

# HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | SUMMER 2024



**MONROE  
COUNTY**  
HOSPITAL & CLINICS

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

*ENT Enters* THE PICTURE | *Let's Get* PHYSICAL! | *Home Run* HAND CARE



# Easy Grilled Corn With Chili Lime Butter

Spice up your side dishes with this zesty corn.

## INGREDIENTS

- |   |                                  |
|---|----------------------------------|
| 4 tablespoons salted, light margarine, softened | 1 tablespoon fresh lime juice    |
| 1 teaspoon zested lime peel                     | 1 teaspoon chili powder          |
|   | 4 ears fresh corn, still in husk |

## DIRECTIONS

1. Peel open the corn, leaving some husk attached. Strip silk from corn, then return husk to original position.
2. Preheat grill to medium heat.
3. Mix margarine, lime juice, zest and chili powder until well blended. Set aside.
4. Grill corn for 20 minutes or until tender, turning every 5 minutes with tongs so the entire cob is evenly grilled.
5. Cool briefly, then peel remaining husk.
6. Serve corn with chili lime butter.

Calories: 148

Total fat: 4g

Saturated fat: 1g

Sodium: 45mg

Total carbohydrate: 27g

Dietary fiber: 4g

Protein: 5g

Source: Produce for Better Health Foundation and North Dakota State University Extension



An Affiliate of  
**MERCYONE**

6580 165th Street • Albia, IA 52531

Monroe County Hospital & Clinics complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, call 641.932.2134 or see link on our homepage at mchalia.com.

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。

This institution is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call 866.632.9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202.690.7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).



## PERSONALIZING THE *Patient Experience*

Phreesia helps you take control of your health care.

**WHEN YOU HAVE** an appointment at Monroe County Hospital & Clinics (MCHC), there's no need to fill out forms in the waiting room. That's because the online Phreesia system allows you to complete registration or any other necessary forms ahead of time on your smartphone, tablet or computer.

### SAVING TIME, IMPROVING ACCURACY

Using the Phreesia system has many benefits, including saving time at registration and ensuring all information is accurate.



Kendra Sinclair, Director  
of Rural Health Clinic  
Operations

"We are happy to be able to provide this service for our patients," said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. "By completing and electronically signing required forms ahead of time, the in-person check-in process is much faster. Some forms are only required to be completed once per year, so after the initial encounter on Phreesia, the registration for the patient

is streamlined and goes very smoothly."

Additional benefits include:

- ability to upload new insurance cards into the billing system
- the convenience of receiving text message appointment reminders, allowing you to easily confirm, cancel or reschedule
- improved accuracy of information and a reduced need for follow-up phone calls from staff

**IF YOU NEED HELP USING PHREESIA, YOUR MCHC  
REGISTRATION TEAM IS HERE TO GUIDE YOU THROUGH  
THE PROCESS.**

# ENT Enters the Picture

Having provided monthly ear, nose and throat (ENT) services at Monroe County Hospital & Clinics (MCHC) since last fall, Matthew Brown, MD, FACS, feels like part of our community.

**GROWING UP IN** Des Moines, Dr. Brown realized early on he wanted to follow in his father's footsteps by becoming an ENT specialist, also known as an otolaryngologist.

"I enjoy being an ENT because it allows me to see patients in clinic and connect with them but also use my surgical skills," he said. "In addition, it's satisfying to care for patients of all ages, from children to older adults."

After attending the University of Iowa for medical school, Dr. Brown completed the Phoenix Integrated Surgical Residency in Arizona for general surgery before returning to Iowa City for a residency in otolaryngology-head and neck surgery. He's been practicing ENT for 22 years.

## HAVE YOU HEARD ABOUT LOCAL ENT SERVICES?

Board certified in ENT, Dr. Brown holds a monthly clinic at MCHC's Susan Allison Outpatient Clinic, where he treats adults for chronic sinus or allergy conditions, breathing disorders, and other ear, nose, sinus or throat problems. He performs certain surgeries at MCHC, sparing patients the effort and expense of traveling out of town.

Dr. Brown also treats children, mainly for ear infections and conditions of the tonsils. His pediatric services include placing ear tubes and removing tonsils and adenoids.

"I like meeting and helping people," Dr. Brown said. "I appreciate the diversity patients bring to health care. No two patients are the same."

## FEELING RIGHT AT HOME

Dr. Brown enjoys caring for patients in South Central Iowa and familiarizing himself with our region.

