

Community Connection

Learn more about
**THE IMPORTANCE OF
HEART HEALTH**

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

MEDICAL MINUTES
WHAT IS OCCUPATIONAL THERAPY?

SPRING 2023

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 CLINICS—GUTHRIE CENTER

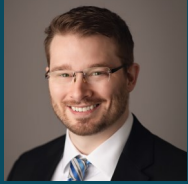
710 N. 12th Street | Guthrie Center, Iowa
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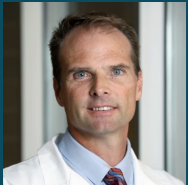
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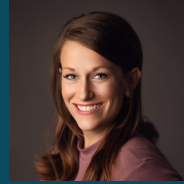
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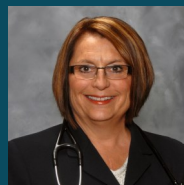
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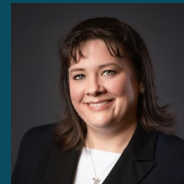
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Beth Woods

ARNP

What is Occupational Therapy?

Answering the six Qs—what, why, who, when, where, and how— about occupational therapy.

What is Occupational Therapy?

Your life is made up of occupations—meaningful everyday activities. These occupations can include many roles, such as being a parent, a friend, a spouse, a tennis player, an artist, a cook, or a musician. Generally, we don't think about our daily occupations until we have trouble doing them. Everyone has occupations— from the toddler whose occupations are play and learning to develop important skills, to the older adult whose occupations are engaging with family and friends and managing his or her home. If you are recovering from an accident or injury, your valued occupations may be disrupted. Occupational therapy incorporates your valued occupations into the rehabilitation process.

Why would I need Occupational Therapy?

Imagine if an accident, injury, disease, or condition made it difficult for you to participate in your daily activities. A wrist injury means that getting dressed in the morning is painful. Arthritis makes driving challenging. Autism may hinder a child from interacting effectively with classmates. A traumatic brain injury keeps a wounded warrior out of active duty because of difficulties with memory and organizational skills. A small change in your activities or the environment could prevent a future condition (such as using ergonomics at work to avoid injury). Occupational therapy allows people across the lifespan to do the activities they want and need to do. An occupational therapist will evaluate your situation and, with input from you (and perhaps your family, care provider, or friend), develop individualized goals that allow you to resume or pursue your valued occupations. After you develop goals with your occupational therapist, you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals. Occupational therapy practitioners can widen their focus to groups or communities too, developing and implementing programs that promote healthy behaviors, or address issues such as older driving, community transitions for returning soldiers, homelessness, troubled youth, mental health, and addictions.

Who are Occupational Therapy Practitioners?

Occupational therapy practitioners are either occupational therapists or occupational therapy assistants. They are skilled health care professionals who use research and scientific evidence to ensure their interventions are effective. With strong knowledge of a person's psychological, physical, emotional, and social makeup, occupational therapy practitioners can evaluate how your condition (or risk for one) is affecting your body and mind, using a holistic perspective.

When do I need Occupational Therapy?

Have you or a family member ever been diagnosed with a new health condition and found yourself asking, "now what?" Maybe you have a child with autism who is having trouble succeeding in school, or an aging parent who wants to remain at home, but you're worried about safety issues, or you are experiencing depression and having trouble doing everyday activities. Occupational therapy can help you answer that "now what?" question. An occupational therapy practitioner will keep the focus on the things you need and want to do—your goals, your activities, your independence.

With occupational therapy services you can:

- Improve your strength, range of motion, and coordination in order to participate in meaningful activities.
- Achieve goals, such as helping your teenager with a developmental disability gain the skills to transition from high school to independent living as an adult.
- Stay as healthy and productive as possible, while managing a chronic medical condition.
- Maintain or rebuild your independence, such as using assistive devices so you can care for yourself after a stroke.
- Participate in the everyday activities important to you, such as driving, visiting friends, going to church, and other activities that keep you involved with your community.

