With potential benefits such as quicker recovery and less pain, minimally invasive surgery has become increasingly popular for a variety of surgical procedures. For some operations, such as gallbladder removal, it is more widely used than conventional open surgery.

Minimally invasive surgery, also called laparoscopic or endoscopic surgery, may require a few incisions of less than a half-inch each, compared with an incision of 5 to 8 inches or longer with open surgery. The surgeon inserts a scope consisting of a flexible tube with a camera and light attached into one of the incisions. Images are sent to a screen, which the surgeon watches while performing the surgery using a tool or tools inserted through one or more of the other incisions.

Benefits of Minimally Invasive Surgery
Not all surgeries can be performed using minimally invasive techniques. Major cancer, heart or other surgeries may require a more open surgical field. In some instances – even if a laparoscopic procedure is performed routinely – a physician may determine that a particular patient is not a good candidate based on his or her overall health or condition.

However, when laparoscopic surgery is determined to be a good option, it may offer the following benefits over open surgery:

- **Shorter recovery time.** Since small incisions usually heal faster than large ones, some surgeries can be done on an outpatient basis. Surgical patients

continued on page 3

“Patients choosing Stewart Memorial will be treated with individualized care in our newly remodeled private patient rooms. They will also benefit from our modern surgery and endoscopic rooms that are equipped with the latest technology.”

– Judy Bauer, R.N., Operating Room Director
Spring fever and the chance to get outside often inspires all sorts of resolutions—often with “start an exercise program” or “try a new sport” at the top of the list. Just be careful not to have “recover from a sports injury” replace your best intentions.

Common Sports Injuries
Getting back into shape is a worthwhile fitness goal, as long as inadequate stretching, poor training habits, outdated gear or accidents don’t trip you up on the way to good health. According to Lee Hieb, M.D., orthopaedic surgeon at Stewart Memorial Community Hospital, sudden change in activity level can result in a variety of injuries, including tendinitis, stress fractures, sprains and strains.

Stress Fractures
Stress fractures have been very well studied in military recruits. From their experience we know how to nearly completely avoid these injuries. Stress fractures are most common in the metatarsal bones of the feet and in the tibia, which is the largest bone in the leg. These occur when the bones are suddenly subjected to an increased level of recurring loading, like running.

While running is often a culprit of stress fractures, jumping sports can also lead to these problems. Keep in mind that bones are not static; they remodel themselves in response to increased stress. When you suddenly start running again after a winter off, the bones begin to change, first by carving out little canals inside the bones and then filling the canals with new stronger bone. This is the body’s equivalent of reinforcing concrete with re-bar. But there is a lag between the carving out and the filling. At this point, which occurs during the second week of increased activity, the bones can suffer small cracks before the reinforcement catches up to the level of stress you are putting on your bones. To prevent stress fractures, consider the following in your training schedule:

1. Begin the activity at a reasonable level (i.e., don’t go from zero to 10 miles a day, but rather two to three miles a day. Or if you are increasing mileage from three miles a day, do so in two-mile increments).
2. After two weeks at the increased activity level, take the third week off or reduce to the previous baseline.
3. Then resume at the increased level. When you have mastered this level of activity and wish to increase your level again, repeat the process. After every incremental activity increase, take the third week to rest and allow the bones to catch up.

When this procedure was introduced into Marine Boot Camp, the stress fractures diminished from about 9% to almost zero.

Sprains and Strains
By definition a strain is an injury to a muscle-tendon unit, and a sprain is damage to a ligament that connects bone to bone. Both are usually injured through overuse and not stretching adequately.
Overuse is common when any sudden change occurs in the level of activity. The “weekend warrior” athlete is most at risk. You simply cannot sit around all winter then play 36 holes of golf a day for three days to make up for lost time! The first line of defense is to be reasonable in your expectations when returning to sports. Don’t expect to jump right back into your previous activity level.

Stretching after the activity is important. It has been shown that stretching before an activity is not as critical and actually decreases peak performance. But stretching post-activity is key to keeping muscles from getting tight. Tight muscles are more susceptible to being damaged and lead to imbalance of muscle forces. The classic example of this is ankle injuries with tight calf muscles. Professional football teams have decreased all lower leg injuries by 50% over a season by stretching the calf muscles aggressively.

