

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

Community Connection

Learn more about
CATARACT SURGERY

WHAT'S HAPPENING?
SEE THE LATEST AT GUTHRIE
COUNTY HOSPITAL & CLINICS

MEDICAL MINUTES
KNOW THE FACTS
ABOUT A STROKE

SUMMER 2022

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
(641) 332-2201



GCH CLINICS—ADAIR

401 Audubon Street | Adair, Iowa
(641) 742-1000



GCH CLINICS—PANORA

103 SE 13th Street | Panora, Iowa
(641) 755-4000



GCH CLINICS—STUART

312 N. Fremont Street, Suite A | Stuart, Iowa
(515) 523-8050



GCH SPECIALTY CLINIC

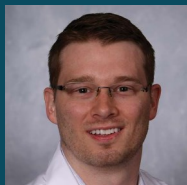
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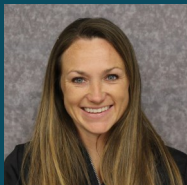
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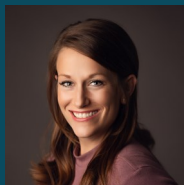
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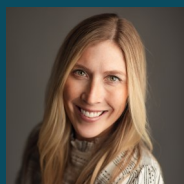
Amber Burgin

ARNP



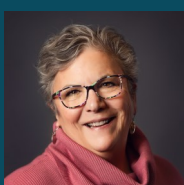
Sabra Miller

ARNP



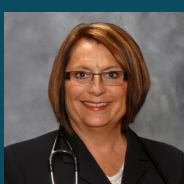
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ARNP



Cindy Peterson

ARNP



Marcia Roenfeld

ARNP



Nicole Topliff

ARNP



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ARNP



Brie Wessels

ARNP



Beth Woods

ARNP

Speech–Language Pathology

Services in Outpatient Settings

Outpatient services come in many different shapes and sizes. You can find speech language pathologists (SLPs) working in various community settings with people across the life span on their communication and swallowing needs, from young children to older adults.

Did you know?

Speech-language pathology services are often provided to people one on one, but some clinics or practices gather groups together. This allows people of all ages to practice skills and receive peer support

Who:

SLPs work with children and adults of all ages, although many clinics specialize by age group and/or clinical diagnosis. Sometimes, families of infants, toddlers, or school-aged children may seek services if they don't qualify for early intervention or school services—or they might just prefer a private SLP of their choice. Adults may see SLPs in outpatient settings as well as through home health and inpatient/residential settings (depending on insurance coverage).

What:

SLPs work with children and adults who have speech, language, cognitive, and swallowing disorders. They also help people modify their voice or communication style. Here are some areas where SLPs help clients and patients:

- Speech—People with speech problems may not say sounds clearly or smoothly. This may make it difficult for others to understand them.
- Language—A person with a language disorder may have problems with expressing themselves, understanding others, and reading and/or writing.
- Cognition—This can involve difficulties with attention, memory, problem-solving abilities, organizational skills, and judgment.
- Voice—Hoarseness, breathiness, pain, frequent coughing, and other problems with a person's voice may result from medical problems or from overuse or misuse (certain professions, like teachers, musicians, and coaches, are at greater risk).
- Augmentative and Alternative Communication—People may need or choose to use other ways to communicate besides talking. These include no or low-and high-tech options such as pointing or gesturing, picture boards, and speech-generating devices.
- Feeding and Swallowing—Difficulties may include coughing or gagging during meals, food or liquid leaking from the mouth, or food getting stuck in the mouth or throat. These may occur due to preterm birth, developmental disabilities, medical conditions, and illness and injury.
- Gender-Affirming Voice and Communication—This may focus on pitch, tone, vocal health, nonverbal communication, and more.
- Communication Coaching—Some SLPs help with public speaking and communication style, which may include learning another accent.

Speech–Language Pathology

Where:

Outpatient services occur within some universities and hospitals—as well as in private or group practices. Sometimes, SLPs work in a practice with other professionals such as audiologists, occupational therapists, and/or physical therapists.

How:

Doctors, family and friends, and others in the community may have recommendations for local SLPs. A searchable database of SLPs nationwide is available at www.asha.org/profind. Payment for services provided by SLPs in outpatient settings may come from private insurance, Medicaid, or Medicare. People may pay out-of-pocket, as well.

Why:

A person's ability to communicate effectively and eat safely are important to their livelihood and quality of life. SLPs can help people across the lifespan meet their personal goals and potential—guided by their preferences.

McKenzie Jensen, certified Speech Language Pathologist, provides speech therapy at Guthrie County Hospital. She provides treatments in the hospital, in private homes, as outpatients, and at nursing homes. McKenzie enjoys working with individuals of all ages. For further information call 641-332-3810.



