New Surgery at Stewart Memorial Community Hospital

Gives Lake City Resident Her Life Back

For the past three months, everyday life for Burnadette Subbert of Lake City was weighed down with unimaginable pain. She suffered from a spinal fracture and the smallest tasks were barely manageable. “Just brushing my teeth was terribly difficult; I had to use a tall stool to sit on in the bathroom so I could sit and brush my teeth,” notes Subbert. Driving her car to run errands or see friends was out of the question because getting in and out of her vehicle was too painful. She became homebound. “Then I heard that an orthopaedic surgeon was coming to Stewart Memorial Community Hospital and that she did kyphoplasty,” recalls Subbert with a smile on her face.

Minimally Invasive Surgery Helps Relieve Pain

Lee Hieb, M.D., orthopaedic surgeon, joined the health care team at Stewart Memorial Community Hospital on June 29, and Subbert was the first patient to undergo kyphoplasty surgery. “Many people are unfamiliar with the surgery, but it has great benefits to people with a spinal fracture,” comments Dr. Hieb. In the case of Subbert, she fractured her thoracic spine, which is located in the chest area and contains 12 vertebrae. To fix the fracture and relieve Subbert’s chronic pain, Dr. Hieb performed the minimally invasive kyphoplasty surgery.

The basics of the procedure involve using a special instrument to insert two small balloons into the fractured vertebrae and then inflating them to raise the collapsed bone and restore its normal shape. The second step is deflating and removing the balloons. The last part of the operation fills the cavities left by the balloon with a special cement-like substance that creates an internal cast to stabilize the fracture. Dr. Hieb says the procedure, which usually requires an overnight hospital stay, is quick and has life-changing effects. “The procedure itself takes just a matter of minutes, but its effect on the patient is tremendous. Typically, patients are back to their normal routines in a week,” states Dr. Hieb. And for Burnadette, life is returning to normal. “I’m getting better every day,” Subbert says. “I’m back to going to coffee with the girls and even doing a little shopping.”

In addition to physically feeling better, Subbert says she has peace of mind knowing that Dr. Hieb is at her local hospital. The orthopaedic surgeon is one of a handful of spine specialists who performs kyphoplasty in the Midwest. “My back pain made it very difficult for me to travel, so having Dr. Hieb here in Lake City is great,” Subbert says. “If I have another spinal fracture, I can get the help I need without driving to Dakota Dunes, S.D., or Rochester, Minn., like I did in the past.”

To learn more about kyphoplasty and all the services offered by Dr. Hieb, call Stewart Memorial Community Hospital at 1-800-560-7500 or log on to www.stewartmemorial.org.

Lee Hieb, M.D., and patient Burnadette Subbert.
New Lab Test Detects Severe Bacterial Infections

In the health care world, time is always of the essence. For Laboratory Director Patrick Sampson, improving the amount of time it takes for a test to be processed is a top priority. “If the lab staff has the tools to run tests more efficiently, then doctors and patients get their results quicker, and doctors can address any health concerns the patient has,” Sampson says. In the case of patients with severe bacterial infections, or sepsis, the typical turnaround time for lab test results to confirm the infection was anywhere between 12 hours and five days. “As a health care organization with high standards of care, we want to decrease that turnaround time,” notes Sampson. In June, Sampson did just that. With the purchase of a Mini VIDAS analyzer, test results for sepsis can now be confirmed in just 45 minutes. “The test we run analyzes the levels of plasma procalcitonin (PCT) in the blood. High levels of PCT indicate sepsis,” comments Sampson. In the United States, it is estimated that 750,000 patients are affected by severe sepsis every year, according to a recent study. At Stewart Memorial Community Hospital, the test has been performed over two dozen times since the machine was purchased in June.

“Since the addition of the procalcitonin test, I’ve been able to evaluate my patients with potential sepsis infections more efficiently. The test is another tool that can potentially give physicians extra information when evaluating a patient with possible severe infections.”

