Stewart Memorial Community Hospital Offers the Best in Stroke Care and Rehabilitation

Stroke is the third leading cause of death in America and a leading cause of adult disability.* A stroke or “brain attack” occurs when blood flow to the brain is cut off by a blood clot (ischemic stroke) or ruptured blood vessel (hemorrhagic stroke). Without an adequate blood supply, brain cells begin to die and brain damage occurs. If you or someone you know shows symptoms of a stroke, getting immediate medical care is crucial (see “Signs of Stroke? Act FAST!” box on page 2).

In addition to how fast you get care, where you go can make a difference. Among people who suffer a stroke, one in 12 is likely to have another stroke soon after the initial attack, and one in four will die within a year.** But research shows that patients experience better outcomes when taken to hospitals where specific treatment protocols are followed.

Fortunately, you can find excellent stroke care right here at home. At Stewart Memorial Community Hospital, we are committed to helping people who suffer a stroke achieve the best possible long-term outcomes. From emergency medical treatment to rehabilitation, we are here for you.

Turning Guidelines into Lifelines

Launched in 2003 by the American Heart Association and the American Stroke Association, the “Get with the Guidelines” stroke program has helped ensure consistent, research-based stroke care at hospitals across the country. The guidelines include:

- Making sure CT scans are performed quickly.
- Giving clot-dissolving medication, or intravenous recombinant tissue plasminogen activator (tPA), within three hours from the onset of symptoms for those with ischemic stroke.
- Giving anti-platelet or anticoagulant medications at prescribed intervals.
- Providing treatments to prevent deep vein thrombosis.
- Educating patients and caregivers about stroke prevention and warning signs.
- Providing smokers with smoking cessation information.
- Offering stroke rehabilitation referrals.
- Screening stroke patients for swallowing problems.

By following these guidelines, Stewart Memorial is helping to reduce the risk of long-term disability or death, and recurrent strokes.

The Road to Rehabilitation

After a stroke, rehabilitation is needed to help survivors relearn skills that may have been lost. Successful rehabilitation after stroke depends on how early rehabilitation begins, the extent of the brain injury, the cooperation of family and friends, the survivor’s attitude and the rehabilitation team’s skill. At Stewart Memorial Community Hospital, rehabilitative therapy continues on page 2.

Lisa Miller, R.N., and Shirley Ellis, R.N., Emergency Room Director (right), are trained in caring for patients who have had a stroke.
Stewart Memorial Community Hospital Offers the Best in Stroke Care and Rehabilitation  
continued from page 1

generally begins after the patient's medical condition has been stabilized – often within 24 to 48 hours after the stroke. We have a skilled team to help patients on their rehabilitative journey:

Physicians, who manage and coordinate the long-term care of the stroke survivor.

Rehabilitation nurses, who specialize in helping stroke survivors relearn how to perform basic daily activities, and educate patients about routine health care.

Physical therapists, who assess each stroke survivor's strength, endurance, range of motion, gait and any sensory deficiencies to create an individualized rehabilitation program and help the patient regain the use of stroke-impaired limbs.

Occupational therapists, who help survivors relearn skills such as personal grooming, preparing meals and house cleaning.

Speech-language pathologists, who help stroke survivors relearn how to use language or develop an alternative means of communication.

"As a medical team, we have meticulously evaluated our policies and procedures for treating a stroke patient and received expert training by the Iowa State task force to sharpen our skills in treating stroke victims. Strokes happen every 40 seconds and when they happen in our communities, we are ready and prepared to respond."

— Shirley Ellis, R.N., Emergency Room Director

We're Here to Help
To learn more about stroke care and rehabilitation at Stewart Memorial, please call 712-464-3171 or visit www.stewartmemorial.org.


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

Signs of Stroke? Act FAST!

If you think somebody might be having a stroke, remember this test from the National Stroke Association:

F  
Face: Ask the person to smile. Does one side of the face droop?

