

# HEALTHCARE HAPPENINGS

A Publication of Monroe County Hospital & Clinics | SPRING 2026



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

*Make Primary Care* A PRIORITY | *Eat Your* ELECTROLYTES



# Yogurt Berry Parfait



This healthy treat is packed with electrolytes, vital minerals that help your body function.

## INGREDIENTS (SERVES 4)

- |   |  |
|---|--|
| 2 cups low-fat or fat-free yogurt, any flavor | ½ cup strawberries (fresh, sliced)                                   |
| 1 cup banana (sliced)                         | Other optional fruit (raspberries, peaches, pineapple and/or mangos) |
| ½ cup blueberries (fresh)                     |  |
| 1 cup granola                                 |  |

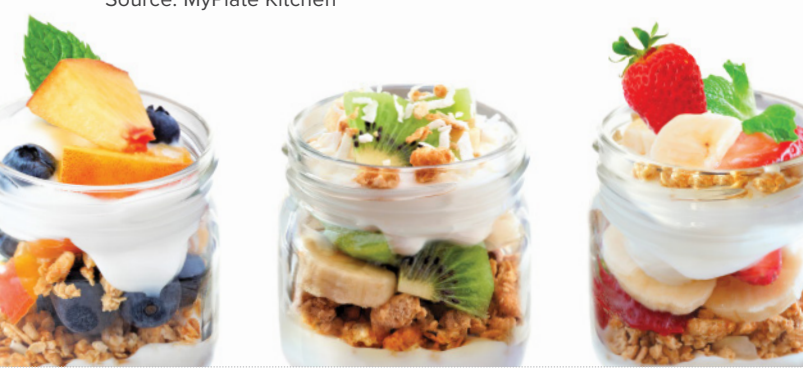
## DIRECTIONS

1. Gather 4 glasses.
2. Spoon ¼ cup of yogurt into each glass.
3. Add ¼ cup of fruit.
4. Sprinkle 2 Tbsp. granola on the yogurt.
5. Repeat steps 2–4 for each glass.

## NUTRITION INFORMATION

Calories: 304	Carbohydrates: 46g
Total fat: 9g	Dietary fiber: 5g
Sodium: 89mg	Protein: 11g

Source: MyPlate Kitchen



# ELECTROLYTES BY THE BITE

A healthy diet is your best source of electrolytes, which your body needs for many important functions.

**ELECTROLYTES KEEP YOUR** body humming along. These minerals emit an electric charge when dissolved in blood or other body fluids, and that charge helps your muscles and nerves work properly. Electrolytes also play a role in controlling blood pressure, delivering nutrients to your cells, and balancing your body's water and acid levels.

You lose electrolytes when your body loses fluid through heavy sweating or other means. Sports drinks can help replace electrolytes after an intense workout, but to maintain healthy levels day in and day out, you can get these crucial minerals from the foods you eat.

## MINERALS ON THE MENU

Key electrolytes include recognizable minerals such as calcium, magnesium, potassium and sodium. All are readily available in a variety of foods.

- **Calcium** is the foundation of strong bones and teeth. Good sources include broccoli, kale, oranges, yogurt, salmon and cottage cheese.
- **Magnesium** supports your muscular and nervous systems. You can find it in brown rice, peanut butter, pumpkin seeds, chicken, almonds and bananas.
- **Potassium** helps regulate your heartbeat and transport nutrients into your cells. Spinach, grapes, potatoes, carrots and oranges are rich in potassium.
- **Sodium** helps control blood pressure and muscle function. Your diet likely already includes more sodium than you need, since so many foods—mainly processed foods—contain it. According to the American Heart Association, most adults only need 1,500 milligrams of sodium per day.



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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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# LUNG CANCER

## Screening Program

**STUDIES HAVE SHOWN EARLY DETECTION IS THE KEY TO BEATING LUNG CANCER.**

Monroe County Hospital & Clinics offers a low-cost screening program for individuals who meet the following criteria:

- Medicare (Ages 50–77)
- Commercial Payors (Ages 55–80)
- Current smoker or have quit within the last 15 years
- Have 20 pack/year smoking history
- No current symptoms
- Have an order from your provider



Monroe County Hospital & Clinics' radiology team is ready to use our advanced CT scanner to provide low-dose CT lung cancer screenings.