– Derek Duncan, D.O., Board Certified Family Physician

Hospice Loving Tree Angels

This December, “Ivory Bisque” angel ornaments will decorate the Hospice Loving Trees once again. Each ornament will be printed with the name of a loved one who family or friends wish to remember during the Christmas season. The Loving Trees will be on display in the Stewart Memorial Community Hospital lobby and in the McCrary-Rost Clinic lobby through the month of December. If you wish to remember your loved one with an angel ornament, please fill out the form below and along with your $5 minimum donation, mail to: Stewart Memorial Community Hospice, PO Box 114, 1301 W. Main St., Lake City, IA 51449.

Community Hospice Loving Tree

Name to be placed on ornament: ______________________________________________________ (please print clearly)

Donation given by: ________________________________________________________________ (donor names will be listed in a notebook to be placed near the tree)

Address: _________________________________________________________________

$5 donation payable to Stewart Memorial Community Hospice – PO Box 114, 1301 W. Main St., Lake City, IA 51449
News broke in April 2009 that a new influenza virus called H1N1, or swine flu, was spreading and causing many illnesses in Mexico, the United States, Canada and abroad. In June, the World Health Organization declared the outbreak of H1N1 flu a pandemic, due to the global spread of the virus. In September, widespread flu activity was reported in 37 states in the U.S., including Iowa.

Although this virus has drawn attention worldwide and prompted swift action by the World Health Organization, the U.S. government and others, it's important to keep things in perspective. Reported cases of H1N1 flu in the United States have been milder than anticipated, with few reported deaths. Keep in mind that 36,000 Americans die each year from seasonal influenza.

Protect Against H1N1
Vaccine for H1N1 became available for distribution in October. People in certain high-risk groups should get the vaccine first:
- Pregnant women.
- Caregivers of children 6 months or younger.
- Health care personnel.
- Young people (6 months to 24 years).
- Adults age 25 to 64 with underlying illnesses.

Studies show that risk of infection is lower for people 65 and older than for younger groups. Distribution of the vaccine will be handled locally, and H1N1 vaccine will be made available to everyone who wants it as quickly as possible. There is no shortage of vaccine expected, but availability may be unpredictable. Contact your primary care clinic for updates and to find out if you should be vaccinated.

In the meantime, prevention is key. To stop the spread of H1N1, seasonal flu and other viruses:
- Wash your hands frequently, especially after coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with your sleeve or tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Avoid people who are sick, and stay home if you have symptoms.

Treatment for H1N1
The signs and symptoms of the H1N1 virus are similar to seasonal influenza: cough, sore throat, body aches, headache, chills, fever and in some cases, diarrhea or vomiting. Treatment for H1N1 is also similar to treatment for seasonal flu.

For a mild case of seasonal or H1N1 flu, take care of yourself by staying home, getting plenty of rest and drinking fluids. The CDC recommends staying home for at least 24 hours after your fever is gone. (Note that not everyone with flu will have a fever.) Watch for worsening illness and contact your doctor immediately if you have difficulty breathing, pain in the chest or abdomen, sudden dizziness or severe, persistent vomiting. Emergency warning signs to watch for in children also include bluish skin color, dehydration, fever with a rash, not wanting to be held and not waking up or interacting.

We Are Prepared
Stewart Memorial Community Hospital’s goal is to keep our community healthy. Our staff is prepared for a health emergency, such as a flu pandemic. If the H1N1 virus becomes more severe, we will be ready to handle it.

Stewart Memorial Community Hospital’s goal is to keep our community healthy.
Our Doctors: Caring for You

Whether you’re visiting with a family practice physician for your annual physical, seeing a doctor for your child’s ear infection or consulting with an orthopaedic surgeon about spine issues—our doctors are here for you. At Stewart Memorial Community Hospital, our medical staff share the common goal of helping patients heal and keeping them healthy.

Peace of Mind
Going to the doctor, regardless of the circumstances, can be a scary and stressful experience for many people. The doctors and other health care professionals at Stewart Memorial Community Hospital understand you may be anxious, so making you feel safe and comfortable is always a priority when you visit us. We know treating the body and soul go hand-in-hand.

