

# HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | SUMMER 2025



**MONROE  
COUNTY**  
HOSPITAL & CLINICS

An Affiliate of  
**MERCYONE**

*Local* ORTHOPEDIC CARE | *Men's* HEALTH | *Better* HEARING & SPEECH





## Watermelon, Cucumber & Feta Salad With Mint

This refreshing salad is not only heart-healthy and low in calories, but it's great for hydration and offers a refreshing boost on hot days.

### INGREDIENTS (SERVES 4)

- |  |   |
|--|---|
| 4 cups seedless watermelon, cubed          | ½ cup crumbled feta cheese                      |
| 1 large cucumber, thinly sliced or chopped | ¼ cup fresh mint leaves, chopped or torn        |
| ¼ red onion, thinly sliced                 | 1 tablespoon balsamic glaze or fresh lime juice |
| 2 tablespoons extra virgin olive oil       | Salt & pepper to taste                          |

### DIRECTIONS

1. In a large bowl, combine the watermelon, cucumber and red onion.
2. Drizzle with olive oil and gently toss.
3. Add feta and mint on top.
4. Finish with a drizzle of balsamic glaze or lime juice.
5. Season lightly with salt and pepper.
6. Chill for 15 minutes before serving (optional, but refreshing!).

**Note:** If you don't enjoy the strong flavor of mint, try topping this salad with arugula instead.



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## Off to a Healthy Start

The back-to-school rush may be over, but it's never too late to prioritize your child's health.

**WHETHER YOUR FAMILY** is settling into new routines or catching up, now is a great time to schedule a checkup that sets the tone for the year ahead.

"A well-child visit is a great way to check on your child's growth and development," said Kendra Sinclair, Director of Rural Health Clinic Operations for Monroe County Hospital & Clinics. "During the appointment, the provider makes sure your child is up to date on immunizations and provides helpful advice. This appointment helps your kids get a healthy start to the new school year."

For students in grades 7–12 who are participating in sports, a sports physical is essential. These simple exams review medical history, assess overall health and make sure young athletes are ready to safely compete.

### GET SCHEDULED TODAY

Whether your child needs a well-child visit or a sports physical, you can make the process easier by scheduling the appointment as early as possible and bringing all necessary paperwork with you.

"Booking earlier ensures you can see your preferred provider at a convenient time," Kendra said.

Starting the year with a focus on health helps your kids feel prepared and ready to thrive in school and extracurricular activities. Call your local clinic today to get things on track for a successful school year!



Kendra Sinclair, Director of RHC Operations



**SCHEDULE AN APPOINTMENT ONLINE AT [MCHALBIA.COM](http://MCHALBIA.COM) OR BY CALLING 641-932-7172. SCAN THIS QR CODE TO DOWNLOAD THE PREPARTICIPATION SPORTS PHYSICAL FORM.**



# Your Home for Orthopedic Care

If you have an aching joint or a painful muscle, an orthopedic expert at Monroe County Hospital & Clinics is ready to help you heal and get back to your active self.

**ORTHOPEDIC SURGEON SHEHADA HOMEDAN, MD**, sees patients at the Susan Allison Outpatient Clinic and performs surgical procedures at MCHC on the first, second, third and fifth Mondays of the month. Dr. Homedan emigrated from his native Jordan after completing the orthopedic surgery program at the Jordan University of Science and Technology. He performed orthopedic surgery fellowships at the University of New Mexico Hospital and the University at Buffalo.

Dr. Homedan fell in love with caring for patients in rural communities, which led him to settle in Iowa with his wife and three children.

## HIGH-TECH HELP IS HERE

Dr. Homedan treats a wide range of musculoskeletal injuries and conditions. Patients don't have to leave South Central Iowa to find both surgical and nonsurgical treatments, including some of the most innovative therapies available.

Dr. Homedan performs a minimally invasive outpatient procedure for chronic knee pain that uses extreme cold to provide relief. Known as iovera®, this procedure may be right for you if you have osteoarthritis pain in the knee and don't want to have knee replacement surgery or aren't a good candidate for it.



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

"The procedure uses cold therapy to block pain signals to the peripheral nerves," 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. "This block can last up to 90 days. The resulting pain relief allows patients to start physical therapy and recovery without extreme pain, which encourages more movement.

