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Chelsie Wheeler exemplifies the *BEST* work ethic.

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Messed-up meniscus? Our orthopedic team will repair the tear.



BEST HEALTH

FALL 2017

63 NATIONAL & REGIONAL AWARDS



This year, Neosho Memorial Regional Medical Center unveiled a new, state-of-the-art Surgery Center completed during the second phase of its \$12.5 million construction and renovation project.

The new facility supports the increased number of area residents choosing to have their surgeries at Neosho Memorial. Combining quality, cost and service, the center offers patients the latest advances in safety, efficiency and quality outcomes.

PHASE 2 EXPANDS SURGERY CAPABILITIES

Phase 2 features new surgery suites, including dedicated rooms for C-sections, orthopedics, robotics, urology, endoscopy and minor procedures. The area also expands the recovery unit from three patient care areas to five.

Known nationally for its innovation, patient care and physician engagement, Neosho Memorial supports surgeons specializing in:

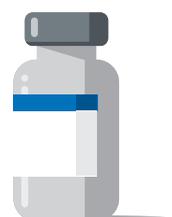
- General surgery.
- Orthopedics.
- Podiatry.
- OB-GYN.
- Ophthalmology.
- Urology.
- Ear, Nose and Throat.

The staff of Neosho Memorial is proud to offer the families of southeast Kansas the *BEST* in health care. When your loved one needs surgery, consider the benefits of using the region's newest Surgery Center.

Phase 3 of the construction project continues and is slated for completion in late fall.

How sweet it is!

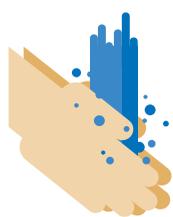
New Surgery Suites enhance the patient and family experience



FAMILY NECESSITY

What's your best shot at keeping your family healthy? Make sure everyone 6 months and older gets a yearly flu vaccine.

Centers for Disease Control and Prevention



GERMS BEGONE!

Wash your hands for at least 20 seconds or as long as it takes to hum "Happy Birthday" twice.

Centers for Disease Control and Prevention

Veterans Choice Improvement Act
Veterans have options

Veterans are eligible to seek care locally if they answer *yes* to one of the following:

- Live over 40 miles away from a Department of Veterans Affairs (VA) facility.
 - Couldn't schedule an appointment at a VA facility within 30 days.
 - Have an excessive burden traveling to the closest VA facility based on geography, environmental factors or medical condition.
- Learn more at va.gov.



Have diabetes? Protect that smile

Diabetes increases your risk of getting gum disease, which threatens the health of your teeth.

Gum disease can also make blood sugar levels hard to control and make diabetes worse.

HOW CAN I PREVENT GUM DISEASE?

- Keep your blood sugar under control.
- Brush and floss teeth daily.
- See your dentist every six months for a checkup and teeth cleaning.



WHAT ARE THE WARNING SIGNS OF GUM DISEASE?

- Gums that bleed when you brush or floss.
- Gums are red, swollen or tender.
- Gums are pulling away from teeth (you might see part of a tooth's root, or teeth may look longer).
- Pus appears between teeth and gums.
- Breath smells bad.
- Permanent teeth are loose or moving apart.

Source: American Diabetes Association

Work that speaks volumes

Chelsie Wheeler exemplifies the *BEST*

Neosho Memorial staff honored Chelsie Wheeler, Nursing Services Administrative Assistant, with the *BEST* High Performing Staff Award.

“Our standards of performance were written about Chelsie,” enthuses Jennifer Newton, NMRMC Chief Nursing Officer. “The entire book describes her. She treats people respectfully and puts the patient at the core of her efforts.”

“Chelsie is amazing. She emulates the *BEST* and is what we expect of the very best employees. One of the key things is she always puts the patient first, and that is exactly what you want—that patient focus,” says Newton.

‘I TAKE PRIDE IN DOING A GOOD JOB’

“When I first started working here, I began as a CNA (certified nursing assistant) because I was interested in helping people,” Wheeler says. “It is very fulfilling being in health care. You get to touch a lot of lives.”

