

SPRING 2017



Perry County Memorial Hospital
People Care More Here

Life & Health[®]

A JOURNAL DEVOTED TO HEALTHFUL LIVING

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PCMH Services Directory

Perry County Memorial Hospital	547-2536
Cardiopulmonary Rehab & Cardiology	768-3239
CORE Fitness	768-3400
Counseling Center & Psychiatry	547-3116
Courtesy Car	768-1186
Essential Elements	547-4899
Frohna Clinic	824-5599
Home Health	547-7133
Infusion & Specialty Clinics	768-3285
<ul style="list-style-type: none"> Hematology/Oncology Rheumatology 	
Nephrology & Neurosurgery Clinics	768-3378
Outpatient Scheduling	547-4288
<ul style="list-style-type: none"> Audiology Dermatology (Miller) Ear, Nose, Throat Endocrinology Neurology Vascular Wound Care 	
Perry County Physician Services	768-3420
<ul style="list-style-type: none"> Dermatology (Jensen) Gastroenterology Pain Management Podiatry Pulmonology Urology 	547-7248
Marlon Torrento, MD	768-3410
Mohammad Moaddabi, MD	547-4026
Ophthalmology	
<ul style="list-style-type: none"> Lumsden Krishnasamy 	573-334-5265 314-222-5018
Perry County Orthopedics & Sports Medicine	768-3396
Perry County Women's Care	547-4899
Perry Kids Pediatrics	517-0999
Perryville Family Care Clinic	547-7888
Perryville Surgical Clinic & Breast Care	547-8390
PFCC Podiatry	768-3270
PFCC West	768-3220
Prescriptions Plus Pharmacy	547-4960
Sleep Lab	547-2530 ext. 3355
Therapy Services	768-3400

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President/CEO

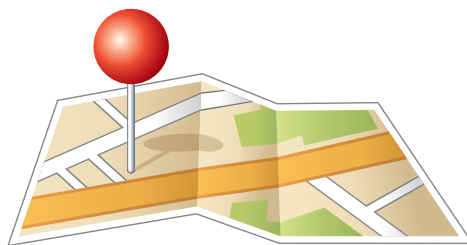
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We've moved!



WE have had a lot of construction going on around the Perry County Memorial Hospital (PCMH) campus. This has resulted in new office space, new specialty clinics and lots of moves. Now that the construction is complete, we will do our best to get everyone where they need to go with the least confusion.

Medical Office Building (MOB) A and B are now joined, and the building as a whole is referred to as MOB A.

Prescriptions Plus Pharmacy was the first to move. What was formerly MOB B has been

extended in the back to allow a larger, more functional pharmacy. There are now two drive-thru lanes, a robot that works to prepare prescriptions and more space to allow your prescriptions to be filled more efficiently. Enter the pharmacy through entrance 10.

Perryville Family Care Clinic (PFCC) has made the most changes in the construction process. We have reformatted the clinic to have

a more intimate feel. Now that only two or three providers operate out of each office, patients wait in a smaller waiting room and are less exposed to other sick patients.

Dr. Darryl Green and Dr. Laurie Womack's office is located in entrance 9, Suite 101B. Dr. Mark Schabbing, Theresa Lipe, and Leticia Kelley are located just inside entrance 9 in Suite 101A.

All PFCC patients needing lab work should check in at the office of Dr. Schabbing. The PFCC Lab is open from 7:30 a.m. to 4:30 p.m.

Dr. Hope Bante now works at PCMH full time in the PFCC Podiatry Office, located in entrance 9, Suite 103.

The PCMH Sleep Lab is still located on the upper level of the former MOB B, entrance 7, Suite 202. The Infusion & Specialty Clinic is now located on the upper level of what was MOB B. Enter through entrance 7 and follow signage to Suite 203. The Nephrology and Neurosurgery clinics,

Construction is finished. We will be happy to help you find the office you need.

New and improved

Surgery may be the answer for helping a bad hip

A new sense of freedom. A new attitude. And a new lease on life.

That's what may await you with a new hip, if you've been living with a painful hip joint damaged by arthritis or another medical condition.