Who Does What?
Not sure which kind of doctor to see? Here’s a quick glossary to get you started.

Family Practice/Obstetrics. Provides care for everyone in the family, treats acute and chronic illnesses, offers obstetrics services, and can provide preventive care and health education.

Internal Medicine. Commonly called internists, these physicians specialize in the diagnosis, treatment and management of chronic illnesses in adults. Although they often specialize in illnesses related to the internal organs, they are trained to treat the body as a whole and can address common ailments as well.

Surgeons. Surgeons are responsible for diagnosis of disease and managing preoperative, operative and postoperative care in several defined areas. They also provide comprehensive trauma management and complete care of critically ill patients who may need emergency care and surgery.

Still Not Sure Who to Call?
Call Stewart Memorial Community Hospital at 712-464-3171 or visit our website at www.stewartmemorial.org, and we’ll find a health care provider for you.

Making you feel safe and comfortable is always a priority when you visit us.

M.D., D.O. and P.A.: What’s the Difference?

There are some differences between M.D.s (medical doctors) and D.O.s (doctors of osteopathy), but there are also many similarities. Both M.D.s and D.O.s must complete basic medical education, go on to internship and residency programs and may choose to specialize in a certain area of medicine. M.D.s and D.O.s must pass national medical board exams before obtaining a license to practice medicine. They can also act as primary care physicians, prescribe medication, perform surgery, deliver babies and choose to practice in a clinic or hospital setting.

D.O.s must complete additional training relating to the musculoskeletal system (the nerves, muscles and bones) and are taught to use their hands to diagnose illness (typically focusing on the musculoskeletal system) and promote healing. Osteopathy focuses on treating the body as a whole, with the understanding that an ailment in one part of the body may be caused by a condition in another part of the body.

P.A.s (physician assistants) practice under the supervision of physicians and surgeons. P.A.s are formally trained to provide diagnostic, therapeutic and preventive health care services, as delegated by a physician. The P.A.-C designation means the P.A. has achieved certification through the National Commission on Certification of Physician Assistants.
The Claibornes’ Story

When Bob and Eunice Claiborne moved to Lake City in the 1950s, they didn’t imagine they would live in the rural community for long. But more than 50 years later, the couple is still enjoying the benefits of living in a small town. “There is so much we enjoy about living here, and having Stewart Memorial Community Hospital in our community is one of them,” notes Eunice.

The Claibornes’ involvement with the hospital has grown over the years as their family grew. “We have three children and the last two were born at Stewart Memorial, and seven of our eight grandchildren were born there, including the triplets,” recalls Bob.

They’ve also used services at the hospital when their health wasn’t the best. “I’m a cancer survivor, and Dr. Keonin performed my surgery,” Eunice says. “He gave me the best care. When you’re a patient at Stewart Memorial, the nurses and staff make you feel like you are their top priority. They are so concerned about your needs.”

When Bob and Eunice were called on to help the hospital raise money for “Project 2000,” they were eager to help. “We felt the renovation and addition project was a wise investment, both for our family and for our community,” Bob says.

In addition to donating money to Stewart Memorial, the Claibornes give their time. “I volunteer in the gift shop and make baked goods for the Auxiliary bake sales, and we deliver Meals On Wheels,” says Eunice. “It’s difficult to find words that express our gratitude for having Stewart Memorial here in Lake City. It’s a key component in our community, and we are happy to support it however we can.”

Giving Made Easy

In the past few issues of Health Care Connection, you may have noticed a few changes. A new look, a larger issue and a reply envelope inserted between pages four and five. You should be able to see an envelope now. So what is this envelope for? It’s for anyone wishing to make a gift to Stewart Memorial Community Hospital. Gifts of any size are greatly appreciated and can be designated for a particular service area at Stewart Memorial or undesignated and used where needed most.