McKenzie Jensen, MA CCC-SLP
Speech Therapist

Resource:

ASHA - LEARN MORE AT WWW.ASHA.ORG/PUBLIC

Nine CDC Health Hacks for Back-to-School Success

Research shows healthy students are better learners

To have a great school year, kids need to stay healthy. Healthy students are better learners. CDC has tips and resources for parents and schools to help children and teens get fit and stay healthy whether they're just starting kindergarten or heading off to high school.

"As a parent and grandparent, I know that back-to-school time is a busy time. Yet, I encourage parents and students to be mindful of some health essentials to add to your to-do lists," said CDC Director Robert R. Redfield, M.D. "Getting a flu shot this fall, frequent hand-washing, and staying active all contribute to a healthier and more productive academic year."

Wash your hands

Germs are everywhere. Touch a surface where germs are lurking, then touch your face, and you can get sick.

It doesn't have to be that way. Handwashing with soap and water is one of the best ways to remove germs, avoid getting sick, and prevent the spread of colds, flu, and other diseases to others.

Parents, teachers, and informed students can teach proper handwashing so people don't pass germs or illnesses to others. At school, it's important for students to wash their hands before eating; after using the toilet; and after blowing their nose, coughing, or sneezing. Handwashing also helps keep students, their families, and school staff healthy so they don't miss school or work.

Eat well and be active

Maintaining a healthy weight is especially important for children. Nearly 1 in 5 U.S. children have obesity, putting them at risk for asthma, sleep apnea, bone and joint problems, high blood pressure, high blood cholesterol, and type 2 diabetes. Children with obesity also are more likely to suffer from social isolation, depression, and lower self-esteem.

Most children consume almost half of their calories at school. That makes school a great place to learn and practice healthy eating – a gift that keeps on giving for a lifetime. Check out this fact sheet for what parents and schools can do to encourage a healthy diet that includes fresh fruits and vegetables, grains, dairy, lean meats and oils in controlled portions with limited amounts of saturated fats, added sugars, and sodium.

Did you know that being physically active can help reduce anxiety and even help with a child's focus in school? The time kids spend watching TV, playing video games, and surfing the web is time they could be physically active. Experts recommend children get at least 60 minutes of physical activity each day—before, during, and after school; running, walking, and playing sports all count!

Limit sugary drinks

While calories in drinks are not exactly hidden (they're listed right on the Nutrition Facts label), many people don't realize just how many calories are in the beverages they drink. Here's the good news: Water is a great, no-calorie, low-cost substitute for sugary drinks. Drinking plenty of water every day is a great habit to establish for a lifetime.

Don't use E-cigarettes

E-cigarettes are the most commonly used tobacco product among U.S. youth. In 2018 more than 3.6 million young people – including 1 in 5 high-school students and 1 in 20 middle-school students – currently used (in the past 30 days) e-cigarettes.

The nicotine in e-cigarettes can harm the developing adolescent brain – specifically the areas of the brain that are responsible for learning, memory, and attention.

To prevent e-cigarette use by young people, parents and teachers can talk to their children and students about why e-cigarettes are harmful for them and walk the talk by being tobacco-free. School administrators can implement tobacco-free school policies that include e-cigarettes.

CDC has free resources, including fact sheets for parents and teachers and a presentation that teachers and coaches can use to help their students learn about the risks of e-cigarette use.

Stay cool

Schools are opening, but it's still hot out there. Learn how to recognize, prevent, and treat heat-related illness. Remember these tips while participating in outdoor activities:

- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Limit outdoor activity, especially during the middle of the day when the sun is hottest.
- Pace activity. Start activities slow and pick up the pace gradually.
- Wear and reapply sunscreen as indicated on the package.
- Drink more water than usual, and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Pair up: you monitor a teammate's condition, and have someone do the same for you.
- Wear loose, lightweight, light-colored clothing.

Visit CDC's website for additional tips, including how to prevent heat-related illness in athletes.

Stay safe

Heads up! Any child can fall, knock his/her head, or get a concussion in any number of school settings ranging from school sports activities to the hallway, the playground, the cafeteria and beyond.

Being able to identify and respond to concussions early can help save a life. Visit CDC Heads Up for information on responding to concussions and supporting students when they return to school after a concussion.

Plan for emergencies

Plan ahead! As children head back to school, it's important to have a written emergency care plan and to practice that plan as often as needed. The plan should include any medicines your child needs to take or any assistive devices used by your child, such as a motorized wheelchair or assistive communication device. Having conversations now with your child's teacher about being prepared in an emergency can help reduce your concerns if an emergency does happen.

Connect with kids at school and home

"Adolescent connectedness" refers to children's sense of belonging, of being cared for and supported by parents, teachers, and other important people. How connected children feel to school and family can have a strong influence on their lives that continues well into adulthood. Teens with higher levels of connectedness, are less likely to experience adverse health outcomes in adulthood, including:

- Getting a sexually transmitted disease.
- Misusing prescription drugs or engaging in illicit drug use.
- Having been the victim of physical violence.

Visit CDC's website to learn more about what schools, parents, and providers can do to promote adolescent connectedness, prevent suicide, and youth violence to reduce negative health outcomes.

