

HEALTHCARE HAPPENINGS

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**MONROE
COUNTY**
HOSPITAL & CLINICS

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Beyond Blood Sugar: DIABETES AND YOUR HEALTH

Understanding the connection between blood sugar,
high blood pressure and your kidneys can help you stay healthy.



Joshua Harris, DO,
Family Physician

DIABETES CAN AFFECT many different parts of your body and lead to other health conditions, such as heart disease and stroke.

What some people may not know, however, is that diabetes is also the No. 1 cause of kidney disease. Having high blood pressure increases the risk even more. About 1 in 3 adults with diabetes also have chronic kidney disease.

“If you have diabetes, especially if you also have high blood pressure, your risk for developing chronic kidney disease is significantly higher than that of people without these conditions,” said Joshua Harris, DO, family physician at Monroe County Hospital & Clinics. “Seeing your primary care provider regularly for blood tests and blood pressure checks is extremely important.”

UNDERSTANDING THE CONNECTION

Your kidneys, which contain millions of tiny filters, have several important jobs. Their main function is to filter out waste and extra water from your bloodstream to create urine. They also help manage your blood pressure and make important hormones.

Chronic kidney disease happens when your kidneys become impaired and stop filtering like they should, causing waste to accumulate in your body. Having high blood sugar for an extended period can damage your kidneys' filters and blood vessels, leading to this disease.

Additionally, people with diabetes often have high blood pressure, which narrows blood vessels and can also cause kidney damage. After diabetes, high blood pressure is the second most common cause of kidney failure.

“If not appropriately treated, high blood pressure and diabetes can cause significant damage to the kidneys over time,” Dr. Harris said. “This can lead to significantly worse future health problems, including kidney failure.”

HOW TO KNOW IF YOU HAVE KIDNEY DISEASE

Chronic kidney disease develops gradually and often doesn't cause symptoms in early stages. In fact, you probably won't know you have it unless your doctor tests you for the disease.

“Swelling in the lower legs and ankles and foamy urine are several of the common noticeable symptoms of kidney disease,” Dr. Harris said. “But most of the time, there are no symptoms that you can actually feel. That's why it's so important for people with diabetes to see their primary care provider every three to six months.”

If symptoms do appear, they can also include:

- Anemia, which means your blood doesn't produce enough red blood cells
- Leg cramps
- Nausea and vomiting
- Urinating more frequently, especially at night
- Diabetic eye disease, which can cause vision loss
- Weakness

To test for chronic kidney disease, your doctor will run urine and blood tests. A urine test checks for albumin, a blood protein that can appear in your urine if your kidneys fail to filter it out properly. A blood test shows how well your kidneys are filtering out waste.

Caring for Your Kidneys

You can help protect your kidney health by taking these steps to manage your diabetes and stay healthy.

- Avoid foods high in sodium.
- Eat plenty of fruits and veggies.
- Follow instructions for taking your medications.
- Get an A1C test at least twice a year or as directed by your doctor.
- Stay active.
- Watch your blood pressure, blood sugar and cholesterol levels and keep them in your target ranges.



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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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Are You at High Risk?

If you have been diagnosed with diabetes, the chances of developing chronic kidney disease increase over time. You may also be at higher risk for kidney disease if you:

- Are not at a healthy weight
- Don't follow the proper diet for your diabetes
- Don't get enough exercise
- Eat a lot of foods high in sodium
- Have a family history of kidney failure
- Have heart disease
- Have high blood glucose or high blood pressure
- Smoke

TAKING CONTROL

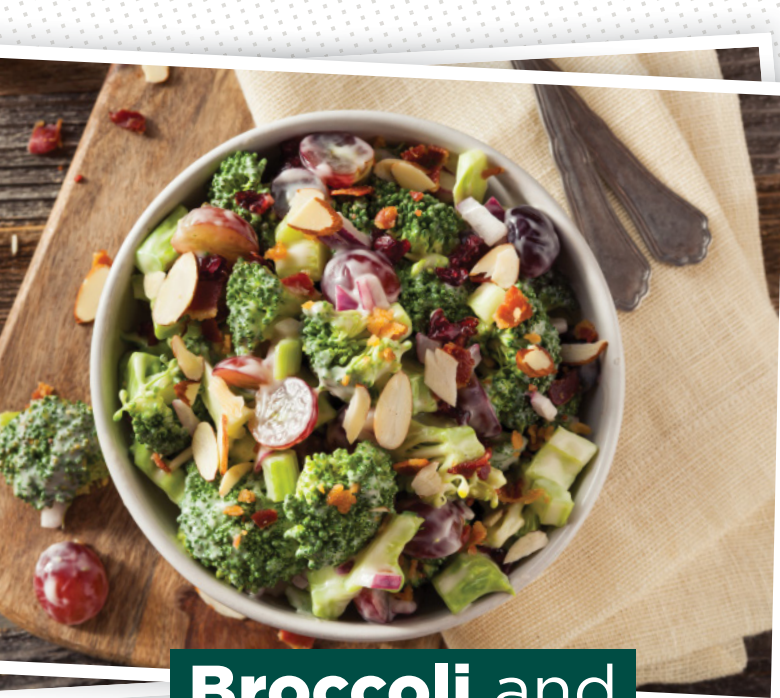
While kidney disease can worsen over time, lifestyle and diet adjustments can slow damage and help prevent kidney failure (when the kidneys lose most of their ability to function).