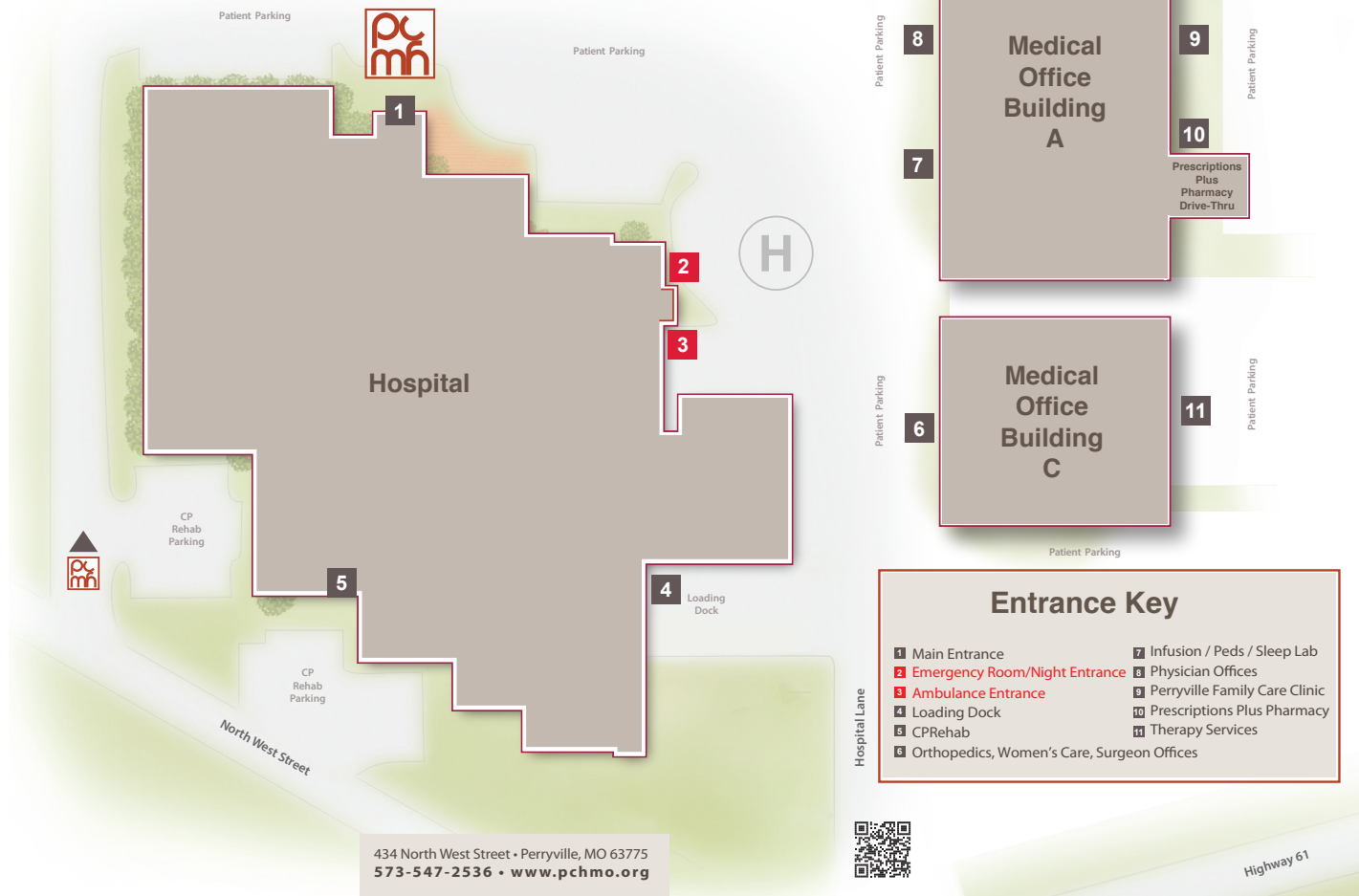
Each year, more than 300,000 Americans undergo surgery to replace their old hip with a new one.

The surgery helps relieve pain and stiffness, which often allows people to return to a more active lifestyle.

Time for surgery?

It may be time to consider surgery if you've tried other treatments for a bad hip, like pain medication or physical therapy, but haven't found relief.

