. Conte became one of Iowa's early leaders in robotic surgery using the da Vinci Surgical System.

SKILLED CARE CLOSE TO HOME

In addition to his training as a general and thoracic surgeon, Dr. Conte has a strong background working in several areas of medicine and health care, including chemistry, medical law and remote specialty care.

In addition to performing general surgery procedures in the operating room, Dr. Conte also offers several outpatient procedures, including:

- cyst removal
- surgical cancer treatments
- upper endoscopy

Committed to making sure his patients have access to the care they need, Dr. Conte embraces telemedicine as a way to expand surgical coverage and follow up with patients in rural areas.



Say Hello to Dr. Mayfield!

Tim Mayfield, MD, FACS, joins the Monroe County Hospital & Clinics (MCHC) General Surgery team with extensive knowledge and a passion to serve.

AFTER MORE THAN a decade serving patients in the Des Moines area, Dr. Mayfield is happy to be a part of the MCHC surgical team. He is committed to making a personal connection with his patients and enjoys watching people return to their favorite activities after treatment.

SPECIALIZED SURGICAL TRAINING

Dr. Mayfield grew up in southeast Missouri and attended medical school at the University of Missouri in Columbia. After finishing his medical degree and a general surgery residency, he moved to the Kansas City area for advanced training in laparoscopic surgery.

EXPERT SURGICAL CARE

Dr. Mayfield is a board-certified general surgeon and an American College of Surgeons fellow. As a part of the MCHC General Surgery team, he performs a wide range of outpatient procedures, including:

- appendectomy
- colonoscopy
- gallbladder surgery
- hernia repair
- lumpectomy
- lymph node biopsy
- removal of skin lesions



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Immunizations **Aren't Just for Kids**

Staying up to date with vaccinations is your best shot at preventing illness.



DURING THE FALL, pediatricians stay extra busy with back-to-school vaccinations. While adults may think this seasonal best practice is only for kids, grown-ups can also benefit from following their own vaccination schedules.

THE VALUE OF VACCINATION

Vaccines provide essential protection against a spectrum of illnesses, including influenza, measles, polio and whooping cough. Some of these shots need to be administered only once, typically during childhood, to offer lifelong protection to you and the people around you. However, other vaccines should be administered throughout life to offer added safeguards for you and your community.

When you receive annual vaccines such as the flu shot, you reduce your risk of not only contracting the illness, but also your risk of becoming seriously ill with or dying from it.

Vaccine boosters are especially important if you are around individuals who cannot receive certain vaccines themselves due to factors such as age and certain health conditions.

THE MONROE COUNTY HOSPITAL & CLINICS TEAM IS HERE TO HELP WITH YOUR IMMUNIZATION NEEDS. TO SCHEDULE AN APPOINTMENT, CALL 641.932.7172 OR VISIT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT.