

# HealthWise

Spring 2013

## New audiologist joins WCH



**Michael Webb, Au.D.**

Wayne County Hospital (WCH) is pleased to welcome Michael Webb, Au.D., to the WCH Specialty Clinic. For those of you

who remember Dr. Kent Webb, you will now get to meet his son.

Dr. Webb provides comprehensive hearing health services and addresses hearing-loss concerns. He also performs diagnostic examinations and makes careful assessments for appropriate hearing-aid recommendations.

Licensed by the American Academy of Audiology, Dr. Webb will graduate from San Diego State University–University of California San Diego in May 2013. He is currently completing his doctorate research paper. Dr. Webb completed his residency at the Department of Veterans Affairs in San Diego, Calif. He received his B.A. in Communication Sciences and Disorders from the University of Florida.

Dr. Webb makes his home in Red Oak, Iowa, and in his free time enjoys traveling and sports, and is a fan of the Florida Gators.

To make an appointment with Dr. Webb at the WCH Specialty Clinic, call Dr. Webb's office, Audiological Services, Inc., at **1-800-458-4413**. ●



**Healthcare reform**

**Whooping cough:  
What you need  
to know**

**Tackling the  
common cold**

# Healthcare reform at a glance



**O**n June 28, 2012, the U.S. Supreme Court upheld key provisions of the Patient Protection and Affordable Care Act, also known as healthcare reform. The following guide can help you focus on the key points of the legislation and how you may be affected.

## NOW AND IN THE NEAR FUTURE

The minimum-coverage mandate and health insurance exchanges begin in 2014. Many other provisions of the Patient Protection and Affordable Care Act, along with the Health Care and Education Reconciliation Act of 2010, have been in place since 2010, including the following:

▶ **Preventive care may be 100 percent covered.**

New requirements for certain types of health plans require full coverage for a variety of recommended preventive services, such as cancer, diabetes and blood pressure screenings, without additional costs such as copays or deductibles.

▶ **An illness won't cancel coverage.** Insurance companies can no longer drop people from coverage when they get sick due to mistakes made on applications. In addition, children and adults with health problems are covered. Plans can't exclude enrollees under age 19 because of pre-existing conditions. Beginning in 2014, plans will not be allowed to exclude anyone because of a pre-existing condition.

▶ **Adult children may be covered.** Health insurance plans must cover adult children up to age 26 on their parents' policies, at the parents' choice. Until 2014, this provision is dependent on the adult child not having his or her own employer-offered coverage.

▶ **Coverage limits are banned.** Insurance companies can't place lifetime caps on coverage. Annual caps on coverage are being phased out by 2014.

▶ **The coverage gap is closing.** Each year, some Medicare Part D prescription drug coverage enrollees fall into the coverage gap, where they must pay all prescription drug costs out of pocket. In the 2013 plan year, Part D enrollees will receive a 52.5 percent discount on brand-name prescription drugs in the coverage gap. By 2020, that discount will rise to 75 percent.

▶ **Small employers can receive tax credits.** Eligible businesses with fewer than 25 employees may receive a tax credit to make employee coverage more affordable. For those who qualify, a tax credit of up to 35 percent of employer-paid premiums is available. Beginning in 2014, the small business tax credits will cover up to 50 percent of premiums for up to two years.

▶ **Health insurance exchanges are being created.** Some states have already begun establishing them, but by 2014 all states must have health insurance exchanges in place that allow individuals, families and small businesses to compare and shop for health plans.

▶ **Minimum coverage mandate will take effect soon.** Beginning in 2014, most people will be required to carry minimum essential coverage or face a fine. The penalty will be based on whichever is greater: either a flat dollar amount or a percentage of income. ●

# Snoring could signal sleep apnea

It's easy to make light of someone who snores so loudly they keep the neighbors up. But "sawing logs" isn't just a funny character trait—someone who snores could have sleep apnea, a common sleep disorder.

There are three main indicators of sleep apnea: loud snoring, gasping for breath repeatedly during the night and feeling tired even after a full night's sleep. Sleep apnea can be detrimental to one's health—it's often linked to heart problems, depression and weight gain. If you or someone you love is snoring instead of getting a peaceful night's rest, the following tips can help.

