

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

Community Connection

Learn more about
HEAT RELATED ILLNESSES

WHAT'S HAPPENING?

**SEE THE LATEST AT GUTHRIE
COUNTY HOSPITAL & CLINICS**

MEDICAL MINUTES
ACL INJURIES

SUMMER 2021

WWW.GUTHRIECOUNTYHOSPITAL.ORG



An Affiliate of  UnityPoint Health

SERVING GUTHRIE COUNTY IN THE FOLLOWING LOCATIONS

GUTHRIE COUNTY HOSPITAL

710 N. 12th Street
Guthrie Center, Iowa



GCH CLINICS—ADAIR

401 Audubon Street | Adair, Iowa



GCH CLINICS—PANORA

603 E Main Street | Panora, Iowa



GCH CLINICS—STAURT

312 N. Fremont Street, Suite A | Stuart, Iowa



GCH SPECIALTY CLINIC

710 N. 12th Street | Guthrie Center, Iowa

HEAT RELATED ILLNESS

As we arrive at the warmer summer months of July and August, we are all reminded of how hot and humid it can become here in Iowa. We need to be reminded and aware of heat-related illnesses. Heat-related illnesses (AKA heat intolerance, heat stroke) are common and relatively easy to avoid. There are factors which predispose to heat intolerance, these include, among others, low level of physical fitness, lack of acclimatization, obesity, use of alcohol prior to activity, and certain medications such as stimulants. Heat exhaustion is defined as the inability to maintain adequate cardiac output due to strenuous physical exercise and environmental heat stress. Dehydration may or not be present with heat exhaustion. This may progress to heat injury, defined by a core body temperature greater than 104 F and organ injuries such as kidney damage. This again may progress to exertional heatstroke (EHS) which is a life-threatening illness. We need to be careful in the heat. Dress appropriately, limit activities, stay well hydrated, and most importantly, get out of the heat when symptoms arise. If symptoms become more severe, including confusion, vomiting, or other concerning symptoms, these people should be evaluated in the emergency department.



Dr. McCleary

DEPARTMENT SPOTLIGHT

FITNESS CENTER

Who is in your department and how many years of experience?

Alisha, Karen, Kellie, Lisa, Lonna, Michaela, and Pauline.

Collectively as a department, we have more than 48 years combined here at GCH.

What services does your department provide?

We provide different exercise classes at different times and have a fitness center with exercise equipment for members and employees to use. We will soon be offering personal training as well.

Why do you choose Guthrie County Hospital & Clinics?

I choose Guthrie County Hospital because the people are friendly and I love working with my co-workers. The members who come in are like family and I enjoy talking with to them.

Testimonial:

There is equipment for all your needs. I love the people and the worker bees. Therapists are have great expertise! The accessibility of the equipment is great and they have a convenient location.

Donna B.

REQUEST FOR TESTIMONIAL

Please take a few moments to describe your experience with us and our ability to provide excellent care to your needs. Thank you!

Name of Employee(s) who helped you at GCH: _____

Testimonial: _____

Mail your testimonial to:

Guthrie County Hospital

710 N. 12th Street

Guthrie Center, IA 50115

or email your testimonial to emily.mccolloch@gcho.org

I hereby authorize Guthrie County Hospital and Clinics to use the above statement in any manner they deem appropriate for marketing purposes.

Name

Contact Preference (Phone or Email)

Signature

Date

Men's Health Month

June is National Men's Health Month. This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and taking steps to prevent disease. The official symbol for the month is a blue ribbon. Men's Health Month is our chance to heighten the awareness of preventable health problems and encourage early detection and treatment of disease including cancer, heart disease, and depression.

Health warning signs not to ignore

Have you noticed any changes in your body? This would include any skin changes, any lumps or bumps, or pain in areas that weren't there before. It's important for men to talk with their doctor when noticing concerning symptoms that are not getting better or going away.

Here are some health warning signs men should take note of and to see their doctor for as soon as possible:

- **Changes in urinary habits**
- **Tingling, burning, or numbness in the arms or legs**
- **Shortness of breath**
- **Excessive Sweating**
- **Skin changes**
- **Blood in urine or stools**
- **Snoring excessively**
- **Unexplained weight loss**
- **Chest pain**
- **Chronic heartburn**
- **Feelings of hopelessness, fatigue, or irritability**

Follow these three tips to keep yourself healthy:

1. **Eat Healthy.** Start by taking small steps like portion control and eating a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.
2. **Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy, this will help to stay motivated.
3. **Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider.

Schedule your checkup today! Do it for yourself and for those who count on you.

