

FALL 2016



Perry County Memorial Hospital  
People Care More Here

# Life & Health<sup>®</sup>

A JOURNAL DEVOTED TO HEALTHFUL LIVING

## Active fun

all year long

7



INSIDE



Help for new parents

3



3 ways to reduce your cancer risk

4



Ouch! Is it broken or strained?

6



# 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

- Hematology/Oncology
- Nephrology
- Neurosurgery
- Rheumatology

Outpatient Scheduling .....547-4288

- Audiology
- Dermatology (Miller)
- Ear, Nose, Throat
- Endocrinology
- Neurology
- Vascular
- Wound Care

Perry County Physician Services .....768-3420

- Dermatology (Jensen)
- Gastroenterology
- Pain Management
- Podiatry
- Pulmonology
- Urology

Marlon Torrento, MD .....768-3410

Mohammad Moaddabi, MD .....547-4026

Ophthalmology

- Lumsden .....573-334-5265
- Krishnasamy .....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 West .....768-3220

Prescriptions Plus Pharmacy .....547-4960

Sleep Lab .....547-2530 ext. 3355

Therapy Services .....768-3400

## FALL 2016

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## PCMH named Top 20

Perry County Memorial Hospital (PCMH) in Perryville, Missouri, was recently named one of the Top 20 Critical Access Hospitals (CAHs) in the country for the second year in a row.

The Top 20 Critical Access Hospitals, including PCMH, scored best among critical access hospitals on iVantage Health Analytics' Hospital Strength Index overall. The rankings were recently announced by the National Rural Health Association (NRHA).

The Top 20 Critical Access Hospital winners are those hospitals who

have achieved success in the overall performance based on a composite rating from nine indices of strength: inpatient market share, outpatient market share, population risk, cost, charge, quality, outcomes, patient perspectives and financial stability.

"Perry County Memorial Hospital is proud of the efforts of its physicians and staff who have contributed to our hospital achieving this designation," says Patrick Carron, President/CEO of PCMH. "It is quite impressive that we are receiving this award again

for the second year in a row. It only solidifies the fact that Perry County has a real jewel with our state-of-the-art hospital and caring staff. Our results as a Top 20 CAH further means our community can count on us to deliver the services they need now and in the future."

PCMH was ranked in the index categories of Market, Value and Finance Percentiles, and from these averages was given an Overall Index Rank of 98.0.



To learn more about PCMH, visit [www.pchmo.org](http://www.pchmo.org).

## PCMH earns 4-star rating

The government recently released its 5-star rating system for hospitals across the country.

Perry County Memorial Hospital (PCMH) was rated a 4-star hospital. PCMH is the only 4-star hospital from Festus to Dexter and central Illinois.

"We are extremely proud of this rating and the fact that PCMH is the

only facility in a 50-mile radius to receive four stars," says Patrick Carron, President/CEO of PCMH.

The ratings were based on a variety of factors, including surveys of patients' experiences, timely and effective care, complications, readmissions and deaths, use of medical imaging, and payment and value of care.



For more information about the report, visit [www.medicare.gov/hospitalcompare](http://www.medicare.gov/hospitalcompare).

**T**hey are images from the not-so-distant past: an anxious dad pacing the waiting room, eager for word of his wife and new baby. Grandparents given just a peek of their newest grandchild. A new baby's siblings, aunts and uncles kept away.

What a difference a few decades make. Today, childbirth is often considered a family affair, with loved ones and friends visiting the hospital and even attending the birth.

### Special event

Having a baby is a joyful event that many moms understandably want to share with others. And more women are glad to be welcoming their babies through a family-centered approach to childbirth.

We're proud to offer this style of maternity care, which can help family members be more involved in the birthing process within the safe environment of the hospital.

Doctors and nurses focus on delivering high-quality medical care; on what's best for mom and her baby. But women are encouraged to make personal choices during the process as well. And families and friends are welcome to be involved.

### Guiding principles

We know that mothers and their families want a personalized experience during and after the birth of a new baby. And we embrace a family-centered model of childbirth by:

- ▶ Recognizing the individual needs of the mother and her family.
- ▶ Providing coordinated, compassionate care before, during and after the birth.