On the back flap of the envelope, you’ll find a list of services we provide for you and your family. Perhaps you or someone you love has used a few or many of the services and you would like to support that program with a monetary donation. You can also choose to make a gift in honor or memory of a loved one. The envelope is also a great way to let our Foundation office know if you’d like to learn more about giving to Stewart Memorial Community Hospital. Simply check the appropriate box and mail it in. Thank you for helping Stewart Memorial Community Hospital provide quality health care services for you and the families we serve.
Prepare for Safe and Healthy Holidays

Some months have 30 days, some months have 31 days. How many have 28?

Every month has at least 28 days – but it may not seem like it when you flip the calendar to November or December. Not only is the holiday season notorious for making days seem to disappear off the calendar, it’s also a busy time for accidents and emergency care. Use this checklist to help you and loved ones prepare for safe and healthy fall and winter festivities, and save more time for fun.

November
Give Thanks for a Safe Kitchen and Healthy Dinner

Thaw correctly. Never thaw a frozen turkey at room temperature, which promotes bacteria growth. Instead, thaw it in the refrigerator in its unopened wrapper. Turkeys require 24 hours of refrigerator thawing for every 4 to 5 pounds.

Use extreme caution if frying a turkey. Turkey fryers can cause burns and fires if used incorrectly. Thaw the turkey before frying. Keep the fryer away from enclosed spaces or items that could catch fire. Follow the manufacturer’s instructions to determine the right amount of oil to add. Monitor the oil and make sure it is not smoking. Wear protective clothing, and add and remove food carefully. In case of fire, call 911 immediately.

Follow basic cooking rules. Wash your hands before cooking and after handling raw meat. Don’t wear loose sleeves or dangling jewelry when cooking. Turn pot handles in and out of reach of children and pets. Keep watch over your cooking, and don’t place pot holders and food wrappers near the stove. Cook food to the right temperature – turkey should have an internal temperature of 165° F (check with a meat thermometer).

Store and reheat leftovers appropriately. Do not let food sit for more than two hours before storing (one hour for hot weather). Wash your hands before storing food. Use clean utensils and containers. Containers should be shallow (less than 3 inches) and covered. Reheat to 165° F (foods that are just “warmed” could cause food poisoning). Do not keep leftovers for more than four days.

Plan ahead: If decorating your home’s exterior, string lights now before it gets too cold or icy.

December
Celebrate Gifts of Comfort and Joy, Health and Security

Look before you light. Use lights that have been tested for safety – newer lights with thicker wiring and safety fuses are safer. Inspect lights for broken sockets, bare wires or loose connections. Throw away sets that are damaged. When decorating outdoors, use lights that are certified for outdoor use. Turn off lights when you go to bed or are away from home; using a timer to control lighting can help you remember.

Don’t play with fire. Monitor candles and fireplaces when they are lit, and don’t put any holiday decorations near them. Put a screen around a fireplace. Keep matches and lighters away from children, and instruct children to keep away from fire.

Give age-appropriate toys. Always check age guidelines for toys, and don’t give young children toys with small parts. After toys are unwrapped, discard plastic coverings on toys right away. Keep toys out of walkways so others won’t trip on them.

Make Time for Safety
The good thing about time is that it prevents everything from happening all at once. Even though you may feel rushed during the holiday season, taking a few extra moments to keep your loved ones safe is well worth it. To learn more about holiday safety, visit the U.S. Consumer Product Safety Commission at www.cpsc.gov.

For healthy holiday dinners, follow safe food preparation guidelines.
More Than You Realize?

**Your Choices Affect Your Health**

Life spans are getting longer in the U.S. In 2006, men could expect to live 3.6 years longer, and women 1.9 years longer, than they did in 1990.* Many factors contribute to longer life spans, including medical advances and healthier lifestyles. Following a healthy lifestyle has been associated with up to 80% lower risk of coronary heart disease and 90% lower risk of diabetes. A recent study also shows that a healthy lifestyle could prevent more than half of ischemic strokes (those caused by a blood clot blocking a blood vessel that supplies blood to the brain).**

Talk to your health care provider for advice on how you can live a healthier lifestyle.