If you have any questions or concerns, please call, or visit any of our GCH Clinics.



Dr. Strehle

COVID-19 UPDATE

GUTHRIE COUNTY HOSPITAL SERVICES UPDATE

Sneakers Café located within Guthrie County Hospital (GCH) is open to the public for breakfast and lunch.

Current rules for dining at Sneakers Café:

- Face masks are required in the building
 - (the only exceptions are 5-7 a.m. and after 5 p.m. at the fitness center)
- Leave your mask on until you are at your table with your food and/or drink.
- If you have forgotten your mask, we will provide you with one.
- You must sign in and answer the self-screening questions when coming into the building, either at the fitness center entrance or the Sneakers entrance.
- If you are getting self-serve items, such as the salad bar, use hand sanitizer before touching the utensils.

Sneakers Café is still providing curbside delivery for lunch by calling (641) 332-3818.

If you have any questions, please call (641) 332-3818.

We appreciate your patience and understanding during this unprecedented time.

RESOURCES

- **YOUR LIFE IOWA**—Everyone needs help sometimes. Iowa Department of Public Health has created YourLifelowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. We are your everyday life support. Visit [YourLifelowa.org](https://www.yourlifelowa.org), call 855-581-8111 or text 855-895-8398.
- For up-to-date local information on COVID-19, visit adairguthriecountycovid.org.
- Discover the latest resources, maps, and information about the coronavirus (COVID-19) outbreak in your community. For more information visit, coronavirus.iowa.gov.
- **Questions about COVID-19?** Call Guthrie County Hotline at (833) 833-4600 or call Adair County Public Health at (641) 743-6173

ACL INJURIES

The anterior cruciate ligament (ACL) is one of the four main ligaments in the knee and also one of the most commonly injured knee ligaments. It's primary function is to prevent forward slippage of the tibia from the femur, but it also provides rotational stability to the knee joint. It is estimated that there are 100,000 - 200,000 ACL injuries per year. The vast majority of these are due to non-contact knee injuries. The mechanism of injury is usually deceleration of the knee joint coupled with cutting, pivoting, or side-stepping maneuvers. Certainly, involvement in sports is a risk factor, but ACL injuries can also occur outside of sports or even in those individuals who are not particularly athletically-inclined. Females also have a higher risk for injury compared to males. It has been proposed that this is due to several factors: physical conditioning, muscular strength, and neuromuscular control. Other hypothesized causes of this gender-related difference in ACL injury rates include pelvis and lower extremity (leg) alignment, increased ligamentous laxity, and the effects of estrogen on ligament properties.

Immediately after the injury, patients usually experience pain and swelling, and the knee feels unstable. Within a few hours after a new ACL injury, patients often have a large amount of knee swelling, a loss of full range of motion, pain or tenderness along the joint line and discomfort while walking. Evaluation usually begins with an examination by an athletic trainer, physical therapist, or physician. X-rays are necessary to rule out fractures and examination will assess ligament integrity. Most ACL injuries are suspected based on the facts surrounding the injury and clinical examination, but an MRI will confirm if there is indeed a tear of the ligament or other associated injuries.

What happens naturally with an ACL injury without surgical intervention varies from patient to patient and depends on the patient's activity level, degree of injury and instability symptoms. Partial ACL tears will not heal spontaneously but the patient may be able to function without pain or instability with proper rehabilitation. Complete ACL ruptures have a much less favorable outcome without surgical intervention. After a complete ACL tear, some patients are unable to participate in cutting or pivoting-type sports, while others have instability during even normal activities, such as walking. There are some rare individuals who can participate in

ACL INJURIES

sports without any symptoms of instability. This variability is related to the severity of the original knee injury, as well as the physical demands of the patient.

ACL tears are not usually repaired using suture to sew it back together, because repaired ACLs have generally been shown to fail over time. Therefore, the torn ACL is generally replaced by a substitute graft made of tendon.

Active adult patients involved in sports or jobs that require pivoting, turning, or hard cutting as well as heavy manual work are encouraged to consider surgical treatment. This includes older patients who have previously been excluded from consideration for ACL surgery. Activity, not age, should determine if surgical intervention should be considered. In young children or adolescents with ACL tears, early ACL reconstruction creates a possible risk of growth plate injury, leading to bone growth problems. The surgeon can delay ACL surgery until the child is closer to skeletal maturity or the surgeon may modify the ACL surgery technique to decrease the risk of growth plate injury. A patient with a torn ACL and significant functional instability has a high risk of developing secondary knee damage and should therefore consider articular cartilage, collateral ligament, joint capsule, or a combination of the above. Then “unhappy triad,” frequently seen in football players and skiers, consists of injuries to the ACL, the MCL, and the medial meniscus. In cases of combined injuries, surgical treatment may be warranted and generally produces better outcomes. As many as half meniscus tears may be repairable and may heal better if the repair is done in combination with the ACL reconstruction.



