

# HEALTHCARE HAPPENINGS

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**MERCYONE**

*Wellness for WOMEN | Heart-Healthy HABITS | Orthopedics MADE PERSONAL*

# Wash Up All Winter

Handwashing is still a great way to prevent seasonal illness.



Brenda Finneman, BSN, RN  
Employee Health and  
Infection Prevention  
Coordinator

**NO MATTER THE** season, washing your hands is still one of the easiest steps you can take to limit the spread of illness.

“Germs can easily transfer from surfaces like doorknobs and grocery carts to your hands,” said Brenda Finneman, BSN, RN, Employee Health and Infection Prevention Coordinator at Monroe County Hospital & Clinics. “Washing your hands regularly with soap and water is a simple habit that can keep yourself and others healthy.”

## FUN AND KID-FRIENDLY HANDWASHING TIPS

Get everyone in your household on the same page about handwashing with these age-appropriate tips.

- Buy scented soaps that appeal to kids and place them in fun dispensers.
- Create a colorful sticker chart and allow kids to add a sticker each time they wash their hands properly.
- Share stories or videos about how handwashing helps fight germs.
- Sing or dance while washing hands so kids associate it with fun. Make sure your song snippets last for at least 20 seconds—the amount of handwashing time recommended by the Centers for Disease Control and Prevention.

If you or your children struggle with dry skin in the winter, Finneman recommends using a moisturizing soap and then using a thick lotion after washing. While hand sanitizer is a great alternative when on the go, it can dry your skin out more.

**WANT MORE INFECTION PREVENTION TIPS? TALK TO YOUR MCHC PRIMARY CARE PROVIDER.**



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6580 165th Street • Albion, IA 52531

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# Red Monster Smoothie

Struggling to get your kids to eat their greens? Make this easy smoothie. Packed with potassium from more than two cups of fruit and vegetables in every glass, this hearty drink is perfect for a grab-and-go breakfast or healthy afternoon snack.

## INGREDIENTS

- |  |                               |
|--|-------------------------------|
| 1 cup kale or spinach                          | 1 orange, sliced and deseeded |
| 1 cup water, almond milk or boxed coconut milk | 1 cup pineapple, chopped      |
| 1 medium banana                                | 1 cup strawberries, hulled    |
| 1 cup blueberries                              | 1 cup ice                     |

## DIRECTIONS

1. Place kale and water or milk in a blender. Pulse until kale is well chopped.
2. Add fruit to blender one cup at a time, blending after each addition.
3. Pour into two glasses and serve immediately, or reserve half of smoothie in the refrigerator for later.

**Note:** You can swap raspberries and blackberries for the strawberries and blueberries.

## NUTRITION INFORMATION (MAKES 2 SERVINGS)

Calories: 210	Total sugars: 33g
Total fat: 1g	Added sugars: 0g
Saturated fat: 0g	Protein: 4g
Cholesterol: 0mg	Vitamin D: 0mcg
Sodium: 25mg	Calcium: 115mg
Carbohydrates: 52g	Iron: 2mg
Dietary fiber: 8g	Potassium: 768mg

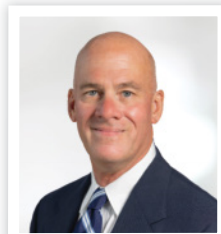
Source: [myplate.gov](http://myplate.gov)





# GETTING NOSY

Know the facts about your kids' ear, nose and throat health.



Matthew Brown, MD, FACS,  
Otolaryngologist

**EAR INFECTIONS ARE** the top reason for pediatrician visits in the U.S. But earaches aren't the only concern parents should keep in mind when it comes to ear, nose and throat (ENT) health.

"Poor sleep, tonsil troubles, allergies and exercise-induced asthma may all be ENT problems, in addition to ear infections," said Matthew Brown, MD, FACS, Otolaryngologist at Monroe County Hospital & Clinics.

## SIGNS OF TROUBLE

Although earaches can happen at any age, ear infections are most likely to affect children younger than 3.

"While they are a common problem, frequent ear infections can be a cause for concern," Dr. Brown said. "If your child has three infections in six months, there could be an underlying issue that needs treatment. Letting ear infections go can lead to damage that lasts a lifetime."

School-age children are more likely to experience problems with their tonsils or breathing problems related to allergies or asthma. Enlarged tonsils can also cause ear infections, along with trouble breathing and chronic runny noses.

