



Health Care Connection

Meet Our
New Family
Practice/OB
Physician

See page 4



Kick Start Your Spring Fitness Routine

Long winter days are fading into warmer weather, which may mean there's an end in sight for your spring fever. Perhaps you're ready to get outside and stretch your legs, hoping to lose some of your winter weight. Before you dust off your running shoes, read some of these helpful hints to ease back into a fitness routine.

- 1. Slow and steady wins the race.** If you've had a sedentary winter, try walking a few times a week before gradually adding more activity. By slowly adding intensity to your workouts, you'll help to avoid injuries.
- 2. Two is better than one.** Find a partner you can work out with each day. Whether it's your best friend, next door neighbor or your dog, having someone to exercise with holds you accountable to yourself and to your partner.
- 3. Keep a journal.** Start writing down your workout activities. You might include the day of the week you worked out, amount of time you exercised, the activity you took part in and how you were feeling that day. This allows you to go back to see what activities worked best for you and also helps you track your progress.
- 4. Have fun!** Be sure to integrate activities that you enjoy such as biking, hiking or swimming. This will help ensure you keep on the workout track without getting bored with your routine.

Be sure to see your physician before starting any new workout routine. Contact Stewart Memorial Community Hospital by calling 1-800-560-7500 to make an appointment.

Bariatric Clinic Helps with Weight Loss



Elsie Verbik, M.D.

If you want to lose more weight than those few holiday pounds you gained this past winter, consider a one-on-one consultation with Elsie Verbik, M.D., at Stewart Memorial Community Hospital. Dr. Verbik specializes in bariatric (weight loss) medicine and is a Certified Diplomate of the American Board of Bariatric Medicine. Her Bariatric Clinic focuses on weight loss strategies, weight management, nutrition counseling, physical training and behavior modification. Patients meet with Dr. Verbik on a monthly basis to review progress, assess strategy and have questions answered.

Dr. Verbik's goal for all bariatric patients is to help them create a lifestyle that is manageable and lose weight while doing it. Bariatric Clinic

appointments are available by calling
1-800-560-7500
or **712-464-7907**.



Check Out Our New Website

With the just a few strokes on the keyboard and a click of your mouse, you can find new and exciting information on the newly redesigned Stewart Memorial Community Hospital website. In early December, Stewart Memorial Community Hospital launched a new website which features a vast amount of helpful information.

On the site, you can find a physician who fits your needs, read up on the medical services we provide, access our direct line telephone directory, get the latest Stewart Memorial Community Hospital news and health updates, check out upcoming Auxiliary meetings and other special events, send a patient an e-mail, read the *Health Care Connection* newsletter, visit our online nursery, find helpful information for patients and visitors, and much more!

Check out the new website at www.stewartmemorial.org.

Digital Mammography Coming Soon

With one in every eight* women being diagnosed with breast cancer, Stewart Memorial Community Hospital recognizes the importance of providing the latest in mammography technology. This spring, the Radiology department at Stewart Memorial will begin providing digital mammography.

Digital mammography offers many benefits to patients who need a mammogram. The first is decreasing the overall time it takes to complete the procedure. With a digital system, our mammography technologists can instantly view the image of the breast and determine if a quality image was taken during the exam. With a film system, patients have to wait about 10 minutes for their image to be developed before they know if it is usable.

Another benefit of digital mammography is improved image quality with the ability to enhance the image. Digital images can be altered through magnification, contrast, brightness and orientation to help the radiologist see certain areas. Director of Radiology Mary Reiter says the addition of digital mammography is exciting. "We are very pleased to offer digital mammography because it offers the women we serve the best in technology, a better chance of catching breast cancer and quicker results."

The third benefit, and possibly most appreciated by patients, is the significant decrease in the amount of time it will take to get mammogram test results. Instead of waiting for a week to 10 days, patients will receive the results of their mammogram in just a few days. This faster turn-around time is a result of electronically sending mammogram images to be viewed by a Board Certified mammography radiologist in Des Moines instead of mailing a hard-copy of the images.

Another benefit is less radiation. According to the American College of Radiology Imaging Network, trial results reported in the February issue of the *American Journal of Roentgenology* found that the radiation dose received by women having a digital mammogram was 22% lower than conventional film mammography.

For the convenience of scheduling a mammogram screening, the Radiology department is open for appointments from 8:30 a.m. to 8:30 p.m. each weekday. Mammogram screenings do not require a physician referral and you can schedule your mammogram by calling 712-464-4207.

* Source: *Breast Cancer.org*.



Overcoming a Pain in the Neck

Being able to turn your head is one of those things you probably don't think much about – until you can't or it causes pain. Most people experience neck pain at some point in their lives. Fortunately, it disappears over time for many.