Get vaccinated

From newborns to college students, getting vaccinated can help protect children and teens as they grow into adulthood. Making sure their children get vaccinated is one of the most important things parents can do to protect the health of their child.

Vaccinations also protect a child's classmates, friends, relatives, and others in the community. On-time vaccination protects kids before they are exposed to highly contagious and life-threatening diseases like measles, whooping cough, and chickenpox.

One of the newest vaccines available can prevent cancer. Human Papillomavirus, or HPV, is a common virus that is spread through intimate skin-to-skin contact and can lead to certain types of cancer later in life. Making sure your 11- to 12- year-old child gets two doses of the HPV vaccine can prevent these cancers.

CDC has online resources and tools to help parents keep their kids up to date on recommended vaccinations. Additionally, states may require children to get vaccinated against certain diseases before their first day of school. Visit the Immunization Action Coalition's State for more information.

And if your child has missed any vaccinations, a healthcare provider can use the catch-up immunization schedule to get them back on track. Make sure your kids get their vaccinations before the back-to-school rush!

The bottom line: Student health is linked to academic achievement. Visit the Parents for Healthy Schools website for more information about how parents can play a powerful role in supporting their children's learning and encouraging a healthy lifestyle for years to come.

What's happening at Guthrie County Hospital & Clinics?

WELCOME TO OUR NEW PATIENT PORTAL

As a patient, you have easy access to your health information through MyUnityPoint – wherever you go.

USING KEY FEATURES

The online portal or the MyChart app for iPhone® or Android®, gives you instant and secure access to your health records. Where you can:



SEND A NON-URGENT MESSAGE TO YOUR CARE TEAM

- Please expect to receive a response within 2-3 business days.
- Include files and images in your messages.
- Keep in mind, this feature is intended for questions about your care. Your provider may request you make an appointment.



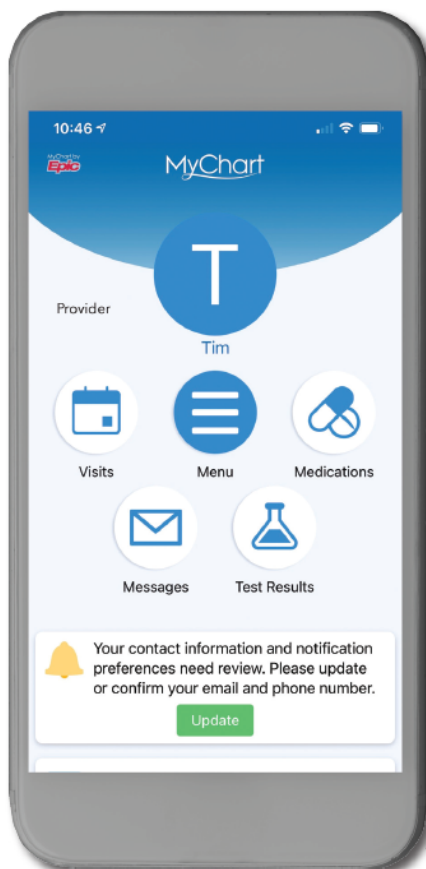
SCHEDULE OR REQUEST PRIMARY CARE APPOINTMENTS

- Directly schedule, confirm and cancel primary care appointments and enter details about the reasons for visit. If your provider requests more time for your appointment, we'll be sure to contact you.
 - See details about future appointments, including instructions and driving directions.
- Complete most of the check-in process from home, verify demographic information, allergies and pre-visit forms.
- Add or remove yourself to wait lists and move appointments to an earlier date when a new time is available. To complete, click on the upcoming appointment and review the wait list options.



REQUEST PRESCRIPTION REFILLS

- Send a refill request to the prescribing provider.



REVIEW YOUR TEST RESULTS AND PROVIDER NOTES

- Our commitment to providing timely access to test results means you may be viewing the results before your provider has had the opportunity to review them.
 - If you have an active MyUnityPoint account, your care team may not call you if you have normal lab results.
- If you have any questions about your test results, please send a secure message to your care team.
- View and download details of past appointments and admissions - including after visit summaries and provider notes.



ACCESS YOUR FINANCIAL STATEMENTS AND PAY YOUR BILL

- Prepay estimates and copays in advance.
- Pay bills from recent appointments.
- If you have questions, please contact our billing department customer service at 844-849-1260.



MANAGE YOUR HEALTH

- Add, remove, modify: health issues, medications and allergies.
- Print immunization records.
- Review the medical history we have on file.
- Review your plan of care summary and goals
- To-do reminders notify you of upcoming health checks.
- Request a copy of your medical record.

Don't Have An Account Yet?

Creating an account is easy, you can:

- Sign-up at chart.myunitypoint.org.
- Sign-up during an office visit with a unique email or text link.

Getting Started

Visit account settings:

- Your thumb print or face recognition security feature.
- Your communication preferences.
- Your email and phone number.
- Check the FAQ section of chart.myunitypoint.org for additional tips.