## LISTEN UP!

Headphones are more common than ever, which is why it's crucial to make sure your kids and teens keep the volume down.

"Tweens and teens need to be aware of the damage loud noises can cause to their hearing," Dr. Brown said. "Too much noise exposure can cause damage or hearing loss that is irreversible. Once you have ringing in your ears, you have damage."

Small children should never be exposed to loud noises without ear protection.

## Snoring or Sleep Apnea?

Sleep apnea is not just a concern for adults. Even young kids can have sleep apnea. Left untreated, this condition can cause problems in school, as well as health concerns that can affect kids as they grow.

"Parents should watch their children's sleep habits," said Matthew Brown, MD, FACS, Otolaryngologist at Monroe County Hospital & Clinics. "If children are snoring loudly and consistently, there is cause for concern, and they should see a doctor to determine the cause of the snoring."

Sleep apnea disrupts restful sleep, which can lead to behavior issues and decrease school performance. Common symptoms of sleep apnea in kids include:

- Bedwetting
- Heavy breathing when sleeping
- Night terrors
- Restless sleep
- Sleepwalking
- Snoring

Sleep apnea in children is often caused by problems with the tonsils or adenoids and can be treated with a simple surgery.

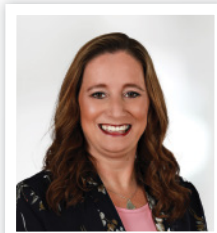
"The treatment we give our children at young ages can help them live a healthier life," Dr. Brown said. "The ENT clinic at MCHC is here for your whole family's concerns."

# Screen TIME

Monroe County Hospital & Clinics has the women's health screenings you need.



Kendra Martin, DO, Family Medicine Physician



Jenn Archer, ARNP, Family Nurse Practitioner

**IF YOU'RE TRYING** to keep up with your family's medical appointments, it can be all too easy to drop the ball on your own health. But scheduling your annual check-in with your primary care provider (PCP) at Monroe County Hospital & Clinics should move to the top of your to-do list.

"The old saying is still true: An ounce of prevention is worth a pound of cure," said Kendra Martin, DO, Family Medicine Physician at Monroe County Hospital & Clinics. "I recommend that everyone see their provider at least yearly, because delaying care can increase your risk of serious illness."

## THE SCREENINGS YOU NEED

Every woman should see their PCP for an annual checkup. During this visit, your provider will check your blood pressure

and heart rate, discuss any health concerns you may have, and perform preventive screenings (or refer you to scheduling for certain procedures). As you age and your health needs change, these tests will vary.

"We want every patient to know what screenings are available to them," said Jenn Archer, ARNP, Family Nurse Practitioner at Monroe County Hospital & Clinics. "We help women identify and manage risk factors for preventable conditions, such as diabetes and heart disease."

Your PCP is the best person to help you decide exactly which screenings you need at what age, but general recommendations include:

- **In your 20s:** Start Pap tests for cervical cancer at age 21 and continue every three years. Start regular monitoring of your blood pressure, blood sugar and cholesterol levels as recommended by your PCP.



- **In your 30s:** Talk to your PCP about your risk factors for breast and colorectal cancer and whether early screening for either is appropriate. Continue other screenings. Beginning at age 30, you may have Pap or HPV tests for cervical cancer every three years.





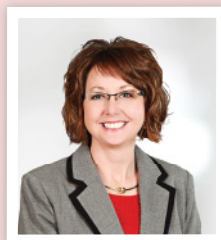


- **In your 60s:** At age 65, women at average risk for osteoporosis should start DXA scans, and most women can stop cervical cancer screening. Continue other screenings.
- **In your 70s and beyond:** Many women no longer need colonoscopies and mammograms after age 75, and lung cancer screenings may stop at age 80. Your PCP can help you decide what is best for you. Blood pressure, blood sugar and cholesterol screenings should continue.

- **In your 40s:** Start mammograms at age 40 and continue every one to two years. Have a colonoscopy at age 45 and every 10 years if your results are normal. Continue other screenings.
- **In your 50s:** Talk to your PCP about your risk factors for lung cancer and osteoporosis. You may need to start annual low-dose CT lung cancer screenings at age 50 based on your smoking history and other criteria. Start DXA scans if you are at high risk for osteoporosis. Continue other screenings.