However, lingering neck pain may signal a serious underlying health condition or stem from a previous untreated injury. Knowing when to seek medical care can help prevent further complications and help you regain comfortable range of motion.

Causes of Neck Pain

Like back pain, neck pain can result from an injury or wear and tear on the bones, joints, discs and ligaments along the spine. Neck problems can even affect other parts of the body, and can cause radiating pain or weakness in the arms and legs. Here are some of the most common causes of neck pain:

- ▶ **Overuse of joints/ligaments** can result in discomfort that typically resolves or improves within a few days but could last months.
- ▶ **Rheumatoid arthritis** can destroy joints and cause severe stiffness.
- ▶ **Degenerative arthritis** results from wear and tear to discs and joints – typically after age 40. Discs can also become herniated – bulge or rupture – which may cause more intense pain and/or numbness in the leg or arm.
- ▶ **Cervical stenosis** is a narrowing of the spinal canal. This narrowing may cause pain and numbness in the arms and legs. It may also cause bowel and bladder problems.
- ▶ **Minor injuries**, such as a fall or sudden impact during an athletic activity, typically affect joints and ligaments.
- ▶ **Serious injuries**, such as motor vehicle crashes, can result in spinal fracture or dislocation, which may damage the spinal cord.

Treatment for neck pain can be as simple as rest.



When to Seek Medical Care

Neck pain often subsides on its own. However, there are several instances where you should seek immediate medical care:

- ▶ **Serious injury**, such as a motor vehicle or diving accident. A trained professional can immobilize the patient to avoid further injury.
- ▶ **Radiating pain** or numbness in the arms or legs that causes weakness – even if the neck itself doesn't hurt.
- ▶ **Continuous, persistent, severe pain** accompanied by pain that radiates down the arms or legs, and/or headaches.
- ▶ **Neck stiffness accompanied by fever, headache, nausea, vomiting or other symptoms** may be a sign

of meningitis, a serious infection that requires prompt medical care.

Keep Your Head on Straight

Treatment for neck pain can be as simple as rest. It may also include medication to reduce inflammation and physical therapy. Very few patients require surgery to relieve neck pain.

Prevention of neck pain involves good neck mechanics – keeping your head well balanced above your chest (not forward), building your strength to maintain this posture, and avoiding pillows or recliners, which may push your head forward.

If you've been experiencing neck pain for three weeks or more, call your primary care provider for an evaluation. Often, simple medical treatments will resolve the problem.



Lee Hieb, M.D.

At Stewart Memorial Community Hospital, your primary care provider may refer you for a higher level of care with Lee Hieb, M.D. Dr. Hieb is an orthopaedic surgeon who is also fellowship trained in spinal surgery. She will use a combination of techniques and tests to find the cause of your pain. An MRI can show a precise view of the structures and soft tissue inside your neck. If you're experiencing numbness or weakness, an EMG (electromyography) may be ordered to evaluate nerve and muscle function.

To make an appointment at Stewart Memorial Community Hospital, call **1-800-560-7500** or to learn more about the Orthopaedic Surgeries and Services we provide, visit www.stewartmemorial.org.

Susan Hornback, D.O., Family Practice/OB, Joins Stewart Memorial Community Hospital



Susan Hornback, D.O.

**Appointments
Available in
Lake City and
Lake View**

The physicians and staff at Stewart Memorial Community Hospital are pleased to welcome Dr. Susan Hornback to their team. The Des Moines native specializes in family care, obstetrics and women's health. She is also Board Certified by the American Board of Family Medicine, a member of the American Academy of Family Physicians and the American Medical Association.

Dr. Hornback began her career in the medical field very early in life. "My first experience caring for patients was working in a medical clinic as a certified medical assistant, and then I went on to become a registered nurse," recalls Dr. Hornback. After eight years as an R.N. at Des Moines General Hospital, Dr. Hornback went to medical school and earned her Doctor of Osteopathic Medicine degree from Des Moines University Osteopathic Medical Center. She completed her residency at Iowa Lutheran Family Medicine in Des Moines.

Her love of learning and caring for people persuaded her to become a doctor. "I've always had a desire to

take care of people and I have a passion for learning," Dr. Hornback shares. She also sees value in practicing in smaller communities. "Serving families in a rural setting is rewarding for me professionally. I think it's very beneficial for a physician to get to know the families they provide medical care for and establish lifelong relationships," Dr. Hornback says.

Dr. Hornback's level of compassion is evident in her professional history. In 2005, she was awarded the Dr. Greg Smith Award for compassion, competence and bedside manner. When Dr. Hornback is not caring for patients, she is spending time with her family. She and her husband, Jeff, have four children.