Wheeler, who is quiet by nature and avoids being the center of attention, is known for being kind, efficient and quiet. She can keep projects and co-workers focused and positive.

“What motivates me? A couple of things,” Wheeler says. “I take pride in doing a good job. I also want to set a good example for my children through my work ethic. My parents and grandparents both set the bar high for work ethic, and it is important to me that they see that in me.”

Wheeler and her husband, Jeremy, have three children: Cohwen, age 11; Joryn, age 9; and Kipten, age 5.

‘I HAVE GROWN SO MUCH’

“I think a lot of my views on things were shaped after I came to work here,” she says. “They have been magnified, and I have learned a lot through personal experience. When I started, we were still in the old West Wing. We have grown so much since then.”

Today, Wheeler scribes for multiple patient care teams and is responsible for the management of hundreds of policies that help caregivers provide award-winning care.

The *BEST* High Performing Staff Award winner has a job that requires a unique set of skills. You might call it the “it” factor—an almost indescribable set of qualities that help support and improve others.

Newton explains it this way: “It is the ability to give feedback and help others follow through. What would you call it, Chelsie?”

“My job,” she replies.



Do's and don'ts for a healthy pregnancy

Oh, baby, there's a baby on the way! Finding out you're pregnant can be an overwhelming time. Focus on a few, simple steps that can start this pregnancy off right and help keep it on a healthy track for the months to come.

DO:

Get regular prenatal care. It will help ensure the healthiest possible outcome for you and your baby.

Drink plenty of water. Staying hydrated can help you avoid problems such as constipation, hemorrhoids, urinary tract infections and premature labor.

Talk to your doctor about how you can safely stay active. Exercise can help ease or prevent common pregnancy problems such as constipation, varicose veins and backaches. It may also help you sleep better, lessen the risk of depression and speed recovery after you give birth.

Take a folic acid supplement every day, throughout your pregnancy. Just 400 micrograms per day, leading up to and during the first few months of pregnancy, can help prevent up to 70 percent of some birth defects.

Sources: National Institutes of Health; Office on Women's Health

DON'T:

Drink alcohol. There is no known safe amount of alcohol to consume during pregnancy. Talk to your doctor for help with quitting drinking, smoking or any other habit that may harm your baby.

Take any medicines without your doctor's OK. That includes herbal or plant-based supplements and over-the-counter drugs.

Eat unpasteurized soft cheeses. These include unpasteurized feta, Brie, queso blanco, queso fresco and blue cheeses.

Sit for long periods of time while traveling. Take frequent breaks to stretch your legs.



Men: Take control of your health

It's dangerous to generalize about half the population, but when it comes to men and routine health care, it's safe to say: Men could do better.

For instance, compared to women, men are more likely to put off seeing a doctor. Men also drink more, smoke more, and generally make more unhealthy or risky choices in their lives.

Better health care starts with regular visits to a primary care doctor. If you don't have one, now is the time to get one.

During a routine checkup, a doctor can:



Keep track of your vaccines. He or she will make sure you get the shots you need when you need them. Vaccines may include an annual flu shot, a tetanus booster, and shots to prevent pneumonia and shingles.



Plan or perform screening tests. These tests can spot diseases early—often before symptoms crop up—when they are easier to treat.

Routine checks may include blood pressure measurements, cholesterol screenings to help find heart disease and a blood test designed to detect diabetes.

Other tests can indicate depression or various types of cancer.



Support your healthy habits. Your doctor can help you create a diet and exercise plan and help you find answers to your health questions. And if you use tobacco, your doctor can help you quit.

Sources: National Institutes of Health; U.S. Department of Health and Human Services

How many pregnancy pounds are healthy?
Find out at nrmrme.com/weightquiz.

