Compassionate Care Close to Home

How often do women try on a pair of jeans and they feel more snug than usual? Typically it’s not something to get extremely worried about, but for Jane Dial, something told her otherwise. “I wasn’t having any pain, but I felt different. It’s hard to explain, but I had a gut feeling that I should have a checkup,” recalls Dial who was born and raised in Lake City. An appointment with Nancy Flink, certified physician assistant at McCrary-Rost Clinic, revealed Dial had ovarian cancer. “She recommended I see Dr. Marc Miller, a general and cancer surgeon at Stewart Memorial Community Hospital (SMCH). He confirmed the cancer and told me it was stage three,” says Dial, who has worked at SMCH as the dietary supervisor for more than 26 years.

Taking Quick Action
The grandmother of seven didn’t have much time to mentally process the diagnosis. Dr. Miller moved quickly to get Dial into surgery and remove the cancer. “In two weeks, I was diagnosed and had surgery at SMCH to remove my appendix, right ovary and omentum, which is a fold of the tissue lining the abdomen that surrounds the organs,” says Dial. Following surgery, Dial underwent chemotherapy. “I had chemotherapy from June 2011 to December 2011, once every three weeks,” recalls Dial. For the chemo, Dial came to the infusion room at SMCH, which was added to the hospital in 2000. The spacious room is full of natural light and modern touches, like comfortable recliners and your own television. “Coming to SMCH for my chemo was the best part of my fight against cancer,” says Dial. “In an imperfect situation, the care I received at SMCH was perfect. The room is very pleasant, you have the option to have a separate room for privacy, and the staff is excellent,” says Dial.

After a two-month break from chemo, Dial had a second surgery to remove more of the cancer, followed by more chemo. Once again, Dial chose to have her treatment at SMCH. From March 2012 through August 2012, she received chemo in the hospital's infusion room. Through her journey, she says having services close to home is a blessing. “The oncologist I see is Dr. Dan Buroker and he comes to SMCH on a regular basis.

continued on page 5
Henry Family Story

With five children, Jessica and Josh Henry can have their own basketball team. The Rockwell City couple started their team in 2000 with the birth of Mason. Two years later came Morgan followed by Malin. Their first three children were born in Minnesota, where they lived before coming back home to Iowa.

“We moved to Rockwell City five years ago to be closer to family and chose Stewart Memorial Community Hospital (SMCH) when we had our next two children, Maxwell and Maya,” says Jessica who’s a professional photographer. “We have always liked the atmosphere of SMCH, you feel like you’re the No.1 priority,” says Josh, who works in the computer field. That feeling gave extra comfort to Jessica, who had concerns during her last pregnancy. “Our first two daughters had low birth weights and one had a knot in her umbilical cord, so we were apprehensive after finding out we were having another girl. Dr. Susan Hornback was extremely helpful throughout our pregnancy,” says Jessica. “She is extremely knowledgeable and very competent.”

Dr. Hornback is a board certified family practice and obstetric physician with McCrary-Rost Clinic and SMCH. “Every pregnancy is different and our team of OB physicians do everything possible to make sure moms have their questions answered and get great care for a positive pregnancy experience with our hospital,” notes Dr. Hornback.

The Henry family’s youngest child, Maya, was born in March weighing a healthy 7 pounds, 9 ounces, and was 20 inches long. “Dr. Hornback really eased our fears, and we are very thankful for the birth of a healthy little girl,” says Jessica. “We received great care at SMCH when we delivered Max and Maya,” says Josh. “There is always enough staff available to meet your needs and give you personal attention. Plus, you don’t feel like you’re in a hospital. The OB suites are more like an upscale hotel room.

“I also appreciate the very reasonable cost to deliver a child at SMCH,” Josh adds. And discussion between the two Henry team captains indicates the birth of Maya may not be their last. “There’s a possibility of more. We love our big family!” notes Jessica.
Heart Disease Risks That May Surprise You

Which of the following increases your risk of heart disease?
A. Smoking
B. Sleep apnea
C. Depression
D. All of the above

The answer is D. Some heart disease risks, such as smoking, are quite commonly known. But did you know that sleep apnea or depression could also raise your risk of a heart attack? Read on to learn some surprising heart disease risk factors and tips to lower your risk.

Risk Factors that May Sneak Up on You

Diabetes: Someone with diabetes runs twice the risk of having heart disease or a stroke as someone without diabetes.* People with diabetes or prediabetes have higher-than-normal blood glucose (sugar) levels. Over time, high blood glucose levels damage nerves and blood vessels, raising the risk of heart disease and stroke. If you have prediabetes or diabetes, it is important to carefully monitor your blood glucose, blood pressure and cholesterol levels, and work with your doctor to keep them under control.