General Conditioning
Remember that our hearts, lungs and metabolism must also adapt to increasing activity. Ensure adequate hydration and check with your medical doctor if other symptoms such as chest, jaw or arm pain arise during exercise.

Orthopaedic Care
If you do sustain a sports-related injury, our Orthopaedic and Physical Therapy departments are here to help get you back to your game.

Spotlight on Minimally Invasive Surgery continued from page 1

who are admitted to the hospital may be released sooner and return to their regular activities faster.

- **Less pain.** Smaller incisions generally mean less post-operative pain.
- **Lower risk of infection.** Smaller wounds are generally at less risk of infection.
- **Less blood loss.** The tiny incisions involved in minimally invasive surgery usually result in less blood loss than would be experienced with open surgery.

- **Less scarring.** This can be a significant consideration for some patients.

**Cutting-Edge Surgery with Less Cutting**
Gallbladder removals and appendectomies are among the most commonly performed minimally invasive procedures. Orthopaedic, gynecological and urological laparoscopic surgeries are not far behind. Stewart Memorial Community Hospital has been in the forefront of offering minimally invasive surgical options in the following specialties:

- Gastroenterology
- General Surgery
- Gynecology
- Orthopaedics
- Urology

If you are anticipating surgery, your physician will discuss your options with you and determine whether minimally invasive surgery is appropriate for you.
100 Years Young

The Secrets of Centenarians

How would you like to blow out 100 birthday candles? More than 84,000 people living in the U.S. today have reached that mark, and the number of centenarians (100-year-olds) is expected to increase to 580,000 by 2040.*

You may assume that your parents’ or grandparents’ longevity determines your own likelihood for reaching an advanced age, but genes are just a small piece of the puzzle. Many scientists estimate that longevity is based 20% on genetics, with 80% determined by your lifestyle choices and environment.

A Day in the Life

A poll of 100 people who turned 100 in 2010 provides a snapshot of the healthy habits that keep them going strong.**

- More than 80% communicate with a friend or family member daily.
- Three out of four eat nutritionally balanced meals every day.
- 75% get eight hours or more of sleep.
- 72% laugh or giggle every day.
- 62% pray, meditate or engage in spiritual activity daily.
- Four in 10 stay active by walking or hiking at least once a week; 31% stay active by gardening.
- 32% of the centenarians eat organic foods regularly.
- 17% are currently doing some type of volunteer work.

An increasing proportion of centenarians are also staying sharp by using new technologies: 12% have listened to music on an iPod or similar device, 11% have watched a video on YouTube and 8% have sent a text or instant message.

Community Is Key

Centenarians often live in close-knit communities where stress levels are low and the connection to nature is high, with a clean environment and plenty of fresh air and good water. Researchers are learning that where you live – and how you live – are significant factors in longevity (read "Lessons from the Oldest People on the Planet").

Some centenarians claim a single habit as the key to long life, such as doing crossword puzzles, drinking a glass of wine a day or singing in the shower. But it’s far more likely that the right combination of healthy habits, social connections, brain-boosting activities, good genes – and a little luck – are the secrets to living 100 years or more.

* Source: U.S. Census Bureau.
** Source: Evercare by United Healthcare, May 2010, 100@100 Survey, www.Evercare100at100.com.

Lessons from the Oldest People on the Planet

The lifespan of people who belong to communities in longevity hot-spots (also called Blue Zones) worldwide is astounding. Researchers are studying various groups of people to uncover the secrets of long life, including why disease rates are so much lower in Blue Zones than the rest of the world. Dan Buettner, an American explorer, researcher and author, has identified the following as Blue Zones: Nicoya Peninsula, Costa Rica; Sardinia, Italy; Icaria, Greece; the islands of Okinawa, Japan; Loma Linda, California (specifically, the Seventh Day Adventists). Check out www.bluezones.com to learn more.

Common healthy traits of centenarians in these areas:
- Family is the highest priority in life.
- Nutrition comes from plant-based diets (especially legumes).
- People are constantly in motion and physically active.
- People are socially engaged with their community.
- They don’t smoke.