Dr. Hornback started seeing patients at Stewart Memorial Community Hospital in Lake City in January and continues to accept new patients. For appointments in **Lake City**, please call **1-800-560-7500**, and in **Lake View**, please call **712-657-8555**.

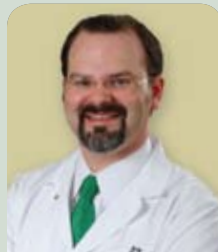
Active Kids Fall Asleep Faster

The more minutes children spend running around during the day, the fewer minutes it takes them to fall asleep at bedtime. It's not a new phenomenon; in fact, generations of parents have known that an active day makes for a better night's sleep (for the whole family!). Now there is new research to support this parental theory.

A study of 591 7-year-olds measured the children's activity level with an activity-measuring device. Children with high activity levels fell asleep faster, while those who were sedentary took a longer time to fall asleep. For every hour a child spent sedentary during the day, it took an average of three minutes longer to fall asleep at night. The report, published in the *Archives of Disease in Childhood* in September 2009, noted that children who took

less time to fall asleep stayed asleep for longer, and vice versa.

The research underscores the importance of physical activity for children – for good sleep and good overall health.



Derek Duncan, D.O.

"In addition to kids being active, parents need to ensure that their children get enough exercise. All kids 2 years and older should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week."

– Derek Duncan, D.O.

Board Certified Family Physician



Why It's Important to Manage Diabetes

Diabetes is a condition that requires active care. Seeing a doctor regularly for checkups is often the first step, but there's another important element needed – you. You play an important part in managing your diabetes. With the right care, you may be able to avoid complications such as eye, kidney and heart disorders.

5 Tips for Preventing Diabetes Complications

Along with monitoring your blood sugar and eating healthfully, you can help yourself feel your best by following these tips:

- 1. See your physician regularly.** A doctor can determine whether your diabetes is under control or if complications are beginning to surface. If complications have already developed, he or she can prescribe a treatment plan based on your diagnosis and health history. Your physician can also determine whether a daily dose of aspirin could benefit your heart.
- 2. Lower stress.** Chronic stress may keep insulin from doing its job, resulting in increased blood sugar levels. People with diabetes need to focus on their daily care, and stress can create distractions. For example, you may skip meals or forget to monitor your blood sugar. Hobbies, yoga, deep breathing and gentle stretching can help alleviate the effects of stress and improve your mood.
- 3. Keep feet healthy.** Diabetes can cause nerve damage and restrict blood flow to the feet. With reduced feeling or sensation in your feet, you may experience a cut, sore or blister without knowing it. Checking your feet at least daily can keep a small cut from turning into a bigger wound and lessen the chance of infection.
- 4. Visit the eye doctor.** Regular checkups help diagnose diabetes-related eye problems, such as retinopathy, when they're in a treatable stage. The American Diabetes Association recommends people with diabetes receive an annual dilated eye exam.
- 5. Stay current on vaccinations.** You can help protect yourself from certain diseases, such as the flu, pneumonia and hepatitis A and B, by staying up-to-date on your vaccinations. People with diabetes are at greater risk for developing complications from these conditions. Ask your doctor to recommend a schedule of vaccinations to ensure you're fully protected.

Support for You

Stewart Memorial Community Hospital offers Diabetes Support Group meetings each year. Registered dietitian Maurine Thiesen and registered nurse Marcia Schaefer host the event which is held at the hospital on the fourth Tuesday, April through October. The group meeting begins at 7 p.m. and is typically held in the lower



We Can Help



Diabetes Support Group Meetings

Tuesday, April 27 in the Junction Cafeteria
Tuesday, May 25 in the Conference Center
Tuesday, June 22 in the Private Dining Room
All meetings are from 7 to 8 p.m.

level conference center. For a complete list of topics and dates, visit the hospital website at www.stewartmemorial.org or call 712-464-4249 or 712-464-4205.

A Sweet Success

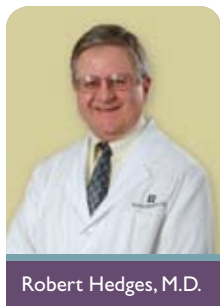
Taking care of yourself doesn't need to be overwhelming or a burden. Creating simple habits, such as checking your feet at night or exercising in the sunshine, can make managing your diabetes easier and help you maintain good health.

Terminology Guide

How to Talk with Your Doctor about Your Heart

From jewelers to journalists, every job has its own jargon. In health care, that jargon is called *medicalese* – long words that sound impressive but are actually confusing and even scary when used to describe your health.

