

HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | FALL 2024



**MONROE
COUNTY**
HOSPITAL & CLINICS

An Affiliate of
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Meet Our NURSE PRACTITIONERS | *Expert Cancer Care,* PERSONALIZED SUPPORT | *Elective* PROCEDURES

Steady and Strong With PT

Physical therapy can help you get back to what you love.



Becca Carter, PT, DPT,
Rehab Services Manager

IF YOU'RE NOT moving like you used to, physical therapy can help alleviate pain, restore your range of motion and even reduce your risk for future injuries.

"Our physical therapy team can help orthopedic and neuromuscular concerns, vertigo and balance issues, gait problems and pelvic floor dysfunction," said Becca Carter, PT, DPT, Rehab Services Manager at Monroe County Hospital & Clinics.

"We also help with pediatric development delay, chronic pain, lymphedema and concussion rehab."

WHY CHOOSE MCHC?

The Rehab Services team at MCHC provides individualized one-on-one care for every patient.

"We take the time to get to know you and try to make physical therapy a positive experience," Carter said. "We also have great working relationships with our medical clinic providers and specialists, which allows us to coordinate care efficiently and effectively."

Whether you need physical therapy to get back in the game, back on the job or back to playing with your grandchildren, you can count on the MCHC team for quality care.

"We value our community," Carter said. "We look forward to serving you for many years to come."

**FIND OUT IF MCHC REHAB
SERVICES CAN HELP YOU BY
CALLING 641.932.1673.**



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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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Is It Time for a Mammogram?

Screening for breast cancer can save your life.

IF YOU HAVE undiagnosed breast cancer, you may not have any noticeable symptoms. That's why mammograms are so critical. Mammograms can detect tiny tumors in your breasts years before you can feel a lump.

"Finding breast cancer in the earliest stages is the best scenario," said Jenny Klyn, MHA, RT(R)(M)(ARRT) (RDMS), Director of Ancillary Services/Radiology Manager/Outpatient Clinic & Infusion Center Manager at Monroe County Hospital & Clinics. "When breast cancer is found before it spreads to other parts of the body, treatment may be easier for the patient and is more likely to be successful."

MCHC MAKES MAMMOGRAMS EASY

Women 40 and older need annual screening mammograms, and women at high risk of breast cancer may want to start sooner.

"MCHC offers 3D mammography, the gold standard for breast cancer detection," Klyn said. "With 3D mammograms, radiologists can see tumors even in dense breast tissue."

Dense breast tissue makes it harder to detect tumors. Younger women are more likely to have dense breasts.

"It is very important for women to know if their breasts are dense," Klyn said. "At MCHC, we help educate patients on their breast density so they can be informed."

The mammography program at MCHC is certified by the American College of Radiology, which represents the highest level of image quality and safety.

CALL 641.932.1721 TO SCHEDULE A MAMMOGRAM.

Meet Our Nurse Practitioners

There's more to the nurse practitioners than you realize at Monroe County Hospital Medical Clinic.

WHETHER YOU NEED care for an acute illness or a chronic condition, you can count on the team at Monroe County Hospital Medical Clinic for expert care. These board-certified nurse practitioners offer comprehensive care for the whole family, providing expert medical attention delivered with a personal touch.



JENNIFER ARCHER, ARNP

Family nurse practitioner, employee since 2001

FAVORITE THING ABOUT WORK: My love for the medical field started after a high school anatomy class, and I continue to believe that every patient deserves holistic, comprehensive care that is personal to them. I love the relationships I have formed with staff, patients and the community.

FUN FACT: I wanted to be a dolphin trainer when I was a teenager—and I plan to move to the beach when I retire.



KAREN BOZWELL, ARNP

Family nurse practitioner, employee since 2024

FAVORITE THING ABOUT WORK: I enjoy the variety that family practice in a small community offers, and I enjoy developing relationships with the individuals and families I serve. Our goal at Monroe County Hospital Medical Clinic is to offer quality, compassionate care that is close to home. The teamwork within and between the departments is amazing.

