

HealthWise

Spring 2017

> Humeston Family Medical Clinic

Established in 2012, the Humeston Family Medical Clinic (HFMC) is committed to making a positive impact on our patients and our community. Conveniently located in the heart of Humeston with plenty of parking and easy access, HFMC offers an exceptional level of quality care and service.

HFMC provides comprehensive family practice medical services to Wayne County residents and surrounding communities. Fully staffed with highly experienced providers, HFMC offers personalized care, an exceptional level of service and enhanced patient options for healthy living. Professional services include:

- Evaluation and treatment of all patients
- Female and male health examinations
- General surgery consults
- Medication/disease monitoring
- Minor trauma care
- Osteopathic manipulations
- Patient counseling
- Pediatric care
- Physical examinations

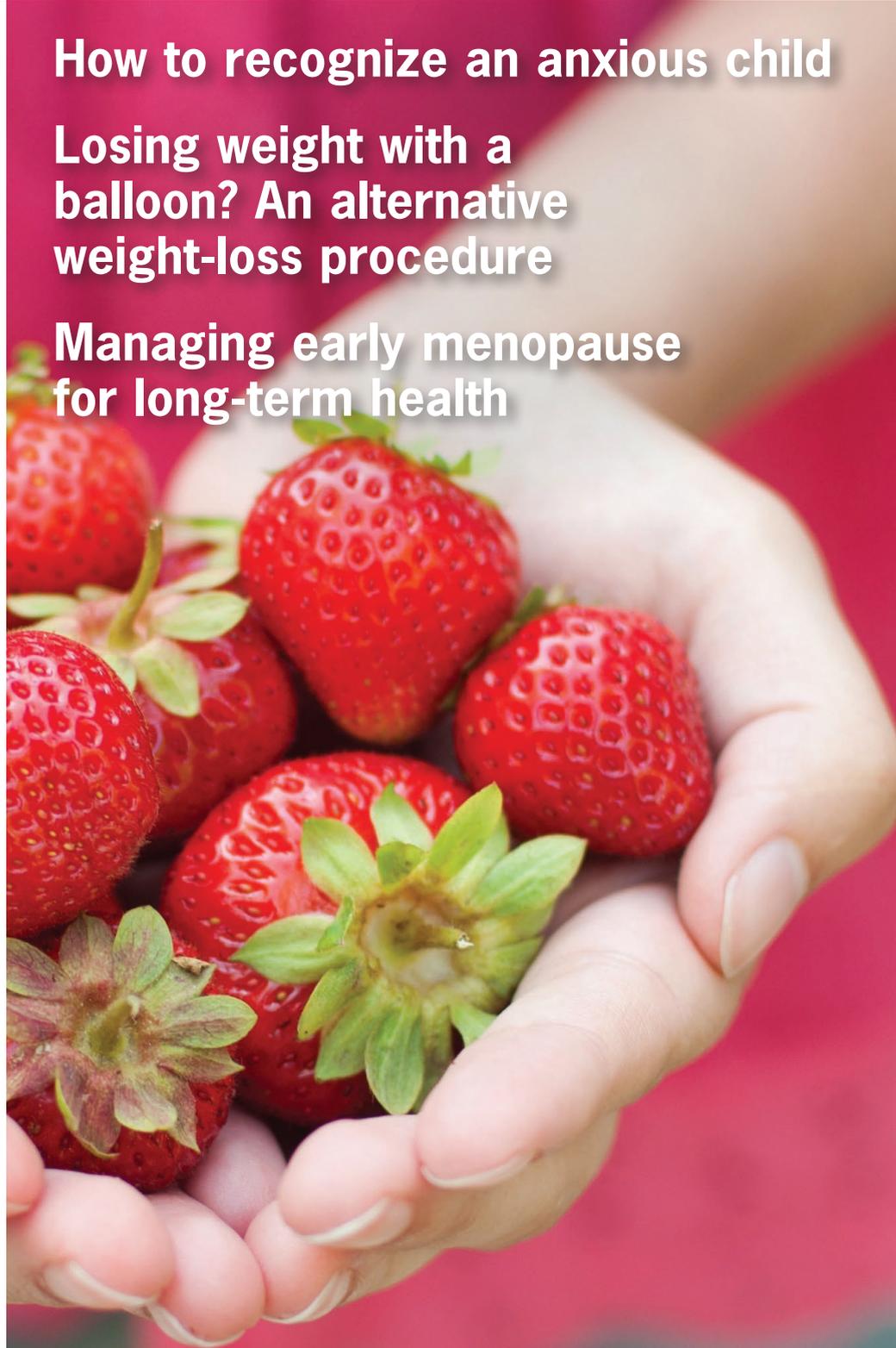
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How to recognize an anxious child

