

Best Health

Serving the families of southeast Kansas

FALL 2021



Double the joy
Twins delivered by
the best hands

**Restoring
active lives**
Orthopedic care
can get you
moving again

**Beyond
the blues**
Help for
depression is
here for you

Care you can trust

At Neosho Memorial, we sincerely appreciate the opportunity to serve you and your loved ones during the highs and lows that health can bring. To us, you are family. And we always aim to treat you with the respect, kindness and excellence we'd give our own loved ones.

In this issue of *Best Health*, I invite you to read about the experienced team at our Orthopedic Clinic. If bone or joint pain has been holding you back, their goal is to help you get moving again. We are so proud to be able to provide high-quality specialty services like these close to where you live.

In our last issue, we introduced you to three doctors. I am once again delighted to welcome new providers who have joined our talented medical staff. You can meet family medicine physicians Matt Strang, MD, and Sean Webb, MD, starting on page 4.

I also encourage you to read about Rebekah Peitz's heartwarming experience with a highly skilled OB-GYN at the NMRMC Women's Health Center and our amazing OB nurses. You can find her story on page 6.

Your family's health comes first with us. Thank you for trusting us with your care.



Sincerely,
Dennis E. Franks, CEO

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, nmrmc.com.

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We'll get you moving

Expert orthopedic care close to home

When your bones or joints are in pain, you don't need to travel far for treatment. At Neosho Memorial's Orthopedic Clinic, you can find expert help right here in Chanute.

"We are able to offer quality care, so you don't need to leave the area," says Alexander Mih, MD, an orthopedic surgeon who specializes in the upper extremity. "We have state-of-the-art imaging, like x-rays, CTs and MRIs, to diagnose problems. We have excellent therapies and an experienced orthopedic staff."

Personalized care

The orthopedic team at Neosho Memorial sees people of all ages. And they treat a wide range of conditions, from arthritis to broken bones to sports injuries. Dr. Mih and orthopedic surgeon Shane Fejfar, MD, also perform a variety of surgeries, including rotator cuff repairs and joint replacements.

A key member of the team is Brett Olson, PA-C, a physician assistant specializing in orthopedics. He diagnoses and treats patients, orders tests, and prescribes medications. And like Dr. Mih, Olson is a native of Chanute.

No matter which provider you see, they will take the time to understand your





Shane Fejfar, MD



Alexander Mih, MD



Brett Olson, PA-C



Let the healing begin.

To make an appointment, call **620-432-5775**. Visit nrmc.com/services/orthopedicclinic to learn more about how we can help.

concerns and answer your questions.

"We make sure patients have a good understanding of their condition, whether it's inflammation or a torn tendon or a compromised nerve," Dr. Mih says. "We like to be sure all their questions are answered so they are an active participant in their care."

A balanced approach

Neosho Memorial has a well-equipped operating room. But surgery isn't always the answer.

"We like to try conservative treatments first," Olson says. "Therapy, medications and activity modifications can make a big difference. Surgery isn't the only option."

But when surgery is needed, the objective is still the same.

"We like to restore people to health, restore their level of activity and help relieve their pain," Dr. Mih says. "Our goal is to allow them to carry out the things they want to do in life."

Break free from pain

Your primary care provider can refer you to the Orthopedic Clinic. Or you can always contact the clinic directly.

"Sometimes, people have lived with pain for so long that they don't realize how much it's affecting their lives," Olson says. "But anyone who is in pain or having trouble doing their usual activities should come see us."

The care you need at the NMRMC Orthopedic Clinic

- ◆ Broken bones.
- ◆ Hip and knee problems.
- ◆ Rotator cuff and shoulder replacement surgery.
- ◆ Hand and shoulder injuries, throwing injuries, and other sports-related conditions involving the upper extremity.
- ◆ Congenital and pediatric upper extremity conditions.
- ◆ Arthritis, carpal tunnel and tendon transfers.
- ◆ Joint replacement.
- ◆ Shoulder and wrist arthroscopy.
- ◆ And more.



Matthew Strang, MD,
family medicine

Q Tell us a little bit about you and your family.

I'm originally from Miami, FL. My wife is from a small town in Florida of about 300 people. We met in church, and we've been married for 16 years. We have three children: Lillian, 13; Nathanael, 11; and William, 8.

Q Why did you pick your specialty?

Starting in my first year of medical school, I did a family medicine elective in Beloit, Kansas. I fell in love with being able to do so many different things and to be able to help a wide variety of people. I delivered some babies, took a roofing nail out of a man's hand and treated heart attacks in the emergency room.