Have Questions?

Please contact the MyUnityPoint Support team at (877) 224-4430 or MyUnityPointSupport@unitypoint.org.

If you would like to update how you receive MyUnityPoint communication notifications:

- Access MyUnityPoint
- Select "communication preferences" under the Account settings
- Select a category from the drop-down menu
- Click the notification icons of your choice for each corresponding item

What's happening at Guthrie County Hospital & Clinics?

GCH CLINICS IN PANORA ADDING A NEW PROVIDER

- GCH Clinics is pleased to welcome Lindy Nordstrom, ARNP. Lindy Nordstrom, ARNP is a board certified Advanced Registered Nurse Practitioner. She received her BSN from St. Ambrose University in 2010 and her MSN from Graceland University in 2016. She has spent majority of her nurse practitioner career in the urgent care setting and enjoys caring for a wide variety of patients.

"I look forward to joining the GCH team. I completed my pediatric rotation with Dr. Silker at GCH in 2015 and thoroughly enjoyed the smaller town feel and getting to know patients and their families well. Those relationships help provide incredible patient care as it can truly be a team approach between patient and provider. I am excited to call GCH my work home!" stated Lindy Nordstrom, ARNP.

Lindy will be seeing patients at our Walk-In Clinic in Panora with expanded hours of 7:30am - 3:00pm each weekday beginning July 25th.

GCH CLINICS IN STUART ADDING A NEW PROVIDER

- GCH Clinics is pleased to welcome Eric Jones, DO. Despite originally hailing from Canada, Dr. Jones grew up in Eastern Iowa before moving to Ames to attend Iowa State for his undergraduate studies. He then completed medical school at DMU and his residency at Iowa Lutheran Hospital along with Dr. Boeckman, who will be joining us in September 2022. In his free time, he enjoys staying active, is an amateur baker, and on the rare occasions he gets to go somewhere that has a beach and takes every opportunity to go SCUBA diving. His medical interests include everything (which is why he chose family medicine!), but especially seeing children and hospital patients.

"I am very excited to join the team at Guthrie County Hospital. One of my favorite things about Iowa Lutheran and our residency program has been the family feel, which has also been my experience meeting the different providers and team members with GCH. I am grateful to have the opportunity to get to know them more and also look forward to meeting and beginning to care for the people who call GCH their medical home!" stated Eric Jones, DO.

Eric will be accepting new patients at GCH Clinics in Stuart beginning in August 2022.

NEW VENDOR FOR PATIENT SATISFACTION SURVEYS

- On April 1, 2022, Guthrie County Hospital (GCH) and GCH Clinics began using National Research Corporation (NRC) for patient satisfaction surveys. This survey vendor is used by UnityPoint Health (UPH) and many UPH Rural Affiliates. The change to NRC will allow GCH to survey all our patients being seen and in real time. The change in vendor has proven to be beneficial in identifying areas for improvement and given us the ability to personally reach out to patients and hear firsthand what our patients want and need from GCH. GCH staff strives to provide excellent care and encourages our patients to take a few minutes and complete our patient satisfaction survey and tell us how we did.

CARDIAC REHABILITATION UPDATES

- Cardiac Rehabilitation will taking over Pulmonary Rehabilitation services.
- The next Diabetes Support Group will be August 18th at Sneakers Cafe @ 7:00 p.m.

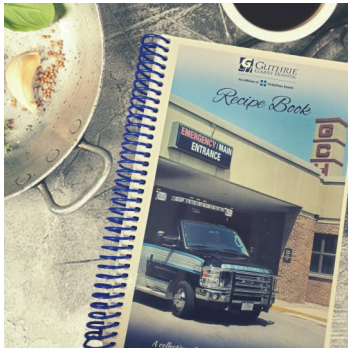
What's happening at Guthrie County Hospital & Clinics?

RESPIRATORY THERAPY UPDATES

- EKG's for outpatients are available Monday–Friday from 7:00 a.m. to 4:00 p.m.

NEW PHYSICAL THERAPIST JOINING GCH TEAM

- Jenna Castle, DPT, joined the GCH team on July 11th! Jenna is a licensed Physical Therapist. She attended Iowa State University and graduated with a Bachelors in Kinesiology and Health. She graduated PT school from Creighton University with a Doctorate of Physical Therapy. She provides treatment at Guthrie County Hospital and Stuart Rehab Clinic.



ORDER YOUR GCH COOKBOOK

Looking for a gift? Cookbooks make a great gift! Order your GCH Cookbook! \$10 each or buy 2, get 1 free. Available at Guthrie County State Bank (both locations), 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!

UPCOMING EVENTS & FITNESS CENTER CLASSES

- Every Monday & Wednesday - Let's Get Pumped Class* @ 5:30 p.m.
- Diabetes Support Group–August 18th at Sneakers Cafe @ 7:00 p.m.
- Blood Drive–September 7th from 9:00 a.m.–12:30 p.m.
- Guthrie County Relay for Life–September 11th @ Vets Auditorium in Panora from 11:00 a.m.–3:00 p.m.
- Food Drive–October

**Must be a current paid member. Not a member but want to take a class? Only a \$5 drop-in charge for each class.*



Join our team!