The good visit

Tips for spending time with an Alzheimer's patient

When you're visiting someone with Alzheimer's disease for the first time, you may not know what to expect. Will the person recognize you? What will we do during the visit? What kind of conversation can we have?

You want the visit to be a positive experience for both of you. Here are some steps you can take to make that outcome more likely.

Inquire ahead. Find out from the caregiver or nursing home when the person is usually at his or her best, and visit at that time of day.

Have a plan. Come up with ideas for conversation before the visit. Some possibilities: Bring photo albums or a shoebox of memorabilia. Or play some music the person used to enjoy.

Go alone or in a small group.

Too many people may overwhelm someone with Alzheimer's.

Limit distractions. Find a quiet place for your visit, away from excess noise.

Introduce yourself. Use a familiar nickname, if you have one. Call the person by name too.

Be calm and quiet. Avoid raising your voice, but don't talk to the person like he or she is a child.

Be flexible. If the person doesn't want to do something you planned, skip it and do something else.

Avoid disagreement. Don't argue if the person is confused. Don't correct him or her either.

Show affection. Hold the person's hand. Even better, give him or her a hug. Or lightly scratch the person's back.

Be playful. Laugh with the person. Sing songs. Move to music. Try to tap into the person still inside.

Sources: Alzheimer's Association; National Institute on Aging

Treat yourself to the benefits of **exercise**

One of the best gifts you'll ever receive isn't a budget buster. And you don't have to wait for anyone to give it to you—you give it to yourself. That gift is being active. And while you certainly know that exercise is good for you, do you know how good it really is? Consider this: People who are active for about seven hours a week have a 40 percent lower risk of dying prematurely than those who fit in less than 30 minutes during a week, research shows. Exercise may help you live longer because it can fend off a long list of health problems, from heart disease and high blood pressure to type 2 diabetes and even some types of cancer. Keep reading, and you'll discover more reasons why you should routinely treat your body to exercise.

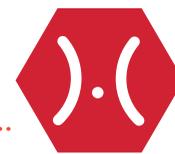
The NMRMC Rehabilitation & Fitness Center:
Your next steps to better health. Call
620-432-5379 to learn more.

STRONGER MUSCLES AND BONES

Strength training isn't just for body builders. Lifting weights or working out with elastic exercise bands builds and tones muscle, which helps you stay strong and independent.

But that's only one benefit of strength training. It can also speed up a sluggish metabolism and keep pounds from creeping on in midlife and later.

Moreover, strength training—along with weight-bearing exercises such as dancing, jogging or brisk walking—increases bone density, which can help you avoid a broken hip or other fracture brought on by osteoporosis.



PERMANENT WEIGHT LOSS

It's entirely possible to slim down simply by eating less. But lost pounds have a way of reappearing and settling all too comfortably on your tummy, hips and thighs. Only about 5 percent of dieters manage to keep off the weight they lose.

Exercise is the best way to stop the cycle of losing and gaining weight. Data from the National Weight Control Registry, which tracks people who have lost at least 30 pounds and have kept them off for at least a year, reveals that 90 percent of these successful losers exercise frequently.



BETTER BALANCE

Exercise that makes your legs stronger and improves your balance, like tai chi, helps reduce your risk of falling. Falls are the most common cause of traumatic brain injuries in the U.S. Older adults are particularly vulnerable—1 in 3 people 65 and older falls each year.

Exercise by the numbers

10 Number of years that regular exercise may delay brain aging. Older people who get regular moderate exercise have better memory and thinking skills than those who are inactive.

