

HealthWise

Summer 2016

> Getting to know Dr. Metzger

WHY DID YOU CHOOSE PODIATRY AS YOUR SPECIALTY?



I knew I wanted to go in to medicine as a freshman in college. As my interests grew, I became interested in providing both surgical and nonsurgical care for my patients. I found that podiatry provided great opportunities for both, while also giving me time for family, which is also important to me. As my training has progressed, I have come to love my chosen profession even more as it provides a lot of same-day gratification. Often, I'm able to make suggestions during a patient's first visit that can provide meaningful and lasting relief.

WHAT IS UNIQUE ABOUT YOUR PRACTICE OF PODIATRY IN THIS AREA?

I would say a unique thing about my practice in this area is the wide range of care provided. Frequently, when you practice in a more populated area your practice will become more specialized even within your own profession. Many of my classmates have practices that focus more exclusively on surgery or academics. While both are aspects of my practice, I find it refreshing to treat anything—from ankle fractures to diabetic foot care—in the same day. I also appreciate coming back to my hometown and community to provide care to individuals who helped to make me the doctor and surgeon I am today.

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Summer safety guide

5 things you need to know about the Zika virus

Shoulder injury? Get back in the swing of things



Summer safety guide

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hether you're at the beach, on a boat, camping or relaxing poolside — be prepared to protect yourself and your family from these summertime dangers.

SUN SMARTS

While soaking up the sun on the beach may feel good, overexposure to the sun is also the leading cause of skin cancer. Of course, the best treatment is prevention. Your best defense is to avoid the sun between 10 a.m. and 3 p.m. if possible. When out in the sun:

- Wear a wide-brimmed hat, sunglasses and protective clothing.
- Use a broad-spectrum sunscreen with an SPF of 15 or higher.
- Reapply sunscreen often throughout the day.

If you get sunburned, apply aloe vera gel or moisturizer right away and take over-the-counter pain reliever with your doctor's OK to ease minor discomfort. Drink plenty of fluids, especially water. Cool showers, baths or compresses can soothe the burn and prevent it from worsening. Call your health care provider if your skin blisters or if you develop chills, fever or nausea.



WATER SAFETY

Don't get caught off-guard when you're out on the water. Follow these safeguards when boating, swimming or hanging out at the pool:

- 1) **Supervise children** // It only takes a second for a child — even one who can swim — to slip into a pool or gulp too much water.
- 2) **Don't rely on inflatable "swim aids"** // They give you and your child a false sense of security and can deflate unexpectedly.
- 3) **Swim in areas supervised by lifeguards** // Ask lifeguards about surf, currents and water conditions and avoid swimming past your ability.
- 4) **Dive only in designated areas** // Anywhere else, it's feet first at all times.
- 5) **Steer clear of pool drains** // Teach children to avoid drains (even covered ones) in pools, spas or hot tubs. Pin up long hair and know where to find the pump's manual switch.
- 6) **Wear life vests when boating** // Kids need one even if they're just by the water's edge or on the dock.
- 7) **Avoid alcohol** // Cocktails impair your ability to react to an urgent situation.
- 8) **Learn CPR** // Adults and teens should learn this lifesaving technique.



BEAT THE HEAT

Heat-related illness can become serious if it is not recognized and treated early. Heat exhaustion may happen with overexertion and not drinking enough water in hot weather. Heat stroke can be life-threatening and requires immediate medical help.

Becoming familiar with warning signs could prevent a hot-weather problem from escalating into a crisis. Symptoms of heat exhaustion:

- Paleness and weakness
- Heavy sweating
- Headache, nausea or vomiting
- Muscle cramps

Signs of heat stroke include:

- Dizziness or confusion
- Red, hot, dry skin with no sweating
- Rapid heartbeat
- High body temperature



BUG OFF

There's no escaping it. If you spend time outside during the summer, you're bound to be bitten by some type of insect. Luckily, most insect bites and stings heal by themselves, and you won't need to visit a doctor. Here are some treatments for common bites:



Bee stings // Try to remove the stinger immediately by scraping or brushing it off with a firm edge, such as a credit card. Wash the area with soap and water, and apply hydrocortisone cream, calamine lotion or a baking soda paste to the sting several times a day until symptoms subside. To reduce pain and swelling, apply ice or a cold pack and take an antihistamine.