* Source: “Health, United States, 2008,” Centers for Disease Control and Prevention, National Center for Health Statistics.

** Source: American Heart Association news release, Aug. 11, 2008.

“Research has shown that overweight individuals who exercise are healthier than normal weight individuals who are sedentary. Also, 91% of people who succeed at maintaining their weight loss exercise regularly. The recommended amount of exercise is 60 minutes a day, seven days a week and this should be an aerobic type of exercise. If 60 continuous minutes is not possible, research shows that by exercising at a moderate level in 10-minute intervals to equal 60 minutes is just as beneficial. Another option is to walk 10,000 steps a day.”

– Elsie Verbik, M.D., Certified Diplomate of the American Board of Bariatric Medicine

Adding exercise to your daily routine leads to a healthier lifestyle.

What’s Making America Unhealthy?

Only 3% of the adult U.S. population follows all four of these healthy lifestyle factors: not smoking, maintaining a healthy weight, getting regular exercise and eating at least five servings of fruits and vegetables per day.

<table>
<thead>
<tr>
<th>Percentage of population</th>
<th>Health problem</th>
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</thead>
<tbody>
<tr>
<td>77%</td>
<td>fewer than five fruits and vegetables a day</td>
</tr>
<tr>
<td>69%</td>
<td>lack of regular physical activity</td>
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<tr>
<td>67%</td>
<td>overweight or obese</td>
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<tr>
<td>45%</td>
<td>high cholesterol</td>
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<tr>
<td>36%</td>
<td>cardiovascular disease</td>
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<tr>
<td>33%</td>
<td>high blood pressure</td>
</tr>
<tr>
<td>21%</td>
<td>tobacco use</td>
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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**
  - Kevin Hibbett, M.D.
  - Marc Miller, 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.
- **Urology**
  - Stephen L. Piercy, M.D.

Steward Memorial Community Hospital Calendar of Events

### Auxiliary Meetings

**Tuesday, Dec. 1, 9:30 a.m.**
Annual Christmas Tea
Show-and-Tell About a Special Christmas Gift

**Tuesday, Jan. 5, 9:30 a.m.**
Penny Licks and Popsicle Sticks
by Faith Blaskovich

**Thursday, Jan. 14, 5:30 p.m.**
Scrapbooking Workshop with Carla Morrow

**Tuesday, Feb. 2, 9:30 a.m.**
Medicine for Mali by Tami Kinney

### 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**
- **Tuesday, Nov. 10, 2009, 6:30 p.m.**
- **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, Jan. 16, 2010, 8:30 a.m. – 4 p.m.**
- **Saturday, Apr. 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, Jan. 20, 2010, 6 p.m.**
- **Wednesday, Apr. 14, 2010, 6 p.m.**
- **Wednesday, July 28, 2010, 6 p.m.**
- **Wednesday, Oct. 27, 2010, 6 p.m.**

### Educational Classes

**Thursday, Dec. 3 – Child Development**
Learn how your child is developing and what you can do to encourage development. Presented by Elsie Verbik, M.D., McCrary-Rost Clinic.

**2010 Schedule to be Announced!**
LOVE & LOGIC is coming in February! Tentatively scheduled for Feb. 4, 11, 18 and 25.

### Caring Hands Closet

**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.

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

- **Linda Bettin, ARNP, PA-C**
- **Charles Boyajian, M.D.**
- **Derek Duncan, D.O.**
- **Nancy Flink, PA-C**
- **Rochelle Guess, ARNP**
- **Robert Hedges, D.O.**
- **Kevin Hibbett, M.D.**
- **Lee Hieb, M.D.**
- **Paul Knouf, M.D.**
- **David McClain, PA-C**
- **Marc Miller, D.O.**
- **Mark Mogensen, PA-C**
- **Elsie Verbik, M.D.**
- **Patricia Weishaar, PA-C**

A Tradition of Excellence with a Personal Touch