**Lung cancer often doesn't cause symptoms until its later stages, so screenings are a critical part of diagnosing the disease early.**

**SPEAK WITH YOUR PROVIDER TODAY TO GET YOUR SCREENING SCHEDULED. FOR MORE INFORMATION, PLEASE VISIT [MCHALBIA.COM/HEALTHYLUNG](http://MCHALBIA.COM/HEALTHYLUNG) OR CALL 641-932-7172.**

# 4

## Reasons Primary Care Is Powerful

Your primary care provider (PCP) can help you stay well and navigate any medical challenges that come your way.

**A PCP UNDERSTANDS** your health like no one else. When you build a relationship of trust with a PCP, you don't just feel comfortable seeking help when you're sick. You also depend on them to help nurture your wellness so you can enjoy the activities that matter most to you. A PCP can be a physician, such as a family medicine physician, or a nurse practitioner. Both types of experts are available at Monroe County Hospital & Clinics and welcome new patients.

### Tips for Finding Your Partner in Health

With a bit of research, you can identify a primary care provider (PCP) who can help enhance your health. These tips can aid your search:

- **Know what you're looking for.** Think about what kind of PCP you need or prefer. For example, do you want someone who can see every member of your family? Are you looking for a provider with experience caring for specific patient groups, such as athletes or older adults?
- **Seek personal recommendations.** Ask trusted friends and family members who they see and what they like about them.
- **Find out who's covered by your insurance.** Check with your insurance provider to find nearby in-network PCPs to save money.
- **Look for information online.** Read our provider bios at [mchalbia.com](http://mchalbia.com). You can find information about their experience, certifications and specializations.
- **Get to know your top candidates.** Once you've narrowed your list to two or three contenders, set up a short visit with each, if possible, to learn more about them and their office staff.

"Primary care should be everyone's first choice for health care because it's an avenue for detecting diseases early," said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. "In addition, having a consistent, trusted source for a wide range of services, including preventive care and chronic condition management, helps patients get the right care at the right time."

Here's a look at four of the most valuable benefits of having a PCP.



Kendra Sinclair, Director of Rural Health Clinic Operations

#### 1. YOUR PCP KNOWS YOUR HEALTH (AND YOUR GOALS) INSIDE AND OUT

When you see your PCP, it's not a one-and-done appointment. Instead, the visit is part of a long-term relationship. As a result, your PCP will get to know not just how you're feeling on a particular day, but also how your parents' history of chronic disease or the infection you battled a few years ago could affect your health.

Your PCP will build a thorough understanding of your health history, lifestyle and goals. This complete picture allows them to take a long view of your health, helping you understand how to protect it—and how to thrive—for years to come.

#### 2. YOU HAVE A 'GATEWAY' TO A COMPLEX HEALTH SYSTEM

From acute illnesses like the flu to long-term medical problems like diabetes, your PCP can treat a wide range of conditions. No matter the health issue/concern for which you need help, your PCP's office is a good place to start. If you need specialized care, they can refer you to an expert.

"It is increasingly challenging for patients to navigate the healthcare system today," said Karen Bozwell, Advanced Registered Nurse Practitioner at Monroe County Hospital & Clinics. "Too often, patients miss out on opportunities to improve their health and wellness because they don't have the guidance or advocacy a PCP can provide. PCPs act as a gateway for patients to access the services they need, and we coordinate care between specialists."



### 3. YOU CAN STAY UP-TO-DATE WITH PREVENTIVE SERVICES

As you get older, your risk for serious diseases, such as heart disease, cancer and osteoporosis, increases. Fortunately, your PCP can recommend the screenings you need to find these conditions early, making treatment less burdensome and success more likely.

Your PCP can tell you when and how often to get key screenings, such as a colonoscopy, a screening mammogram or a bone density test. If the results reveal anything you need to address, you and your PCP can plan how to do so together.

### 4. YOU WILL GET THE INFORMATION YOU NEED TO BE YOUR HEALTHIEST SELF

Whether you're looking to lose weight, start exercising regularly, avoid a sports injury or improve your diet, your PCP can offer

tips for reaching your health goals. Most importantly, they can explain the steps you can take to reduce your risk for chronic diseases.

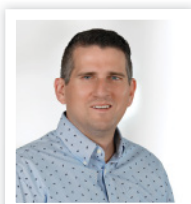
"I enjoy seeing patients succeed at what is important to them," said Tanner Crossley, DO, family medicine physician at Monroe County Hospital & Clinics. "I can help them by assisting in their recovery from injury, finding problems early through screening and minimizing the effects of chronic conditions so they don't lead to more serious issues."