Losing weight with a balloon? An alternative weight-loss procedure

Managing early menopause for long-term health



When it's more than just a tummy ache

How to recognize an anxious child

Adults aren't the only ones who worry about things. Kids can experience anxiety leading up to the first day of school or before a big test. They can worry about not being included at recess or invited to a friend's birthday party. How can you tell the difference between normal worrying and a real anxiety problem? Ask yourself the following:

- Does your child experience chronic fear, nervousness or avoidance of places despite repeated attempts to support and encourage them?
- Does your child express excessive concern over remote events such as fires, storms or illness?
- Does your child have episodes of intense panic that seem to occur for no reason, causing them to feel dizzy, short of breath or numb?

If you answered yes to any of these questions, your child may have an anxiety disorder.

TYPES OF ANXIETY DISORDERS

There are many different types of anxiety disorders, including:

Generalized anxiety disorder (GAD) // Chronic, excessive worrying about things or situations, such as health, relationships with peers, grades and performance in sports. Children who suffer from GAD may be extreme perfectionists and constantly seek approval from others.

Obsessive compulsive disorder (OCD) // Can take the form of obsessive thoughts or compulsive behaviors such as handwashing, picking or counting.

Phobias // Intense, irrational fears of specific things or situations such as heights, storms or flying in an airplane. Phobias often cause children to avoid the thing they're afraid of.

Panic attacks // A sudden form of anxiety that occurs for no reason and causes physical symptoms such as sweating, dizziness, pounding heart and shortness of breath.

TREATMENT OPTIONS

The good news is, with treatment and support, your child can learn how to successfully manage the

> Helping your child at home

Try these tips at home to help your child feel less stressed:

- Acknowledge your child's feelings. Don't try to dismiss his or her anxiety.
- Give it a name. Allow your child to pick a name for their anxiety — Mr. Worry Monster, Anxious Annie, etc. Ask them to visualize their anxiety and describe what they see and feel inside.
- Plan ahead and modify expectations during stressful periods. Rushing is not only stressful for parents, but can also exacerbate anxiety in children.

For more tips on how to help your anxious child, talk to a health care professional.

symptoms of anxiety. Cognitive-behavior therapy (CBT) is often very successful at treating anxiety. In CBT, your child learns new ways of thinking and dealing with anxiety-provoking situations. Your child's pediatrician can help you decide on the best course of treatment and refer you to a mental health professional.

Neurological disorders

Just the facts

Degenerative nerve diseases can be life-altering and heartbreaking for patients and their loved ones. In many cases, the cause of disease is not known and there is no cure. However, new research and treatments offer hope and help with managing symptoms.

MORE THAN 5 MILLION AMERICANS living with **ALZHEIMER'S**

1 in 9 seniors ages 65+ have Alzheimer's

2 in 3 Alzheimer's sufferers are **WOMEN**

ALZHEIMER'S DISEASE

A form of dementia that leads to a decline in memory, thinking and behavior.

SYMPTOMS

Memory loss that disrupts daily life, challenges with solving problems, changes in mood or personality, confusion with time or place

20,000

ESTIMATED NUMBER of AMERICANS with **ALS**

AVERAGE AGE of onset **55**



MILITARY VETERANS are approximately **TWICE AS LIKELY** to develop ALS as the general population

ALS (AMYOTROPHIC LATERAL SCLEROSIS)

A disease that damages motor neurons and causes muscle problems throughout the body.