Seek medical help immediately if someone appears to be having a severe or allergic reaction to a bee sting. Signs of a severe reaction may include:

- Difficulty breathing
- Swelling of the lips or throat
- Feeling faint or disoriented
- Breaking out in hives
- Nausea, cramps and vomiting
- Rapid heartbeat



Spider bites // Clean the area with soap and water, apply a cool compress and keep the affected limb elevated. If you or your child experiences any severe reactions, call your doctor or 911 immediately for further treatment.

Wearing insect repellent is one way to help protect you and your loved ones. When applying insect repellent, keep the following tips in mind:

- Always read the product label and follow the directions.
- Use just enough to cover exposed skin. Do not apply under clothing.
- Avoid applying on or near eyes, mouth, ears and open sores.
- Do not spray directly to face or in an enclosed area.
- Make sure children do not handle insect repellent directly or get it on their hands — spray it on their clothing and other exposed skin or use your hands to apply.
- Wash skin and clothing with soap and water once you return indoors.



Tick bites // You can prevent Lyme disease if you detect ticks early, since infection is unlikely if a tick has been attached to skin for less than 36 to 48 hours. Check your skin for ticks after spending time outdoors, especially in wooded areas. If you find a tick, use tweezers to remove both the tick's head and body. Wash your hands thoroughly after removal. Call your doctor if you have questions.

If you have questions or concerns about using insect repellents, contact your health care provider or the National Pesticide Information Center at **800-858-7378** or **npic.orst.edu**.



Mosquito bites // Most mosquito bites do little more than cause itching, redness and general discomfort, but some illnesses, such as West Nile virus and Zika virus, are spread by mosquitos. For pesky mosquito bites, apply calamine lotion or hydrocortisone cream to reduce itching and redness.



Visit your doctor if you have any questions about staying healthy this summer, and always call 911 in an emergency.

If you suspect a heat-related illness, stop exercising immediately and get out of the heat. Seek shade or move indoors. For heat exhaustion, lie down, prop up your feet, and loosen tight clothing. Sip water and cool your skin by wetting it with a damp cloth. Seek immediate medical attention if you or an exercise partner becomes faint or confused, develops a fever higher than 102 degrees Fahrenheit, or has other signs of heat stroke.



HealthExtra



> FRESH SALSA

Chop up ripe tomatoes and fresh herbs for homemade salsa that's bursting with flavor. Number of servings: 8 (serving size ½ cup)

INGREDIENTS

- 6 tomatoes, preferably Roma (or 3 large tomatoes), diced
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, finely chopped
- 3 tablespoons fresh cilantro, chopped
- Juice of 1 lime
- ⅛ teaspoon oregano, finely crushed
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ avocado, diced

DIRECTIONS

- 1 Combine all of the ingredients in a glass or stainless steel bowl.
- 2 Serve immediately, or refrigerate and serve within 4 or 5 hours.

Nutritional information per serving: 42 calories; 2 g total fat; 0 g saturated fat; 0 mg cholesterol; 44 mg sodium; 2 g fiber; 1 g protein; 7 g carbohydrates; 337 mg potassium

Recipe courtesy of the National Heart, Lung, and Blood Institute.

HOW TO KEEP THE FLAVOR BUT DITCH THE SALT

You may know that many Americans eat way more salt than is good for them. On average, Americans consume 3,440 milligrams (mg) of sodium per day.* Yet the federal Dietary Guidelines for Americans recommend no more than 2,300 mg of sodium — the equivalent of one teaspoon of salt — per day. The American Heart Association recommends a more stringent guideline of no more than 1,500 mg per day.

The problem with eating too much salt is that it contributes to high blood pressure in many people. It forces the heart to work harder, and can lead to heart disease, stroke, heart failure and kidney disease.

So what's the solution? Throw out your saltshaker? Swear off potato

chips for life? Neither approach is very appealing and likely wouldn't reduce your sodium to the desired level. Instead, it can help to understand where most of the sodium in your diet comes from so you can concentrate on cutting back the most substantial sources.