FUN FACT: I am obsessed with true crime podcasts!



BETH GRIMES, ARNP, MSN, WCC

Quick care and wound care nurse practitioner, employee since 2022

FAVORITE THING ABOUT WORK: I love giving back a portion of the patient's quality of life when we heal wounds. Seeing their excitement when the wound finally heals makes it all worth it. I also love that Monroe County Hospital Medical Clinic always prioritizes patient care.

FUN FACT: I'm an air hockey shark!



CHRISTINA SAILORS, ARNP

Quick care nurse practitioner, employee since 2023

FAVORITE THING ABOUT WORK: Working in quick care means that I'm doing something different every day. My passion lies in meeting the needs of those unknowns in a timely manner while trying to make each patient feel comfortable. I also like meeting new people and seeing new faces.

FUN FACT: I really enjoy baking and finding new recipes for my family and others to try. I also love to read.

FALL: THE SEASON FOR

If you've already met your insurance deductible, now is a great time to schedule elective procedures.



Michele Manternach, BSN, RN, CNOR, Surgery Manager at Monroe County Hospital & Clinics

FALL IS THE TIME for watching football, wearing cozy sweaters and enjoying pumpkin spice everything. It's also a great time to schedule any elective medical procedures you or your family might need.

"It is never too early to start thinking about the end of the year and where you are in terms of your healthcare spending," said Michele Manternach, BSN, RN, CNOR, Surgery Manager at Monroe

County Hospital & Clinics. "If you have met or are close to meeting your deductible, the end of the year is a perfect time to get medical procedures, possibly at little to no cost."

WHAT ARE ELECTIVE PROCEDURES?

An emergency procedure is a surgery that needs to take place immediately, such as after a car accident or a cancer diagnosis. An elective procedure, on the other hand, is any type of surgery or other medical procedure that is not urgent. Elective procedures may be truly optional, such as a cosmetic procedure to appear younger, but many elective procedures are recommended by your providers for a serious medical reason. Common elective procedures include:

- Bunion or hammertoe treatment
- Cyst and lipoma removal
- Carpal tunnel release
- Hernia repair
- Cataract removal surgery
- Joint replacement
- Weight-loss surgery

In general, elective procedures can improve both your health and your overall quality of life.

"Many people put off elective procedures because they are worried about the expense and the issue isn't an emergency," Manternach said. "But anytime a patient postpones a recommended surgery, there is a risk of the condition becoming worse and causing complications that can make the surgery more difficult."

WHY DO IT NOW?

If you haven't made your health a priority lately, now is a great time to do it. If you're close to meeting your deductible, the procedure you need could cost just a few thousand dollars instead of much more. If you're close to or have met your out-of-pocket maximum, your procedure could be just a few hundred dollars or potentially even cost-free.

MCHC can help you figure out your estimated cost for procedures, based on your plan and current spending.

"MCHC has a great team of professionals, including a financial counselor, who helps patients navigate what is covered and



OR SURGERY

what might not be,” Manternach said. “I encourage everyone to understand what is covered and what is not covered so there will be no unexpected bills.”

Another benefit of surgery before your deductible resets in January: Fall can be a great time to recover. Cooler weather means heavier clothes, so it's easier to conceal scars and bandages. Many people also already take off time around the holidays, which may make it easier for you to get the help you need after surgery.

WHY CHOOSE MCHC

At MCHC, providers go above and beyond to make sure each patient gets the individualized care they need.

“MCHC is filled with warm, friendly faces ready to treat you like family,” Manternach said. “We offer the same level of care as in a larger facility, but close to home, with people you know and trust.”

If you've finally decided not to put off the elective procedure you need, don't put off making the call to schedule it.