A  
Arms: Ask the person to raise both arms. Does one arm drift downward?

S  
Speech: Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?

T  
Time: If the person shows any of these symptoms, time is important. Call 911 immediately, because time lost is brain lost. Also note the time when the first symptom(s) appeared, because this information can affect treatment decisions.
The consequences of a hip fracture are serious. Extended long-term rehabilitative care is often required, resulting in the loss of independence for the victim and potential financial challenges for the family. In addition, about one out of five hip fracture patients die from complications within a year of their injury.*

Risk Factors
When hips are healthy, they are very stable and it takes a significant impact to hurt them. However, falling, overuse or playing contact sports all have the potential to lead to hip injuries, with falls being the No. 1 cause.

Common risk factors that make people more vulnerable to suffering a broken hip include:

- **Age** – The risk rate increases each year for people 65 years and older.
- **Gender** – Women are two to three times more likely to suffer from a broken hip than men.
- **Smoking** – Kills bone-making cells.
- **Heredity** – Thin, small-boned people have less bone mass and are more susceptible to osteoporosis, a bone-weakening disease. Caucasians and Asians are particularly vulnerable.
- **Nutrition** – A diet without sufficient calcium or a reduced ability to absorb calcium weakens the bones.
- **Certain bone-weakening diseases** – Osteoarthritis and osteoporosis increase the likelihood of sustaining a hip fracture.
- **Physical and mental impairments** – Uneven balance, poor vision, dizziness and frailty often lead to falls. Dementia and senility may also contribute.
- **Lifestyle** – Excessive alcohol use and/or smoking heightens the risk.

Reduce Falls and Fractures
Help reduce the risk of falls and fractures by taking the following steps:

- Eliminate falling hazards in the home by removing loose rugs or cluttered areas, installing safety rails and maintaining good lighting. This is especially important for homes with elderly family members.
- Add weight-bearing activities and strengthening exercises to your workouts as a way to help prevent osteoporosis and improve balance. Consult your doctor before beginning a new exercise program.
- Eat a diet rich in calcium and vitamin D, including fruits, milk products and vegetables. Ask your doctor if you should also take a calcium supplement and/or a vitamin D supplement.
- Avoid smoking and excessive alcohol use.
- Have your medications reviewed to reduce interactions and side effects such as dizziness.
- Have annual eye exams.
- See your physician to discuss your family history and risk factors for osteoporosis. He or she will conduct a physical examination and may order a bone density test, which can be performed at Stewart Memorial Community Hospital.

Seek Treatment
If you or a family member has had a fall (or falls) in the recent past, you should be extra cautious. Studies show that those who have experienced a fall in the past year are more likely to have a repeat fall and break a hip. A hip fracture requires immediate medical attention. Treatment for hip disorders may include rest, medicines, physical therapy or surgery, including hip replacement. To learn more, contact Lee Hieb, M.D., orthopaedic surgeon at Stewart Memorial Community Hospital.


**Source: Centers for Disease Control and Prevention, www.cdc.gov.
David Frate, D.O., Joins Stewart Memorial Community Hospital

New Physician Expands Care Options for People with Multiple Chronic Conditions

On a hot summer afternoon some 25 years ago, when David Frate, D.O., was just 11 years old, the course of his life took a dramatic change. The circumstances eventually brought him here to Stewart Memorial Community Hospital in Lake City, Iowa.

It was August 1985 and Dr. Frate was a young boy enjoying a game of baseball when he was struck in the head by a line-drive ball. “I was rushed to the emergency room, and they did an X-ray of my head,” recalls Dr. Frate. The X-rays revealed he had a brain tumor.

“The operation was successful and my tumor was benign, but I spent the next 12 months recovering from the surgery,” Dr. Frate says. “It was during those 12 months and the years following that I became intrigued with medicine. My experience with the doctors was very positive.”