YOUR SALTSHAKER ISN'T THE MAIN CULPRIT

Naturally occurring sodium in foods accounts for about 12 percent of an average person's sodium intake. Salt added at the table or while cooking makes up another 11 percent. The vast majority — 77 percent — comes from processed and restaurant foods.**

If you're worried that cutting back on sodium will leave your food tasting bland, don't be. Just have a little patience. Studies show that when people eat a low-sodium diet for a period of time, they begin to prefer lower-sodium foods and the foods they used to enjoy taste too salty.*** Your taste buds will adjust within about three weeks.

> GO FRESH! LOAD UP ON FRUITS AND VEGETABLES IN SEASON

When you shop for produce this summer, make room for produce that's in season. You may find fresh and delicious berries, melons, beets, bell peppers, corn, tomatoes, greens and other fruits and veggies. Wherever you are, you're bound to discover an appetizing selection of seasonal produce at the local supermarket or farm stand.

Even if you're eating plenty of produce, not all types are created equal. In season, local produce has some advantages over imported, out-of-season produce:

- Certain imported fruits haven't had the opportunity to reach full nutritional quality because they were picked early to survive transport.
- Produce loses some nutrients during transport, even when temperature and humidity conditions are optimal.
- Locally grown produce is chosen for taste, nutrition and diversity as opposed to shipping durability for imported varieties.



5 TIPS TO SHAKE THE SALT HABIT

- 1) Eat out less and be choosy when you do eat out //** Select restaurants where your food is prepared to order and ask that it be made without salt. Ask for sauces and gravy on the side so you can have just a little.
- 2) Pay closer attention to food labels //** Different brands of the same foods may have very different sodium levels. For example, sodium in chicken noodle soup can vary by as much as 840 mg per serving.** Choose products with the lowest levels of sodium.
- 3) Limit use of salty condiments and garnishes //** Cut back on soy sauce, ketchup, mustard, barbecue sauce, mayonnaise, teriyaki sauce, pickles and olives.
- 4) Use pepper, herbs and spices to flavor food rather than salt //** Try a splash of lemon juice on fish and vegetables.



- 5) Cook with fresh ingredients when possible //** If you use processed foods, look for low-sodium versions or ways to reduce the sodium. For example, drain and rinse canned beans.

* Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture, "2015-2020 Dietary Guidelines for Americans."

** Source: Centers for Disease Control and Prevention.

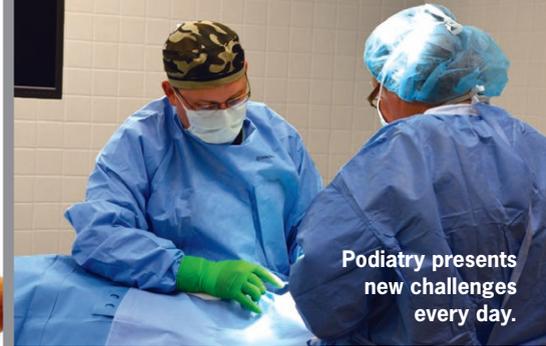
*** Source: American Heart Association.

HOW TO STORE PRODUCE LONG-TERM

Do you have a favorite fruit or vegetable that you want to eat throughout the year? You can always freeze your favorites now, and enjoy them months down the line. Follow these guidelines when freezing produce for the best results:

- Vegetables that need to be cooked tend to freeze well. Others such as cucumbers, lettuce and tomatoes lose their crispness when frozen.
- Fruits that are frozen tend to keep their flavor but can have a softer texture when thawed. Use only fully ripe fruit for the best results.
- Use moisture- and vapor-resistant containers to prevent the loss of liquid and flavor, or use plastic bags designed for the freezer.
- Limit the amount of frozen produce to about one-half gallon per container.
- Pack food tightly to reduce the amount of air in the package, which can pull moisture from the produce.
- Store at 0° F for best quality.
- Fruit can be thawed in the fridge, under cold running water or in a microwave (if it will be consumed immediately after). Vegetables should be cooked without thawing, except corn on the cob and leafy greens, which should be partially thawed.

After thawing, enjoy the (literal) fruits of your labor with delicious fruit smoothies, pies, casseroles — whatever you can think of!



Podiatry presents new challenges every day.

WHAT IS MOST FULFILLING AND CHALLENGING ABOUT THE JOB?