**MAKE  
WAY  
FOR**

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- ▶ Encouraging strong bonds between a mother and her newborn and helping establish a good feeding routine.
- ▶ Having an experienced, skilled and caring medical staff.

### Here for new parents

One thing that hasn't changed over time is that new parents usually have questions and concerns about caring for a newborn.

You can be assured that staff members are available 24 hours a day to answer those questions and to offer support and encouragement for new families.

## GOOD TO KNOW

### Used baby cribs

**Weak slats, ill-fitting mattresses, and sides that go up and down: These common features of used cribs can endanger your baby's life. So for safety's sake, say "no, thanks" to secondhand cribs.**

Source: March of Dimes

### Pacifiers

**Inspect baby pacifiers often. If they're discolored or torn, replace them—pacifiers deteriorate over time.**

Source: American Academy of Pediatrics



CANCER PREVENTION

# 3 ways to reduce your risk



**T**his question has an obvious answer: Would you like to markedly cut your cancer risk?

Still, no matter how emphatic your “yes,” wanting to avoid cancer and knowing how are two different things. That’s where the three safeguards featured here come in.

While there are no guarantees that you won’t get cancer, research suggests that about one-third of the most common cancers in this country could be prevented if we all moved more, ate better and didn’t let extra pounds accumulate. (It also helps, of course, not to smoke—the No. 1 way to prevent cancer.)

As you read, you’ll discover doable ways to make all three of these lifestyle changes a reality.

## 1 Eat smart.

**Your incentive:** Just as a healthy diet protects you against heart disease and type 2 diabetes, it can also help you stay cancer-free.

For example, people who eat plenty of fruits and vegetables may reduce their risk of lung, oral, esophageal and stomach cancers.

**Here’s how:** Make produce a priority by filling half your plate with it. Fruits and vegetables are packed with naturally occurring plant chemicals that may protect our bodies’ cells from damage that can lead to cancer. Eat a variety of colorful plant foods—think of a rainbow—for the best mix of protective chemicals.

Also make at least half your grains whole grains, since fiber-rich foods



appear to fend off colon cancer.

And go easy on fatty, sugary and salty foods. No strong evidence ties fat or sugar directly to cancer. But foods that are high in fat or sugar—or both—may add pounds, and being overweight raises your cancer risk. As for salty foods, an overly salty diet may contribute to stomach cancer.

## 2 Get moving.

**Your incentive:** Regular exercise appears to directly reduce the risk of colon cancer, endometrial cancer and breast cancer after menopause. And it indirectly lowers cancer risk by helping with weight control.

**Here's how:** Aim for at least 150 minutes of moderately intense physical activity or 75 minutes of vigorous activity every week.

Start at your current ability level and then gradually do a little bit more.

Time-squeezed? Divide and conquer, for example, by taking three 10-minute mini walks rather than one 30-minute one. What matters most is your total exercise time every day.

And you don't need a gym to be active. Sneak movement into your routine.

For instance, instead of calling friends, catch up with a walk around your neighborhood. Do errands on foot, or pedal on your bike. Get off the bus two stops early. Watching TV? Do squats when commercials come on. You get the idea.

## 3 Monitor the scale.

**Your incentive:** A healthy weight may protect you from a long list of cancers. Among them: colon, kidney, pancreatic, endometrial and breast

cancer after menopause.

**Here's how:** To reduce cancer risk, most people need to keep their body mass index (BMI) below 25. Ask your doctor if that applies to you.

If you need to drop pounds, a few simple habits may help you trim down.

Don't miss meals—a missed one can set you up for overeating. Use small plates to make modest portions look generous. Eat slowly,



*Want more tips on reducing your cancer risk? Check out the stories in our online health library at [www.pchmo.org](http://www.pchmo.org). For information on cancer treatments, call the PCMH Infusion Clinic at 768-3285.*

setting down your fork between bites. It takes about 20 minutes for your stomach to signal to your brain that you're full.

Keep high-calorie foods in an inconvenient spot so the hassle of getting them curbs cravings. Better yet, leave them in the grocery store and keep your home stocked with healthy foods.

Also important: Ask friends and family to encourage your weight-loss efforts. Their encouragement can help you stay on track.

Sources: Academy of Nutrition and Dietetics; American Cancer Society; American Institute for Cancer Research

## MELANOMA

# Spot the problem

There's a form of cancer you can spot with your own two eyes: melanoma.