Poor sleep: Sleep apnea is a disorder that affects about 12 million Americans.* Most sleep apnea sufferers have obstructive sleep apnea (OSA). With OSA, tissues in the throat collapse and obstruct the airway, and oxygen levels in the blood drop. The sleeper awakes enough to cough or gasp for air, and then falls asleep again, with the cycle – repeating throughout the night. Sleep apnea raises the risk of high blood pressure and puts extra stress on the heart.

People are more likely to have sleep apnea if they are overweight and/or have chronic nasal congestion, large tonsils or other airway blockages. If you frequently feel sleepy despite getting eight hours of sleep (or someone has complained about your snoring), talk to your doctor. Often a continuous positive airway pressure (CPAP) mask can help. In some cases, minor mouth or throat surgery provides relief.

Mental health. Depression and stress can also raise the risk of heart disease. In fact, a study of 63,000 women found that women who suffered from depression were 50% more likely to die of heart disease than women who did not, even when other risk factors were taken into account.** To combat depression and stress, experts suggest turning to friends and family, getting adequate exercise, developing relaxation techniques and seeking professional help, if necessary.

Lower Your Risk(s)

Some risk factors, such as a family history of heart disease, are uncontrollable. But most risk factors can be reduced with the following steps:

- Eat a heart-friendly diet.
- Get plenty of physical activity.
- Don’t smoke.
- Lose excess weight.
- Have your cholesterol and blood pressure checked regularly.
- Get plenty of high-quality sleep.
- Monitor and manage other health conditions.
- If you have any symptoms of a heart attack or stroke, seek help right away.

To learn more about heart disease risk factors and how you can protect your health, talk to your doctor. If you don’t currently have a primary doctor, please call 712-464-7907 or visit our website at www.stewartmemorial.org.


“It is important to have yearly physical exams for disease prevention and health maintenance. Yearly exams give your medical provider the opportunity to evaluate and screen for hypertension, hyperlipidemia and diabetes as well as many other disorders. Heart disease often goes undiagnosed until a patient has a heart attack. A yearly physical helps identify risk factors which could be modified and decrease risk of having heart attack.”

— Kari Swisher, ARNP-C.
What Are Our Gadgets Doing to Our Bodies?

From aching necks to throbbing thumbs, Americans are dealing with a variety of ailments that may result from our love affair with electronic gadgets. According to the American Academy of Orthopaedic Surgeons, frequent computer use may be related to nerve, muscle, tendon and ligament damage. The proliferation of laptops, tablets, smartphones, portable electronic games and other mobile devices has only added to the potential strain.

Some Common Conditions
Overuse, poor posture and less-than-ideal work stations may contribute to some of these conditions.

- **Wrist and hand pain.** The repetitive motions involved with typing and moving a mouse may result in tendinitis (inflamed tendons) or bursitis (inflammation of the sacs of cushioning fluid). There is some controversy over whether carpal tunnel syndrome is related to repetitive stress, but it may be possible. Carpal tunnel syndrome occurs when thickened, irritated tendons at the base of the hand press on a nerve. Symptoms may include tingling, numbness and sharp pains through the wrist and up the arm.

- **De Quervain’s tendinitis.** Possibly caused by overuse (think constant text-messaging or game-playing), De Quervain’s tendinitis occurs when tendons on the thumb side of the wrist become swollen or irritated. Pain at the base of the thumb can make it difficult to grasp objects.

- **Back, shoulder and neck pain.** Hours of hunching over a computer – especially if stressed or under a deadline – may result in sore and strained muscles.

An Ounce of Prevention
Here are a few tips to avoid letting your gadgets get the best of you.

- If you use a desktop computer, be sure your workstation is properly set up with the monitor and keyboard adjusted for your height and optimal viewing distance. Using a gel-filled or padded wrist support may help reduce strain on the wrists in some cases.

- If you plan to use a laptop for an extended period, you may want to consider plugging in an external keyboard so you can adjust the monitor to a more comfortable viewing position. The same applies to extended use of tablets.

- Practice good posture. Don’t hunch your shoulders or cradle a phone in your neck while working.

- Take regular breaks. Get up and stretch or walk – if only for a minute or two – at least once every hour and preferably every half hour.

- Avoid constant texting. If you have a long message to deliver, consider using your phone to call rather than text.

A Pound of Cure
If you do find that pain in your hand, wrist, arm or back and shoulders is affecting your quality of life or ability to work, you may benefit from physical or occupational therapy. To learn more, contact our physical and occupational health therapy services department at 712-464-4244 or visit www.stewartmemorial.org.
When you are fighting cancer, it’s a real benefit to be able to see a doctor close to home, not travel and be with family. It’s very convenient to have oncology appointments at SMCH,” notes Dial.