Q What care do you provide as a family medicine doctor?

I see patients at every stage of life, from newborns and children to older adults. I'm trained in all areas of medicine, including women's health and the prevention and management of chronic diseases. I check on my patients' mental and emotional health as well.

Q What can patients expect when they first meet with you?

I take a lot of time with my patients, especially during the first few visits. We will talk about their overall health and their goals of care. And then I like to find out what my patients want from me.

Q What are some of your hobbies?

I like to read history and dystopian novels. And I like to be outdoors. We just hiked a couple of hundred miles on the Appalachian Trail.

Q What drew you to Neosho Memorial?

I got a postcard from a recruiter that said a practice was looking for a doctor here, and I knew I wanted to practice in a rural environment. When I interviewed here, I fell in love with everyone. We have an awesome team.

Q What is your favorite healthy tip?

Know what you want out of life, and go for it. It can help with your spiritual health, and it helps you set goals. Everyone has different physical abilities. I encourage my patients to think about what they want, and then I try to help them meet their goals.





Sean Webb, MD, family medicine

Q Tell us a little bit about you and your family.

I grew up in Wamego, Kansas. I was always playing the sport of the season with my friends, dad and younger brother. The Fourth of July is a big deal in Wamego. The town's population goes from about 5,000 to 50,000 between the parade, the carnival and the fireworks.

Q Why did you pick your specialty?

I figured out I wanted to be a family medicine physician pretty early on. My own family physician and a couple of other physicians I respected in our community inspired me.

I saw how many different ways they could be active in the community, not only with their medical knowledge but also with their leadership and as role models for kids.

Q What can patients expect when they first meet with you?

I pride myself on being a good listener and communicator. I give my patients space to share their treatment goals. And then, as a physician, I focus on being evidence-based and up-to-date in my recommendations.

Q What are some of your hobbies?

I'm still a big sports guy. I enjoy watching Chiefs football, Royals baseball, and KU football and basketball. I also like riding my bike and playing golf.

Q What drew you to Chanute?

One of the things I love about small towns is the community and family atmosphere. NMRMC and the opportunity at the Ashley Clinic provided the balance of what I want to do.

Q What is your favorite healthy tip?

Find a way to move your body. But don't expect too much of yourself too early. Give yourself time to learn what your body can handle and what form of exercise you like best, whether that's biking, walking, running or taking a fitness class.



to the new physicians!

We're honored to introduce two new family medicine physicians, Matthew Strang, MD, and Sean Webb, MD. Recently, *Best Health* asked them a few questions to help you get to know them better.

Doubly blessed

Why one family chose Neosho Memorial for their baby boys

When Rebekah Peitz went in for her first prenatal care ultrasound at around 10 weeks, she received some astonishing news from her obstetrician, Cathy Mih-Taylor, MD.

"When they started the scan, she said, 'There's two.'

"I said, 'Two what?'"

Rebekah was carrying twins. "I was in complete shock," she recalls with a laugh. Twins didn't run in her or her husband's family. "It was definitely a surprise and a wonderful blessing."



Rebekah Peitz knew from previous experiences that the hospital's award-winning maternity team would treat them like family.

Trusted provider, trusted hospital

Rebekah was a little nervous at first. She'd heard that twins can be associated with a higher risk for complications, like premature birth.

But Neosho Memorial is home to excellent providers, like Dr. Mih-Taylor, of the NMRMC Women's Health Center. And that's one reason Rebekah never really thought about having her babies anywhere else. Dr. Mih-Taylor had treated Rebekah's fertility issues and delivered the couple's two older children: Savannah, 5, and Caroline, 2.

"We just completely trust her," Rebekah says.

She also knew from previous experiences that the hospital's award-winning maternity team would treat them like family.

"Every time we have had babies at Neosho, the nurses are almost as excited as we are," she says. "They want to love on your babies. And they are so caring."

The best-laid plans

Rebekah really wanted to deliver vaginally, if possible. But at one of her prenatal care appointments, she learned that her babies were in breech position (bottom- or feet-

first). For that reason, Dr. Mih-Taylor decided that a C-section would be the safest option.

But a week before Rebekah's scheduled delivery, the babies turned head-down. Now there was an opportunity to deliver vaginally. It meant that she could avoid the long recovery time that can occur with a C-section.

"That was huge for our family," she says.

Throughout her labor, her nurses provided constant

support. "They were always concerned about my pain level," Rebekah says.

They also checked in often on her husband, Mitchell. "I thought that was nice that they supported him too," she says.