When diagnosed and treated early, melanoma, a skin cancer, can almost always be cured. Untreated, it can spread and become deadly. Knowing what to look for may help save a life.

## What is melanoma?

This cancer develops when certain skin cells, called melanocytes, begin to grow uncontrollably and form a tumor. (Melanocytes are the cells that make melanin, the pigment that gives skin color.)

Exposure to ultraviolet (UV) rays from the sun or from tanning beds is a major risk factor for the disease. Genetics also plays a role.

Unfortunately, even as rates of other types of cancer are dropping, melanoma rates in the U.S. are on the rise, reports the American Academy of Dermatology (AAD).

## What to watch for

According to the AAD, there would be fewer deaths from melanoma if people regularly took time to exam their skin.

That means checking for moles on every part of your body—from your scalp to the bottoms of your feet and even under your fingernails. Notice the shape, size and color of your moles.

Especially look for new moles or those that are growing or changing over time or that look different from the rest.

If you see any moles that concern you, or if you have a mole that itches, hurts or bleeds, talk with a doctor.



To learn more, go to [www.morehealth.org/melanoma](http://www.morehealth.org/melanoma).



# When is a sprain just a sprain?

It's best to let a doctor decide

**SHE** didn't see the hole until after she fell into it and her foot twisted underneath her at an ugly angle.

That's when Emma Wayne\* knew she had sprained her ankle.

It wasn't the first time she had done it. Based on past experiences, Wayne decided she didn't need to see a doctor. It was just another sprain.

And that's how Wayne became anecdotal proof of the importance of seeing a doctor anytime you suspect an ankle sprain.

## From mild to severe

A sprain is an injury of the ligaments, elastic bands of tissue that hold the bones of a joint in place.

According to the American Academy of Orthopaedic Surgeons, ligaments are made to stretch. But like a rubber band, a ligament can only stretch so far. And if your foot lands too hard on an uneven surface or rolls or twists, your ankle ligaments may sprain in protest.

Sprains can be mild, moderate or severe, and each requires different treatment for proper healing.

According to medical experts, RICE is usually sufficient for a mild sprain. That's an acronym for:

**Rest.** Use crutches or other means to stay off your ankle.

**Ice.** Apply ice for 20 minutes at a



time to ease tenderness and bruising.

**Compression.** Wrap your ankle with an elastic bandage.

**Elevation.** Raise your foot above your heart for 48 hours to reduce swelling.

RICE is a good start for treating moderate sprains too. Your doctor might also suggest putting your ankle in a splint or brace. For a severe sprain, you may need a cast. And all ankle sprains need some rehabilitation, including doctor-prescribed exercises, for a full recovery.

**Bring your hurt ankle to Perry County Orthopedics & Sports Medicine. Call 768-3396.**

## Take it to an expert

Wayne assumed this last sprain was like all the others. As a matter of fact, it turned out to be more serious. An x-ray revealed she had also broken a bone.

Ankle sprains that aren't treated quickly and correctly can lead to long-term pain and instability.

So the next time you twist your ankle, let a doctor tell you what's wrong and how best to treat it.

\*Name has been changed.

Additional source: American College of Foot and Ankle Surgeons

## A surgical solution

Surgery for a sprained ankle? It happens.

And it underlines the importance of letting your doctor evaluate an ankle injury, even if you're sure it's only a sprain. Here's why:

**You might also have a fracture.**

A sprain is a ligament injury. That means whatever happened to your ankle, it was enough to overstretch or even tear tissue. Maybe it was also enough to break a bone.

**Your ligament injury may be severe.** Even if you're fracture-free, your ligaments might need surgical repair.

**You may have long-term instability.** If an ankle sprain isn't treated right away, it may not heal right. It might feel weak and wrong during exercise, even if you brace it well. Nonsurgical treatment can often address this instability, but in some cases, surgical correction may be the best option.

For any of the above, your doctor will likely want to take an in-depth look at your ankle.

Expect to have imaging tests, such as an x-ray or MRI.