Perry County Memorial Hospital Campus



as well as the vaccination clinic, will remain in entrance 8, Suite 202. Audiology was moved to MOB A when construction began and will remain

in entrance 8, Suite 203. Additionally, PCMH has worked with Urology Associates to increase their time on the PCMH campus. Dr. Mitchell

Ogles and Dr. Vincenzo Galati will now staff the clinic every Tuesday from 8 a.m. to 2 p.m. This clinic will remain in entrance 6, Suite 203.

Doctors perform hip replacement surgery on people of all ages, including teenagers. It's considered one of the most successful surgeries in all of medicine.

The operation involves replacing the hip joint with metal, plastic or ceramic artificial parts. The parts are either cemented in place or positioned in a way that allows bone to grow into the components.

Life with a new hip

Talk with your doctor if you think

you may be a candidate for a new hip. He or she can explain more about the surgery, including which surgical approach would be best for you.

If you do opt to have your hip replaced, you'll most likely spend one to three days in the hospital. You may start walking the day of surgery. Though your complete recovery may take several months, most people return to the majority of their activities within six weeks.

Sources: American Academy of Orthopaedic Surgeons; American Association of Hip and Knee Surgeons



Check out Dr. Byrne's Health Beat Video about hip replacement at morehealth.org/hipreplacement.

5 MUST-DOS @50

You survived all those over-the-hill jokes and cards, and you managed to blow out all those candles on your cake.

Turning 50, it turned out, was really no big deal.

What is a big deal at this age, however, is making sure you stay in good health.

As you get older, you're more likely to face health challenges. Here are five suggestions for beating back those challenges:

1 Whittle away unwanted weight. A tubby tummy puts stress on your heart, lungs, blood vessels and bones and increases your risk for some serious diseases, including type 2 diabetes.

If extra pounds have sneaked up on you, wrap a tape measure around your waist just above your hips. A measurement greater than 40 inches for a man or 35 inches for a woman is a sign that you should cut some calories and get more exercise.

2 Shape up your shopping cart. A good diet promotes good health—and it starts in the grocery store. If you're not already purchasing fruits and vegetables, whole grains, fat-free or low-fat dairy products, lean meats, and fish, it's time for some meal make-overs. Foods that aren't so healthy—such as butter, ice cream, cookies and cakes—are OK periodically. Just don't eat them often.



Preventing colon cancer

KNOW YOUR OPTIONS

Love it or hate it, 50 is a milestone birthday. And you may not realize it, but it's a milestone for your health too. It's the age when most adults should start getting screened for colon cancer. This screening can not only

detect cancer but also prevent it. In other words, it saves lives.

If everybody 50 or older had regular screening tests, the number of U.S. deaths from colon cancer would be greatly reduced. Here's why:

- ▶ Colon cancer usually starts from abnormal growths in the colon or rectum called polyps. Over time, some polyps turn into cancer.
- ▶ Screening tests can find polyps. Doctors can then remove them, stopping cancer



4 Take a hike...or a walk...or a bike ride. Just do something to get your heart pumping. Staying active helps control weight, blood sugar, blood pressure and cholesterol. It can also lower stress and raise energy levels, and it can help you sleep better. Start slowly if you haven't been active in a while, and gradually increase your activity level. The goal is to do at least two and a half hours of moderate-intensity aerobic activity, like brisk walking, each week. Supplement that with muscle-strengthening exercise two days a week. If you have a chronic health condition, such as arthritis, diabetes or heart disease, be sure to talk with your doctor before you begin exercising.

5 Tune in to your emotions. Physical health is just one aspect of wellness. Emotional health is another. As you grow older, you may experience isolation and depression. Try to maintain ties to family and friends and to do things you enjoy. If you need help managing your mood, speak with your doctor.

3 Be seen—and screened. Regular doctor visits can be invaluable in your efforts to stay well. Now is when screening tests become particularly important. In fact, there are some tests, mammograms, for example, that may have been best to start years ago. However, if you haven't been vigilant about screenings, it's not too late. Work with your doctor to tailor a screening plan that's best for you.

Aging is something to celebrate, and doing it in good health is something to plan for. Go to pchmo.org to learn more about screening tests.