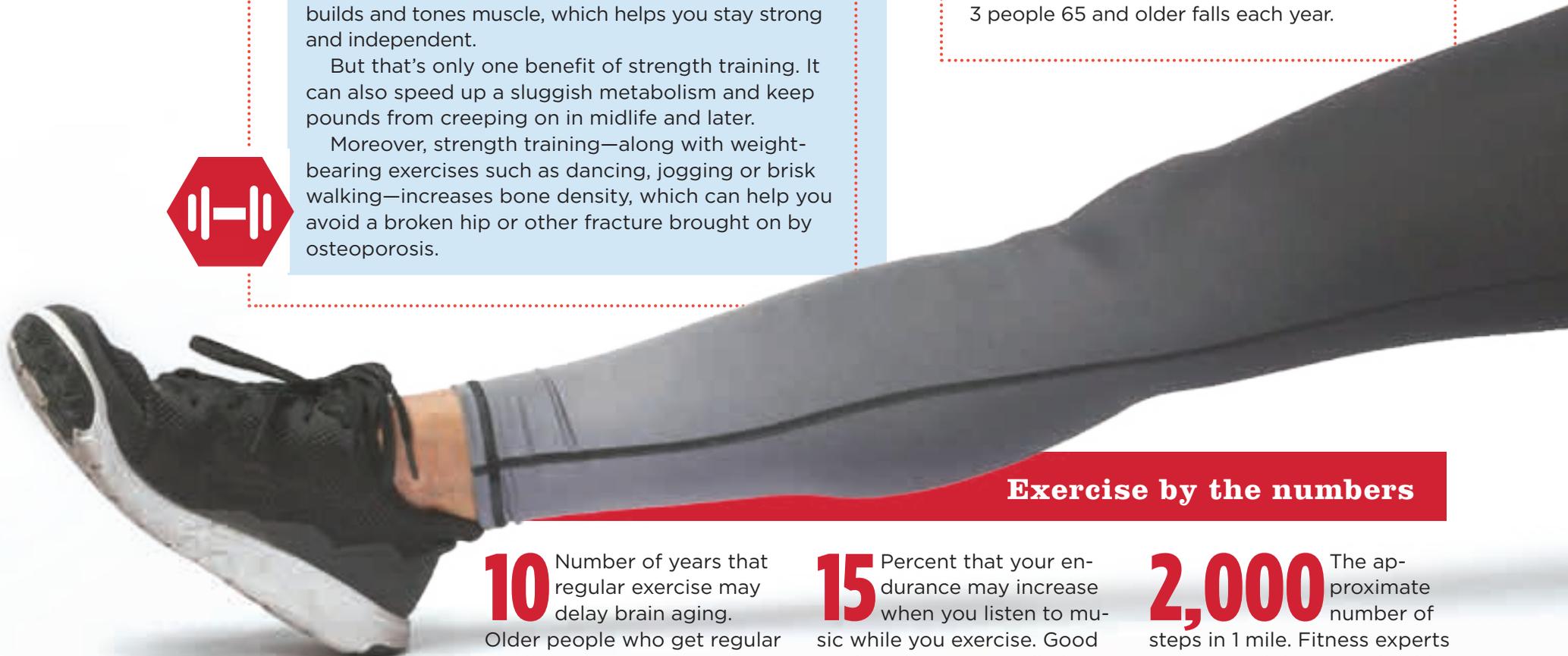
American Academy of Neurology

15 Percent that your endurance may increase when you listen to music while you exercise. Good workout music typically has a strong and obvious beat.

American Council on Exercise

2,000 The approximate number of steps in 1 mile. Fitness experts recommend that most healthy adults aim for 10,000 steps a day, or about 5 miles.

American College of Sports Medicine





A HAPPIER MOOD

Is your to-do list out of control? Did your spouse snap at you, or did your teen talk back? Feeling stressed is your cue to be active.

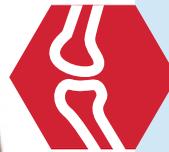
Exercise releases mood-elevating chemicals that ease tension.

Plus, workouts can seem like play—especially once you realize that exercise can be more than just sweating on a treadmill. Consider hiking a nearby trail, climbing a rock wall or playing tag with your kids. In other words, have fun exercising.



BETTER ARTHRITIS CONTROL

While it may seem counterintuitive, moderate-intensity, low-impact aerobic exercise can actually help lessen the pain of achy joints and make managing arthritis easier.