For all position vacancies and details, visit www.guthriecountyhospital.org.

Online applications now available.

Cataract Surgery

The Answer is Clear... At Least, It Will Be

When Cataracts make your future look foggy, give ilumin a chance to clear things up!

What Are Cataracts?

The word Cataract actually refers to waterfalls, or any sudden downpouring of rain. The first use of the word in reference to the common visual malady came as a description. Patients often said their vision slowly began to develop the appearance of a waterfall coursing through it.

Initially, patients may not notice cataracts, but gradually will experience a milky or clouding of their vision. Imagine looking through glass that is slowly being fogged over by your breath. In time, it becomes more difficult to see at night, and then to read, and then to distinguish anything but vague lights and shapeless colors.

This is a natural occurrence, but just because middle age means things start to get a little foggy, it doesn't have to mean it stays that way. Middle aged should mean you have half of your life left to see.

What Did I Do Wrong?

Absolutely nothing. Cataracts are just another sign that we have lived for 50 or more years. So, for that, congratulations! You wouldn't trade the things you have seen in those years for anything, but ilumin plans to keep you seeing for the next 50.

Keeping your annual eye exams becomes critical later in life, as it gives your team the chance to catch these treatable issues before they rob you of your sight. While some medications can hasten the onset of cataracts, the majority of Americans who celebrates their golden years will also need to treat cataracts to retain their vision.

In fact, 24 million Americans age 40 and older have been diagnosed with cataracts, and by age 80, more than half of all Americans will have received the same diagnosis.

What Can I Do Now?

Here is where we get to drop our favorite catchphrase. You. Have. Options. We love that science, medicine, and our own practice have come so far that we never have to tell a patient that they are out of options. Explore some of them right now!

Cataract Surgery

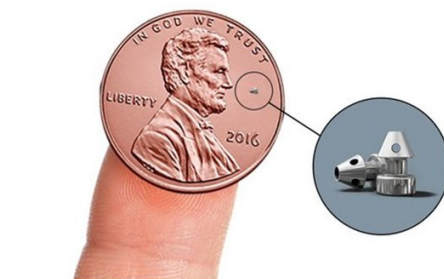
IOLs

Pronounced just like it's spelled, the sound you make when your allergies get the best of you. IOLs are Intraocular Lenses. When surgery has been scheduled to remove the cataract, a simultaneous procedure will implant a permanent lens, restoring your perception of light, color, and dimension. The lenses are about 1/3 the size of a dime, meaning that you will experience a comfortable fix to fuzzy vision. In fact, many patients report better vision than the experienced before the symptoms began. Prior to this option, after undergoing a procedure to remove cataracts, patients were bound to thick prescriptions for the rest of their lives. While glasses are still an option, we like offering patients a chance to see freely.

iStent

When patients experience cataracts and glaucoma in tandem, we now have a unique opportunity to treat them in a single surgery!

iStent is the world's smallest FDA approved ocular implant, and while you'll never feel it, you'll know it's there! A micro-trabecular bypass, this tiny miracle device allows for the safe and effective release of building eye pressure.



OMNI

A dual-mechanism device, OMNI's design allows it to address the entire natural trabeculocanalicular outflow pathway. Meaning it takes the buildup out, *and* gives it somewhere to go. This micro-invasive glaucoma surgery can be done in tandem with your cataract removal, allowing for a single, undetectable incision.

As healthcare advances, and more people are taking control of their lives, we are grateful to see our patients living longer, healthier lives! We are proud to offer services to make every year the best you've ever seen!

What's next? Talk to your optometrist about scheduling your surgery with us! Dr. Menke will be seeing patients the first Monday of the month at Guthrie County Hospital.



Dr. Brandon Menke, M.D.
Ophthalmology Specialist

Resource:

[Cataract Surgery – ilumin \(\[ilumineyes.com\]\(https://www.ilumineyes.com\)\)](https://www.ilumineyes.com/cataract-surgery)
<https://www.ilumineyes.com/cataract-surgery>

COVID-19 UPDATE ON BA.5 VARIANT

What we know about this COVID-19 strain...

The omicron subvariant of COVID-19, BA.5, has become the most dominant strain of the virus in the U.S. It is the most easily spread strain to date and is able to evade immunity from COVID infection and vaccination. If you have been exposed to someone with the virus or have COVID-19 symptoms and are waiting for a test or your results, stay home and isolate from others.

All of the variants, including omicron BA.5, cause similar COVID-19 symptoms:

- runny nose
- cough
- sore throat
- fever
- headaches
- muscle pain
- fatigue

Even people who have partial immunity from a previous infection or vaccination can still have a breakthrough infection. Breakthrough infections are in people who have been vaccinated or previously had COVID. However, the majority of breakthrough infections are not causing severe illness, as compared to early in the pandemic when no one had immunity.