### PREVENTIVE WELLNESS SCREENINGS ARE FREE OR LOW-COST

Most health insurance programs are required to cover one annual well-woman visit at no cost, along with preventive screenings such as mammograms after age 40 and colonoscopies after age 45. Other tests may or may not be covered, but MCHC offers affordable options.



Jenny Klyn, MHA, RT(R)(M) (ARRT)(RDMS), Director of Ancillary Services/Radiology Manager, OP Clinic & Infusion Center Manager

## Do You Need a Bone Density Scan?

Bone density scans are recommended for people at risk of osteoporosis, a condition especially common in older women that causes thinning bones and increases the risk of fractures. Monroe County Hospital & Clinics now offers dual X-ray absorptiometry (DXA) scans to measure the calcium and mineral makeup of your hips or spine to determine bone density. These special X-rays are a quick and easy way to detect bone health problems as you age.

“Women over 65 should get a DXA scan, and some women age 50 and up could need one,” said Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS), Director of Ancillary Services/Radiology Manager, OP Clinic & Infusion Center Manager at Monroe County Hospital & Clinics. “This is something everyone over the age of 50 should discuss with their primary care provider.”

Bone density testing is fast and easy, and women can even schedule a mammogram and DXA scan at the same time. However, you will need an order from your doctor to get a DXA scan.

**To schedule a DXA scan, call 641.932.1721.**

## The Floor's Yours!

It's easy to take your pelvic floor for granted—and it can be awkward to ask for help if you start having problems. Pelvic floor dysfunction affects up to half of women, and it can lead to pain, incontinence and problems with your sex life.

“Many women feel that incontinence and sexual dysfunction are normal parts of aging, but they do not have to be,” said Jill Fitzgerald, PT, physical therapist at Monroe County Hospital & Clinics. “Pelvic floor problems are very treatable with lifestyle changes and exercise, including pelvic floor therapy.”

Pelvic floor therapy is a special type of physical therapy that strengthens your pelvic floor—muscles and ligaments that support your pelvic organs, including your anus, bladder, rectum, uterus and vagina. These muscles are often weakened following childbirth, but they can also weaken during menopause. MCHC has a therapist specially trained in pelvic floor therapy who can create a personalized exercise program to fit each individual's goals.

You will need a referral from your primary care provider to start therapy.

**Call 641.932.1673 to learn more about pelvic floor therapy.**

**TO SCHEDULE A WELLNESS VISIT WITH A PRIMARY CARE PROVIDER, CALL 641.932.7172. FOR INFORMATION ABOUT WALK-IN WELLNESS LABS, CALL 641.932.1731.**

# Heart-Healthy Habits Start Now

Though American Heart Month in February is quickly approaching, heart health should be a year-round concern.



Julie Vander Linden, RN,  
Cardiac Rehab Coordinator

## ARE YOU READY

to take control of your heart health? Discover how simple lifestyle changes can make a positive impact.

“If you’ve been neglecting your heart health, now’s the time to get it back on track,” said Julie Vander

Linden, RN, Cardiac Rehab Coordinator at Monroe County Hospital & Clinics. “You have the power to make changes.”

## SMALL CHANGES, BIG DIFFERENCES

You don’t have to overhaul everything at once to improve your heart health. Even little changes can make a difference over time.

- **Change your diet.** Limit your sodium intake to no more than 2,300 milligrams a day. Make sure no more than 20%–30% of your daily calories come from fats, and only 10% or less from saturated fat. Fruits and vegetables should take up half of your plate.
- **Limit or avoid alcohol.** If you decide to drink, men should only have one or two drinks a day, while women should only have one drink daily. If you don’t drink, there’s no evidence to suggest you should start as a way to improve your heart health.

- **Quit smoking.** Tossing out cigarettes can improve your overall health and reduce the risk for heart disease.
- **Schedule a checkup.** Wellness labs, which include a lipid panel that can help assess your cardiovascular health, should be part of your annual checkup.
- **Start moving.** Brisk walks and short workouts can go a long way toward boosting heart health. Aim for 30 minutes of moderate-intensity activity, five days a week.

## WEIGHTY ISSUES

“Being overweight can increase your risk for multiple health issues, including heart disease,” Vander Linden said. “Staying active and eating healthy can help decrease your risk.”

However, living a heart-healthy lifestyle doesn’t mean giving up fun forever.