In short, an occupational therapy practitioner can help you live life to its fullest no matter your health condition, disability, or risk factors.

Where can I get Occupational Therapy?

Occupational therapy practitioners work in a variety of settings—including hospitals, schools, clinics, skilled nursing facilities, community centers, and health care facilities, and they can even come to your home.

How do I schedule an Occupational Therapy visit?

Ask your primary care provider about a referral for occupational therapy services.

Meet Guthrie County Hospital's Occupational Therapist



Rory Johnston, OTR/L, CLWT

Rory is a registered Occupational Therapist through the National Board for Certification in Occupational Therapy. He is licensed in the state of Iowa. Rory completed his undergraduate degree at the University of Iowa, majoring in Psychology. He attended graduate school for Occupational Therapy at the University of Minnesota. Rory treats patients at Guthrie County Hospital, in home through Guthrie County Public Health and is now accepting patients at the Stuart Rehab Clinic.



Kellie Prescott, OTA/L

Kellie is a licensed Occupational Therapy Assistant in the state of Iowa. She graduated with her Associates in Applied Science in Occupational Therapy from Kirkwood Community College. Kellie treats patients at Guthrie County Hospital and in home through Guthrie County Public Health.

Resource:

American Occupational Therapy Association

<https://www.aota.org/>

The Importance of Heart Health

We tend to think of heart disease as that of older adults, but the truth is that heart disease can happen at any age and is the number one cause of death in men and women. Heart disease is occurring more and more frequently in younger adults, and this is due to choices we make in our youth and beyond. What are the things that increase our risk of heart disease? Obesity, high blood pressure, high cholesterol, smoking, drug use, excessive alcohol consumption, diabetes, physical inactivity, family history, unhealthy eating which includes too much sodium, trans fats, saturated fats, and added sugars.

What is heart disease? Heart disease is caused by plaque that builds up in the walls of the arteries in our heart. These arteries supply blood to the heart that help it perform its job, which is pumping blood to the body. Plaque can accumulate in any of the arteries in the body, but when they accumulate in the arteries in the heart it's called coronary artery disease, or heart disease.

Plaque that clogs the arteries is made up of cholesterol and other substances in the artery. When plaque builds up it causes a narrowing in the artery which decreases the blood flow to the heart muscle. When this happens, you can experience a variety of symptoms. You may have chest discomfort which can be described as sharp stabbing pain, pressure, squeezing, or heaviness. You might not have any chest discomfort you might experience shoulder, back, or neck discomfort, arm discomfort, throat tightness, jaw pain, nausea and vomiting, sweating, shortness of breath, anxiety or feeling restless, upper abdominal discomfort, feeling more tired than normal, or being lightheaded or dizzy.

How is coronary artery disease diagnosed? When a person has a **heart attack**, which is also known as a myocardial infarction. This occurs when you have a total blockage of a coronary artery (the arteries that take blood to the heart) that is caused by plaque or the development of a blood clot in your artery. When that occurs, there is no blood flow to the heart muscle that the artery feeds. Since no blood can get through the heart muscle starts to have damage which causes the symptoms of a heart attack.

Other ways a person can be diagnosed with heart disease is an **ECG or EKG** which measures the electrical activity, rate, and regularity of your heartbeat.

An **echocardiogram** which uses ultrasound to create a picture of your heart and the heart function.

Exercise stress test which measures your heart rate while you walk on a treadmill and records the electrical activity which can help determine how well your heart is working when it must work harder.

Chest x-ray is used to get a picture of your heart, lungs, and other organs in your chest. It can help to determine if your heart is normal size or enlarged.

Coronary catheterization is an invasive procedure in which they go through the femoral artery in the groin area or the radial artery in your wrist. They inject a dye which helps them to see if you have adequate blood flow through your coronary arteries, which are the arteries that provide blood to your heart.

Coronary artery calcium scan can determine if you have calcified plaque in your coronary arteries.