Whether you have musculoskeletal pain that started recently or has been a longstanding problem, you don't need to keep putting up with it.

"If you have acute or chronic pain of the bones, joints or muscles, Dr. Homedan can help," Klyn said. "He sees patients with fractures or dislocations who need emergency care. For patients who need surgery, Dr. Homedan performs total hip



Shehada Homedan, MD

## Understanding Musculoskeletal Messages

Knowing when to see an orthopedic specialist isn't always clear. Your body will offer clues, though, if you watch and listen closely. Seek help for these signs:

- difficulty performing your usual activities
- numbness or tingling in the arms or legs, which could indicate a nerve problem
- persistent pain or swelling in a bone, muscle or joint that doesn't improve with home treatment
- reduced range of motion in a joint

and knee replacements and arthroscopic procedures for knee and shoulder injuries and carpal tunnel syndrome."

**TO SCHEDULE AN ORTHOPEDIC APPOINTMENT, CALL 641-932-1678.**



# Good to Go With Urology

Urology care is now available for Monroe County and the surrounding areas. That's good news for busy men who put their urologic health on the back burner.



Nicholas Parker, MD,  
Urologist

**BETWEEN SHUTTLING KIDS** to school and extracurricular activities, giving your all at work, and maintaining your home, seeing a urologist about urinary symptoms may not be a top priority. Finding time to drive to Des Moines for specialty care can seem all but impossible. Fortunately, you don't have to.

In February 2025, Urologist Nicholas Parker, MD, joined Monroe County Hospital & Clinics, bringing another form of specialty care close to home for Monroe County and surrounding areas. Dr. Parker travels to MCHC once a month from Des Moines to see patients with a range of urologic conditions.

"We're excited to have a urologist at MCHC to hold consultations and perform minor procedures," 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. "Previously, patients had to travel outside of Monroe County to find urology services."

## FEELS LIKE HOME

For Dr. Parker, the Albia area has a familiar feeling. He grew up in Cherokee, Iowa, and enjoys practicing medicine in small, close-knit communities.

An Iowan to the core, Dr. Parker received his undergraduate degree from the University of Iowa and went on to graduate from the university's Carver College of Medicine in 2019. Drawn

to urology by its blend of medical and surgical treatments, he completed a residency in the specialty at the Mayo Clinic in Scottsdale, Arizona, in 2024. He returned to Iowa excited to care for patients in rural communities like his hometown.

“Dr. Parker has a calm and reassuring demeanor,” Klyn said. “He’s great at building relationships with patients because he takes his time in appointments and wants to learn as much as possible about the people in his care.”

### WHY MEN SHOULD SEE A UROLOGIST

As men age, urologic and sexual health problems become more frequent. Benign prostatic hyperplasia (enlarged prostate), for example, affects up to one-third of men age 65 and older, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Also known as BPH, this condition can lead to difficulty urinating, frequent urination or waking up many times at night to pee.

Low testosterone, diabetes and cardiovascular disease can contribute to erectile dysfunction, which is difficulty getting or maintaining an erection. The NIDDK reports that 40% of men have ED by age 40. By age 70, 70% of men are affected by the condition.

Unfortunately, many men assume urologic symptoms are normal parts of aging they have to put up with, or they avoid seeking help because they don’t want to talk about an awkward subject.

### SOLUTIONS FOR SYMPTOMS

Urologists are experts at treating urologic conditions with sensitivity and discretion. If you have bladder control problems, blood in your urine, pain when you urinate, erectile dysfunction or other urinary symptoms, don’t stay silent. Talking with a urologist like Dr. Parker is the first step toward improving your quality of life.

Dr. Parker offers both surgical and nonsurgical treatments for a range of urologic disorders, including:

- bladder tumors
- frequent urination
- BPH
- pelvic pain
- erectile dysfunction
- urinary tract infections

“Dr. Parker provides guidance on reproductive and sexual health issues, including erectile dysfunction, prostate conditions and vasectomies,” Klyn said. “He can perform vasectomies in the office with local anesthesia in less than 10 minutes. Men can schedule and have this procedure and return to work all within a few days.”

The sooner you seek treatment for urologic symptoms, the sooner you can stop them from interfering with your favorite activities or spending time with the people you love. A husband, father, golfer and runner, Dr. Parker understands how staying active enriches men’s lives and benefits their health. He’s committed to ensuring urologic disorders don’t slow men down.