## WHAT TO DO WHEN SLEEP ISN'T RESTFUL

There are two types of sleep apnea: obstructive sleep apnea (where the airway is blocked during sleep, usually by relaxed throat muscles), and the less common central sleep apnea, where the brain doesn't transmit the proper signals to the breathing muscles. Both conditions cause the sleeper to stop breathing momentarily. This usually causes the sleeper to gasp for breath and awaken briefly. While you don't usually notice you've woken up, this pattern can prohibit you from reaching a deep sleep and cause you to feel tired in the morning.

If you think you might have sleep apnea, talk to your doctor and see if a sleep study might be right for you. You may need to spend a night in a sleep center, which is outfitted with a comfortable bed in a natural, home-like atmosphere. Sensors placed on your body will transmit information to polysomnography equipment that records breathing patterns and oxygen levels while you sleep. Or your doctor may prescribe a portable device to use at home to detect sleep apnea.

If you are diagnosed with sleep apnea, the first step may be lifestyle changes. These include:

- losing weight
- quitting smoking
- sleeping on your side or stomach instead of your back
- avoiding alcohol

If none of these methods work, your doctor might want you to try a continuous positive airway pressure (CPAP) machine. A face mask delivers air pressure throughout the night to keep your air passages open. It helps relieve snoring and apnea. Oral devices from your dentist also can help. In more extreme cases, surgery might be recommended. ●



## > Don't ignore the snore

When you're not sleeping well, all aspects of your life can be affected, including your health. If you aren't getting the restful sleep you need, talk with your primary care physician.

# HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

## > The battle of the salts: Table or sea?

What's the difference between sea salt and table salt, you might ask? While sea salt has grown in popularity due to its crunchy texture and strong flavor, when it comes to the one item that affects our hearts the most—sodium content—it's no different than ordinary table salt. Despite popular belief—61 percent of people surveyed by the American Heart Association (AHA) believe that sea salt has less and is therefore healthier—both sea salt and table salt contain 40 percent sodium.

So if you're unsure which to choose, it really comes down to a matter of taste. Either way, the AHA recommends a daily intake of no more than 1,500 milligrams of sodium.



## > Answers to Parkinson's disease may lie in your skin

Clues to Parkinson's disease—a neurological disorder that destroys brain neurons—may be hiding inside your skin cells, says a new study in *Science Translational Medicine*. Scientists reprogrammed skin cells from five patients with genetically inherited forms of Parkinson's into stem cells, which then developed into the type of neurons affected by the disease. Researchers were then able to study the effect of different interventions on individuals' neurons. They exposed the cells to mitochondrial toxins and found that, compared to the neurons of healthy people, the cells were more likely to become damaged or die.

The technology used in the study may help clarify which individuals with hereditary Parkinson's will be most likely to respond to certain medications and identify promising treatments for people with sporadic Parkinson's, in which the cause of the disease is unknown.

The study found that **non-alcoholic red wine** lowered participants' blood pressure enough to **potentially reduce the risk of heart disease by 14 percent.**

## > Non-alcoholic wine better for heart health?

While plenty of research shows a glass of red wine may improve heart health, here's something you probably didn't know. The same antioxidants—called polyphenols—in red wine that have been shown to decrease blood pressure, exist in non-alcoholic wine, too. What's more, varieties without alcohol may even be better when it comes to heart health, according to a small study published in *Circulation Research*.

Researchers found, after looking at 67 men at high risk for cardiovascular disease, that non-alcoholic red wine was more effective at lowering blood pressure than traditional red wine. Researchers noted that traditional and non-alcoholic red wine contained equal amounts of polyphenols, but that alcohol likely weakened their ability to lower blood pressure. The study found that non-alcoholic red wine lowered participants' blood pressure enough to potentially reduce risk of heart disease by 14 percent and stroke by as much as 20 percent.

It's important to understand that although moderate wine drinking may be good for your heart, too much may pose health risks to other parts of the body, such as the liver, negating the benefits to your heart.



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## > Mom: Be a health nut!

For years, pregnant women were advised that nuts were among the list of potentially unsafe foods to consume during pregnancy. But recent research supports the American Academy of Pediatrics' recent withdrawal of that recommendation. The study found that out of 62,000 mothers, the children of those who ate peanuts and tree nuts, such as almonds and walnuts, while pregnant were actually less likely to develop asthma or allergies, unlike previously thought.