Dr. Wahl, D.O.

HEAT STRESS Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration.

Urine
Color
Test

WELL
HYDRATED

HYDRATED

DEHYDRATED
Drink water!

SEVERELY DEHYDRATED
Drink water immediately!

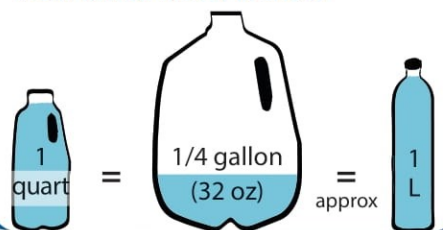
Hydrate *Before* Work

- Being hydrated when you start work makes it easier to stay hydrated through the day.
- If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water.

Hydrate *During* Work

- Drink before feeling thirsty. **By the time you feel thirsty, you are already behind in fluid replacement.** Dehydration is a primary contributor to heat exhaustion.
- Your work performance may suffer when you are dehydrated, even if you don't notice.
- When working in the heat, drink 1 cup (8 ounces) of water every 15–20 minutes.
 - This translates to $\frac{3}{4}$ –1 quart (24–32 ounces) per hour.
- Drinking at shorter intervals is more effective than drinking large amounts infrequently.
- Do not drink more than 48 oz (1½ quarts) per hour! Drinking too much water or other fluids (sports drinks, energy drinks, etc.) can cause a medical emergency because the concentration of salt in the blood becomes too low.

How much water is that?



Hydrate *After* Work

- Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration.
- Hydrating after work is even more important if you work in the heat on a regular basis. Chronic dehydration increases the risk for a number of medical conditions, such as kidney stones.

What to Drink

Water

Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.

Photo by ©Thinkstock

What to Avoid

Energy Drinks

- Some energy drinks contain much more caffeine than standard servings of coffee, tea, or soft drinks.
- Drinking several energy drinks per day can raise your caffeine levels enough to affect your heart. High caffeine levels can be risky when added to the strain placed on your body by heat.
- Many energy drinks contain as much or more sugar as soft drinks, which adds hundreds of extra calories to your diet.

Alcohol

- Alcohol can cause dehydration.
- Drinking alcohol within 24 hours of working in the heat can increase the risk of heat illness.

What about salt tablets?

NIOSH does not recommend taking salt tablets. In most cases, salt can be replaced by eating normal meals and snacks throughout the day. Do not skip meals.

What about caffeine?

The amount of caffeine in tea, coffee, and soft drinks probably will not have an effect on overall hydration.

Do I need sports drinks?

In general, eating regular meals with adequate water intake is sufficient to maintain water and electrolyte balance.

For prolonged sweating lasting several hours, sports drinks with balanced electrolytes are another option to replace salt lost in sweat.

Heavy consumption of sports drinks will add unnecessary calories to your diet due to the added sugar.

Strawberry Salad with Poppy Seed Dressing

Add this refreshing, colorful strawberry salad to your next dinner party menu. The recipe is a nice contrast to any number of entrées and side dishes.

Yield:

6 servings (serving size: 1 1/2 cups)

Ingredient

- 3 tablespoons sugar
- 3 tablespoons light mayonnaise
- 2 tablespoons fat-free milk
- 1 tablespoon poppy seeds
- 1 tablespoon white wine vinegar
- 1 (10-ounce) bag romaine lettuce
- 1 cup sliced strawberries
- 2 tablespoons slivered almonds, toasted

Instructions

1. Combine first 5 ingredients in a small bowl, stirring with a whisk.
2. Place lettuce in a large bowl; add strawberries and almonds, tossing to combine. Divide salad evenly among 6 plates. Drizzle 1 tablespoon dressing over each serving.

Nutrition

Per Serving: 78 calories; calories from fat 35%; fat 3.3g; saturated fat 0.4g; mono fat 1g; poly fat 1.6g; protein 1.8g; carbohydrates 11.5g; fiber 1.8g; cholesterol 2mg; iron 0.8mg; sodium 45mg; calcium 53mg.



Chicken Marinade

This chicken marinade is a blend of garlic, herbs, olive oil, soy sauce, brown sugar and Dijon mustard. It produces perfect marinated chicken every time, and you can use your chicken marinade for baked, broiled, grilled or sauteed chicken.