New research finds that with each repeat COVID infection - even asymptomatic infection - your risk for complications increases. These include:

- stroke
- heart attack
- diabetes
- digestive and kidney disorders
- long-term cognitive impairment, including dementia

Each reinfection also carries with it the risk of long COVID or ongoing COVID symptoms that can last for weeks or months after infection.

Is omicron BA.5 able to spread more easily than other COVID-19 strains?

Yes. According to the Center for Disease Control and Prevention (CDC) COVID tracker, BA.5 is the predominant strain of COVID-19. It is more easily spread than previous strains because it evades immunity from past COVID-19 infection and/or vaccination. That means even if you were infected with delta or omicron BA.1, you can still get BA.5. Your previous immunity does not protect you from the latest strain.

What can I do to protect myself and my family from omicron BA.5?

To protect against omicron BA.5, health experts recommend the following:

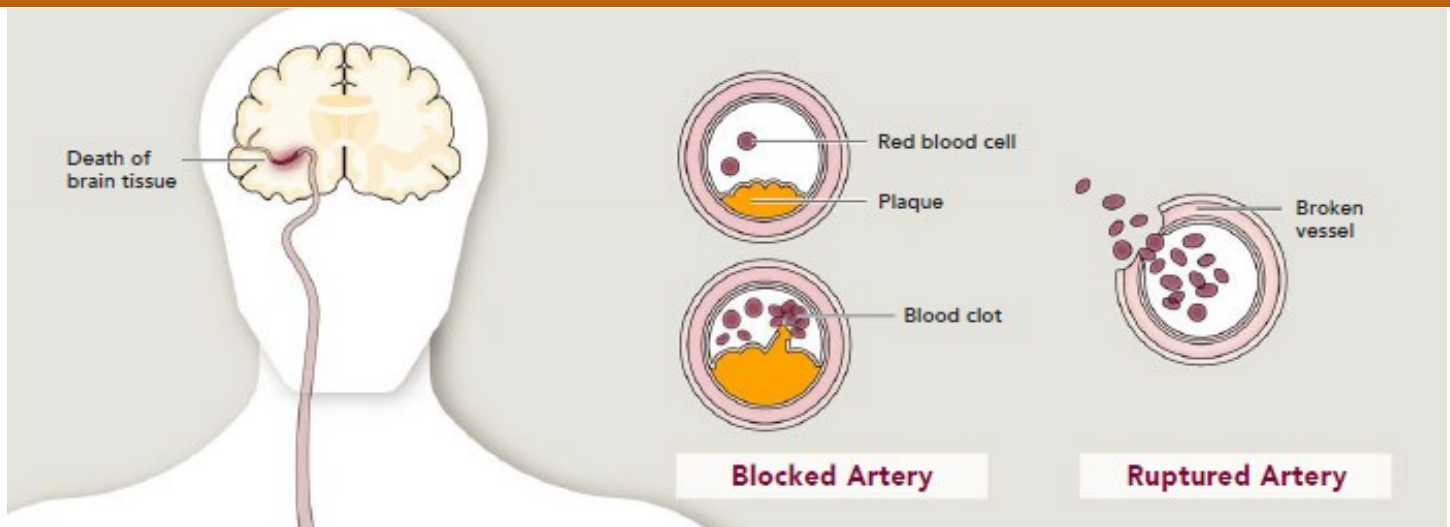
- Be sure you are updated on all COVID-19 vaccines and boosters. There is abundant evidence that being vaccinated and getting all COVID-19 boosters helps protect you against severe disease.
- Wear a well-fitted face covering, such as an N95 or KN95, when you are indoors and not able to socially distance from people outside your household. It's especially important for people who are at high risk for developing severe disease.

COVID-19 UPDATE ON BA.5 VARIANT

Should I continue to wear a mask? How effective are N95 masks vs. surgical masks vs. cloth masks?

- Several studies, including one from UC Davis, indicate how effective masks can be in protecting yourself and others. It's important to remember that you may be asymptomatic and not know you are infected but still able to spread COVID-19. Wearing a mask in these situations helps protect vulnerable people you could unknowingly infect.
- Mask guidance continues to change, depending on rates of spread within communities, as well as the levels of vaccination and immunity people have from both vaccination and infection. Even if masking is not required, consider wearing a mask in public indoor spaces if you or people you live with are at high risk for severe disease.
- Consider upgrading your face masks to N95s or KN95s if you want more protection. Cloth masks reduce the risk of infection by about 50%. This is compared to surgical masks that reduce the rate of infection by about 60-70%, and greater than 80% for N95s.

KNOW THE FACTS ABOUT A STROKE



What is stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Are you at risk?

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms?

An easy way to remember the most common signs of stroke and how to respond is with the acronym **F.A.S.T.**:

F = Face drooping: Ask the person to smile. Does one side droop?

A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

If Stroke Happens, Act F.A.S.T.