Researchers followed the development of the children and found that at 18 months, the kids whose mothers ate peanuts were less likely to have asthma. In fact, after other asthma risk factors were taken into



Children of mothers who ate **peanuts and tree nuts ... while pregnant were actually less likely to develop asthma or allergies, unlike previously thought.**

account, researchers concluded that they were 21 percent less likely to develop asthma. Peanuts had no effect on allergies; however, children of mothers who ate tree nuts were 20 percent less likely to have allergies, although this effect faded by age 7. Researchers hypothesize that the fatty acids, vitamin E and antioxidants in nuts may lend a protective effect to kids.

## Cardiac rehab going strong ... Heart-healing ex·cel·lence (n.)

We are pleased to report that the Wayne County Hospital (WCH) Outpatient Cardiac Rehabilitation program has continued to grow since opening last June. Using a multidisciplinary approach, Denise Sheston, R.N., helps patients with heart disease recover faster and regain full, productive lives.

The Phase II cardiac program integrates exercise, education and counseling to provide patients with individualized treatment plans designed to address each patient's unique



Denise Sheston, R.N., with patient Sarah Lovett

needs. The 12-week program includes three one-hour sessions per week. Patients are carefully monitored with electrocardiogram telemetry while performing aerobic exercise, typically using a treadmill or Nustep cross trainer. Nutritional guidance, educational videos and psychological support are also provided.

Goals are set for each patient to improve his or her tolerance for exercise, promote endurance, health and well-being, and help each patient know his or her exercise threshold by learning self-monitoring skills. Patients are coached on weight loss, smoking cessation and stress reduction.

For more information about this program, call the WCH Outpatient Cardiac Rehabilitation Department at **641-872-5348**. ●

# Whooping cough

## Your questions answered

**A** cough can be a reaction to a tickle in one's throat, a symptom of the common cold or even a device for interrupting conversations. But when it's caused by pertussis (whooping cough), a highly contagious bacterial infection, a cough can be far more serious. Most children in the United States are immunized against whooping cough, yet it's still one of the most common vaccine-preventable diseases in America. To help you learn more about whooping cough, we've answered a few common questions.



### > Breathe easy

To learn more about whooping cough, talk to your doctor or visit the Centers for Disease Control and Prevention website at [www.cdc.gov/pertussis](http://www.cdc.gov/pertussis).

### **Q Who is most at risk or vulnerable to developing whooping cough?**

**A.** Pertussis infection can be most severe in infants. It can lead to pneumonia, convulsions, encephalopathy (brain disease), brain damage and even death. One of the most serious symptoms in infants is apnea, when breathing slows or stops for a period of time. Symptoms are usually far less severe in adults and older children.

### **Q How can I tell if my child has whooping cough?**

**A.** Symptoms in the first week may include a runny nose, low-grade fever and mild or occasional cough. By week two or three, the violent, rapid coughing fits ending with a gasp for air (the whooping sound) begin. The coughing fits can cause exhaustion and vomiting. Many infants have only a mild cough or none at all, but serious risks still exist, such as apnea. If you suspect your child has whooping cough, see your doctor.

### **Q I was vaccinated against whooping cough when I was an infant. Do I need to be vaccinated again?**

**A.** You might. The vaccine is not completely effective, and its protection diminishes over time. Pre-teens, teenagers and adults need a one-time booster shot, called Tdap. Pregnant women who haven't received the booster should get it during the latter half of pregnancy or directly after giving birth. In addition, anyone who hasn't received a Tdap and expects to come into contact with an infant should get the shot at least two weeks in advance.

### **Q How can I protect my child from whooping cough?**

**A.** Vaccination is the best prevention, but it's also important to keep your child away from those with coughs or cold symptoms. And because many infants contract the disease from parents, siblings or caregivers who don't know they are infected, it's equally important for adults and older children to be up-to-date on their pertussis vaccination. Protect your child by enforcing frequent hand-washing, covering up coughs and sneezes and not sharing cups and silverware. If someone in your household develops whooping cough, early treatment with antibiotics can help make infection less severe and prevent its spread. ●

# Cold-busting remedies

With more than 62 million cases of the common cold every year, many people turn to over-the-counter medications, old wives' tales and new health trends for relief. Research on various remedies is often insufficient, but current data indicates that some home treatments may help, some may be harmful and others are worth a try.