TIME WELL SPENT

Any exercise is better than none. But it's best if you do a combination of aerobic exercise, activities that get you breathing harder and your heart beating faster, and muscle-strengthening exercise. Here's how much you need of each:

Aerobic exercise: Aim for at least 2 hours and 30 minutes of moderate exercise (such as fast walking) every week. If you prefer vigorous exercise (such as jogging), do at least 1 hour and 15 minutes each week.

Muscle-strengthening exercise: Lift weights or do other muscle-building exercises at least two days a week. Work out all of your major muscle groups, including those in your arms, chest, back, stomach, hips and legs.

Sources: American Council on Exercise; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services



Check out more good reasons to work out at nrmc.com/exercise.



Feeling fine? It's still time to see a doctor

If you typically schedule doctor visits only when you're not feeling well, you may be missing out on important services that can help you stay healthy.

That's because, in addition to treating medical problems, a doctor can also help you prevent illness and do screening tests that may find diseases early, when treatment is most likely to be successful.

If you don't currently have a doctor, it's easy to find one. And if you have one but see him or her only every once in a while, it's to your advantage to schedule regular checkups.

Then, at your next appointment, be sure to ask the following questions:

- Based on my age, lifestyle, and personal and family medical history, what screening tests do I need?
- Am I at a healthy weight? And if not, what should I do about it?
- How much physical activity should I get? How can I get started?

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention

Need a provider? Call:

- Erie Family Care Clinic...620-244-5105
- Orthopedic Clinic...620-432-5775
- Family Medicine—Chanute...620-432-5588
- Women's Health Center...620-432-5580

Make your medicines work for you

Your medicines help you manage your health problems. But how well do you manage your meds? Using medications correctly is a key step to making sure they work well for you.



1 Take exactly as directed. Otherwise, your meds may not help—and could even harm you.



2 Don't forget. Have trouble remembering when to take your meds? Take them when you brush your teeth (so it's part of your daily routine), put a sticky note on your mirror or set a timer to remind you.



3 Keep track. Write down the names of your meds, what they're for, their colors, how to take them (with food?) and when to refill them.



4 Speak up. Call your doctor or pharmacist with any questions or concerns. For instance, are your meds causing bothersome side effects, or are you having trouble following your medication schedule?



5 Don't run out. Plan ahead to get your prescriptions refilled on time.

Sources: American Heart Association; National Institutes of Health



You're never too old to be immunized

Want to feel like a kid again? Ask your doctor if you're due for any shots.

You may have thought that your vaccination schedule ended when you became an adult. But you never outgrow the need to immunize yourself against disease.

Take the flu, for example. It comes around every year. And every year the Centers for Disease Control and Prevention recommends that most people arm themselves against it with a shot.

Immunizations you received years ago, such as

tetanus, may need a protective booster. There are even some shots typically reserved just for older people, like the shingles vaccine.

Other reasons you may need to update your vaccinations include future travel, a new job or a change in your health. And don't forget that protecting yourself against illness helps protect friends and family around you too.



You can find a list of adult vaccinations at morehealth.org/adults.

A messed-up meniscus

Why your knee may hurt

While getting out of a chair one day, your knee twists and you feel an alarming “pop.” Or maybe you feel your knee give in during a weekend game of basketball with the kids.

In either scenario, the result may be a tear in the cartilage, called the meniscus, that cushions and stabilizes the knee. A meniscus tear can make moving your knee painful. Your knee may also become stiff and swollen, and it may lock up.

Meniscus tears are a common sports injury. But many tears also occur in non-athletes. The reason? The meniscus weakens with age. Arthritis also plays a role in many tears.