Sources: American Academy of Orthopaedic Surgeons; American College of Foot and Ankle Surgeons



# Active fun, all year long

**WHEN** summer ends and temperatures start to cool, it is the perfect time to get outside and play. And that can help your whole family stay healthy. Here are just a few ways to squeeze more movement into your days:

**Make a splash.** Part fun, part exercise, swimming is one cool workout.

*Safety first:* Never let kids out of sight—not even for a moment. Always swim with a buddy.

**Ride a bike.** You can't beat pedal-powered fun.

*Safety first:* Wear a helmet every ride—grown-ups too. Riding with younger kids? Try to stay off streets and on bike paths.

**Play ball!** Sports promote kids' confidence. Parents might be game too.

*Safety first:* Depending on the sport, helmets, pads, faceguards or other gear are needed. If you try a new sport or fitness pursuit, increase your activity gradually. Give your body time off to rest.

**Roll with it.** Do you favor the free-wheeling fun of skates,



skateboards or scooters? Now is a great time to learn.

*Safety first:* Pick a smooth, safe surface for scooters, skateboards or in-line skates. Roll with proper helmets and pads—well away from cars.

## Bonus tips

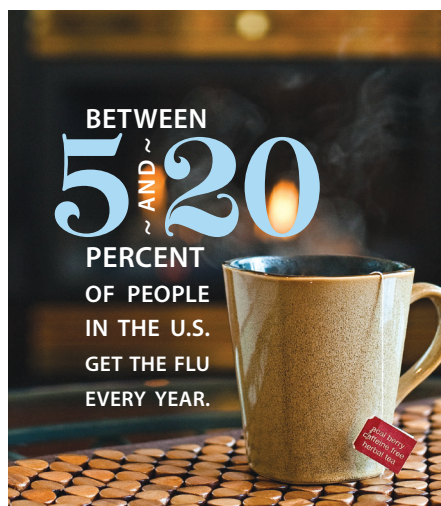
Children and teens need 60 minutes of activity a day, 5 days a week. Adults need 30 minutes of activity

If you haven't been active for a while, you might check with a doctor to make sure certain exercises are safe for you.

a day, 5 days a week. Remember to drink plenty of clear fluids to stay hydrated.

Sources: American Academy of Orthopaedic Surgeons; American Academy of Pediatrics; LetsMove.gov

## numbers to know: flu stats







**Perry County Memorial Hospital**

*People Care More Here!*

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We're rolling out the  
**RED CARPET**  
for **YOU** at the  
**2017 Women's  
Conference!**

Mark your calendar now for  
**Friday, Feb. 3**  
and watch for more info to come!

**KEEP AN EYE OUT FOR OUR LATEST HEALTH BEAT VIDEOS!**

# Calendar

## HEALTH CLASSES

### CHILDBIRTH CLASSES

■ Saturdays, Oct. 8,  
Jan. 14, April 8,  
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

■ Wednesday, Oct. 5,  
6 to 8 p.m.

■ Thursday, Oct. 6,  
7 a.m. to 6 p.m.

PCMH Lobby

### BOOKS ARE FUN SALE

■ Tuesday, Oct. 11,  
7 a.m. to 6 p.m.



■ Wednesday, Oct. 12,  
7 a.m. to 3 p.m.

PCMH Lobby

### MASQUERADE JEWELRY SALE

■ Thursday, Nov. 17,  
7 a.m. to 6 p.m.

■ Friday, Nov. 18,  
7 a.m. to 3 p.m.

PCMH Lobby

### BLOOD DRIVES

Monday, Nov. 21,  
10 a.m. to 2 p.m.

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

### CHRISTMAS BAKE SALE

■ Thursday, Dec. 22,  
7 a.m. to ?

PCMH Lobby

## SAFE SITTER CLASS

Thursday, Dec. 29,  
8 a.m. to 3 p.m.

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

## ANNUAL WOMEN'S CONFERENCE

■ Friday, Feb. 3,  
5 to 9 p.m.

Contact Jessica at **768-3205**  
for more information.

## RELAY FOR LIFE FUNDRAISERS

### Monthly

For dates and more  
information, check out  
"Classes & Events" at  
[www.pchmo.org](http://www.pchmo.org) or call  
Jessica at **768-3205**.



KEEP IN TOUCH WITH US ■ 573-547-2536 ■ [WWW.PCHMO.ORG](http://WWW.PCHMO.ORG)