Controlling your blood pressure is the most important step. Aim to keep your blood pressure under 130/80. You may also need to take medicine to lower your cholesterol.

Try some of these other ways to manage kidney disease.

- **Avoid certain over-the-counter medicines.** Nonsteroidal anti-inflammatory drugs, such as ibuprofen and naproxen, can lead to kidney damage, especially for people with kidney disease. Read labels carefully before taking over-the-counter medications.
- **Don't smoke.** Smoking cigarettes can worsen kidney damage. If you smoke, quitting can lower your blood pressure while also reducing your chances of a heart attack or stroke.
- **Follow your doctor's guidance.** Take all medications as directed and get regular blood tests to check kidney function and A1C, which is your average blood sugar level over the last three months.
- **Get plenty of exercise and sleep.** Aim for at least 30 minutes of moderate-intensity physical activity on most days. At night, seven to eight hours of sleep is important for your overall health.
- **Manage stress and mental health.** High stress is linked with higher blood pressure, high blood glucose levels and depression. Practice meditation or relaxation techniques, and seek help if you feel depressed.
- **Meet with a dietitian to develop a healthy meal plan—and stick to it.** A dietitian can design a plan that helps protect your kidneys and helps you maintain a healthy blood pressure and blood glucose levels.

TO SCHEDULE AN APPOINTMENT WITH YOUR PRIMARY CARE PROVIDER, VISIT [MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT](https://mchalbia.com/patients-visitors/schedule-appointment).



Broccoli and Everything Salad

This delicious and easy-to-make salad can be the perfect light dinner—and leftovers are great for lunch!

INGREDIENTS

- | | |
|------------------------------------|---|
| 3 cups chopped broccoli (fresh) | 1 cup diced cooked protein (ham, chicken, turkey or tofu) |
| 1 medium carrot, diced | ¼ cup low-fat mayonnaise |
| 2 stalks chopped celery | ½ cup nonfat or low-fat plain yogurt |
| ½ cup raisins or dried cranberries | 1 tablespoon sugar |
| ¼ cup chopped red onion | 1 teaspoon vinegar |

DIRECTIONS

1. In a large bowl, mix together broccoli, carrot, celery, raisins, onion and protein.
2. In a separate bowl, mix together mayonnaise, yogurt, sugar and vinegar.
3. Add mayonnaise mixture to salad and mix well.

Notes: This salad is extremely customizable! Add fresh grapes, almond slices, cheese—whatever you have on hand. Refrigerate leftovers within 2 hours.

NUTRITION FACTS

Makes 8 servings of ⅔ cup
Calories: 100
Total fat: 2.5g
Cholesterol: 10mg
Sodium: 250mg

Total carbohydrate: 15g
Dietary fiber: 2g
Total sugars: 10g
Protein: 5g



Source: Oregon State University, foodhero.org

Welcoming Our New Nurse Practitioner

Jenny Boley, ARNP, is passionate about caring for patients of all ages.



AFTER SERVING AS A REGISTERED NURSE for several years, Boley became an advanced registered nurse practitioner in 2016.

“I always knew from a young age that I wanted to take care of people,” Boley said. “I wanted to provide more care to patients, so I decided to become a nurse practitioner.”

CARING FOR THE COMMUNITY

Prior to joining Monroe County Hospital & Clinics in February, Boley worked at Pella Regional Health Center. She now serves as a family nurse practitioner and Quick Care provider at MCHC, where she feels thankful to be able to help people of all ages in the community.

“I’m very relaxed and laid back, and I like to joke around sometimes,” she said. “I don’t want people to be nervous when they come to see me.”

In her spare time, Boley enjoys reading, gardening, camping and boating with her family.