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**LOOKING FOR AN EXPERT TO TURN TO FOR ALL THINGS HEALTH-RELATED? CALL 641-932-7172 TO SCHEDULE AN APPOINTMENT WITH A PCP AT MONROE COUNTY HOSPITAL MEDICAL CLINIC.**

## Caring for South Central Iowans

From children to older adults, the primary care team at Monroe County Hospital & Clinics cares for patients at every age and stage of life. Our primary care providers are accepting new patients.



Tanner Crossley, DO



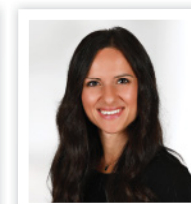
Joshua Harris, DO



Anish Keshwani, MD



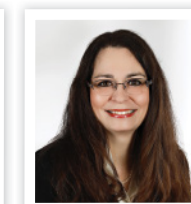
Kendra Martin, DO



Jasmina Sabic, DO



Jennifer Archer, ARNP



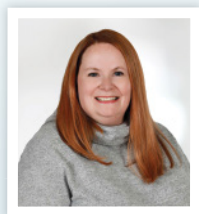
Karen Bozwell, ARNP

# HELPING YOU **STAY WELL**



**TAKING CHARGE OF** your health begins with understanding which tests and screenings you need—and where and when to get them. Monroe County Hospital & Clinics makes it simple to access this preventive care that keeps you feeling your best. Learn more about the essential screenings below so you can stay on top of your health.

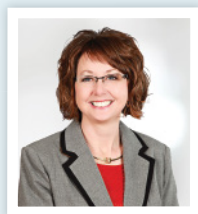
	WHERE	WHEN	WHY
<b>ANNUAL BLOOD WORK</b>	Your primary care provider's office	During your yearly physical exam	Blood tests can show potential signs of illness, such as elevated hormone levels, before symptoms appear.
<b>BLOOD PRESSURE CHECKS</b>	Your primary care provider's office	During your yearly physical exam (or more often, if you have high blood pressure)	Knowing your blood pressure can help you reach and maintain a healthy level, reducing your risk of heart disease.
<b>BONE DENSITY TEST</b>	The MCHC Radiology Department	Age 65 for women at average risk for osteoporosis, or ages 50 to 64 for women with osteoporosis risk factors, like a family history of the disease	This noninvasive X-ray scan can show whether you have or are at risk for osteoporosis, allowing treatment to start early.
<b>SCREENING COLONOSCOPY</b>	The MCHC Surgery Department	Age 45 (and then repeated every 10 years) for people at average risk of colorectal cancer, or earlier or more frequently for those at high risk	"A colonoscopy allows physicians to see and remove polyps, potentially precancerous growths," said Michele Manternach, BSN, RN, CNOR, Surgery Manager at Monroe County Hospital & Clinics. "Polyps typically don't cause symptoms, so it's important to find and remove them before they can turn into cancer."
<b>SCREENING MAMMOGRAM</b>	The MCHC Radiology Department	Annually beginning as early as age 40 for women at average risk of breast cancer, or earlier for women at high risk	A screening mammogram can find breast cancer years before symptoms start, potentially leading to less invasive treatment and better survival.
<b>WELLNESS LABS</b>	The MCHC Laboratory	As desired (available year-round)	"Our wellness lab tests, available without a provider's order, can empower you with knowledge about your health," said Erica Martinez, Laboratory Manager at Monroe County Hospital & Clinics. "You can request and pay for the labs, then have your blood drawn. Results are available the same day."



Michele Manternach, BSN, RN, CNOR, Surgery Manager



Erica Martinez, Laboratory Manager



Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS)

"Monroe County Hospital & Clinics staff are well-versed in the wellness services you need at every stage of life. These services can help provide peace of mind about your health."

—Jenny Klyn, MHA, RT(R)(M)(ARRT)(RDMS)

**LEARN MORE ABOUT HOW WE CAN HELP YOU MAINTAIN OR IMPROVE YOUR WELLNESS AT [MCHALBIA.COM](http://MCHALBIA.COM).**

# Why Stress (Test) Your Heart?

To find the cause of heart symptoms, your medical provider may need to make the muscle work harder.

**EXERCISING FORCES YOUR** heart to pump more blood to meet the body's demand for oxygen. This presents an opportunity to look for problems during a special exam called a stress test. This test boosts your heart rate under medical supervision.