SYMPTOMS

Trouble walking or running, difficulty writing, problems with speech

15,000+ U.S. ADULTS have **HUNTINGTON'S DISEASE**

AVERAGE AGE of onset **40**



CHILDREN of those who carry the Huntington's disease gene have a

50% CHANCE of inheriting the disease

HUNTINGTON'S DISEASE

An inherited brain disorder that causes progressive loss of mental and physical control.

SYMPTOMS

Mood swings, bouts of depression, forgetfulness, balance problems, involuntary movements

NEARLY 1 MILLION U.S. ADULTS are living with **PARKINSON'S DISEASE**

AVERAGE AGE of onset **62**

MEN have a **1.5X GREATER** risk than women of developing the disease



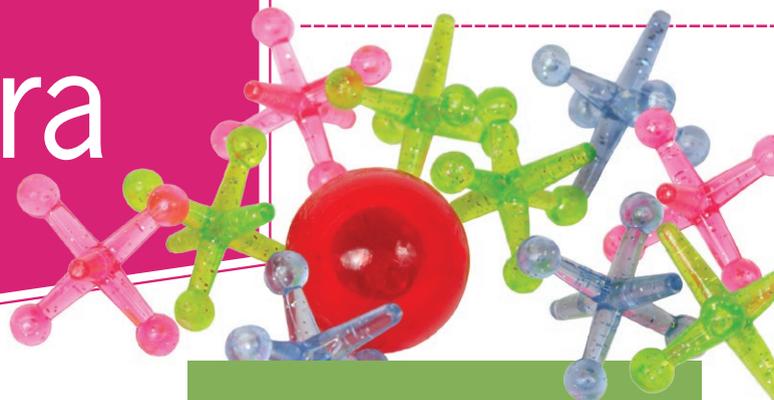
PARKINSON'S DISEASE

A nervous system disorder that affects movement.

SYMPTOMS

Tremors, muscle rigidity, slowed movement, balance instability

HealthExtra



Ready for some fun?

> SHARE THESE GAMES WITH THE GRANDKIDS

The news is full of reports that say today's kids aren't getting enough physical activity. The American Academy of Pediatrics (AAP) offers some eye-opening statistics:

- Less than half of time spent in sports practice and physical education class gets kids moving enough to be considered physical activity.
- Children and teens spend an average of seven hours or more each day engaged with TVs, computers, phones and other electronic devices.
- 1 in 3 children in the U.S. are overweight or obese.

So what's a grandparent to do? Why not channel your inner child and introduce your loved ones to activities you once enjoyed! Not only will it benefit everyone physically, it can also help strengthen family bonds.

THE POWER OF PLAY

Need more encouragement? The AAP and Centers for Disease Control and Prevention (CDC) say an hour of active play every day can help children and teens:

- Reduce stress and increase mental well-being
- Increase energy and endurance
- Improve ability to sleep
- Boost self-confidence and decision-making abilities
- Achieve or maintain a healthy weight
- Avoid type 2 diabetes and heart disease

Don't worry about being active for the full 60 minutes at once — it's OK to break it up into 20- or 30-minute blocks of time.

10 FAMILY GAME IDEAS

These tried-and-true games get muscles moving, encourage critical thinking and let everyone enjoy the outdoors:

- 1) **Hopscotch** // Get some sidewalk chalk to draw your board and start hopping.
- 2) **Jump rope** // Sing along to rhymes like "Three blind mice" or "Jack be nimble." If you're up to it, challenge older kids to double Dutch.
- 3) **Hide and seek** // Ready or not! Don't be too quick to find your little ones — they'll be thrilled to outsmart grandma or grandpa.
- 4) **Fly a kite** // While you could buy an inexpensive kite, why not spend some time building one together, then see how long you can keep it aloft. Visit Pinterest for ideas.
- 5) **Whiffle ball** // An alternative to baseball; strike up some fun while honing eye-hand coordination.
- 6) **Four square** // Brush up on the rules and get the family or neighborhood kids together for some fun.
- 7) **Badminton** // You can set up indoors or out, and let the shuttle fly.
- 8) **Hula-hooping** // Play some tunes and see whose hoop can stay moving the longest.
- 9) **Tag** // You're it! Your favorite toddler will enjoy this game, especially if he or she has just learned to run.
- 10) **Marbles, jacks and pick-up sticks** // Boost kids' dexterity and counting skills.