“I’m very involved in the community, so you might see me around at events,” she said. “Don’t hesitate to say hi!”

TO MAKE AN APPOINTMENT WITH JENNY BOLEY, ARNP, VISIT MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT OR CALL 641.932.7172.

When Care Can't Wait

Have a health concern that's not an emergency but needs attention right away? Quick Care is the answer.



Kendra Sinclair, Director of RHC Operations

EVERYONE OCCASIONALLY EXPERIENCES HEALTH ISSUES

that don't qualify as emergencies but can't necessarily wait for an appointment with a primary care provider. That's where Quick Care at the Monroe County Hospital Medical Clinic comes in.

Quick Care offers children and adults same-day appointments for a wide range of minor conditions, such as the flu, coughs, sprains and strains, ear infections, and more.

"To help reduce your wait time, we recommend making an appointment before you come in," said Kendra Sinclair, Director of RHC Operations at Monroe County Hospital & Clinics. "Walk-ins are always welcome, but please keep in mind that wait times may be longer."

WHEN TO USE QUICK CARE

Quick Care can help with minor health issues that require fast attention. For chronic conditions, continue to see your regular providers. For serious medical issues, seek immediate care.

"For emergencies such as sudden chest pain, difficulty breathing, profuse bleeding, trauma or symptoms of stroke, call 911 or go to the Emergency Department," Sinclair said. "Quick Care is also not appropriate for medication refills, establishing care or treating chronic conditions such as high blood pressure or diabetes. For these needs, reach out to your primary care provider."

In addition to treating minor illnesses and injuries, the providers at Quick Care also offer school and sports physicals, employment physicals, and Department of Transportation (DOT) medical exams for drivers of commercial vehicles.

Providers at Quick Care can also administer pregnancy tests.

CARING PROVIDERS

When you visit Quick Care, you will see one of two compassionate advanced registered nurse practitioners.

Jenny Boley, ARNP, joined the team at MCHC in February. Beth Grimes, ARNP, has been with MCHC since October 2022. After years of experience as registered nurses, both decided to expand their ability to help people by becoming nurse practitioners.

Quick Care is open Monday through Friday from 8 a.m. to 5 p.m. Boley helps patients of all ages every day except Tuesday, when Grimes is happy to help instead. We are located at the Monroe County Hospital Medical Clinic, 6582 165th St. in Albion.

TO MAKE AN APPOINTMENT, VISIT [MCHALBIA.COM/PATIENTS-VISITORS/SCHEDULE-APPOINTMENT/](https://mch.albia.com/patients-visitors/schedule-appointment/) OR CALL 641.932.7172.

Quick Care for Minor Conditions

The providers at Quick Care treat a wide variety of nonemergent illnesses and injuries, including:

- Chest congestion or cough
- Nausea
- Diarrhea or constipation
- Rash
- Ear and eye infections
- Seasonal allergies
- Insect bites
- Sinus infection
- Minor cuts
- Sore throat
- Sprains and strains
- Urinary problems

If you don't know if your injury or illness needs Quick Care, call 641.932.7172, and we will help guide you.



From *Persistent Pain* to *Lasting Relief*

Our comprehensive pain management options offer more than just temporary respite for chronic pain.



Michele Manternach, BSN, RN, CNOR, Surgery Manager

FINDING RELIEF FOR INTENSE PAIN

isn't always as easy as taking an aspirin. Severe or long-lasting headaches or joint, neck or low-back pain may need the help of specially trained pain management providers.

If you're seeking help for stubborn or chronic pain, you can find the care you need close to home at Monroe County Hospital & Clinics.

"It's important for people in our area to have access to the same services available at larger hospitals in Des Moines," said Michele Manternach, BSN, RN, CNOR, Surgery Manager at Monroe County Hospital & Clinics. "When you're in pain, the last thing you need to do is sit in a car and ride 45 minutes or an hour to seek care."

TAILORED CARE, FOCUSED ON YOU

The pain management team at MCHC includes Robert Rossi, MD, and Jay Brewer, CRNA. They work one-on-one with you and our physical therapists to find the right mix of treatments.

"There are a lot of options when it comes to pain management, and there is no one-size-fits-all answer," Manternach said. "Sometimes it's physical therapy mixed with lifestyle changes mixed with an injection."

A TARGETED APPROACH

Dr. Rossi and Brewer offer injections and specialized procedures designed to address pain where it starts—often in the nerves traveling from the back and spine to the rest of your body. Their treatment offerings include:

"I have family who lives very close to Albia. When I am down here taking care of patients, it's like I am taking care of my own family. I am so glad to be able to help provide these services at MCHC."