The medical staff members at Stewart Memorial Community Hospital aren't interested in using language that sounds impressive. They are only interested in communicating effectively with their patients – especially when it comes to heart disease, the No. 1 killer of Americans. From prevention and screening to diagnosis and treatment, you can expect your health care provider at Stewart Memorial Community Hospital to stick to straight-talk about your heart's health.



Robert Hedges, M.D.

“The main risk factors for coronary artery disease (CAD) are smoking, elevated LDL cholesterol, high blood pressure, family history of heart disease and men over the age of 40.

There are other factors to consider such as diabetes, sedentary lifestyle and obesity. We can help modify your risk with proper evaluation and treatment. Just as all chest pains are not a heart attack, it also is true that CAD does not always present itself with chest pain. If you notice you are short of breath with usual activities, such as going up steps or have unusual fatigue or an irregular heartbeat, it could mean you have a blockage in one of your three main coronary arteries. It is always best to play it safe and schedule an appointment with your family doctor.”
– Robert Hedges, M.D., Board Certified Family Physician with added qualification in Geriatrics

Straight Talk about Heart Health

Talking with your health care provider is the best way to get information about your heart's health. And being familiar with the following terms* can help you know what questions to ask and make informed decisions.

A

Acute coronary syndrome – an umbrella term that covers heart conditions that can cause chest pain, such as life-threatening heart attacks.

Aneurysm – a bulge or “ballooning” in the wall of an artery.

Angina – chest pain.

Angiogram – an imaging test that shows blocked/narrowed blood vessels.

Angioplasty – a procedure using a tiny tube to clear blocked blood vessels.

Anticoagulant – medicine that thins blood to help prevent blood clots and stroke.

Arrhythmia – an irregular heartbeat.

Atherosclerosis – fat that builds up inside the blood vessels, which may increase heart disease risk.

Atrial fibrillation (AF) – a common type of irregular heartbeat that may cause palpitations or chest pain; generally not life-threatening.

B

Blood vessels – arteries carry blood away from the heart; veins carry blood toward the heart.

Bradycardia – a slower-than-normal heartbeat.

C

Cardiac catheterization lab or “cath lab” – a high-tech area of the hospital where heart/blood vessel tests and treatments are done.

Cardiologist – a doctor who specializes in treating heart disease and related conditions.

Cardiomyopathy – a condition in which the heart muscle has difficulty pumping blood and delivering it to the rest of your body.

From prevention and screening to diagnosis and treatment, you can expect your health care provider at Stewart Memorial Community Hospital to stick to straight-talk about your heart's health.



Cardiovascular disease – similar to heart disease, but includes problems with blood vessels.

Cardiovascular exercise – walking, cycling and other activities that raise the heart rate and can help prevent heart disease.

Cholesterol – fat in the blood that is both made by the body and also comes from certain foods.

Congenital heart defect – a heart abnormality present at birth.

Congestive heart failure – a condition caused by the heart's inability to pump enough blood through the body.

Coronary artery disease (CAD) – a condition caused by the narrowing of the arteries which supply blood to the heart, increasing heart attack risk.

D

Diabetes – a condition where the body's blood sugar is too high; a risk factor for heart disease and other health conditions.

- ▶ **Type 1:** The body does not make enough of the hormone (insulin) that helps blood sugar enter cells to create energy.
- ▶ **Type 2:** The more common type in which the body does not make or use insulin well, and sugar stays in the blood.

E

Electrocardiogram (EKG or ECG) – a test that measures the heart's electrical activity.

H

Heart disease – an umbrella term for heart conditions. (See cardiovascular disease.)

Heart murmur – a “swishing” sound heard through a stethoscope when a valve does not close properly.

High-density lipoprotein (HDL or “good” cholesterol) – high levels of this type of cholesterol may protect against heart attack.

Hypertrophic cardiomyopathy (HCM) – an enlarged heart; thickened heart muscle that makes it harder to pump blood.

L

Low-density lipoprotein (LDL or “bad” cholesterol) – blood fat that builds up on artery walls and may create blockages that trigger heart attack or stroke.

M

Minimally invasive – procedures that use smaller incisions than traditional open surgeries.

Myocardial infarction – a heart attack; occurs when blood supply to the heart is narrowed/blocked.

O

Obesity – too much body fat; a risk factor for heart disease, stroke and some cancers.

S

Sleep apnea – condition that includes paused/shallow breathing during sleep; may increase risk of heart attack and worsen heart failure.

Stent – a small, expandable wire mesh tube that is permanently inserted into a diseased artery to hold it open.