Keep it going! Check out the CDC's suggestions for games and activities from around the world.



> DANCING YOUR WAY TO GOOD HEALTH

Exercise doesn't have to be something you dread. A great way to have fun while you get fit is through dance. Gliding or grooving on the dance floor can help you improve your balance and posture, increase your flexibility and stamina, and relieve stress.

WHY DANCING?

- 1) It helps you get in your cardio time //** Most forms of dancing get you moving, just like any other aerobic or cardiovascular activity. Depending on the intensity of your dance, you can burn 200 to 400 calories per hour.
- 2) You'll tone your muscles //** The consistent movement and stretching of many muscle groups while dancing can help you build strength, creating a trimmer and more toned physique.
- 3) It's fun! //** The more you enjoy your exercise routine, the more likely you'll be to stick with it.

FIND A DANCE THAT FITS

You don't have to do the jitterbug all night to get a good workout from dance. Many different types of dance can provide health benefits, and you may enjoy some more than others. Dance comes in a wide range of styles you can try, including:

- Ballet
- Ballroom
- Barre
- Belly dancing
- Jazzercise®
- Line dancing
- Modern
- Salsa
- Swing
- Tap
- Zumba®

Not sure what type of dance to choose? Ask if you can watch a class or two first before joining. And don't feel like you need to have a partner — many classes will find you a partner and some types of dancing don't require a partner at all! You can find dance classes by checking out local dance schools, community centers and health clubs.

> FANCY FISH TACOS

Spice up your Taco Tuesday with this delicious twist on traditional tacos!

Number of servings: 4

INGREDIENTS

- 4 fresh or frozen tilapia fillets
- Salt to taste
- 1 cup quinoa, rinsed
- 1 large carrot, peeled and thinly sliced
- 1 large cucumber, thinly sliced
- ½ cup red cabbage, chopped
- 1 cup broccoli, chopped
- ¼ cup fresh cilantro, minced
- Juice of 1 lime (or 2 tablespoons lime juice)
- 4 whole-wheat tortillas or wraps

DIRECTIONS

- 1** Heat the oven to 350° F.
- 2** On a large baking sheet, place the tilapia and add salt to taste (if frozen, defrost the fish first).

- 3** Bake for 25 minutes, or until the fish flakes easily with a fork.
- 4** Meanwhile, in a medium pot, bring 2 cups of water and the quinoa to a boil over medium heat; reduce heat to low and cook for about 20 minutes, or until tender.
- 5** In a large bowl, combine the vegetables and cilantro.
- 6** When the fish is done, squeeze lime juice over each fillet.
- 7** Fill each whole-wheat tortilla with fish and about ¼ cup vegetables.
- 8** Roll up and serve with quinoa on the side.



Nutritional information per serving: 393 calories; 5 g total fat; 3 g saturated fat; 48 mg cholesterol; 33 g protein; 56 g carbohydrates; 9 g dietary fiber; 5 g total sugars; 298 mg sodium.

Recipe courtesy of the U.S. Department of Agriculture, recipefinder.nal.usda.gov.

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Clinic procedures include:

- Arthrocentesis (joint aspiration)
- Catheterizations
- Cauterization
- Cryotherapy
- Ear flush
- Excision of cysts, toenails, lesions, etc.
- Foreign body removal
- Fracture care follow-up
- Incision and drainage
- Laceration repair
- Visual acuity testing

HOSPITAL AND TECHNOLOGY SUPPORT

In addition, HFMC is supported by our hospital-based doctors at Wayne County Hospital. The outstanding emergency department provides emergency services around the clock, and the specialty clinic offers specialty care should the need arise.