—Robert Rossi, MD, Pain Management Physician at Monroe County Hospital & Clinics

- **Lumbar and cervical epidural steroid injections.** These may help relieve pain in the neck, spine, and upper or lower body related to conditions that compress nerves, such as pinched nerves, herniated discs and spinal stenosis.
- **Radiofrequency ablation.** An option for back or neck pain that hasn't responded to other treatments, ablation uses electricity to destroy nerves sending pain signals to your brain.
- **Sacroiliac joint (SI) injections.** Your SI joint is where your spine and hip bone meet. SI joint injections can reduce swelling and inflammation in the joint.

"It is incredibly rewarding to have someone come in to us rating their pain at a 10 out of 10 and leave with their pain a 0," Manternach said. "We work really hard to try to find a solution for our patients whenever possible."

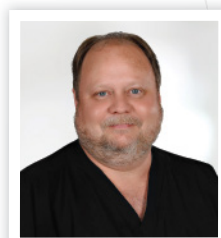
WE OFFER PAIN MANAGEMENT AT THE SUSAN ALLISON OUTPATIENT CLINIC. CALL 641.932.1678 TO SCHEDULE AN APPOINTMENT WITH DR. ROSSI OR CONTACT YOUR PRIMARY CARE PROVIDER FOR A REFERRAL TO JAY BREWER.

Pictured above: Robert Rossi, MD and Jay Brewer, CRNA

A CLOSER LOOK

at Our New MRI Suite

Monroe County Hospitals & Clinics is pleased to announce the addition of a state-of-the-art MRI machine to our newly renovated MRI suite.



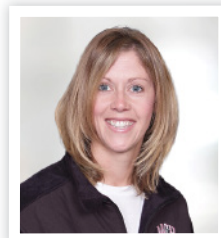
Daniel Dueker, BSRT, RT(R)(CT)(MR), RDCS

MRI, A SOPHISTICATED MEDICAL IMAGING TOOL,

uses a powerful magnet, radio waves and a computer to create detailed images of the body's internal structures, such as bones, organs, blood vessels and soft tissues. This noninvasive test helps providers diagnose and monitor various medical conditions with high precision. While we have offered mobile MRI for years, our new,

permanent MRI is helping us take imaging to the next level and make MRI scans more convenient for you.

"We put patient comfort first, which makes the patient experience better and ultimately allows us to submit quality exams," said Daniel Dueker, BSRT, RT(R)(CT)(MR), RDCS, radiology technologist at Monroe County Hospital & Clinics. "Having an in-house scanner allows more flexible scheduling and faster turnaround times."



Lori Keller, RT(R)(M)(CT)

DESIGNED WITH COMFORT IN MIND

Everything about the renovated MRI suite—from its bright and spacious environment with plenty of natural light to the equipment inside it—is designed with your comfort in mind. To help alleviate the feelings of claustrophobia some patients experience during the imaging test, we selected a machine with a larger opening. Our Canon Vantage Fortian 1.5 Tesla machine offers a

72-centimeter-wide bore—significantly larger than the 60-centimeter bore in standard MRI machines—to provide a larger opening.



"The scanner is a large bore and one of the quieter scanners on the market, and we are able to offer all kinds of music for our patients during their MRIs," said Lori Keller, RT(R)(M)(CT), radiology technologist at Monroe County Hospital & Clinics. "All of these things help the patients feel more relaxed and less claustrophobic. Patients should know we're going to do everything we can to make them comfortable and give them a good experience."

"I enjoy interacting with patients one-on-one, explaining the exam, calming anxieties and building rapport with them throughout the scan process. I also enjoy seeing and using the advanced and complex technology that MRI requires."

—Daniel Dueker, BSRT, RT(R)(CT)(MR), RDCS

MRI SCANS ARE OFFERED MONDAY-FRIDAY FROM 8 A.M. TO 4 P.M. FOR MORE INFORMATION, CALL THE RADIOLOGY DEPARTMENT AT 641.932.1721.

Because the MRI uses powerful magnets, you cannot enter the MRI room with any:

- Jewelry (including body piercings), watches or smartwatches
- Hair accessories with metal pieces
- Removable dental work
- Hearing aids
- Credit cards, pens, loose change

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.



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WE PUT PEOPLE FIRST

“ The company places a strong emphasis on leveraging my strengths and interests, allowing me to find excitement in my role. ”

“ I appreciate the trust they place in me to complete my tasks. ”

**TOP
WORK
PLACES**
2016-2024

9 YEARS IN A ROW | TOP 10 OVERALL

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