What happens if I have heart disease? If it is determined you have heart disease, depending on what is wrong you may be referred to a cardiac rehab program. Cardiac rehab helps the recovery process from heart attack, a coronary angiogram with angioplasty or stents, open heart surgery, valve repair or replacement, stable angina, or heart failure. Cardiac rehab consists of exercise and education. During cardiac rehab you will wear a heart monitor, have your blood pressure monitored before, during, and after exercise. You will be educated about heart healthy eating, benefits of exercise, tobacco cessation, cholesterol, fats, stress management, coping with chronic illness, risk factor reduction, signs and symptoms of heart disease and other topics.

Cardiac rehab is covered by most insurance companies.

References:

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. How Cardiac Rehab can Help Heal Your Heart. Retrieved from https://www.cdc.gov/heartdisease/cardiac_rehabilitation.htm Access November 8, 2022.

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. Coronary Artery Disease (CAD). Retrieved from https://www.cdc.gov/heartdisease/coronary_ad.htm Accessed November 8, 2022.

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. Heart Disease, it can Happen at any Age. Retrieved from https://www.cdc.gov/heartdisease/any_age.htm Accessed November 8, 2022.

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.



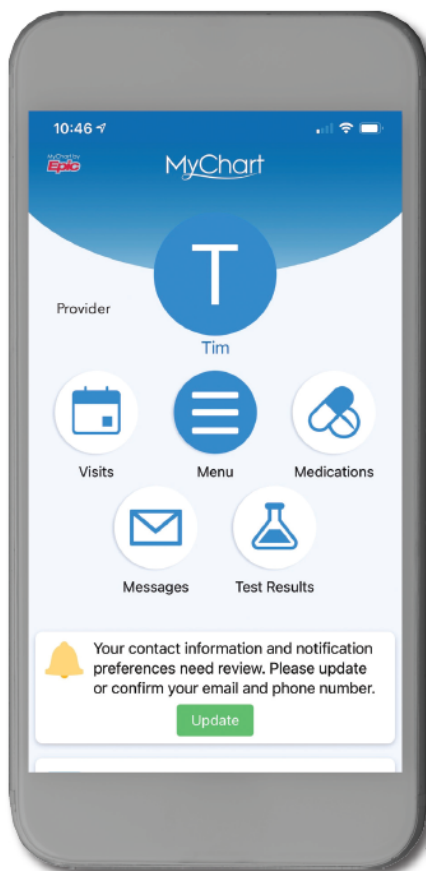
SCHEDULE OR REQUEST PRIMARY CARE APPOINTMENTS

- 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?

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.
- Every Tuesday & Thursday - Walking Wellness Class @ 4:00 p.m.
- May 11 - State Opioid Response Training Lunch & Learn - Reducing Stigmas Associated With Substance Abuse Disorders (SUD) in the Healthcare Community & Naloxone Distribution Training. For more information, contact Stacy Lambert at (641) 332-3912.
- May 18 - Diabetes Support Group - Located in Sneakers Café @ 7:00 p.m.
- June 8 - GCH Auxiliary Meeting @ Todd-Neff Conference Room at 10:00 a.m.

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

NEW EQUIPMENT

- Stuart Rehab Clinic received a new treadmill in March.



Join our team!

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

Online applications now available.

Join the GCH Auxiliary

WHAT IS THE AUXILIARY?

Founded on a tradition of giving the Guthrie County Hospital Auxiliary is a non-profit service organization whose mission is to work in conjunction with the Guthrie County Hospital & Clinics by volunteering to promote the health of our community.

This volunteer organization augments the programs and services of Guthrie County Hospital & Clinics by hosting fundraising activities throughout the year, presenting monetary gifts to the hospital to aid in the purchase of new equipment and provide scholarships to four local high school students every year. Their contributions are far reaching and provide valuable benefits for the patients, families and employees of Guthrie County Hospital & Clinics.

This team of volunteers contributes greatly to the high level of care that Guthrie County Hospital & Clinics has successfully provided for over half a century.