By Way of the Navy
Following high school, Dr. Frate joined the Navy and served as a hospital corpsman specializing in preventive medicine. During his four years in the Navy, his desire to practice medicine sailed. “I really fell in love with listening to patients, talking with them and finding ways to prevent illness,” Dr. Frate notes.

Following the Navy, Frate attended George Mason University in Fairfax, Va., and then went on to medical school at Lake Erie College of Osteopathic Medicine in Lake Erie, Pa. He completed four years of residency in family medicine and internal medicine at Eastern Virginia Medical School in Norfolk, Va. “My interest in internal medicine combined with family medicine stems from my desire to help patients live the healthiest life possible by addressing their health issues early,” Dr. Frate states.

An internal medicine physician is a doctor who has specialized training in treating patients with multiple chronic health conditions. These diseases can include diabetes, cardiovascular risks, kidney disease, lung disease and more. “My goal is to help treat existing conditions and look at ways to reduce risks of additional health problems by addressing a patient’s overall well-being,” Dr. Frate says.

At Home in Iowa
Dr. Frate, his wife, Wendy, and their three children moved from Chesapeake, Va., to Lake City in July. “As a family, we are very excited to raise our children in a small community,” says Dr. Frate.

When he is not caring for patients or spending time with his family, Dr. Frate enjoys running, fishing and cheering on his alma mater, the George Mason Patriots.

Dr. Frate is currently accepting new patients. If you are interested in learning more about the services offered by Dr. Frate, please call 1-800-560-7500 or log onto the hospital website at www.stewartmemorial.org.

An internal medicine physician is a doctor who has specialized training in treating patients with multiple chronic health conditions.
Making Charitable Gifts Part of Your Legacy

With creative giving strategies, assets you leave to a nonprofit organization may not decrease the amount ultimately available to your family – or at least not by as much as you might imagine. Making charitable gifts part of your estate plan can have benefits for you, your family and the charities you choose to support.

Many Ways to Give
Consider the following strategies to support organizations that you consider to be worthy of a donation.

Use appreciated assets. When you make an outright gift of assets you’ve held at least one year or use them to fund a charitable trust or annuity, you may be able to claim a charitable deduction for the asset’s full fair market value. And you avoid paying capital gains tax on the asset’s appreciation.

Set up a charitable remainder trust. You can donate property to a charity through the trust and direct the income produced by the property to you, a family member or anyone you choose for a specified time. When the term ends, remaining assets pass to the charity. Alternately, a charitable lead trust pays the charity a certain portion of the trust’s assets for a specified term. At the end of the period, remaining assets pass back to you or a designated beneficiary.

Designate a charity as your beneficiary. Naming a charity instead of family members as the beneficiary of a retirement plan can spare your heirs from a potentially hefty income tax bill on the proceeds. The charity will not owe taxes on a retirement plan balance, as your family members would. You might want to leave a retirement plan to charity and bequeath assets that won’t be so heavily taxed to your family.

Use life insurance. You can name a charity as the beneficiary of your life insurance policy or make a gift during your lifetime of ownership of the policy.

Bequeath U.S. Savings Bonds. You or someone to whom you give U.S. Savings Bonds would normally owe income tax on the deferred interest. But you can avoid the tax by bequeathing the bonds to charity.

Set Your Plan in Motion
Select the charitable organization(s) dearest to your heart and discuss your goals with your spouse and/or other family. Set up a meeting with a financial advisor or estate planning professional to run the numbers and devise a giving strategy that’s best for your situation. You’ll feel good about making a difference now and in the future.

Note that this institution does not give tax advice. Consult a qualified tax advisor for guidance about your situation.