**Thankful for Her Home Team**

Dr. Buroker says patients can often have chemotherapy close to home. “In many cases, patients fighting cancer can be treated at their local hospital for their chemotherapy and follow up doctor visits,” says Dr. Buroker, a second-generation physician who sees patients at SMCH the first and third Wednesdays of each month. “There are many health benefits to patients being able to receive care in an environment they are comfortable in and where they can be supported by family and friends,” notes Dr. Buroker.

After two series of chemo treatments, Dial is on the road to recovery. “At my appointment in mid-September, my cancer was under control. I’m not cancer-free, but my numbers are moving in the right direction and my next appointment is in December,” says Dial. With her cancer stable, she says she feels she has her life back. “With cancer, you’re not always sure what the next week or month will bring, so it’s hard to plan a future. Now, with the help of treatment, a great health care team, friends and family, I feel like I can look forward to the future again.”

---

**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
Knuckles and Knees and Hips – Oh Ouch!

Ease the Ache of Joint Pain

In “The Wizard of Oz,” a few squirts from an oil can are all it takes to cure the Tin Man’s stiff and creaky joints. In the real world, unfortunately, joint problems are much harder to treat, as a growing number of people with arthritis can attest.

If you suffer from arthritis, you might be avoiding physical activity to try and prevent further pain and damage. But you may want to rethink this strategy. While following a yellow brick road may not be appropriate for everyone, experts recommend physical activity to help ease joint pain.

What Is Arthritis?
There are three categories of arthritis: 1. Inflammatory arthritis such as rheumatoid arthritis, 2. Osteoarthritis, a disease, and 3. Degenerative joint disease or wear-and-tear arthritis.

Inflammatory (Rheumatoid-like) Arthritis
“In recent years, the cause of rheumatoid arthritis and other autoimmune arthritis diseases has become more clear,” says Lee Hieb, M.D., an orthopaedic and spine surgeon at Stewart Memorial Community Hospital. Dr. Hieb notes that people with widespread inflammatory arthritis are characterized by boggy, swollen, red joints; deformities of their hands and feet and very severe destruction of their joints. “The cause of this has not been known, but recently, basic science has discovered that gluten – the protein in wheat – may be the causative factor,” suggests Dr. Hieb.

“Gluten is a recent addition to human’s diet. It is a protein that we were probably not genetically equipped to deal with,” says Dr. Hieb. She cites recent basic science, as outlined in a Scientific American article and others, that has shown that allergy to gluten can cause the body to make antibodies to the linings of your joints. “After attending a meeting about this, I was discussing this scientific finding with a colleague of mine from India. He pointed out that when he was in medical school in southern India they had no patients with rheumatoid arthritis, lupus or psoriasis and needed to learn about these diseases by examining people from northern India. What is the difference between those two areas? In northern India, people eat a wheat-based diet and therefore are being exposed to glutens. In southern India, people at that time ate primarily a rice-based diet and had no gluten and had less autoimmune disease,” recalls Dr. Hieb.

For this reason, Dr. Hieb advises all of her patients with psoriasis, rheumatoid arthritis or lupus to go gluten-free. More information about this diet can be found at www.csaceliacs.org. She notes that it may take a number of months and this may not solve it for everybody, but she believes the science is becoming clearer that this is a major causative factor. “Additionally, patients with inflammatory arthritis are usually managed by specialists called rheumatologists, and more specialized medications are being developed for these diseases,” says Dr. Hieb.

Osteoarthritis
Osteoarthritis is often confused with degenerative joint disease, but true osteoarthritis is a widespread disease not related to wear and tear of the joints. It often affects joints such as the distal finger joints (the knuckles closest to your fingernail), the knees, the ankles and the spine. Those suffering from osteoarthritis are characterized by big lumpy joints in their fingers, but usually do not have deformity as people with rheumatoid arthritis do. This arthritis also may be related to some factor we are now unable to discern. It is a slowly progressive disorder that destroys joints in a symmetric fashion.

Degenerative Joint Disease
Degenerative joint disease (often confused with osteoarthritis but actually having a different cause) is due to wear and tear or physical damage to joints. The classic history is the man who played high school football, had an injury to his knee and 25 years later develops a painful knee joint. The rest of his joints may be normal, but the joint that was slightly injured had excessive wear over the years. This wear and tear results in loss of cartilage, spur formation around the joint, pain, swelling and stiffness. Other joints often involved with degenerative joint disease are the basilar joint of the thumb where the thumb hooks onto the hand, spine, knees and occasionally the wrists in people who have had fractures or injuries to the wrists.

What You Can Do about Arthritis
If you have an inflammatory arthritis, in addition to the dietary suggestions mentioned above, you should visit your physician for further treatment. This arthritis is often managed by a general physician or a rheumatologist. However, if you are suffering from degenerative joint disease, you may benefit from seeing an orthopaedic surgeon.