SPECIAL EVENTS & PROGRAMS SPONSORED BY THE AUXILIARY

- Scholarships for students majoring in the health care field
- Biannual Baked Potato Bar & Bake Sale
- Masquerade Jewelry & Accessories Fundraising Sale (*everything \$5*)
- Patient bags
- Auxiliary vending machine located in the Main Lobby of the hospital

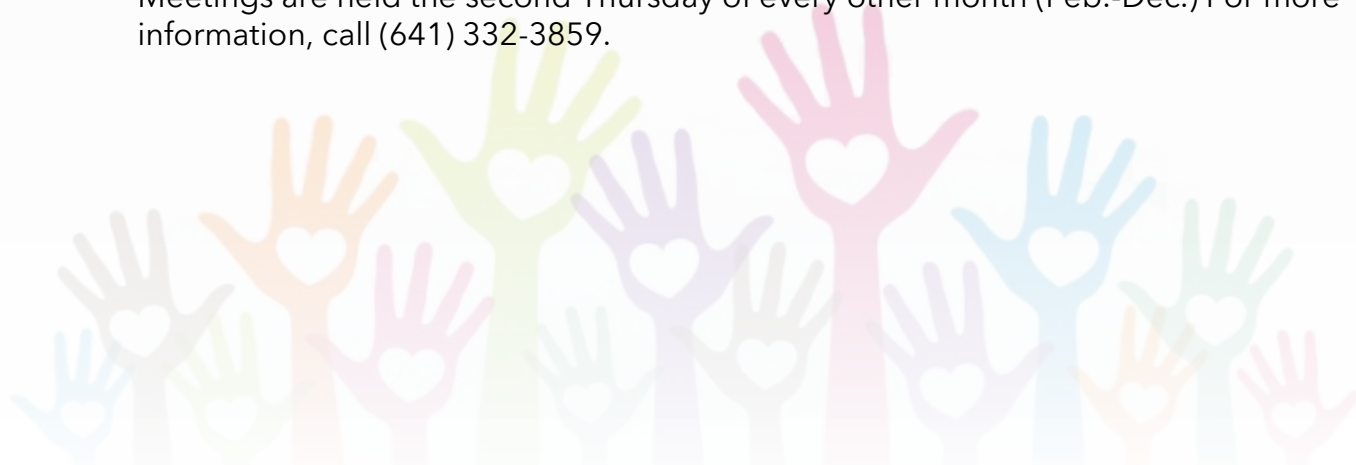
MEMBERS OF THE AUXILIARY ARE GIVEN THE OPPORTUNITY TO:

- Serve the community and support local healthcare.
- Use their individual skills and hobbies to help others.
- Spend vital time and resources with fundraising events as well as serving on Auxiliary committees.
- Attend all fundraising efforts.
- Meet new friends and establish relationships all while having fun!

TO BECOME A MEMBER...

- Must be 18 years or older
- Complete a membership form (*see next page*)
- Pay membership dues:
 - Active Member-\$5 annually
 - Supporting Member-\$10 annually
 - Lifetime Member-\$50 onetime fee

Meetings are held the second Thursday of every other month (Feb.-Dec.) For more information, call (641) 332-3859.





An Affiliate of  UnityPoint Health

Auxiliary

Membership Enrollment

Please help keep our records accurate by completing this membership form every year.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Last year's Membership Status: _____

If you'd prefer to receive your meeting agenda by email, please provide your email for our records.

Email Address: _____

Membership Status

___ Lifetime Member - Dues **\$50.00**

Lifetime members – pay a onetime due.

___ I am a Lifetime Member - previously paid the onetime membership dues.

___ Active Member - Dues **\$5.00**

Active members – Pay membership dues annually and help with various activities, such as baking, phone calling, volunteering for different events, etc.

___ Supporting Member - Dues **\$10.00**

Supporting members – Pay membership dues annually **only** and do not help with various activities.

___ Inactive - I would like to change my Auxiliary status to Inactive.

Please take me off your list. (I understand that by doing this I will no longer receive meeting notices, the annual Auxiliary membership book, or phone calls to help at events.)