HFMC's patient electronic medical records allow for continuity of care, decreased time spent filling out paperwork and more productive patient-physician communication. We also provide a patient portal, and empower you to manage more of your care by providing easy and instant access to your medical records, prescription refills and online appointments, right from the comfort of your own home.

Our mission at HFMC is to provide comprehensive medical services of the highest quality, in the most cost-effective manner, while constantly improving excellence in the best interest of patient care. Visit us online at www.waynecountyhospital.org. To schedule an appointment, please call HFMC at **641-877-6108** or the Clinic Call Center at **641-872-2063**.

Losing weight with a balloon? An alternative weight-loss procedure

You've cut down on calories. You've joined a gym and go multiple days a week. You've even been attending a weight-loss support group. But despite your best efforts, you find yourself unable to maintain a healthy weight. If you've exhausted your options for overcoming overweight or obesity, then you may be ready to consider weight-loss surgery. Common choices for bariatric surgery include gastric banding, sleeve gastrectomy and gastric bypass. But if you don't meet the criteria for traditional weight-loss surgery or are simply looking for an alternative, another option became available in 2015. This technique, known as an intragastric balloon procedure, uses a silicone balloon inserted in your stomach to help reduce overeating.

HOW IT WORKS

The nonsurgical intragastric balloon procedure is performed without an incision. While you're under mild sedation, the silicone balloon is placed into your stomach using a thin tube that goes down your throat. Once inside, the balloon is filled with a saline solution until it expands to an appropriate size for your stomach. After about three weeks, you'll be able to eat regular food again and should notice that it takes much less to feel full. Combined with a commitment to a healthy diet and an active lifestyle alongside regular follow-ups and behavioral therapy, an intragastric balloon procedure can help you reach your weight-loss goals.

Unlike other bariatric procedures, intragastric balloon is temporary. After six months, the balloon is meant to be removed. But this doesn't mean that the results are temporary. In a clinical study, obese patients who underwent the procedure and behavioral therapy lost an average of 21.8 pounds while the device was in place. After tracking their progress for three months after the balloon's removal, patients maintained an average of 19.4 pounds lost. A control group that only participated in behavioral therapy lost an average of 7.0 pounds.