There are several things that you can do on your own:

Build up muscles that support the joints. Strengthening muscles around the joint improves the function of the joints. One of the most effective exercises for arthritis in the hips, knees and ankles is cycling. Cycling on a stationary bicycle 30 minutes a day with progressive resistance improves the muscle strength around joints and may help avoid further treatment such as total joint replacement.

Weight loss. Wear and tear to the lower extremity joints is a direct function of body weight and muscle strength. If the muscle strength is low and body weight is high, walking causes a grinding motion.
that occurs in the joints. This can cause loss of cartilage and ultimately destruction of the joints. Aerobic exercise such as cycling and swimming are the very best exercises to promote weight loss, without damaging joints.

Physical therapy. Sometimes it helps joints by improving motion and a physical therapist can be helpful. Exercises such as Tai Chi and yoga can also stretch the joints and help with balance.

Footwear. It is also important to avoid pounding the joints when wearing leather-soled shoes or going barefoot. A study was done in Sweden where shock wave transducers were placed in the teeth and the patients were asked to walk across a concrete floor. When the patients wore good crepe-soled shoes, the shock wave reaching their jaw was half of that of the barefoot or leather-soled shoe wearer. Good cushioned shoes may extend the life of your joints.

There’s No Place like Home
If joint pain has prevented you from enjoying your normal daily activities, you don’t have to travel far for help. Stewart Memorial Community Hospital helps patients get back to enjoying life. To learn more, please call the orthopaedic surgeons at SMCH at 712-464-7907 or visit our website at www.stewartmemorial.org.

SMCH Calendar Available
The 2013 Stewart Memorial Community Hospital calendar will soon be available at your Community Pharmacy in Lake City, Lake View, Rockwell City and Gowrie. Pick up your FREE calendar this December.

Celebrating 50 Years

This special commemorative book is the perfect stocking stuffer or gift to give the person on your list who “has everything.” Give them the gift of memories, compiled from the past 50 years of history at Stewart Memorial Community Hospital. This paperback book is full of heartwarming stories, colorful photos and archives of how the hospital was started. It’s on sale now for only $15 in the hospital gift shop. Or reserve your copy today by contacting the SMCH Marketing Department at 712-464-4117 or 712-464-4214.
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**
  - Katherine Blomgren, P.A.-C.
  - Scott Green, M.D.
- **Ear, Nose and Throat**
  - Vivian Chance, ARNP
  - Tracey Wellendorf, M.D.
- **General Surgery**
  - Ronald Cheney, D.O.
  - Marc Miller, D.O.
  - Josh Smith, D.O.
- **Hematology & Oncology**
  - Dan Buroker, M.D.
- **Ophthalmology**
  - Wolfe Eye Clinic
- **Orthopaedics**
  - Thomas Dulaney, M.D.
  - Lee Hieb, M.D.
- **Podiatry**
  - Mark Hartman, D.P.M.
  - Eric Jensen, D.P.M.
- **Pulmonologist**
  - James Meyer, D.O.
- **Urology**
  - Stephen L. Piery, 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!

- “Annual Christmas Tea” and sharing of your favorite SMCH memory in celebration of our hospital’s 50th anniversary.
  - **Tuesday, Dec. 4, 9:30 a.m.**

- “Meet Michael Merritt” Resident Expert of Information Technology and Other Great Stuff
  - **Tuesday, Jan. 8, 9:30 a.m.**

- “All Strings Attached” by Becky Windschitl
  - **Tuesday, Feb. 5, 11:30 a.m.**

**Diabetes Support Group**

The Diabetes Support Group meets April through October in the evening at SMCH. For more information please call our Diabetes Educators, Maurine Thieszen or Megan Huster at 712-464-3171!

April 25, May 23, June 27, July 25, Aug. 22, Sept. 26, Oct. 17

**Oh Baby! Classes**

To register, call 712-464-4224.

- **Prenatal Classes**
  - **Saturday, Jan. 19, 8:30 a.m.**

- **Big Brother/Big Sister Classes**
  - **Tuesday, Jan. 22, 6 p.m.**

**Red Dress Revue**

Sponsored by: SMCH Auxiliary

**Saturday, Feb. 9**

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

- Araceli Amador, M.D.
- Pablo Amador, M.D.
- Danni Anderson, PA-C.
- Ronald Cheney, D.O.
- Thomas Dulaney, M.D.
- Derek Duncan, D.O.
- Nancy Flink, PA-C.
- David Frate, D.O.
- Rochelle Guess, FNP-C
- Lee Hieb, M.D.
- Susan Horriback, D.O.
- Marc Miller, D.O.
- Mark Mogensen, PA-C.
- Emil Pecholt, D.O.
- Josh Smith, D.O.
- Adam Swisher, D.O.
- Kari Swisher, ARNP-C
- Barbara Weber, ARNP-C