Websites not belonging to this organization are provided for information only. No endorsement is implied.
93 and Counting

On her 90th birthday, Ruth Albright said she was shooting for 100, but admits she takes life one day at a time. The Lake City native is an active part of her community and still lives independently. “I’ve always been independent. I grew up during the Great Depression and back then, you had to do things for yourself. We didn’t have a bunch of screens to entertain us,” Albright recollects.

To this day, Albright finds entertaining herself second nature. “I’m active in my church and taught Sunday school for many years. I’m also a Stewart Memorial Community Hospital Auxiliary member,” Albright notes. For most of her life, she bowled regularly, played cards, maintained a garden, walked a few miles daily and sewed hand-made quilts. “I lost track of how many quilts I’ve given away,” Albright says.

She says her longevity is partially from good genes, noting that her grandmother lived to be 100, and her overall good health. “My weight hasn’t changed much in the last 50 years, and I’ve only had two surgeries my whole life to take out my tonsils and my appendix,” Albright notes. Her other key to longevity is a positive attitude. “The older I get, the more I see the glass a half-full, which has come with maturity over the years,” Albright smiles.

Families living in the Rockwell City area will once again be able to access obstetric care in Rockwell City. Pablo Amador, M.D., joined the staff at the Rockwell City McCrary Rost Clinic in March and offers a full spectrum of family care including delivering babies.

“One of the greatest rewards of practicing medicine is helping a child come into the world,” says Dr. Amador, who has been practicing medicine for more than 10 years. Dr. Amador grew up in Spain and came to the United States in 1985. “Twenty-six years has gone by fast,” Dr. Amador says.

Education and Experience

After earning his bachelor’s and master’s degrees at Columbia University in New York City, Dr. Amador completed medical school at the University of Guadalajara Medical School in Jalisco, Mexico, and New York Medical College in Valhalla, N.Y.

Before coming to McCrary Rost Clinic, Dr. Amador practiced in Wisconsin at the Madelia Clinic, which is part of the Mayo Clinic Health System. His desire to practice the full spectrum of medical care made his choice of leaving the big city for the Midwest an easy decision. “I have a great appreciation of caring for the whole family and getting to know the entire network of the patients I care for,” notes Dr. Amador. The family-friendly atmosphere and pace of the Midwest was also attractive. “When my family and I moved to the Midwest, we felt at home right away. The people are very friendly,” Dr. Amador says.

Dr. Amador and his wife, Araceli, also a family practice physician, are the parents of four children. In addition to enjoying time with friends and family, Dr. Amador enjoys chess, reading and listening to music.

For an Appointment

To schedule an appointment with Dr. Amador, call the Rockwell City McCrary Rost Clinic at 712-297-8989.
**Farm Safety 101**
Keep Families and Workers Out of Harm’s Way

Agriculture is the most hazardous industry in the nation,* and it’s not just workers who are at risk for injury, illness and even death. Their families are exposed to many of the same risks. Proper protection, safety procedures and knowledge of the hazards can help reduce the dangers.

**What Are the Hazards of Farms?**
The dangers of farming may include pesticides, equipment and machinery, weather, dust, falls, lifting, livestock handling, electricity, noise and toxic gases. Children under age 15 and those over age 65 are particularly susceptible to injury on a farm.

Most farm accidents involve machinery, with tractors responsible for the majority. Other common equipment injuries include being crushed or losing limbs in machinery like combines, threshers, hay processors and riding mowers. Animals can also pose a threat to humans, either from attacking or throwing riders, or transmitting infections. Other dangers include entrapment or suffocation from grain in silos, poisoning from liquid chemicals or toxic gases and hearing loss from loud machinery. Farmers often experience high levels of stress due to long working hours, feelings of isolation and worries about droughts, floods, pests and financial concerns.

**Improving Farm Safety**
Farmers can protect themselves, their workers and their families by:

- **Ensuring that all workers understand and follow instructions** for machinery operation and chemical handling.
- **Enforcing safe practices.** Machinery operators should fasten seat belts and avoid wearing loose clothing. Install guards on all equipment and rollover protection on tractors. Wear sunscreen, hearing protection and safety goggles when advisable. To help avoid illness, encourage frequent hand-washing.
- **Inspecting equipment** routinely to catch potential problems and ensure safety features are in place.
- **Avoiding unstable surfaces.** Never “walk the grain” in a silo, grain storage bin or hopper.
- **Ventilating** areas where dangerous gases may accumulate, such as grain silos and manure pits.
- **Protecting loved ones from take-home contamination.** Change into clean clothes and shoes at work and place dirty items in a plastic bag.
- **Staying alert.** Be sure to get adequate sleep, take breaks and avoid drugs and alcohol.