“Being heart healthy doesn’t mean you have to give up everything that is bad for you,” Vander Linden said. “It is OK to indulge in something that is unhealthy once in a while, as long as it’s not a habit.”

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**SCHEDULE A WELLNESS VISIT WITH  
A MCHC PRIMARY CARE PROVIDER BY  
CALLING 641.932.7172.**

## Exercise for PAD

If you have peripheral artery disease (PAD), Monroe County Hospital & Clinics has just launched a new program to help you. Inspired by cardiac rehab, our new PAD supervised exercise therapy program can help improve your physical symptoms, such as leg pain. The program also has an educational aspect so you can learn how to better manage your disease.

If you or a loved one has PAD, talk to your MCHC primary care provider about a referral to the PAD supervised exercise therapy program.

# The Power of Primary Care

You wake in the morning with a sore and scratchy throat. Strep throat has been going around your office, and you know you need medical attention. Where do you turn?

**A PRIMARY CARE PROVIDER (PCP)** should always be your first call for most health concerns.

A PCP is a general practice doctor or nurse practitioner who helps manage your health when you're sick and when you're well. This provider knows your medical history inside and out, can spot potential problems before they arise and is always there to offer advice and support. Whether you're battling strep throat, managing a chronic condition or simply seeking preventive care, your PCP is your partner in health.

## WHAT DOES A PCP DO?

Your PCP will protect your health with a range of services, including:

- **Preventive care.** Routine checkups, vaccinations and screenings allow your PCP to help you stay as healthy as possible. Regular checkups also help your PCP notice trends such as increasing blood pressure, cholesterol levels or blood sugar levels, which can indicate potential health issues. Together, you can work on a plan to help keep those issues in healthier ranges.
- **Diagnosis and treatment of illness.** When you don't feel well, your PCP will evaluate your symptoms and run tests to diagnose the issue. Your PCP can often treat and manage conditions ranging from a common cold to a chronic illness.
- **Health education and counseling.** It's not always easy for you to make decisions about your health. Your PCP provides guidance about screenings, disease management or lifestyle decisions.
- **Referrals to specialists.** A PCP may not be the only provider you need. When it's necessary, your PCP will refer you to a specialist for care that is outside of their scope of expertise.

A PCP helps you stay on top of your own health. A 2019 study published in JAMA Internal Medicine found that patients who had a PCP were more likely than those who didn't to receive cancer screenings, receive diagnostic and preventive testing, have a routine physical, and fill their prescriptions.

## CHOOSING THE RIGHT PCP

While you may have relied on walk-in clinics or urgent care facilities for quick care when you're sick or hurt, it's important to receive consistent care from a provider like a PCP.

To find a PCP, ask your friends or family members for recommendations of providers they like. Then, narrow down your choices by looking on the PCP's website to find out if their office location is convenient to your home or office. Once you've targeted a few providers, cross reference that with the list of providers that are in-network with your insurance provider.

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**ARE YOU READY TO FIND A PRIMARY CARE PROVIDER? SEE OPTIONS WHO ARE AFFILIATED WITH MONROE COUNTY HOSPITAL MEDICAL CLINIC AT [MCHALBIA.COM/SERVICES/MEDICAL-CLINIC](https://mchalbia.com/services/medical-clinic).**



Jennifer Archer, ARNP



Karen Bozwell, ARNP



Tanner Crossley, DO



Joshua Harris, DO



Kendra Martin, DO



Jasmina Sabic, DO





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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.

# *Welcome,* Dr. Jasmina Sabic!

We're thrilled to announce that Jasmina Sabic, DO, has joined the team at Monroe County Hospital & Clinics.

**BOARD-CERTIFIED IN FAMILY MEDICINE,** Dr. Sabic provides comprehensive primary care to patients at the Medical Clinic. She brings a wealth of experience from her time at MercyOne in Des Moines, where she managed both acute and chronic illnesses.

An Urbandale native, Dr. Sabic earned her bachelor's degree in biology and chemistry from Grandview University and completed medical school at Des Moines University. Dr. Sabic, who is married with three daughters, completed her residency at MercyOne Family Residency Program before beginning her practice at MercyOne Beaverdale Family Medicine clinic in 2019.



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**DR. SABIC IS ACCEPTING NEW PATIENTS. TO SCHEDULE AN APPOINTMENT, CALL 641.932.7172 OR VISIT [MCHALBIA.COM](http://MCHALBIA.COM).**