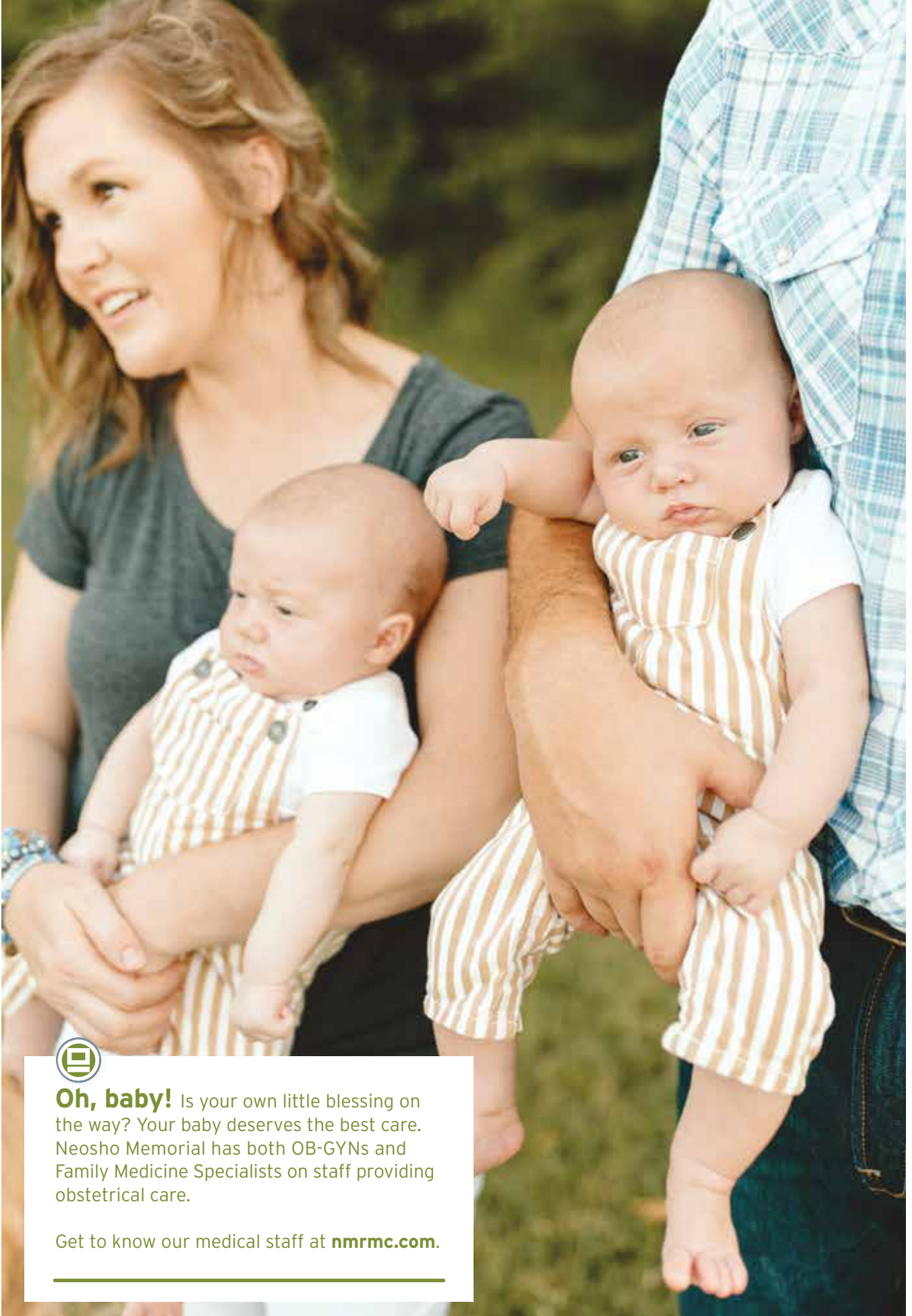
A frightening moment came when Hank was born, seven minutes after his brother, Finn. At first, he wasn't able to breathe on his own. But the nurses sprang into action. Soon she could hear him crying. "They handled it so quickly," Rebekah says. "That will stay with me forever."

Grateful for great care

Rebekah, Mitchell and their children have been showered with support from family, friends and the community.

And she's very grateful for the Neosho Memorial team that helped see her twin boys safely into the world.

"The idea of becoming a new mom is so intimidating—and so is delivery. It can be overwhelming," she says. "Going to Neosho Memorial, you are going to feel comfortable and they are going to walk you through the process. It's very evident that they are there and you are not alone."