Areas of Interest

(Please check any you would be interested in helping with.)

	Yes	No		Yes	No
Bake Sale	<input type="checkbox"/>	<input type="checkbox"/>	Scholarship Program	<input type="checkbox"/>	<input type="checkbox"/>
Donate Money	<input type="checkbox"/>	<input type="checkbox"/>	Special Projects	<input type="checkbox"/>	<input type="checkbox"/>
Phone Calling	<input type="checkbox"/>	<input type="checkbox"/>	Vending Machine (refill)	<input type="checkbox"/>	<input type="checkbox"/>
Potato Bars	<input type="checkbox"/>	<input type="checkbox"/>			

Other, please list: _____

THANK YOU!

Return to: GCH Auxiliary - Membership Chair | 710 N 12th Street | Guthrie Center, Iowa 50115

RSV Prevention

Learn about the symptoms and treatment of respiratory syncytial virus (RSV).

Symptoms and Care

Symptoms

People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms of RSV infection usually include

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

Almost all children will have had an RSV infection by their second birthday.

Call your healthcare professional if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Care

Most RSV infections go away on their own in a week or two.

There is no specific treatment for RSV infection, though researchers are working to develop vaccines and antivirals (medicines that fight viruses).

Take steps to relieve symptoms

- **Manage fever and pain** with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. (Never give aspirin to children.)
- **Drink enough fluids.** It is important for people with RSV infection to drink enough fluids to prevent dehydration (loss of body fluids).
- **Talk to your healthcare provider** before giving your child nonprescription cold medicines. Some medicines contain ingredients that are not good for children.

RSV can cause more serious health problems

RSV can also cause more severe infections such as bronchiolitis, an inflammation of the small airways in the lung, and pneumonia, an infection of the lungs. It is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age.

Healthy adults and infants infected with RSV do not usually need to be hospitalized. But some people with RSV infection, especially older adults, and infants younger than 6 months of age, may need to be hospitalized if they are having trouble breathing or are dehydrated. In the most severe cases, a person may require additional oxygen, or IV fluids (if they can't eat or drink enough), or intubation (have a breathing tube inserted through the mouth and down to the airway) with mechanical ventilation (a machine to help a person breathe). In most of these cases, hospitalization only lasts a few days.

RESOURCES

Center for Disease Control and Prevention (CDC) | www.cdc.org

How to Grill Safely

What You Need to Know

- When handling raw meat, chicken and other poultry, and seafood
 - Separate it from other food
 - Refrigerate it before grilling
 - Wash your hands before and after handling it
 - Make sure its juices do not touch other food, utensils, and surfaces
 - Use a food thermometer to ensure it is cooked to a safe internal temperature
- Refrigerate leftovers within 2 hours of cooking



Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. **Follow these steps for a safe and enjoyable grilling season.**

Separate

When shopping, pick up meat, chicken and other poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To avoid cross-contamination, put packages of raw meat and poultry into individual plastic bags.

Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep at 40°F or below in an insulated cooler.

Thaw & Marinate

Harmful germs can multiply quickly at room temperature. Thaw food safely in the refrigerator, cold water, or microwave. Always marinate food in the refrigerator no matter what kind of marinade you're using. Never thaw or marinate meat, poultry, or seafood on the counter.

Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces and utensils with hot, soapy water before and after cooking.

Check Your Grill and Tools

Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

How to Grill Safely

Don't Cross-Contaminate

Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill. Do not place cooked meat back on a plate that held raw meat.

Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat at a safe internal temperature while it cooks.

When grilling, cook to:

- 145°F—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish (or cook until the flesh is opaque and separates easily with a fork)
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

After grilling, keep food hot:

- 140°F or warmer—until it's served

Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside). It is okay to put small portions of hot food in the refrigerator since they will chill faster.