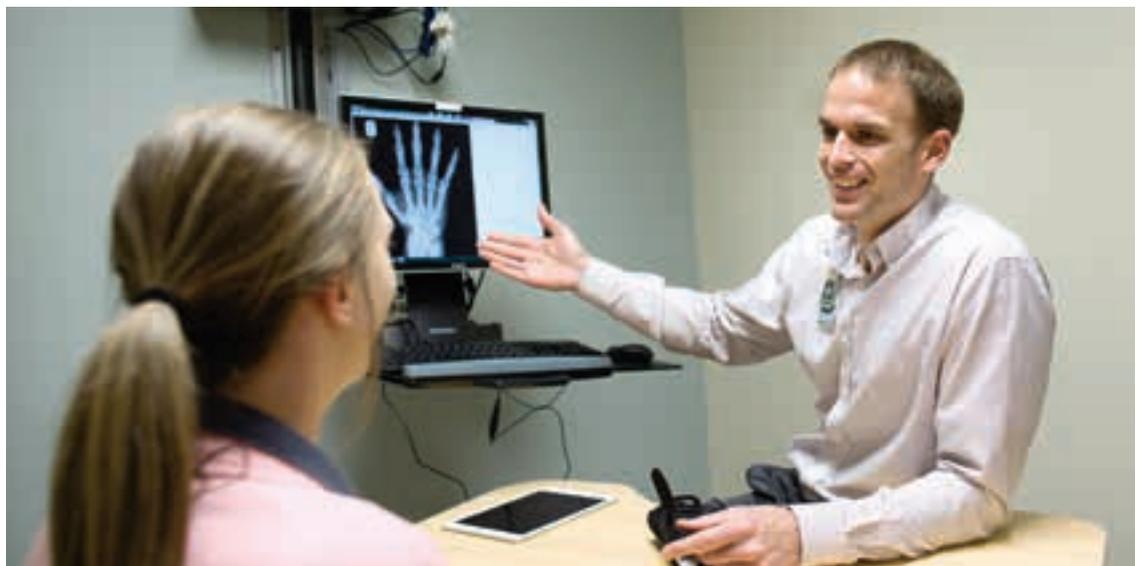
REPAIR THE TEAR

Although some minor meniscus tears may heal on their own, others may need treatment, such as physical therapy or arthroscopic surgery.

During knee arthroscopy, a surgeon operates through tiny incisions and uses a mini camera and instruments to make the repair. He or she will either trim away damaged cartilage (a partial meniscectomy) or fix the tear with stitches.

Afterward, your doctor may recommend that you do special exercises at home or at a rehab center to help restore knee strength and range of motion.

Source: American Academy of Orthopaedic Surgeons



Check out that family tree

Your family health history may provide clues about your own health

Everyone says you look a lot like your grandma Mary. But do you share more than looks?

Your family's health history can reveal a lot about your potential risks for some diseases, including heart disease, diabetes and cancer.

Having a family member who had or has a disease doesn't mean you'll develop it too. But it does mean you may have a higher risk, reports the Centers for Disease Control and Prevention.

And while you can't change your genes, you can alter your behavior.

For example, quitting smoking, exercising regularly and eating healthfully all help reduce your risk for a host of serious conditions.

Beyond adopting good health habits, you can also be sure that you receive screenings that are appropriate for you. Early detection can be key to treating things like breast cancer, high blood pressure, high cholesterol and colorectal cancer.

LEARN YOUR HISTORY

Gather information about your family's health history by asking questions of close relatives.

Did anyone in the family develop a serious illness? At what age? Write down what you learn. Share this information with your doctor.

You can create a record called a family health portrait with a tool from the Office of the Surgeon General.

Go to familyhistory.hhs.gov.



Your proxy: Whom should you choose?

Of all the people you'll count on in your life, few are more important than your health care proxy. This is the person you legally select to make potentially life-and-death medical decisions for you if you're too sick to make them for yourself.

So how can you choose the right person? Look for someone who:

- Knows you well, and whom you trust. This could be a close relative or friend.
- Is calm in a crisis.
- Is not afraid to ask doctors questions and be your advocate.
- Can reassure and communicate with your loved ones.

It's a good idea to select a backup proxy too—an alternate person if your main proxy can't step in when needed.