You may need a stress test if you experience symptoms of a potential heart condition. These symptoms include:

- a rapid or irregular heartbeat
- chest pain
- dizziness
- lightheadedness
- shortness of breath

The information from a stress test can help the cardiologist determine whether plaque has narrowed your arteries and is hindering blood flow, a potential sign of coronary artery disease.

## WORTHWHILE WORKOUT

During the most common type of stress test, you exercise—often by walking on a treadmill. You will be hooked up to machines that record your heart rate, blood pressure and blood flow through your heart, among other vital signs.

Don't let the thought of a stress test stress you out. A medical provider will keep a close eye on you the whole time, and you can stop whenever you need to. Best of all, the test can help you understand how to protect your heart—the first step toward a healthier future.

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**NEED HELP MANAGING YOUR HEART HEALTH? LEARN ABOUT CARDIOLOGY SERVICES AT MONROE COUNTY HOSPITAL & CLINICS' SUSAN ALLISON OUTPATIENT CLINIC BY VISITING [MCHALBIA.COM](http://MCHALBIA.COM).**



## Care That **KEEPS GOING**

Chronic conditions don't stop. Neither does our commitment to helping you manage them.

**ACCORDING TO THE** Centers for Disease Control and Prevention, 75% of U.S. adults have at least one chronic condition. These diseases, such as diabetes, heart disease, high blood pressure and obesity, last at least one year. Many are lifelong.

“Chronic conditions require ongoing monitoring to prevent complications, like heart attack, stroke, kidney failure or, in the case of diabetes, blindness and amputation,” said Kendra Sinclair, Director of Rural Health Clinic Operations at Monroe County Hospital & Clinics. “Patients need expert, consistent and coordinated medical care to maintain their health.”

That is precisely what you'll find at MCHC.

## MANAGING TO FEEL BETTER

Long duration isn't the only thing chronic conditions have in common. Fortunately, most are manageable. At MCHC, primary care providers at the Monroe County Hospital Medical Clinic partner closely with specialists at the Susan Allison Outpatient Clinic to help patients control chronic conditions.

Our providers will create a personalized plan to help you manage your symptoms and prevent complications. They can help you get back to an active lifestyle and reduce the disease's impact on your ability to work or care for your family. When you manage a chronic disease, it becomes something you live with, not something that controls your life.

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**VISIT [MCHALBIA.COM](http://MCHALBIA.COM) TO FIND A MEDICAL PROVIDER WHO CAN HELP YOU MANAGE CHRONIC CONDITIONS FOR THE LONG TERM.**



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.

# Put Sleep Symptoms TO THE TEST

If you snore at night and feel tired during the day, a sleep study can help you take the first step toward better rest.



Rae Griffin, BHS RRT,  
Respiratory Therapy  
Department Coordinator

Snoring, pauses in breathing during sleep and daytime drowsiness can be signs of obstructive sleep apnea (OSA). This common sleep disorder can increase your risk of a heart attack or stroke. A sleep study, which tracks body functions during sleep, can help primary care providers diagnose OSA.

Monroe County Hospital & Clinics offer two types of sleep studies:

- **Home sleep study.** You will receive a device to wear at home while you sleep. The device measures your breathing, oxygen level and other functions. You will return it to MCHC, and sleep professionals will analyze the data.
- **Lab sleep study.** You will spend the night at the hospital, which allows a technician to collect more data than a home sleep study. They will monitor your brain waves, heart rate, breathing, oxygen level and more.

## REST AND RESTORE

MCHC hosts sleep studies in a space designed to maximize comfort.

“We have queen-sized beds with typical bedding to provide a similar experience to sleeping at home,” said Rae Griffin, BHS RRT, Respiratory Therapy Department Coordinator at Monroe County Hospital & Clinics. “Each room has a personal bathroom, TV, fan and air conditioner, enabling us to tailor the experience to patients’ preferences.”

A board-certified internal medicine and sleep disorders medicine provider will interpret the study results before sending them to your referring provider to share with you. If you’re diagnosed with OSA, you and your provider will work together on a treatment plan to minimize the condition’s effects on your health.



**TIRED OF POOR SLEEP? CALL 641-932-7172 AND MAKE AN APPOINTMENT WITH YOUR PRIMARY CARE PROVIDER (PCP) TO DISCUSS A SLEEP STUDY. IF YOU DON'T HAVE A PCP, SCAN THIS QR CODE TO FIND ONE.**