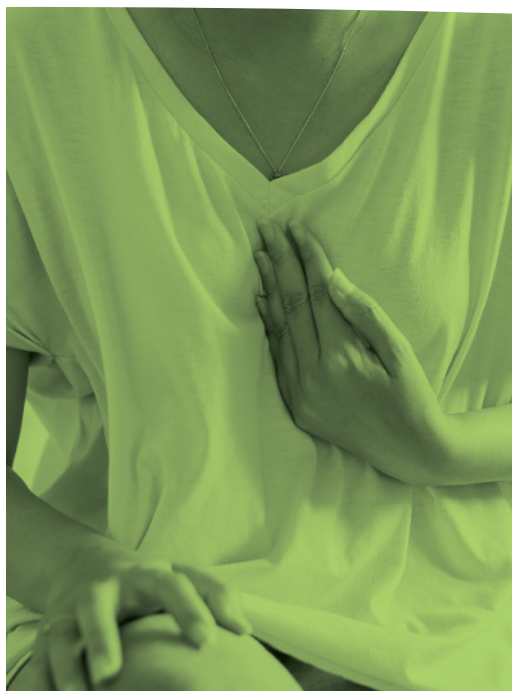
“Make plans now,” Manternach said. “Schedules fill up fast with availability over the holidays.”

IF AN ELECTIVE PROCEDURE COULD BE IN YOUR FUTURE,
LEARN HOW MCHC CAN HELP AT [MCHALBIA.COM](https://mchalbia.com).

What's the Deal With Deductibles?

Unfortunately, your monthly health insurance payment doesn't cover most of your medical costs. If you or a family member needs an elective procedure, here are some terms to understand so you can better understand the costs:

- **Deductible:** This is the amount you have to pay before your insurance kicks in. If you have a standard insurance plan, your deductible may be a few hundred dollars. If you have a high-deductible health plan, it might be several thousand. If you have not met your deductible, all health costs are generally out of pocket, except for preventive care.
- **Copayment:** Some plans have set copayments, where you always pay a fixed amount for certain medications or doctors' visits.
- **Coinsurance:** Once you meet your deductible, your insurance will start covering a certain percentage of costs for in-network providers, according to the terms of your plan. This means that you may now only owe 20% or 30% of the cost of doctors' appointments and medications, while your insurance pays the rest.
- **Out-of-pocket maximum:** This is the most you will have to pay for medical expenses in one plan year. Once you reach this figure, your insurance should cover all expenses for in-network providers at no cost to you. Your out-of-pocket maximum includes what you spend on deductibles, copays and coinsurance, but not your monthly payments.
- **Out-of-network:** You may have a separate and higher deductible for out-of-network costs, along with a higher out-of-pocket maximum. Some plans do not cover any out-of-network costs.



EXPERT CANCER CARE, Personalized Support

Patient-centered care matters for your cancer treatment.

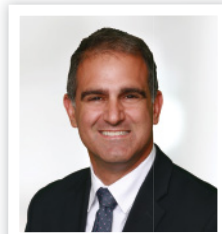


Jenny Klyn, MHA, Director of Ancillary Services/Radiology Manager/Outpatient Clinic & Infusion Center Manager

A CANCER DIAGNOSIS is hard on both patients and their families. That's why Monroe County Hospital & Clinics makes it easy to get exceptional oncology services right here in Albia.

"When patients have a cancer diagnosis, it is a scary and unknown time," said Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services/Radiology Manager/Outpatient Clinic & Infusion Center Manager at Monroe County

Hospital & Clinics. "We strive to help our patients navigate their healthcare needs."



Christian Schultheis, MD, FACP

A TEAM YOU CAN TRUST

In partnership with Des Moines-based Mission Cancer + Blood, MCHC offers access to a board-certified oncologist and hematologist, Christian Schultheis, MD, FACP, along with an advanced oncology-certified nurse practitioner, Jessica Ellensohn, DNP, ARNP, NP-C, AOCNP. The team consists of dedicated oncology nurses in the clinic and infusion center.