Most fulfilling and challenging for me, so far, is appropriately managing my time from day to day. I frequently find myself spending anywhere from 20 to 30 minutes more than I allot per patient. Sometimes, it's to catch up with old friends, or to get to the bottom of a particular foot or ankle problem that is causing them distress. I love the challenge of diagnosing something that doesn't necessarily fit a clear diagnosis. The downside is frequently I find myself getting home a little later than I would like to make sure I am keeping up with my documentation.

ANYTHING ELSE YOU'D LIKE TO INCLUDE?

I have loved how my practice has continued to evolve and expand over the last three years. I am truly blessed to have such wonderful people around me at Wayne County Hospital, who not only provided me the opportunity to come back to this area to provide care; but also for allowing me to learn aspects of medicine that are beyond residency and school. I also want to make sure everyone is aware that I have expanded to Decatur, Ringgold and Lucas county Specialty Clinics. I work with such wonderful individuals at all locations, who are truly passionate about providing care to their communities. I have enjoyed developing my practice and will continue to focus on providing care to the Southern Iowa region that I will forever think of as home.

> [Schedule an appointment](#)

To schedule an appointment with Dr. Metzger, please contact the WCHCS Specialty Clinic at **641-872-5259**.

5 things you need to know about the Zika virus

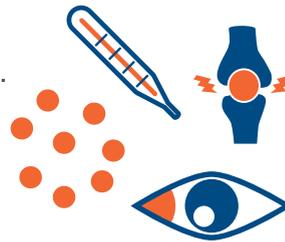
The virus has spread quickly from South America to Central America, and public health officials have warned about the potential for Zika outbreak in some areas of the U.S. It's important to learn more about this mosquito-borne virus and how to protect yourself:

The Zika virus (pronounced zee-ka) has been in the national news this year, in part, due to a travel alert related to its spread. The Centers for Disease Control and Prevention (CDC) issued a Zika virus travel alert earlier this year recommending pregnant women not travel to areas of virus transmission. In Brazil, Zika virus has been linked to a rise in cases of microcephaly — a birth defect that causes infants to be born with abnormally small heads and damaged brains. Scientists have now confirmed that Zika virus is the definitive cause of microcephaly.



1 WHAT IS ZIKA?

Zika is a virus originally discovered in Africa. People infected with the virus may have no symptoms at all, or may experience a rash, fever, joint pain and redness in the eyes. The illness is usually mild, with symptoms lasting a few days to a week.



2 HOW IS ZIKA TRANSMITTED?

The virus is primarily spread through bites from a mosquito species commonly found in the countries where Zika is present. Cases of possible Zika transmission through blood transfusion are being investigated in Brazil. Zika virus can also be sexually transmitted.

3 WHERE HAS ZIKA BEEN FOUND?

Active transmission of Zika has been found in more than 40 countries, mostly in Central and South America. Zika has also been reported in Puerto Rico, the U.S. Virgin Island and American Samoa. In the continental U.S., only travel-associated cases have been reported as of April 2016, but it is possible that these imported cases could result in local spread of the virus.



5 HOW CAN I AVOID BEING INFECTED?

A Zika vaccine isn't currently available, but scientists are working to develop one. For now, the CDC recommends that pregnant women avoid travel to countries where active Zika virus transmission is present. Women who may become pregnant should talk with their health care provider before traveling to these areas. Precautions recommended for anyone who travels to an area where Zika virus is spreading include using EPA-approved insect repellents; wearing clothing treated with permethrin that covers your arms and legs; and spending time in air-conditioned spaces or those with window and door screens that keep out mosquitoes.



4 WHO IS AT RISK?

Anyone who hasn't previously had the virus can be infected. While there's no evidence pregnant women are more susceptible to the virus than others, their infections are of greatest concern because the virus can be transferred to babies still in the womb.





Consult with your doctor before starting a shoulder-strengthening exercise regimen.

Shoulder injury? Get back in the swing of things

Dealing with the pain and limited mobility of a shoulder injury can be a big problem. Whether it's caused by an athletic activity such as swimming or tennis, or something from everyday life such as hanging curtains or gardening, a shoulder injury isn't something to ignore. Most problems are caused by a breakdown in the soft tissues of the shoulder. Here are some of the more common shoulder problems your doctor will look for:

Dislocation can occur when the shoulder is twisted or pulled hard. When the shoulder is dislocated, the ball at the top of the bone in the upper arm pops out of the socket.