Planned giving helps the Stewart Memorial Community Hospital Foundation continue to improve the quality of health care in Lake City for years to come. For more information about the various ways you can give, please contact us at 712-464-4117.
Women and the War on Weight

Why You Have to Move It to Lose It

Perhaps you watch what you eat and you strive to get at least 30 minutes of exercise five or more days a week. Way to go! Getting half an hour of moderate activity each day lowers your risk of chronic diseases such as heart disease and diabetes. But despite your efforts, does the number on your scale continue to creep higher? If so, you’re not alone – the average U.S. adult gains weight with age. So what’s a woman to do?

According to a new study in the *Journal of the American Medical Association (JAMA)*, women who want to maintain their weight without cutting calories should increase their activity to an hour of moderate activity each day.

Inside the Investigation

The *JAMA* researchers observed more than 34,000 healthy U.S. women, averaging 54 years old, who consumed regular diets and reported their physical activity and body weight regularly over a 15-year period. During the course of the study, the women gained an average of 5.7 pounds. The women who successfully maintained their normal weight averaged roughly 60 minutes a day of moderate-intensity activity.

Fortunately, you don’t have to trash a treadmill or sign up for boot camp to get an hour of exercise every day. The women in the study reported getting their exercise from a variety of sources: walking their dogs, jogging or swimming, playing with their children and other activities. See “Unleash an Exercise Sneak Attack” for easy ways to build more activity into your day. You may also be able to help prevent unwanted weight gain by cutting empty calories from your diet. See “Launch a Calorie Counteroffensive.”

Learn More

Be sure to see your physician before starting any new workout routine and for more tips about maintaining a healthy weight. Contact Stewart Memorial Community Hospital by calling 712-464-3171 to make an appointment.

Unleash an Exercise Sneak Attack

You don’t have to join a fitness club, hire a personal trainer or slug through grueling workouts to sneak an hour of moderate activity into each day. Just try these tips:
- Park in the farthest spot possible in parking lots.
- When meeting with friends or co-workers, go for a walk instead of sitting down.
- When walking, increase the pace from leisurely to brisk.
- Do housework or lawn care yourself instead of hiring someone to do it.
- Choose stairs over the elevator.
- When watching TV, do jumping jacks, push-ups and balancing exercises.

Launch a Calorie Counteroffensive

The fewer empty calories you consume, the less time you’ll need to exercise to burn them off.
- Drink water instead of sodas.
- Consider using “light” mayo instead of regular.
- Learn to recognize correct portion/serving sizes.
- Try soy crumbles in recipes that call for ground beef.
- Keep a food journal for a week or two to find out where you can improve your eating habits.
Achoo! Is It a Cold or the Flu?

Eating right, exercising regularly, washing your hands often, getting updated vaccinations and avoiding people who are sick are all important steps to take to help keep cold and flu viruses from striking you. Despite your best efforts to stay healthy, you may still have an “uh-oh” moment when you can tell you’re coming down with some sort of seasonal bug. This chart can help you determine if it’s a cold or the flu.

Cold and flu symptoms can last from a few days to a few weeks, but most go away on their own with at-home rest and drinking plenty of fluids such as water and tea. If symptoms get worse or differ from those listed here, contact your doctor.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usual; high (100°F to 102°F), lasts three to four days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Aches and pains</td>
<td>Slight</td>
<td>Usual; often severe</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Sometimes</td>
<td>Usual; can last up to three weeks</td>
</tr>
<tr>
<td>Extreme exhaustion</td>
<td>Never</td>
<td>Usual; at the beginning of the illness</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest discomfort; cough</td>
<td>Mild to moderate; hacking cough</td>
<td>Common, can become severe</td>
</tr>
<tr>
<td>Complications</td>
<td>Sinus congestion, ear infection, asthma</td>
<td>Bronchitis, pneumonia; can be life-threatening</td>
</tr>
<tr>
<td>Treatment</td>
<td>Antihistamines, decongestants, nonsteroidal anti-inflammatory medicines</td>
<td>Antiviral medicines – see your doctor</td>
</tr>
<tr>
<td>Prevention</td>
<td>Wash hands often, avoid close contact with anyone with a cold</td>
<td>Annual vaccination, wash hands often, avoid close contact with anyone with the flu</td>
</tr>
</tbody>
</table>


Don’t Forget Your Flu Shot

Schedule your flu shot with your primary care clinic or call 712-464-3171 for more information about walk-in flu shot clinics available through Stewart Memorial Community Hospital. A walk-in “Last Chance” flu shot clinic will be Wednesday, Nov. 17, from 1 to 3 p.m. in the Stewart Memorial Community Hospital lobby. If you need a different time, please call SMCH Homecare at 712-464-4201 for an appointment.
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.
  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.