"Our oncology team specializes in diagnosing and treating all types of cancer and blood disorders," Klyn said. "However, even if you see an outside provider, you can still receive services—such as diagnostic testing or chemotherapy—at the clinic."

Partnering with Mission Cancer + Blood ensures patients have access to

more oncological services close to home. Since patients can stay here for treatment, they can avoid the stress and financial strain of traveling for care.

"Limiting stress can help a patient to heal physically and mentally," Klyn said. "It is very rewarding to help these patients get care close to home."

Dr. Schultheis and his team are in constant contact with MCHC clinic and infusion center nurses, even when they are not on-site.

LEADING-EDGE COMFORT AND CARE

MCHC provides diagnostic imaging and testing, with a wide range of laboratory services and advanced imaging, including:

- 3D mammography
- CT scans
- MRI
- PET scans
- Ultrasound

While MCHC does not offer radiation therapy, and oncologic surgery is limited to certain procedures, patients can get chemotherapy and other infusions on-site.

"As a smaller facility, we are not always able to offer all of the services some patients need, but we will help coordinate care with other medical facilities," Klyn said. "However, we have two general surgeons who perform port insertions for chemotherapy, and our state-of-the-art infusion center has two nurses who provide chemotherapy full-time."

The infusion center has semi-private and private spaces for patients and their families. MCHC staff endeavors to provide comfort to patients during what is often an uncomfortable process. In addition to televisions and reading material, the center offers snacks, meals, blankets, pillows and other personal touches to help patients feel at home.

PERSONALIZED TREATMENT MAKES A DIFFERENCE

Receiving care locally offers benefits that go beyond accessibility. For one, MCHC is very patient-focused, with care personalized to each patient.

"I feel our staff really cares about our patients, and we try to get to know them so we know how best to help them," Klyn said. "We look at all of the needs of a patient to ensure the best care. For instance, if a patient has transportation issues, we try to schedule as many appointments as we can on the same day."

Many MCHC staff were raised in the area and choose to stay here to provide care to their friends and neighbors in the community. But non-local providers feel the same way.

"Dr. Schultheis truly cares about his patients and their families," Klyn said. "He spends so much time getting to know them and their needs."



“I love people and their stories. Each patient is a lesson in how you’re going to be treating and caring for patients in the future.”

—Christian Schultheis, MD, FACP,
board-certified oncologist and hematologist

However, even if you do not choose Dr. Schultheis for oncology care, you can still access other services at MCHC.

“Whether you have lung cancer, breast cancer, lymphoma or any other type of cancer, our oncology team is here to support you and your family during this trying time,” Klyn said. “We can help you get the right treatment with care you know you can trust.”

**CALL 641.932.1678 TO SCHEDULE AN APPOINTMENT OR
LEARN MORE ABOUT OUR ONCOLOGY SERVICES.**

Do You Need Lung Cancer Screening?

Lung cancer is the second most common cancer in both men and women in the U.S. Early detection and new therapeutic options have made the disease much more treatable than it once was. Screenings are the best way to detect lung cancer early.

Annual low-dose CT scans to screen for lung cancer are now recommended for most current and former smokers ages 50 to 80. You should ask your provider about screenings if you have no current symptoms and:

- you are between 50 and 80
- you still smoke or have quit within the past 15 years
- you have a 20-pack year smoking history (i.e., you smoked one pack of cigarettes daily for 20 years, two packs daily for 10 years, etc.)

VISIT [MCHALBIA.COM/HEALTHYLUNG](https://mchalbia.com/healthy lung) FOR MORE INFORMATION.



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WE PUT **PEOPLE** FIRST

Introducing Monroe County Hospital & Clinics' new mission and vision.

MCHC MISSION

We put people first.

MCHC VISION

We provide innovative and personalized care
to improve the quality of life for all.

#WEPUTPEOPLEFIRST



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