Separation is often caused by falling on an outstretched hand or from a blow to the shoulder, in which the ligaments between the collarbone and shoulder blade are torn.

Rotator cuff disease consists of both tendinitis and bursitis, which can occur together or alone. In tendinitis, tendons around the shoulder are pinched and become inflamed. In bursitis, a small fluid-filled sac, called the bursa, becomes inflamed. The bursa acts as a cushion between

bones and surrounding soft tissue, helping to reduce friction. Both can be caused by excessive shoulder use, wear and tear from age or a degenerative disease.

Rotator cuff tear can occur as a result of repetitive use, aging or sudden injury. These tears can be partial or can completely split the tendon, pulling the tendon away from the bone.

Frozen shoulder is a condition that restricts joint movement. It can be caused by tissue that grows in the joint, lack of fluid helping the shoulder move, lack of use due to chronic pain or worsening rheumatic disease.

Arthritis in the shoulder can be one of two types — rheumatoid arthritis or osteoarthritis. Osteoarthritis is a disease caused by wear and tear of the cartilage, while rheumatoid arthritis is an autoimmune disease causing joints to become inflamed.

Fracture is most commonly caused by sudden injury, usually involving the collarbone or upper arm bone in shoulder injuries. A fracture is a crack through all or part of the bone.

Treatment of a shoulder injury varies, but for most problems the first treatment is with RICE (Rest, Ice, Compression and Elevation). Be sure to rest your shoulder and refrain from activity that causes pain. Your doctor or physical therapist may prescribe a set of exercises to strengthen your shoulder muscles. Other treatment options include anti-inflammatory medication to reduce pain and swelling, ultrasound, cortisone injection and, in more severe cases, shoulder surgery.

You can prevent shoulder injuries by avoiding repetitive overhead arm motions, using good posture when sitting and standing, using proper lifting techniques and knowing when you need to rest to avoid strain. You also may consider muscle-strengthening exercises such as wall push-ups, shoulder press-ups and basic shoulder-strengthening exercises with elastic bands. Consult with your doctor before starting a shoulder-strengthening exercise regimen.

HealthWise is a community educational service provided by

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Emergency room, urgent care or doctor visit?

Know where to go when you need care

When you're in pain or feeling very ill, where should you go for health care? Choosing the right place at the right time can help you get the care you need — and possibly save you time and money.



EMERGENCY CARE

Call 911 or go to the nearest hospital if you believe a situation is life-threatening. Symptoms that generally signal an emergency include:

- Uncontrolled bleeding
- Seizure or loss of consciousness
- Shortness of breath/trouble breathing
- Chest pain or squeezing sensation in the chest
- Sudden numbness/weakness, slurred speech or visual changes
- High fever with headache and stiff neck
- Head injury or major trauma
- Severe burns
- Intense pain
- Poisoning or suspected overdose
- Severe reaction to an insect bite, medication or food



Open 24/7; ER wait times may be longer for minor conditions



URGENT CARE

Go to an urgent care clinic for prompt care for an illness or injury that's not life-threatening, such as:

- Colds and flu, earache, sore throat, headache, low-grade fever and rashes
- Minor injuries, such as sprains, back pain, minor cuts and burns



May have extended hours during evenings and weekends



OFFICE VISIT

Make an appointment with your health care provider for the following:

- Minor health concerns
- Preventive and routine care
- Screenings and vaccinations
- Managing health conditions (diabetes, asthma, heart disease, etc.)
- Referrals to specialty care



Typically open during regular business hours

WHAT IF YOUR CHILD HAS A FEVER?

Call the doctor right away if your child:

- Is younger than 3 months old and has a temperature above 100.4°F
- Has a fever that rises above 104°F at any age
- Has other symptoms, such as a stiff neck, unexplained rash, trouble breathing, repeated vomiting or diarrhea, has had a seizure, or is unusually drowsy or fussy



FIND A DOCTOR

Not sure what to do? Call your doctor's office or nurse line with questions. If you have a chronic medical condition, such as diabetes, heart disease or asthma, your doctor can advise you about symptoms that may require emergency, urgent or routine care. Find a doctor by calling 641-872-2063 or visit www.waynecountyhospital.org.