**READY TO TAKE CHARGE OF YOUR UROLOGIC HEALTH?**  
**SCHEDULE A UROLOGY APPOINTMENT BY CALLING**  
**641-932-1678.**

## Let’s Talk Screening

Guys, you have around a 1 in 8 chance of being diagnosed with prostate cancer during your life, according to the National Cancer Institute. Only skin cancer accounts for more cancer diagnoses among men in the U.S. So, should you have a prostate cancer screening? It’s worth discussing with your primary care provider (PCP).

Clinicians use two tests to look for prostate cancer before symptoms occur. The **prostate-specific antigen (PSA) test** measures the amount of PSA in a blood sample. A high PSA level may be a sign of prostate cancer, although noncancerous conditions can also increase PSA. During a second screening method called a **digital rectal exam**, your PCP will use a gloved, lubricated finger to feel the prostate for lumps or swelling.

Finding prostate cancer early may lead to less invasive treatment and improve survival. On the other hand, screening can also lead to false-positive results and unnecessary tests. Your PCP can help you weigh screening’s risks and benefits and decide whether it makes sense for you.

If you’re at average risk for prostate cancer, the American Cancer Society recommends discussing screening with your PCP at age 50. If you have prostate cancer risk factors, such as a family history of the disease, you and your PCP may need to have the screening conversation as early as age 40.

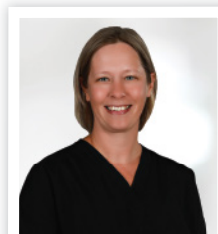


The approximate age at which the prostate enters its **second and longest growth phase**, which lasts the rest of a man’s life.

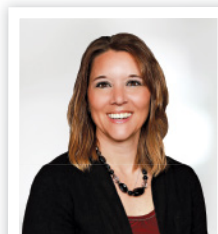
Benign prostatic hyperplasia usually occurs during this phase.

# Teaming Up for Successful Recoveries

Skilled Care at Monroe County Hospital & Clinics brings many providers together to help patients get ready to leave the hospital.



Becca Carter, PT, DPT,  
Rehab Services Manager



Kim Higginbotham, BSSW,  
Case Manager/Social Worker

**IF YOU HAVE** surgery or a major injury and need to be hospitalized, you may need extra, non-acute care to get you in the best possible condition to be discharged. This kind of attention, known as Skilled Care, takes a team. From nurses and rehabilitation therapists to social workers and more, Skilled Care providers at MCHC deliver the services patients need to leave the hospital and continue recovering safely at home.

## IMPORTANT PARTS TO PLAY

In Skilled Care, different providers work together seamlessly to help patients regain the functional ability they had prior to injury or surgery. Medical/surgical nurses, for example, provide daily medical care, such as administering medications. Rehabilitation therapists work with

patients to improve strength, mobility, communication ability and build skills to perform daily tasks.

“The Rehab Services team addresses safety by working on basic mobility needs, makes recommendations for adaptive equipment and offers solutions to support independence and the highest level of functioning,” said Becca Carter, PT, DPT, Rehab Services Manager at Monroe County Hospital & Clinics. “Patients benefit from these services by gaining strength, endurance and

independence in everyday tasks. They also learn how to adapt to their new normal if an injury affected abilities like speech, swallowing or cognition.”

Case managers/social workers work with the other providers to develop a discharge plan for each patient.

“During our initial assessments, we learn about the patients’ home environment, their role and responsibilities in the family, and more,” said Kim Higginbotham, BSSW, Case Manager/Social Worker at Monroe County Hospital & Clinics. “We can perform a home assessment prior to discharge to determine if a patient is ready to leave the hospital or what additional skills they may need to work on before going home.”

## ALL TOGETHER NOW

Skilled Care providers meet weekly to discuss each patient’s goals, progress, concerns and needs. However, communication isn’t limited to the team’s regular meetings.

“We collaborate on safety and activity recommendations and coordinate the timing and dosing of medications to support the success of therapy interventions,” Carter said. “The Skilled Care team communicates daily Monday through Friday and during our discharge huddle meeting. These frequent conversations keep all team members informed of the patient’s care plan and allow us to address any barriers or changes in the plan.”