Oh, baby! Is your own little blessing on the way? Your baby deserves the best care. Neosho Memorial has both OB-GYNs and Family Medicine Specialists on staff providing obstetrical care.

Get to know our medical staff at nrmrc.com.



In case you missed it...
We introduced Elizabeth Troilo, MD, NMRMC Family Medicine, in our last newsletter. You can read her story at nrmc.com.



Seniors: Get help for depression

Depression is a serious mood disorder. It can impact the way we feel, act and think. And it can hurt our physical health as well as our mental health.

But many older adults don't always seek the help they need for depression. They may not recognize that they're depressed or even know how to describe what they're feeling. This can lead some seniors to develop lingering depression. They may figure feeling down is just part of growing older.

"Being depressed is not a normal part of aging," says Jayme Collins, LCP, RMP. She is the program director of the Neosho Memorial Senior Behavioral Care Clinic. "Treatment is highly effective in the older population."

Help is here

The first step for any senior who might be depressed is a free, no-obligation assessment at the Senior Behavioral Care Clinic. This one-on-one session usually

takes about 45 minutes. It includes an interview and medical history. Collins then recommends a treatment plan.

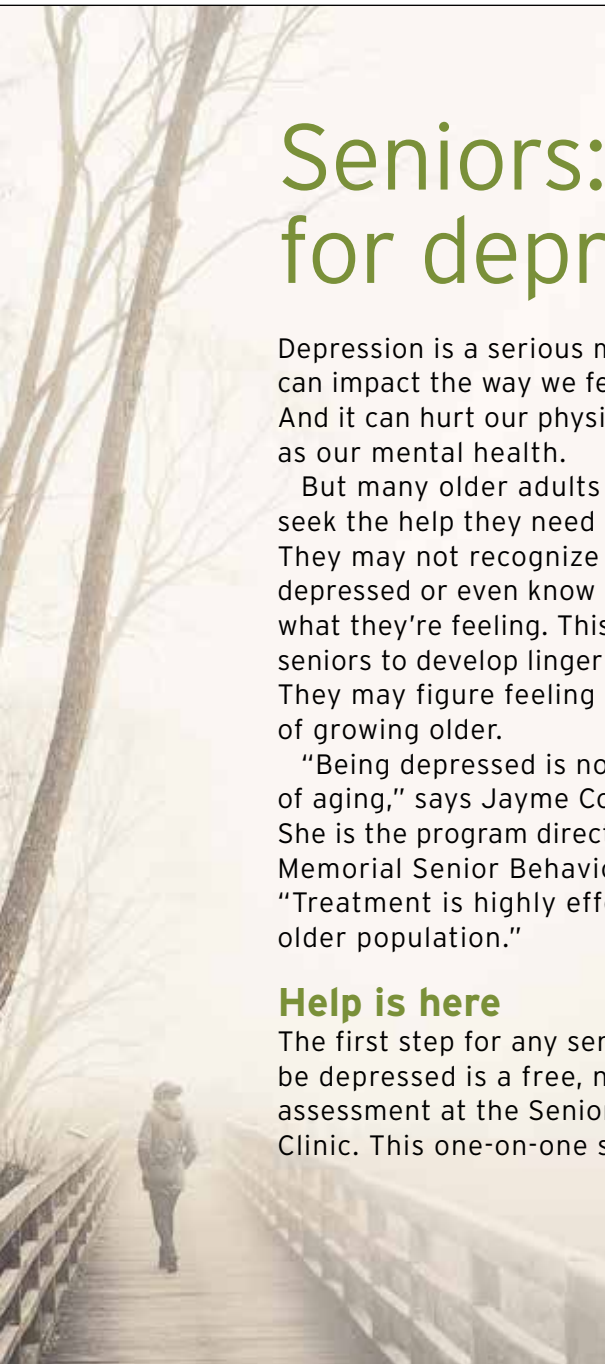
"The best practice for treating depression is a combination of antidepressants and therapy," she says. "People are often reluctant to seek therapy. And this is especially true with older adults. Often, they aren't well-informed about what it is or how it works."

Medications can be prescribed by your primary care provider or by the clinic's board-certified psychiatrist, who specializes in geriatric care.

Individual, couple and family therapy is available at the clinic. An intense group program is also offered. Medicare often covers the cost of therapy.

The most important thing to remember is that depression is treatable.

"Many older folks are living in emotional pain, and they don't have to," Collins says.



Reach out. Schedule your free mental health assessment. Call the Senior Behavioral Care Clinic at **620-433-3800**.