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

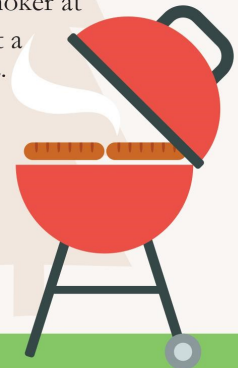
Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F to 300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



Garlic Butter-Roasted Salmon with Potatoes & Asparagus

Ingredients

- 1 pound baby Yukon Gold potatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 12 ounces asparagus, trimmed
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1 $\frac{1}{4}$ pounds salmon fillet, skinned and cut into 4 portions
- Chopped parsley for garnish

Instructions

1. Preheat oven to 400 degrees F. Toss potatoes, 1 tablespoon oil, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper together in a medium bowl. Spread in an even layer on a large rimmed baking sheet. Roast until starting to soften and brown, about 15 minutes.
2. Meanwhile, toss asparagus with the remaining 1 tablespoon oil, $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper in the medium bowl. Combine butter, lemon juice, garlic, $\frac{1}{4}$ teaspoon salt and the remaining $\frac{1}{4}$ teaspoon pepper in a small bowl.
3. Sprinkle salmon with the remaining $\frac{1}{8}$ teaspoon salt. Move the potatoes to one side of the pan. Place the salmon in the center of the pan; drizzle with the butter mixture. Spread the asparagus on the empty side of the pan. Roast until the salmon is just cooked through and the vegetables are tender, 10 to 12 minutes. Garnish with parsley.



Banana-Mango Smoothie

Ingredients

- 1 cup cubed peeled ripe mango
- ¾ cup sliced ripe banana (about 1 medium)
- 2/3 cup fat-free milk
- 1 tablespoon nonfat dry milk (optional)
- 1 teaspoon honey
- ¼ teaspoon vanilla extract

Instructions

1. Arrange the mango cubes in a single layer on a baking sheet; freeze until firm (about 1 hour). Place frozen mango, banana, milk, dry milk (if using), honey and vanilla extract in a blender. Process until smooth.

Tip

Freeze the cubed mango overnight in an airtight container to make this smoothie a snap to throw together (for variety, try substituting frozen berries for the mango). Remember to let frozen mango thaw for 15 minutes to soften slightly. The dry milk is optional, but one tablespoon provides about 100 milligrams of calcium.

RESOURCE

Eating Well

www.eatingwell.com



Watermelon-Strawberry Smoothie

Ingredients

- 2 cups frozen strawberries
- 1 cup chopped watermelon
 - 1 cup low-fat plain yogurt
- 2 teaspoons honey (optional)
 - Squeeze of lime juice

Instructions

1. Combine strawberries, watermelon, yogurt, honey (if using) and lime juice in a blender. Puree until smooth.

RESOURCE

Eating Well

www.eatingwell.com

DEPARTMENT SPOTLIGHT

ENVIRONMENTAL SERVICES

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

The Environmental Services Department has a total of 54 ½ years' experience.

- Julie - 19 years
- Chris - 16 years
- Susan - 13 years
- Linda - 6 years
- Beth - ½ year.

What services does your department provide?

We are responsible for all general cleaning in the facility. Which is to reduce the number of microorganisms that may come in contact with patients, visitors, staff and the community. To provide a clean and pleasant atmosphere for the patients and staff.

Why do you choose Guthrie County Hospital & Clinics?

Convenience is a big one, but the standard of care we receive, and the cleanliness of the Hospital and clinics keeps us coming back.

When was your department established?

When the Hospital was constructed, usually the Maintenance/Housekeeping Department was combined. There was a person who lived on site to fix and clean the Hospital.