Prep Time	5 minutes
Cook Time	1 minute
Marinating Time	1 hour
Total Time	6 minutes
Servings	8
Calories	128kcal

Ingredients

- 1/2 cup olive oil
- 1/4 cup lemon juice freshly squeezed
- 1 tablespoon garlic minced
- 1/4 cup balsamic vinegar
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1/3 cup brown sugar
- 2 teaspoons dried Italian seasoning
- 1 tablespoon Dijon mustard
- 2 teaspoons kosher salt
- 1 teaspoon black pepper

Instructions

1. Place all the ingredients in a large bowl or resealable gallon sized bag.
2. If using a bowl, whisk to combine the ingredients. If using a bag, seal the bag and shake to combine the ingredients.
3. Add 2-3 pounds of chicken, then marinate for at least 1 hour, or up to 12 hours.
4. Proceed with cooking method of your choice.

Nutrition

Calories: 128kcal | Carbohydrates: 13g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Sodium: 696mg | Potassium: 119mg | Sugar: 11g | Vitamin A: 15IU | Vitamin C: 4.4mg | Calcium: 30mg | Iron: 1.1mg



What's happening at Guthrie County Hospital & Clinics?

GCH CLINICS OUTREACH

GCH CLINICS–ADAIR

- Cindy Peterson, ARNP, is now offering the Weight Loss Program to patients. Please reach out to the Adair Clinic at (641) 742-1000 to make an appointment or with any questions.

GCH CLINICS–PANORA

- Sara VanEffen, ARNP, will be starting OB Share Care on August 1st at the Panora Clinic. This will be a collaboration with UnityPoint OB where non high-risk women can have their prenatal care in Panora until 32-34 weeks gestation and then transition to UnityPoint OB in DM for the final weeks and delivery. Look for more information to come as we are excited to bring this service to the area.

GCH CLINICS–STUART

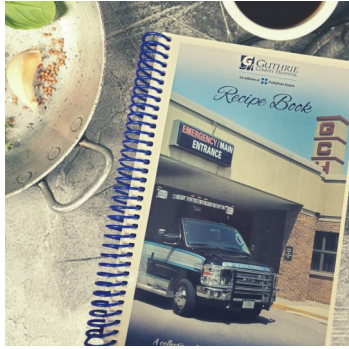
- Dr. Silker just completed training / certification to administer Botox injections. Look for much more information to come!

GCH SPECIALTY CLINIC

- We just finalized a contract with Des Moines University that effective September 1, 2021, Dr. Sean Grambart will be providing Podiatry services at GCH one day per week. He will be offering both clinic appointments and surgical services. Details on clinic day, scheduling, etc. are to come. Dr. Todd Miller will continue his Podiatry services at GCH. We are excited to be able to offer two options for patients needing Podiatry services and increased surgical offerings.

Lots of positive, great additions to ALL of the clinics in better serving our patients and communities.

What's happening at Guthrie County Hospital & Clinics?



ORDER YOUR GCH COOKBOOK

Exhausted all your recipes because of all your extra time at home? Order your GCH Cookbook! \$10 each or buy 4, get 1 free. Available at Crafty's Coffee (Panora), People's Bank (Guthrie Center), or call Sneakers Café at (641) 332-3818.

This cookbook includes great recipes from employees, Auxiliary, Foundation and Hospital Board members!

GCH FITNESS CENTER CLASSES

- Every Monday & Wednesday - Yoga Class* @ 6:00 p.m.
- June 14-August 12 - Summer Fit Camp* Every Monday, Tuesday & Thursday @ 6:30 a.m.
- July 29-August 6 - GCH Fitness Center Olympics*
- September 25-GCH Peds Health & Safety Fair @ Guthrie County Event Center from 10:30 a.m.-2:30 p.m.

**Must be a current paid member.*

DIABETES SUPPORT GROUP

Thursday, August 19, 2021

7:00 p.m.

Sneakers Café

Facilitated by Christine Drake, RN, BSN

Join us at Sneakers Café located in Guthrie County Hospital for the diabetes support group. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.



An Affiliate of  UnityPoint Health

641-332-3802

VOLUME 2 • ISSUE 5 | *Want More?* Visit our website to check out all our newsletters! | GuthrieCountyHospital.com
This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

DERMATOLOGY SERVICES



Your skin deserves the very best!
Dermatology care to help you.

**Katie Broshuis, ARNP, NP-C, DCNP will be
at GCH Specialty Clinic the 2nd and 4th
Wednesday of every month.**



Call to schedule your appointment today!
(515) 221-8960