- **Dentistry**
  Dr. Michael Durney
  The Dental Group

- **Orthodontics**
  Dr. Ramzi El Khoury
  Lithia Orthodontics

- **Plastic Surgery**
  Dr. Brian Grow
  Grow Plastic Surgery

- **Podiatry**
  Dr. Stephen Ferrick
  Dr. Paul Simon

- **Urgent Care**
  Stewart Memorial Community Hospital
  1301 W. Main
  Lake City, IA 51449

Stewart Memorial Community Hospital Calendar of Events

**Auxiliary Meetings**

All meetings held in the SMCH Conference Center. No registration necessary. Everyone is welcome!

**Share a Special Christmas Gift**
Tuesday, Dec. 7, 9:30 a.m.

**Penny Licks and Popsicle Sticks**
Tuesday, Jan. 4, 9:30 a.m.

**The Beer Bread Company**
Thursday, Jan. 13, 5:30 p.m.

**Maple Syrup, Tuesday, Feb. 1, 9:30 a.m.**

**Nutrition – Children’s Hands-On**
Thursday, Feb. 10, 5:30 p.m.

**Storytellers of the Prairie**
Tuesday, March 1, 9:30 a.m.

**Caring Hands Closet**

To register, call SMCH at 712-464-3194 or Public Health at 712-297-8323. Learn more at www.stewartmemorial.org.

**Tuesday, Nov. 16, 6:15 p.m. – Snack Attack**, Learn to make inexpensive and healthy snacks!

**Tuesday, Dec. 14, 6:15 p.m. – Tips on Temperament**, Solutions to discipline and coping with your child’s personality.

**Tuesday, Jan. 18, 6:15 p.m. – New Year, New You!** Discover ways to make a better you with life-changing steps.

**Tuesday, Feb. 15, 6:15 p.m. – Power Play**, Build your child’s independence and confidence through play.

**Tuesday, March 15, 6:15 p.m. – Think Green**, De-clutter your home and mind by Going Green with spring cleaning tips.

**Oh Baby! Classes**

To register, call 712-464-4224.

**Early Bird Classes**
Tuesday, Nov. 9, 6:30 p.m.

**Thursdays, Feb. 3, May 5, Aug. 4, 6:30 p.m.**

**Prenatal Classes**
Saturdays, Jan. 15, April 9, July 16, Oct. 8, 8:30 a.m. to 4 p.m.

**Big Brother/Big Sister Classes**
Wednesdays, Jan. 19, April 13, July 20, Oct. 12, 6 p.m.

Diabetes Support Group

The Diabetes Support Group will start meeting again in the spring. Have a safe fall and winter! For more information, please call Maurine Thieszen or Marcia Schaefer at 712-464-3171.

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

- Linda Bettin, ARNP, PA.-C
- Ronald Cheney, D.O.
- Derek Duncan, D.O.
- Nancy Flink, PA.-C
- David Frate, D.O.
- Rochelle Guess, ARNP
- Robert Hedges, D.O.
- Lee Hieb, M.D.
- Susan Hornback, D.O.
- Paul Knouf, M.D.
- David McClain, PA.-C
- Marc Miller, D.O.
- Mark Mogensen, PA.-C
- Josh Smith, D.O.
- Elsie Verbik, M.D.
- Patricia Weishaar, PA.-C