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Tips for Staying on Course with Treatment

A chronic disease often requires regular tests and treatments. These tips will help fit nearly any regimen more smoothly into your life.

◗ Learn about your condition. MedlinePlus®, a service of the National Library of Medicine at www.medlineplus.gov, is a good starting place. Or ask your doctor to recommend resources.

◗ Get organized. Find tools that make staying on track easier, such as a pillbox with Sunday through Saturday compartments, a watch with an alarm or a small case that holds all the essentials.

◗ Keep a journal. Track symptoms and test results, and record questions and concerns. Then take the journal when you visit the doctor.

◗ Seek support. The support of loved ones can improve your life. So can joining a support group.

To keep your treatment on course, David Frate, D.O., says, “The best advice that I can give to my patients is to know and understand their illness, medications and listen to your body. You are the best judge on how you are feeling. It is so important and vital for the patient to become involved in their own care, gain the understanding of what is going on, and how and why it is treated.”

Webistes not belonging to this organization are provided for information only. No endorsement is implied.

Artichoke Heart and Asparagus Salad with Strawberry Dressing

Number of Servings: 6

Ingredients

SALAD:
6 lettuce leaves
6 artichokes (small), prepared and cooked as directed for whole artichokes
1 pound fresh asparagus spears, cooked and chilled
½ cup shredded carrot

DRESSING:
½ cup buttermilk
1 cup fresh sliced strawberries
2 teaspoons honey
¼ teaspoon allspice

Directions

SALAD:
On six salad plates, arrange lettuce leaves. Halve artichokes lengthwise; remove center petals and fuzzy centers and discard. Remove outer leaves of artichokes and reserve to use as a garnish for the salad. Trim out hearts and slice thinly. Arrange artichoke slices on lettuce leaves with asparagus spears and shredded carrot. Add a few artichoke leaves for garnish.

DRESSING:
For dressing, in blender or food processor container, measure all dressing ingredients. Cover and process until mixture is smooth. Spoon dressing over salads to serve. Serving suggestion: Salad can be prepared ahead; cover arranged salad plates and chill up to 4 hours before serving time. Spoon on dressing just before serving.

Nutrition Facts

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 712-464-7907 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.

Stewart Memorial Community Hospital Calendar of Events

### Auxiliary Meetings

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

**Volunteer Appreciation Luncheon and Elder Affair, Wednesday, April 6,**
10:30 a.m. Lake City Community Building
RSVP by April 1: 712-464-4224

**Medicare Supplement, Tuesday, May 3,** 9:30 a.m. Question and answer panel.

### Diabetes Support Group

The Diabetes Support Group meets the following Tuesdays:
- April 26
- May 24
- June 28
- July 26
- Aug. 23
- Sept. 27
- Oct. 25

New time and location: 5 to 6 p.m. in the SMCH Private Dining Room, next to the Junction Cafeteria. For more information, please call Maurine Thieszen or Marcia Schaefer at 712-464-3171.

### Lunch Connection

Thursday, June 2, noon
“Creating a Healthy Home”
SMCH Conference Center
RSVP: 712-464-4224

### Oh Baby! Classes

To register, call 712-464-4224.

**Early Bird Classes**
- **Thursdays,** May 5, Aug. 4, 6:30 p.m.

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

**Big Brother/Big Sister Classes**
- **Wednesdays,** April 13, July 20, Oct. 12, 6 p.m.
  Lower Level Conference Room

### 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, April 19,** 6:15 p.m. – **Play Time!** Fun and cheap play ideas for you and the kids by Joleen Schmit. (Mini message: Summer Safety tips by Tami Kinney.)

**Tuesday, May 17,** 6:15 p.m. – **Mama Mia!** Come have fun and relax with other mammas! (Mini message: Preventing premature birth by Jenni Macke.)

**Thursday, Sept. 1** – The Caring Hands Closet 3rd Annual “Fall Fling” – details to be announced.

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

- Pablo Amador, M.D.
- 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