Sources: American Heart Association; Centers for Disease Control and Prevention; Mental Health America; National Institutes of Health

from ever developing.

► Screening tests can also find colon cancer early, before it causes symptoms. And that's when treatment works best.

You have choices

Different tests can screen for polyps or colon cancer. A colonoscopy—the most accurate test—examines the rectum and entire colon for polyps or cancer. A similar test, called a flexible sigmoidoscopy, examines the rectum and lower third of

the colon. Alternatively, you can do a stool test at home, using a test kit from your doctor.

Be sure to talk with your doctor about which test is right for you—and when to start screening. People with a higher risk of colon cancer may need to start testing before age 50. Several different things might raise your risk, including a family history of the disease or precancerous polyps.

Source: Centers for Disease Control and Prevention



Check out Dr. Steele's Health Beat Video to learn more about colon cancer at morehealth.org/coloncancer.



SPRING FWD ▶

A GREAT TIME TO MAKE HEALTHY CHANGES

MANY of us launch the new year with resolutions to improve ourselves. Those resolutions often fizzle in a few weeks or months. But that doesn't mean you have to wait until next January to get a fresh start.

The beginning of daylight saving time, with brighter, warmer days, is a great time to make a fresh start. Spring into better health with one of these bright ideas.

Give your kitchen a makeover.

Take time to say out with the old and unhealthy and in with fresh, new food options. You can get some spring cleaning in at the same time.

First, go through the fridge and pantry. Start by discarding anything that's spoiled or expired. Next, take stock of sugary or salty foods, and toss most of them. You might keep one or two of your favorite snacks, though, for an occasional indulgence.

Finally, do a little menu planning. What does your family enjoy? What types of colorful produce are in season?

Plan simple, nutritious meals, and then go shopping to stock your newly cleared kitchen.

Optimize those ZZZs. When it comes to sleep, both quality and quantity count. If you're dragging through your days, take a look at your sleep habits. It might help to:

- ▶ Create a cozy, relaxing sleep environment. Think quiet, dark and cool.
- ▶ Put electronics to sleep early. The type of light emitted from laptops and other screens can stimulate the brain, making it difficult to fall asleep.
- ▶ Find a soothing bedtime ritual, like reading a book, taking a bath or listening to quiet music.

If you have ongoing sleep problems, talk to your doctor.

Commit to fit. Let longer days and the improving weather beckon you to get out and moving. It's time to enjoy long walks on balmy spring days, for example, or dig into yard-work and gardening.

Being active can boost mood and

ease anxiety. It can also lower blood pressure, improve cholesterol levels and help you sleep better. The list goes on and on.

And exercise doesn't have to be a chore—you're more likely to stick with it when it's fun. Check your local recreation center for a sports league to join. Head to a local park that has volleyball nets or horseshoe pits set up. Or train for a 5K walk or run.

Sun-proof your skin. While it's not summer yet, protecting skin is a year-round endeavor. Let the brighter days of spring be a reminder to step up your game. Cover up with long sleeves, long pants, sunglasses and a brimmed hat. And use sunscreen when you'll be outside. Remember, damaging UV rays can reach you even on gray, overcast days.



Need a physician? Check out our website at pchmo.org.

Sources: American Heart Association; American Institute for Cancer Research; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute; National Sleep Foundation



3 great reasons to vaccinate your kids

When is an ounce of prevention worth more than a pound of cure? When it has the potential to save your child's life.

Vaccines are like an ounce of prevention. They don't take long to give. And insurance usually covers them. But they could keep your child from getting certain diseases—and help keep others safe from those diseases too. Here's how:

1. Vaccines protect against life-threatening illnesses. Thanks to vaccinations, some diseases that used to injure or kill kids, like polio and smallpox, have been completely or nearly eliminated in the U.S. But other serious illnesses (such as meningitis, measles and whooping cough) are still around. Vaccinating your kids protects them—safely.

Doctors and scientists review vaccines to ensure their safety. Very few children have serious side effects. And because

vaccines are 90 to 99 percent effective in preventing disease, the benefits outweigh any possible side effects for most kids.

2. They protect others. Some diseases, like chickenpox and measles, are highly contagious. But getting your kids vaccinated greatly reduces their risk of catching these diseases—and passing them on to others. That's especially good news for vulnerable people, including newborns who haven't had all their shots yet.