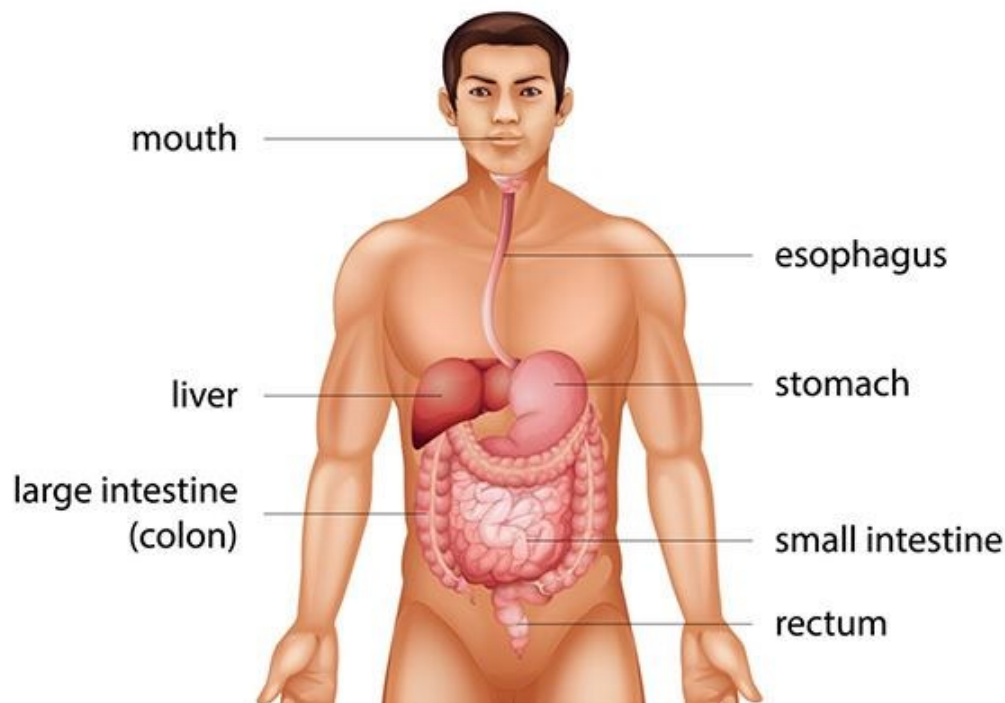
NO IFS, ANDS, OR BUTTS! TOMORROW CAN'T WAIT...

Colon cancer may not be at the top of your list of things to talk about with family and friends. However, it can be a lifesaving conversation. 1 in 24 people will be diagnosed with colon cancer. For this reason, advocates for colon cancer awareness have designated March as National Colorectal Cancer Awareness Month.

Colorectal cancer is the third most common cancer in the US, and the second leading cause of cancer death. It affects men and women of all racial and ethnic groups and is most often found in people 50 years or older. However, incidence in those younger than 50 is on the rise. The American Cancer Society estimates that there will be 106,970 new cases this year with approximately 52,550 passing away this year from the disease.

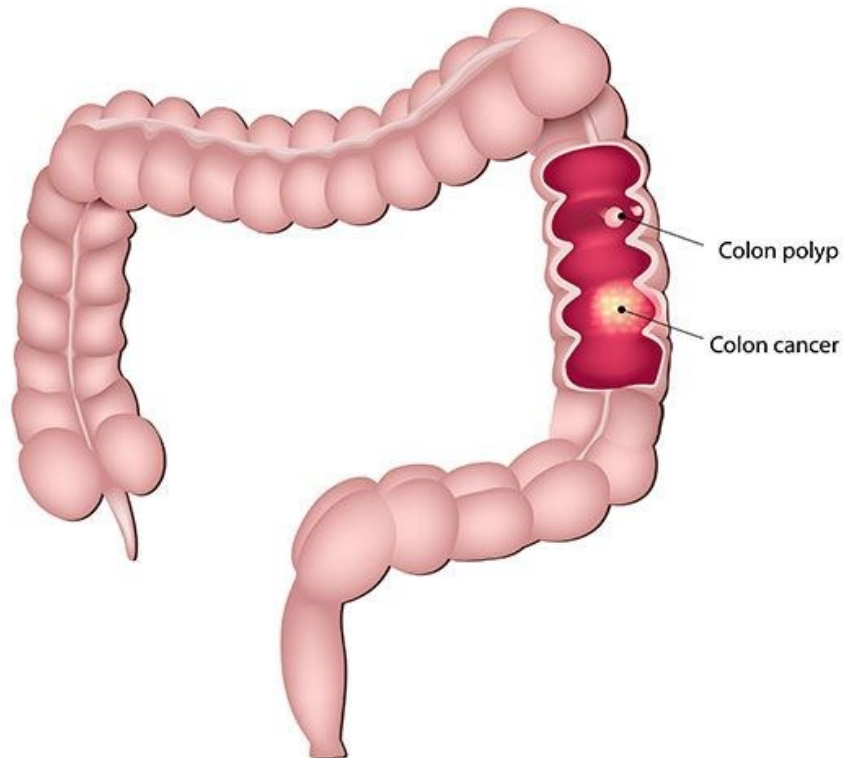
WHAT IS COLORECTAL CANCER?