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**TO LEARN MORE ABOUT THE SERVICES AVAILABLE WITH SKILLED CARE, VISIT [MCHALBIA.COM/SERVICES/SKILLED-CARE](http://MCHALBIA.COM/SERVICES/SKILLED-CARE).**

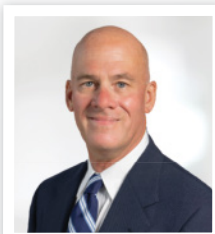
“Our Skilled Care team does a great job of keeping each patient’s goals at the center of everything we do. We start where the patient is in their recovery and work from there to get the best possible results.”

—Kim Higginbotham, BSSW,  
Case Manager/Social Worker at  
Monroe County Hospital & Clinics

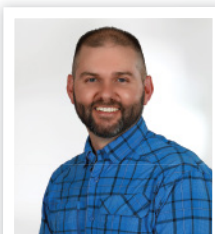


# Partners in Childhood Hearing and Speaking

A unique partnership between an ear, nose and throat specialist and a speech-language pathologist offers the best option for children with hearing and speech needs.



Matthew Brown, MD, FACS,  
Ear, Nose and Throat Specialist



Seth Fitzgerald, MA, CCC-SLP,  
Speech-Language Pathologist

**HEARING AND SPEECH** problems go hand in hand. They can make children feel self-conscious, which can lead them to avoid social situations or remain quiet around others to avoid miscommunication. Additionally, speaking or hearing issues may lead to developmental delays with long-lasting effects.

A unique partnership at Monroe County Hospital & Clinics helps youngsters move past these issues. Ear, Nose and Throat Specialist Matthew Brown, MD, FACS, collaborates with Seth Fitzgerald, MA, CCC-SLP, Speech-Language Pathologist, to address issues affecting hearing or speaking abilities.

“This collaboration allows for a more complete and thorough approach,” Fitzgerald said. “Dr. Brown treats with medication or surgery, and I step in when issues require exercise or training to fully remedy the problem.”

## EXHIBIT A: EAR INFECTION CARE

Though ear infections can affect adults, they're more common in children. Left untreated, they can cause serious complications, including:

- balance problems
- bone infection
- facial paralysis
- hearing loss
- inflammation in or near the brain

Children with chronic ear infections may benefit from ear tubes. According to Dr. Brown, inserting ear tubes is one of the most common procedures he performs.

During the procedure, Dr. Brown makes a tiny opening in the ear and places a small tube inside the opening. This tube allows fluid to drain out of the ear. With less fluid trapped in the ear, infection is less likely, and your child regains hearing.

“When patients have fluid on their ears from multiple ear infections, there is potential for hearing loss,” Dr. Brown said. “The tubes are a quick and painless fix that remove fluid



and help a child regain normal hearing and prevent delayed speech development.”

## FINISHING THE JOURNEY TO HEALTH

When frequent ear infections delay speech development, Dr. Brown may recommend speech therapy after treating ear infection. This gives your child an opportunity to regain any lost speaking ability. The trick is knowing what care is best suited for each child.

Fortunately, Dr. Brown and Fitzgerald have the experience and expertise to identify a patient's needs and prescribe the proper treatment.

“We always start with the least aggressive approach,”

Dr. Brown said, “but we also have all the surgical tools and techniques necessary to correct hearing and speaking problems.”

**IS YOUR CHILD HAVING A HARD TIME SPEAKING OR HEARING CLEARLY? VISIT [MCHALIA.COM/PATIENTS-VISITORS/](https://mchalia.com/patients-visitors/) SCHEDULE-APPOINTMENT OR CALL 641-932-1678 TO MAKE AN APPOINTMENT WITH DR. BROWN.**

## Not Just for Children

For adults needing expert hearing and speech care, Monroe County Hospital & Clinics is here to serve. Our team-based approach can help anyone at any age or stage.

A few issues Ear, Nose and Throat Specialist Matthew Brown, MD, FACS, and Speech-Language Pathologist Seth Fitzgerald, MA, CCC-SLP, team up to address include:

- breathing problems
- coughing and other eating or drinking issues
- ear infections
- eating or drinking difficulties
- hearing loss
- speaking and voice troubles
- swallowing
- tongue-tie (tongue cannot move freely within the mouth)

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JENNY BOLEY, ARNP



BETH GRIMES, ARNP