3. They save time and money today—and tomorrow. Vaccinated kids avoid diseases that could make them miss school. They're also protected from illnesses that could lead to long-term disability, lost work time and wages, and high medical costs.

For more about vaccinations, visit [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules).

Sources: American Academy of Pediatrics; Department of Health and Human Services

Private time

Teens need time to talk with a doctor

It's normal for kids to need space as they become teens. And that includes during doctor visits, according to the American Academy of Pediatrics (AAP).

The AAP recommends that children as young as 11 have some time alone with their doctor. The child may be more likely to speak openly and honestly if a parent isn't there.

Private time between a teen and the doctor:

- ▶ Helps teens develop independence and rapport with the doctor.
- ▶ Gives teens experience talking about health issues.
- ▶ Can uncover health issues that might not come up with a parent present.
- ▶ Gives teens a chance to ask questions about how their bodies are changing.

Privacy is also important while your teen is having a physical examination, unless he or she wants you present.

Stepping back can be scary. But it's an opportunity to show teens you trust them—and that can help you both grow.



Breakfast chef

Get rolling in the morning with an easy breakfast wrap. Here's how to make it: Start with a pancake, tortilla or a piece of bread. Next, roll up your favorite fillings. Here are some tasty ideas, but you can use whatever sounds good:

- ▶ Scrambled eggs.
- ▶ Peanut butter and jelly.
- ▶ Cottage cheese and fruit.
- ▶ Refried beans and cheese.





Perry County Memorial Hospital

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Health Beat Videos

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morehealth.org/healthbeat

KEEP AN EYE OUT FOR OUR LATEST HEALTH BEAT VIDEOS!

Calendar

HEALTH CLASSES

CHILDBIRTH CLASSES

Saturdays, April 8, July 8, Oct. 14, 8 a.m. to noon

PCMH Ed Center Room A, \$20 fee. RSVP by calling the OB Department at **768-3274**.

CPR

Upon request; call Terrie at **768-3271**.

INFANT CPR

Upon request; call the OB Department at **768-3274**.

INFANT MASSAGE

Upon request; call Physical Therapy at **768-3349**.



SIBLING CLASSES

Upon request; \$5/child. Call the OB Department at **768-3274** to register.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Fourth Thursday of each month, 10 to 11 a.m.

PCMH Ed Center Room A
Call Janice at **768-3387** for more information.

BETTER BREATHERS

Date to be announced, 10 a.m. to noon

RSVP to Respiratory Care at **768-3352**.

UPCOMING EVENTS

HEAVENLY SHEETS

■ **Tuesday, Oct. 3, noon to 5 p.m.**

■ **Wednesday, Oct. 4, 7 a.m. to 6 p.m.**

PCMH Lobby

BOOKS ARE FUN SALE

■ **Thursday, July 27, 7 a.m. to 6 p.m.**

■ **Friday, July 28, 7 a.m. to 3 p.m.**

PCMH Lobby

MASQUERADE JEWELRY SALE

■ **Monday, April 24, 7 a.m. to 6 p.m.**

■ **Tuesday, April 25, 7 a.m. to 3 p.m.**

■ **Monday, Nov. 6, 7 a.m. to 6 p.m.**

■ **Tuesday, Nov. 7, 7 a.m. to 3 p.m.**

PCMH Lobby

BLOOD DRIVES

■ **Mondays, May 22, July 24, Sept. 25, Nov. 27 10 a.m. to 2 p.m.**

PCMH Ed Center Room A
Call Jessica at **768-3205** for an appointment.



EASTER BAKE SALE

Friday, April 14, 7 a.m. to ?

PCMH Lobby

SAFE SITTER CLASS

Thursdays, June 8, July 6, 8 a.m. to 3 p.m.

PCMH Ed Center Room A, \$28 fee. Call Kathy at **768-3272** to register.

RELAY FOR LIFE FUNDRAISERS

Monthly

For dates and more information, check out "Classes & Events" at pchmo.org or call Jessica at **768-3205**.



KEEP IN TOUCH WITH US ■ 547-2536 ■ PCHMO.ORG