Colorectal cancer refers to cancer in the colon and/or rectum, or both. As the graphic below shows, the colon is part of the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Most colorectal cancers develop first as polyps, which are abnormal growths inside the colon or rectum that may later become cancerous if they are not removed.



Colorectal cancer is very treatable when it is discovered early. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is very effective. In the most advanced cases – when the cancer has spread to the liver, lungs, or other sites – treatment can often make surgery an option and can prolong and add to quality of life. Research is constantly being done to learn more and provide hope for people in all colorectal cancer stages.

COLON CANCER AND POLYP



WHAT ARE THE SYMPTOMS OF COLORECTAL CANCER?

Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.

If you have symptoms, they may include—

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. Colon and rectal cancer symptoms can also be associated with many other health conditions. Since the early signs of cancer often do not include pain, it is important not to wait and see your doctor soon after you start having symptoms. Only a medical professional can determine the cause of your symptoms.

COLORECTAL CANCER SCREENING

Colorectal cancer screening tests are tests or exams that are performed at routine intervals based on a person's risk factors. These screening tests look signs of colorectal cancer when a person does not have any symptoms. The goal is to find the cancer early, which will improve chances for a successful treatment and recovery.

COLORECTAL CANCER SCREENING, CONTINUED

Screening for colorectal cancer should start at age 45, for the average risk person, based on new recommendations from the American Cancer Society. There are several screening options available, including stool-based tests and visual exams. A colonoscopy is the preferred screening option as it can also help in the prevention of colon cancer. When small polyps are found and removed during a colonoscopy, it can prevent them from developing into cancerous tumors years later. It is also important to note, that if you choose to screen for colorectal cancer with a stool-based test and it reveals positive or abnormal results, you should have a follow up colonoscopy to complete the screening process.

When it comes to colorectal cancer, the most common symptom is NO symptom, which is why it is so important to have regular screening. If you are 45, with an average risk, get screened!

FIVE REASONS WHY TOMORROW CAN'T WAIT:

1. Screening can't wait. Colorectal Cancer doesn't care about age or where you are from, and it doesn't just strike the older population. Screening is the No. 1 way to prevent colorectal cancer.
2. Warning signs can't wait. If you notice any symptoms like blood in your stool, anemia, weight loss, abdominal pain, fatigue, changes in your digestion processes or narrowing stool, book an appointment with your doctor, immediately—especially if you have a family history of the disease.
3. Your family can't wait. Ask your loved ones if there is family history of the disease or ask them if they have ever been screened for the disease. Create a healthy and open dialog with loved ones on why it is important to get screened and discuss screening options available.
4. Care can't wait. Patients and caregivers depend on support when they face this devastating disease.
5. A cure can't wait. Approximately 52,550 Americans will die from colorectal cancer this year; for them, a cure can't wait. Detecting colorectal cancer early is the key to prevention and to ending this disease within our lifetime.

GET SCREENED!

If you are over the age of 45 and want to schedule a screening colonoscopy or discuss other options for colorectal cancer screening, please talk with your healthcare provider. Guthrie County Hospital has several screening options available, including colonoscopies.

RESOURCES

American Cancer Society | www.cancer.org
Center for Disease Control and Prevention (CDC) | www.cdc.org
Colorectal Cancer Alliance | www.ccalliance.org



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