## OLD BUT FAITHFUL



► **Chicken soup.** It sounds cliché but there's scientific evidence that chicken soup, especially homemade, may inhibit the inflammatory response of the body's immune system, temporarily lessening cold symptoms.



► **Probiotics.** The friendly bacteria found in fermented milk products like kefir and yogurt may boost your immunity and help prevent or reduce the severity of the common cold.

► **Honey.** An antioxidant that is antimicrobial and soothes on contact, honey may ease nighttime cough and sleep disturbances caused by the common cold. Honey is appropriate for adults and children over age 1, but should never be given to children younger than 1 because of the risk of infant botulism.

► **A neti pot** flushes out the nasal cavities, which may help treat colds. Use only water that is distilled, boiled and completely cooled, sterilized or filtered through a 1-micron pore sized filter to avoid introducing dangerous bacteria into the nasal passages.

► **Echinacea** is said to boost your immunities. Although no conclusive evidence supports this claim, if you're healthy and not on prescription medications there's likely no harm in trying it.

## TRENDY

► **Vitamin C** has not been proven to prevent colds, but if taken before symptoms start it may shorten the duration of a cold, making it a worthwhile supplement for anyone frequently exposed to cold viruses.

► **Zinc lozenges and syrups** have been studied for their potential to shorten the length of a cold or reduce the number of colds when taken regularly. However, zinc's effectiveness remains uncertain and there are possible side effects, such as nausea caused by oral doses and permanent damage to your sense of smell caused by nasal zinc.



## THE SURE THING

► **Time.** Time is the only surefire cure for the common cold. And time-honored methods of taking care of yourself can help you through. Get plenty of rest, drink fluids to stay hydrated and consult your doctor if you decide to add cold-busting supplements or home remedies to your regimen. ●

HealthWise is a community educational service provided by

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**Clinical services in Wayne County:**

Humeston Family Medical Clinic **641-877-6108**  
Lineville Medical Clinic **641-876-2070**  
Seymour Medical Clinic **641-898-2898**  
South Central Iowa Medical Clinic **641-872-2063**

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# Say hello to ...



**Karen Bozwell,  
M.S.N., ARNP**

Originally from New York, Karen completed her Bachelor of Science in Nursing as an honors graduate at the University of Iowa in 2006. She received her master's degree in nursing in Family Nurse Practitioner from the University of Kansas Medical Center in 2011. She also completed Core Advanced Practice Nursing courses at the University of Missouri. Karen has a special interest in mental health and rural health medicine. In addition, she completed a clinical rotation specific to serving the socioeconomically disadvantaged population.

Karen's future schedule will involve going to the Seymour Medical Clinic on Mondays, Tuesdays, Wednesdays and Fridays following completion of the clinic remodel.



**Kim Riebe,  
M.S.N., ARNP**

A Des Moines native, Kim has worked as needed at Wayne County Hospital for several years in the nursing department, managing hospital policy and procedure documentation. She received her bachelor's degree in nursing from Grand View University, Des Moines, in 2005 and her master's degree in nursing in Family Nurse Practitioner at Marymount University, Arlington, Va., in 2012. She also completed three years at the Des Moines University Medical School program, from 2006–2009. Her work experience includes providing primary care to adults and children, working in the emergency department at Iowa Health Systems, Des Moines, and working on the Cardiovascular Unit at Mercy Medical Center in Des Moines.

Kim's clinic schedule is Thursdays at the Lineville Medical Clinic; Fridays and Saturdays at the South Central Iowa Medical Clinic.



**Roberta Walburn,  
M.S.N., ARNP**

Roberta brings extensive advanced nursing experience, including providing primary care to all ages and emergency room patient care. Roberta has worked at Iowa Methodist, Mercy and Broadlawns Medical Centers in Des Moines. For the last 13 years, she has been with Community Health Centers of Southern Iowa, Decatur Medical Services in Leon.

Roberta received her master's degree in nursing in Family Nurse Practitioner from Drake University in 1999, and her Bachelor of Science in Nursing from Grand View University, Des Moines, in 1991. She completed her initial nurse training and received her diploma from the Iowa Lutheran Hospital School of Nursing, Des Moines, in 1973. She is a member of the American Academy of Nurse Practitioners.

Roberta's future clinic schedule is to be at the Lineville Medical Clinic Tuesdays through Fridays. ●

To schedule an appointment, please call the Wayne County Hospital Clinic System Call Center at **641-872-2063**.