F—FACE DROOPING

Ask the person to smile. Does one side droop?



A—ARM WEAKNESS

Ask the person to raise both arms. Does one arm drift downward?



S—SPEECH DIFFICULTY

Ask the person to repeat a simple sentence. Are the words slurred?



T—TIME TO CALL 9-1-1

If the person shows any of these signs, call 9-1-1 immediately.

KNOW THE FACTS ABOUT A STROKE

Other common signs of stroke are

- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden numbness of the face, arm, or leg
- Sudden confusion or trouble understanding others

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke you had. When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.

How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, such as brain imaging, including a magnetic resonance imaging (MRI) or computed tomography (CT) scan, tests of the brain's electrical activity, and blood flow tests.

Can it be prevented?

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks.

There are several steps you can take to reduce your risk for stroke:

- **Eat a healthy diet low in sodium with plenty of fruits and vegetables.**
- **Maintain a healthy weight.**
- **Be physically active.**
- **Don't smoke and avoid secondhand smoke**
- **Limit alcohol use.**
- **Prevent or manage your other health conditions,** especially high blood pressure, high cholesterol, diabetes, and obesity.

How is it treated?

If you have a stroke, you may receive emergency care, treatment to prevent another stroke, rehabilitation to help you relearn the skills you may have lost because of the stroke, or all three. In addition, lifestyle changes, such as the ones listed above, can help lower your risk for future strokes. Please call or visit any of our GCH Clinics locations to talk with a provider about the best ways to reduce your stroke risk, and always take medicines as prescribed.

Learn more by visiting www.cdc.gov/dhdsp

Resource:

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention

Get-Up-and-Go Granola

Ingredients

- 6 cups old-fashioned oats
- 1/2 cup unblanched almonds, coarsely chopped
- 1/4 cup packed brown sugar
- 1/4 cup flaxseed
- 1/4 cup canola oil
- 1/4 cup honey
- 1 tablespoon maple syrup
- 1 teaspoon apple pie spice
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 cup dried cranberries
- 1/2 cup raisins

Instructions

- 1.** Preheat oven to 300°. In a large bowl, combine oats, almonds, brown sugar and flax. In a microwave-safe dish, whisk oil, honey, maple syrup, pie spice and salt. Microwave on high for 30-45 seconds or until heated through, stirring once. Stir in vanilla. Pour over oat mixture; toss to coat.
- 2.** Spread evenly in a 15x10x1-in. baking pan coated with cooking spray. Bake until golden brown, 30-40 minutes, stirring every 10 minutes. Cool completely on a wire rack. Stir in cranberries and raisins. Store in an airtight container.

Nutrition

Servings: 7 1/2 cups Serving Size: 1/2 cup

Per Serving: 255 calories, 10g fat (1g saturated fat), 0 cholesterol, 84mg sodium, 40g carbohydrate (15g sugars, 5g fiber), 7g protein.



Fish Tacos with Guacamole

Ingredients

- 2 cups angel hair coleslaw mix
- 1-1/2 teaspoons canola oil
- 1-1/2 teaspoons lime juice

Guacamole:

- 1 medium ripe avocado, peeled and quartered
- 2 tablespoons fat-free sour cream
- 1 tablespoon finely chopped onion
- 1 tablespoon minced fresh cilantro
- 1/8 teaspoon salt
- Dash pepper

Tacos:

- 1 pound tilapia fillets, cut into
- 1-inch pieces
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons canola oil
- 8 corn tortillas (6 inches), warmed
- Optional toppings: Hot pepper sauce, chopped tomatoes, green onions and jalapeno pepper

Instructions

- 1.** In a small bowl, toss coleslaw mix with oil and lime juice; refrigerate until serving. In another bowl, mash avocado with a fork; stir in sour cream, onion, cilantro, salt and pepper.
- 2.** Sprinkle tilapia with salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add tilapia; cook until fish just begins to flake easily with a fork, 3-4 minutes on each side. Serve in tortillas with coleslaw, guacamole and desired toppings.

Nutrition

Servings: 4 Serving Size: 2 tacos

Per Serving: 308 calories, 12g fat (2g saturated fat), 56mg cholesterol, 299mg sodium, 28g carbohydrate (2g sugars, 6g fiber), 25g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 fat.



Grilled Stone Fruits with Balsamic Syrup

Ingredients

- 1/2 cup balsamic vinegar
- 2 tablespoons brown sugar
- 2 medium peaches, peeled and halved
- 2 medium nectarines, peeled and halved
- 2 medium plums, peeled and halved

Instructions

1. Roughly In a small saucepan, combine vinegar and brown sugar. Bring to a boil; cook until liquid is reduced by half.
2. On a lightly oiled grill rack, grill peaches, nectarines and plums, covered, over medium heat or broil 4 in. from the heat until tender, 3-4 minutes on each side.
3. Slice the fruit; arrange on a serving plate. Drizzle with sauce.