"The people here are down to earth," he said. "I enjoy getting to know them and following up with them. This is a tight-knit community, and it shows in the hospitality that everyone extends to me."

---

**NEED TO SEE A SPECIALIST? VISIT [MCHALBIA.COM/SERVICES/SUSAN-ALLISON-OUTPATIENT-CLINIC](https://mchalbia.com/services/susan-allison-outpatient-clinic).**



## Iowa's Biggest Fan

For board-certified Ear, Nose and Throat Specialist Matthew Brown, MD, FACS, Iowa roots run deep, a fact reflected in his love of sports.

A Des Moines native, Dr. Brown attended medical school and performed one of his two residencies at the University of Iowa. During his free time, when he's not exploring the outdoors, he cheers on Iowa teams but not just the Hawkeyes.

"I'm an outdoorsman who enjoys traveling, hunting, fishing, flying and playing golf," Dr. Brown said. "An Iowa boy at heart, I love watching all sports teams from our state—even though I went to the University of Iowa."



## Meet Karen Bozwell

Our newest nurse practitioner can't wait to treat you.

**KAREN BOZWELL, ARNP**, joined Monroe County Hospital & Clinics (MCHC) on April 1. As a board-certified nurse practitioner, she provides family medicine care for patients of all ages.

"Karen has worked as a family nurse practitioner since 2013, so she is bringing a wealth of experience with her," said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. "We are very excited to have her join our team."

### TWO DECADES OF EXPERIENCE

Since receiving her bachelor's in nursing in 2006, Bozwell has worked as a nurse in Iowa, Kansas and Missouri. She has served as a nurse practitioner since 2011 and has training in providing care to rural and disadvantaged patients. She also has a special interest in geriatric medicine.

"Karen provides all aspects of care, from managing chronic health conditions to treating patients with acute illnesses," Sinclair said. "Whether you need help managing high blood pressure or diabetes, or your child needs immunizations or back-to-school physicals, you can count on her for treatment."

### A CARING APPROACH

Bozwell believes in involving patients in their care, rather than simply telling them what to do.

"Patient education is a passion of mine, and it is something I like to incorporate as part of each patient encounter," Bozwell said. "I believe in an approach that helps empower families to manage their own health and make informed decisions about their care."

---

**MAKE AN APPOINTMENT WITH KAREN BOZWELL BY CALLING THE MEDICAL CLINIC AT 641.932.7172 OR VISITING [MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalbia.com/patients-visitors/schedule-appointment).**

## An Array of Advanced Practice

In 1965, the first nurse practitioner program in the U.S. was established at the University of Colorado. Almost 60 years later, the nurse practitioner field of medicine is thriving. On an annual basis, Americans visit nurse practitioners more than 1.06 billion times, according to the American Association of Nurse Practitioners.

As advanced practice providers, nurse practitioners can perform many of the same functions that physicians offer, including making diagnoses and prescribing medications. And like physicians, nurse practitioners may choose to specialize in many different areas of medicine, including:

- acute care
- family health
- gerontology health
- neonatal health
- oncology
- pediatrics
- psychiatric/mental health
- women's health

Nurse practitioners may also choose to work solely in sub-specialty areas, including:

- allergy and immunology
- cardiovascular
- dermatology
- endocrinology
- gastroenterology
- neurology
- orthopedics
- urology







# Let's Get Physical!

Let Monroe County Hospital & Clinics (MCHC) take care of all your physical exam needs.



**IT'S NEVER TOO** early to start thinking about back-to-school.

If your child needs an annual physical exam for school or athletic enrollment, MCHC is here to help. Did you know we also provide physicals for adults, including preemployment and Department of Transportation (DOT) physicals? If you schedule your visits today, you might be preventing problems down the road.

## BACK-TO-SCHOOL AND SPORTS PHYSICALS

Many schools require proof that your child is up to date on required immunizations before classes begin. Sports teams may also require a physical to ensure your child is healthy enough to play or to document any prior injuries or limitations.

However, back-to-school physicals are a good idea for your children whether they're required or not. The American Academy of Pediatrics recommends that all children between 3 and 21 get an annual wellness exam. (Kids under 3 need more frequent visits.) A pediatric wellness exam includes:

- checking your child's eyesight and hearing
- discussing issues that affect mental health
- making sure your child's medications are properly managed
- staying caught up on vaccines, including flu, HPV and meningitis
- talking about ways to stay safe on and off the field

"An annual physical can help establish healthy behaviors that may prevent chronic disease down the road," said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. "Changing unhealthy behaviors is much easier during childhood and adolescence than in adulthood."