Stroke – brain attack; occurs when blood flow to the brain is interrupted.

T

Tachycardia – faster-than-normal heartbeat.

Triglyceride – type of fat in the blood; high levels may cause narrowed/blocked blood vessels.

V

Vasodilator – type of medication that relaxes blood vessels, allowing better blood flow.



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Outpatient Clinics at Stewart Memorial Community Hospital

Stewart Memorial Community Hospital offers a wide range of outpatient clinics to meet the varying needs of the people in our communities. Appointments for the outpatient clinics can be made by calling **721-464-7907** or **1-800-560-7500**.

- ▶ **Audiology**
John W. Reis, Au.D.
- ▶ **Cardiology**
Mark Berry, D.O.
Anne Schwarte, ARNP
Iowa Heart Center
- ▶ **Dermatology**
Scott Green, M.D.
- ▶ **Ear, Nose and Throat**
Virginia Uhlenkamp, ARNP
Tracey Wellendorf, M.D.
- ▶ **General Surgery**
Ronald Cheney, D.O.
Kevin Hibbett, M.D.
Marc Miller, D.O.
Josh Smith, D.O.
- ▶ **Hematology & Oncology**
Robert Behrens, M.D.
- ▶ **Neurology**
Aamir Habib, M.D.
- ▶ **Ophthalmology**
Wolfe Eye Clinic
- ▶ **Orthopaedics**
Lee Hieb, M.D.
- ▶ **Podiatry**
Mark Hartman, D.P.M.
Eric Jensen, D.P.M.
Erin Nelson, D.P.M. (Gowrie & Dayton)
- ▶ **Pulmonologist**
Elizabeth Day, D.O.
James Meyer, D.O.
- ▶ **Urology**
Stephen L. Piercy, M.D.

Stewart Memorial Community Hospital Calendar of Events

For comments, questions or more information, call SMCH at **712-464-3171** or go to www.stewartmemorial.org



Auxiliary Meetings

All meetings held in the SMCH Conference Center. No registration necessary.

Thursday, March 25, 5:30 p.m. – Spring Decorating Tips
by Celebrations to Go

Tuesday, April 13, noon – Annual Meeting/Volunteer Luncheon
at the Lake City Community Bldg.

Tuesday, May 4, 9:30 a.m. – Flower Gardening
by Jane Johnson, Master Gardener

Thursday, May 6, 5:30 p.m. – Children's Story Writing
by Pam Buchholz (Children welcome)



Oh Baby! Classes

Free and open to all women planning or expecting a baby. To register, call SMCH at **712-464-3171** or **1-800-262-2614, ext. 6263**.

Early Bird Classes
Thursday, March 4, 2010, 6:30 p.m.
Thursday, May 13, 2010, 6:30 p.m.
Thursday, Aug. 12, 2010, 6:30 p.m.

Prenatal Classes
Saturday, April 10, 2010, 8:30 a.m. – 4 p.m.
Saturday, July 24, 2010, 8:30 a.m. – 4 p.m.
Saturday, Oct. 23, 2010, 8:30 a.m. – 4 p.m.

Big Brother/Big Sister Classes
Wednesday, April 14, 2010, 6 p.m.
Wednesday, July 28, 2010, 6 p.m.
Wednesday, Oct. 27, 2010, 6 p.m.



Caring Hands Closet

To register, call SMCH at **712-464-3194** or Public Health at **712-297-8323**.

Tuesday, March 9 – The Hormonal Hurricane and Women's Health
Presented by Dr. Susan Hornback, Family Practice and OB.

Tuesday, April 13 – Let's Have Fun!!
Presented by Calhoun County Public Health. Includes inexpensive play and recreation ideas for your children and family.

Tuesday, May 11 – The Pampered Mama!
It's time to take care of YOU! There will be a variety of pampering ideas for you to choose from.

Health care providers at Stewart Memorial Community Hospital and McCrary-Rost Clinics

- ▶ Linda Bettin, ARNP, P.A.-C
- ▶ Kevin Hibbett, M.D.
- ▶ David McClain, P.A.-C
- ▶ Derek Duncan, D.O.
- ▶ Lee Hieb, M.D.
- ▶ Marc Miller, D.O.
- ▶ Nancy Flink, P.A.-C
- ▶ T. Brent Hoehns, M.D.
- ▶ Mark Mogensen, P.A.-C
- ▶ Rochelle Guess, ARNP
- ▶ Susan Hornback, D.O.
- ▶ Elsie Verbik, M.D.
- ▶ Robert Hedges, D.O.
- ▶ Paul Knouf, M.D.
- ▶ Patricia Weishaar, P.A.-C