Nutrition

Servings: 4

Servings Per Recipe: 5. Per Serving: 1 serving: 114 calories, 1g fat (0 saturated fat), 0 cholesterol, 10mg sodium, 28g carbohydrate (24g sugars, 2g fiber), 2g protein. Diabetic Exchanges: 1 starch, 1 fruit.



Chocolate-Avocado Mousse

Ingredients

- 1/4 cup refrigerated sweetened coconut milk
- 1/4 cup maple syrup
- 1/4 teaspoon vanilla extract
- 2 medium ripe avocados, peeled and pitted
- 1/4 cup baking cocoa

Instructions

1. Place all ingredients in a blender; cover and process until smooth. Transfer to 4 dessert dishes. Refrigerate until serving, at least 2 hours.

Test Kitchen tips:

- Feel free to swap in honey or agave syrup for the maple syrup. Just don't use granulated sugar or you'll end up with a slightly gritty texture.
- If you are following a paleo diet, stick with maple syrup or honey for the sweeteners, and use unsweetened almond milk. You may need to double the amount of maple syrup, but taste as you're mixing and add only as much as you want.

Nutrition

Servings: 4 Serving Size: 1/3 cup

Per Serving: 181 calories, 11g fat (1g saturated fat), 0 cholesterol, 8mg sodium, 22g carbohydrate (12g sugars, 6g fiber), 2g protein.



DEPARTMENT SPOTLIGHT

ADMINISTRATION DEPARTMENT

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

Heather & Pat.

Collectively as a department, they have a combined 25 years of service.

What services does your department provide?

Administration department's focus is to ensure our medical facilities runs efficiently and deliver quality care by planning for the future, overseeing the health services and day-to-day operations provided by our facilities. This involves managing our finances, human resources, clinical performance, marketing strategies, running efficiently and in compliance within the realm of hospital policies and state regulations. Responsibilities include reporting to the governing board and providing leadership in implementing the strategic goals and decisions set by the Board, and representing the hospital at fundraising events and community groups.

Why do you choose Guthrie County Hospital & Clinics?

I like the personalized care that our hospital and clinics provide you just cannot get that in the metro facilities.

When was your department established?

The Administrative department was established July 1950 by the Board with the employment of Mrs. S. Emilie Ritter, R.N. as consultant and superintendent during the construction of the hospital.

Professional Continuous Glucose Monitoring Clinic at GCH Clinics

Continuous glucose monitoring (CGM) allows for glucose levels to be checked through a sensor that is worn for 10-14 days on the arm or abdomen. The sensor sits under your skin and measures your glucose levels every few minutes. Swiping the sensor with either your smartphone or the device's transmitter will download the collected glucose readings for you to review. These devices significantly decrease the amount of fingersticks needed to check glucose levels.

There are two different types of CGM devices: personal and professional. Personal devices can be used at home with a prescription from your doctor. These devices can sync to your smartphone and tell you your blood sugar level at any time during the day. Professional devices are a slightly different device and only show your blood sugar readings once you have worn the device for a specific amount of time. These devices are placed and removed by a healthcare professional in the clinic setting. Although these devices are very similar, insurance coverage can vary drastically between the two. Personal CGM devices are sometimes covered by your insurance, but some insurance companies require you to be on multiple insulin injections per day or prove you check your blood sugar levels at least 4 times a day or more. Professional CGM devices are generally covered by your insurance, but your insurance company may limit how many times you can receive the service per year.

At our GCH Clinics we are now offering a professional CGM service to our patients with type 1 or type 2 diabetes! The results of wearing a CGM could benefit anyone, but especially those experiencing low blood sugar, unexplained high blood sugar, on insulin, or want to see the impact of a new or changed medication, diet, or exercise. This would also be a wonderful way to test out a CGM if you are interested in using a personal one in the future.

To participate in a professional CGM, your doctor will send a referral to one of our pharmacists. The pharmacist will then call you to schedule a time to meet at your primary clinic for your first appointment. At your first appointment the pharmacist will ask you a few questions about your diabetes, explain the FreeStyle Libre Pro CGM device and place the device on the back of your left or right arm. You will then come back to the clinic about 14 days later to have the device removed. After the device is removed, the pharmacist will scan your sensor with a transmitter that will download a report for your doctor and the pharmacist to review. At this same appointment the pharmacist will explain the CGM report and send you home with a copy. You will also be notified of any medication changes your doctor would like to make based on the results of your CGM report.

Ask your doctor at your next appointment if a professional CGM referral would benefit you!

Jackie Willms, Pharm.D.

Clinical Staff Pharmacist

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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.



Rediscover what matters to you with improved vision.

Brandon Menke, M.D.
Ophthalmology Specialist

Now Accepting New Patients.

These procedures available at GCH:

Cataract surgeries
Glaucoma management and surgeries
Minimally invasive glaucoma procedure
Blepharoplasty (eyelid surgery)

Dr. Menke will be seeing patients the first Monday of the month.

Talk to your optometrist about scheduling your surgery with us!