Source: National Hospice and Palliative Care Organization

Long life



Advance directives

Your questions answered

Some things are too important to leave to chance, including health care when you're too ill or injured to make your wishes known.

That's why—before a medical crisis—it's crucial to put those wishes in writing in legal documents called advance directives. These documents speak for you when you can't speak for yourself.

Here are questions many people have about them.

Q I'm young and healthy. Do I really need to bother with an advance directive?

Yes. A medical crisis can happen at any time. And by planning ahead, you can get the care you want if you're incapacitated.

For instance, if you're permanently unconscious and your heart stops beating, would you want CPR? An advance directive can make your preference clear. You'll spare your loved ones the stress of making decisions without your guidance.

Q Are there different types of advance directives?

Yes. Two key ones are a health care power of attorney and a living will. A health care power of attorney lets you name someone, known as your proxy, to make medical decisions for you when you can't.

In contrast, a living will spells out only what medical treatments you want—or don't want—when you are terminally ill and can't make your own decisions. Those treatments might include CPR, a feeding tube, or extended care on a breathing machine.

Q Do I need both types of documents?

It's generally a good idea. Each document contains different information.

Q How can I write an advance directive?

You can ask your doctor for a form, or you can write your wishes down yourself. You can also have a lawyer prepare them, look for legal documents online, or call NMRMC at 620-432-5311 for Kansas forms and information.

Q Who should I give copies to?

Anyone involved in your health care needs a copy, including your doctor, proxy and family members. Also, bring a copy with you if you're being admitted to a hospital.

Q Where should I keep them?

Keep the original documents in an easily accessible place (rather than a safe deposit box), and again, make sure everybody involved in your health care has a copy.

Sources: American Academy of Family Physicians; National Hospice and Palliative Care Organization; National Institutes of Health

Interpretation Services

Neosho Memorial Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

This facility provides interpretation services free of charge for Limited English proficient patients.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-620-431-4000 (TTY: 1-620-431-6586).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-620-431-4000 (TTY: 1-620-431-6586).

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-620-431-4000 (TTY: 1-620-431-6586).

Chinese: 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 1-620-431-4000 (TTY: 1-620-431-6586)。

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-620-431-4000 (TTY: 1-620-431-6586).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-620-431-4000 (TTY: 1-620-431-6586) 번으로 전화해 주십시오.

Laotian: ຄວນລະວັງ: ຖ້າຫາກວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການການຊ່ວຍເຫຼືອພາສາ, ເສຍຄ່າໃຊ້ຈ່າຍ, ແມ່ນມີໃຫ້ເພື່ອທ່ານ. ໂທ 1-620-431-4000 (TTY: 1-620-431-6586).

Arabic: ملحوظة: إذا كنت تبحث عنك اللغة، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان. اتصل برقم 1-620-431-6586 (رقم هاتف الصم والبكم: 1-620-431-4000).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-620-431-4000 (TTY: 1-620-431-6586).

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-620-431-4000 (TTY: 1-620-431-6586).

Japanese: 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-620-431-4000 (TTY: 1-620-431-6586) まで、お電話にてご連絡ください。

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-620-431-4000 (TTY: 1-620-431-6586).

Hmong: LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-620-431-4000 (TTY: 1-620-431-6586).

Persian: ن، ابز كمك تامدخ، ىسراف امش رگا: هجوت، خساپ. دن تسه امش سرتسد رد، دننك ىم تب حص ناگىار 1-620-431-4000 (TTY: 1-620-431-6586).

Swahili: KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-620-431-4000 (TTY: 1-620-431-6586).

American Sign Language (ASL): Interpreters available.



BEST HEALTH is published as a community service for the friends and patrons of NEOSHO MEMORIAL REGIONAL MEDICAL CENTER, 629 S. Plummer, Chanute, KS 66720, telephone 620-431-4000, neoshomemorial.com.

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Models may be used in photos and illustrations.