## What Is Preventive Care?

Preventive health care can't always keep you from getting sick. However, it can help you stay healthier in the long term. As a result, you can effectively lower your healthcare costs.

An annual adult or child wellness visit will include needed health screenings and immunizations. Insurance plans are required to cover these visits at no cost, although you may owe small fees for lab tests. Check with your plan to find out what is covered.

## DOT PHYSICALS

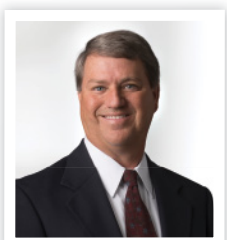
As a truck driver or bus driver, you are required to get a medical exam in order to obtain and keep your commercial license. MCHC offers DOT-compliant physicals with providers who are certified medical examiners by the Federal Motor Carrier Safety Administration. These comprehensive screenings include audiometry (hearing tests).

"With a DOT physical, you can start your trucking journey worry-free," Sinclair said. "We are committed to supporting your health and keeping you on the road for safe travel."

**NEED A PHYSICAL FOR YOU OR YOUR CHILD? SCHEDULE AN APPOINTMENT ONLINE AT [MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalbia.com/patients-visitors/schedule-appointment) OR CALL 641.932.7172.**

# Home Run Hand Care

Avid baseball fan and board-certified orthopedic surgeon Michael Gainer, MD, is a hit with patients who need help for hand conditions.



Michael Gainer, MD

**SPECIALIZING IN HAND** and upper extremity care, Dr. Gainer didn't envision himself becoming a physician while growing up in southern Illinois. He majored in pharmacy in college, but a different career path presented itself when a friend needed his help.

"I'm from an athletic family—my father was a high school basketball coach—and I enjoy fixing things," Dr. Gainer said. "My interest in hand surgery started in college. A close friend had a serious thumb injury, and I drove him 70 miles each way to see a hand surgeon."

## POINTING PATIENTS TOWARD HEALING

Dr. Gainer attended medical school and performed his residency at Southern Illinois University before completing a fellowship at the University of Pittsburgh. In practice for 23 years and on staff at Des Moines-based Iowa Ortho, Dr. Gainer sees patients at Monroe County Hospital & Clinics' Susan Allison Outpatient Clinic twice per month.

"I like getting out of the Des Moines metro area and coming to South Central Iowa," he said. "It's a nice break from a hectic schedule."

At our Outpatient Clinic, Dr. Gainer treats adults and teenagers for a variety of hand and upper extremity conditions, including:

- carpal tunnel syndrome
- cubital tunnel syndrome
- De Quervain's tenosynovitis
- Dupuytren's contracture
- fractures
- ganglion cysts
- thumb arthritis
- trigger finger
- work-related injuries

No matter the situation, Dr. Gainer views his role as a partnership with patients. Together, they decide on the most appropriate form of treatment.

"I provide comprehensive elbow-to-hand care for a wide variety of diagnoses," he said. "I include patients in the decision-making process without telling them what to do."

## GOOD SPORTS

True to his athletic upbringing, Dr. Gainer fills much of his free time with sports, especially baseball. Having grown up just an hour east of St. Louis, he adopted the Cardinals as his team. He and his wife, who shares his love of baseball, enjoy taking their enthusiasm for the sport on the road.

"We try to visit a new baseball stadium every year," Dr. Gainer said. "We also play a lot of golf together."

TO LEARN MORE ABOUT OUR SERVICES AND MEDICAL PROVIDERS, VISIT [MCHALBIA.COM](https://mchalbia.com).

"I'm conservative when it comes to patient care, which is why I use nonsurgical solutions whenever possible."

—Michael Gainer, MD, board-certified orthopedic surgeon

# Spotlight on *Women's Health*

Kendra Martin, DO, offers comprehensive women's health care close to home.



Kendra Martin, DO

**AT MONROE COUNTY HOSPITAL & CLINICS (MCHC)**, women can find everything they need for their regular healthcare needs, as well as treatments for many conditions.

"We offer a wide variety of services locally," said Kendra Martin, DO, dually board-certified family and neuromusculoskeletal physician at Monroe County Hospital & Clinics.

"We provide high-quality care so patients don't have to travel long distances."

## PRIORITIZING PREVENTIVE CARE

At MCHC, we offer a range of preventive care services, including:

- pelvic exams and Pap tests to screen for cervical cancer
- breast exams and 3D mammography
- immunizations
- DEXA bone density scans for osteoporosis diagnosis

## CONVENIENT TREATMENTS AND PROCEDURES

In addition to preventive care, we also offer treatments for many conditions, including sexually transmitted diseases, vaginitis,

urinary tract infections, pelvic floor pain, heavy or irregular periods, and menopause symptoms.

For your convenience, Dr. Martin performs several gynecological procedures in-office. These include:

- **Colposcopy:** This procedure is done when a Pap test shows abnormal cervical cells. Your doctor examines the cervix with a magnifying device called a colposcope. In some cases, a biopsy may be done at the same time, which means the doctor will remove a small piece of tissue from the cervix, vagina or vulva.
- **Endometrial biopsy:** In this procedure, your doctor removes a small amount of tissue from the endometrium, the lining of the uterus. This may be done if you have post-menopausal bleeding or abnormal periods.
- **Birth control procedures:** These include intrauterine devices (IUDs), which are small T-shaped devices made of plastic, roughly about the size of a quarter. The doctor implants an IUD inside the uterus. We also offer Nexplanon, a birth control implant that is placed under the skin of the upper arm, where it releases a hormone to prevent pregnancy.

**TO MAKE AN APPOINTMENT FOR WOMEN'S SERVICES AT MCHC, CALL 641.932.7172.**

## Screening Smarts

For women at average risk, the American Cancer Society offers the following screening recommendations:



- **Breast cancer:** Begin regular mammograms at age 40 and continue as long as you are in good health and expect to live at least 10 more years.
- **Cervical cancer:** Get your first Pap test at age 25 and continue with routine screenings until age 65.

Women who are at high risk of developing breast or cervical cancer, due to hereditary or other factors, may need to begin screening earlier. Talk to your doctor to find out what is right for you.







An Affiliate of **MERCYONE**

6580 165th Street • Albion, IA 52531

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.

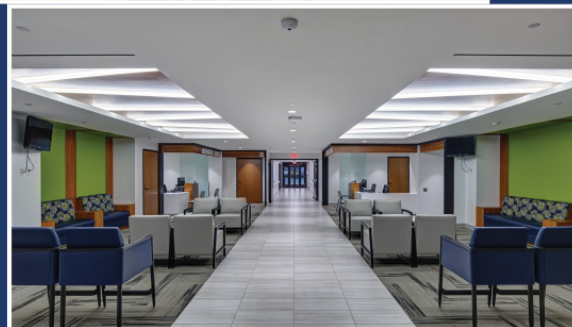
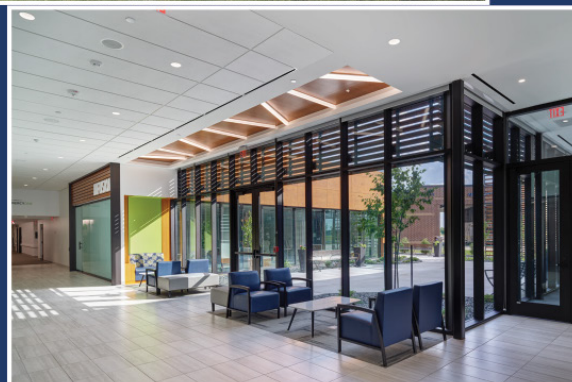
# Healthcare *made personal.*

Monroe County Hospital & Clinics is a trusted provider of high-quality, local healthcare to the residents of Monroe County and surrounding.

Our full-service, primary care hospital offers an array of inpatient and outpatient health services designed to provide the care you need and the individual, personalized care you deserve.

## *Services*

3D Mammography	Orthopedics
Audiology	Podiatry
Cardiology	Pulmonary Rehab
Cardiac Rehab	Quick Care
Diabetes Care	Radiology
DOT Physicals	Rehabilitation Services
Emergency Services	Respiratory Therapy
Food & Nutrition Services	Skilled Care
Health Coach Services	Sleep Studies
Infusion Center	Speech Therapy
Laboratory	Surgery
Lung Cancer Screening	Outpatient Clinic Services
Medical Clinic	Wellness Lab
Med-Surg Unit	Women's Health
Oncology/Hematology	Wound Care



An Affiliate of **MERCYONE**

6580 165th Street, Albion, IA 52531  
[www.mchalbion.com](http://www.mchalbion.com) | 641-932-2134

"This institution is an equal opportunity provider and employer."