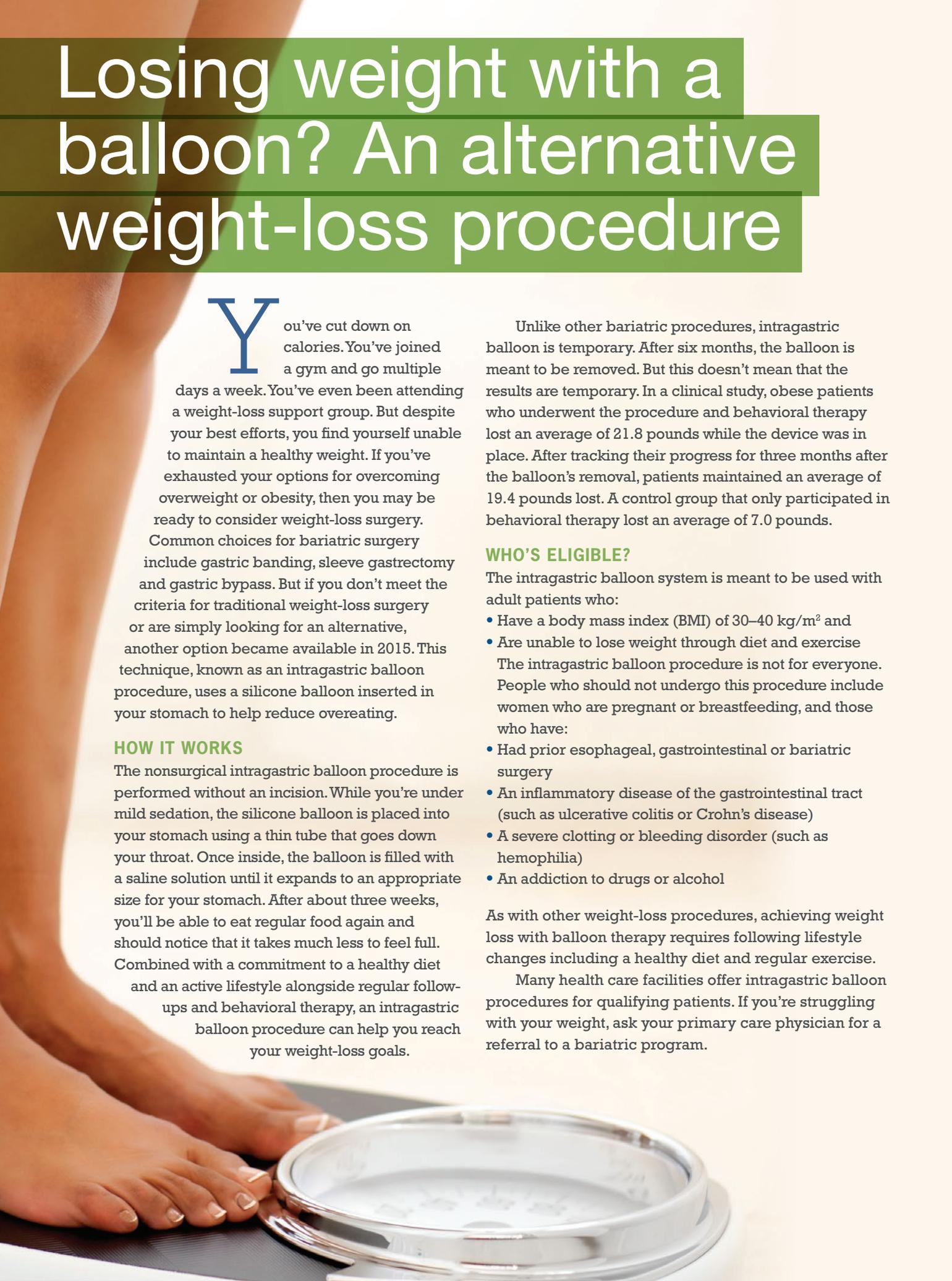
WHO'S ELIGIBLE?

The intragastric balloon system is meant to be used with adult patients who:

- Have a body mass index (BMI) of 30–40 kg/m² and
 - Are unable to lose weight through diet and exercise
- The intragastric balloon procedure is not for everyone. People who should not undergo this procedure include women who are pregnant or breastfeeding, and those who have:
- Had prior esophageal, gastrointestinal or bariatric surgery
 - An inflammatory disease of the gastrointestinal tract (such as ulcerative colitis or Crohn's disease)
 - A severe clotting or bleeding disorder (such as hemophilia)
 - An addiction to drugs or alcohol

As with other weight-loss procedures, achieving weight loss with balloon therapy requires following lifestyle changes including a healthy diet and regular exercise.

Many health care facilities offer intragastric balloon procedures for qualifying patients. If you're struggling with your weight, ask your primary care physician for a referral to a bariatric program.



Managing early menopause for long-term health



We've all heard the horror stories of menopause symptoms: mood swings, hot flashes, insomnia, weight gain and more. This is a stage of life that many women dread. But what about when menopause occurs much earlier than you expected? Premature or early menopause can affect your sense of self and your plans for the future, and create new health concerns.

Women younger than 40 years old who enter menopause are considered to be experiencing early or premature menopause. Menopause occurring naturally before age 40 is sometimes called premature ovarian failure, or primary ovarian insufficiency. Knowing if you've entered menopause can take a while. Usually, menopause isn't confirmed until a woman hasn't had her period for 12 months in a row. Early menopause causes your estrogen levels to decline, causing symptoms such as:

- Fatigue
- Hot flashes
- Insomnia
- Mood swings
- Vaginal dryness

Other symptoms that may be associated with menopause or may just come from getting

older include forgetfulness and weight gain.

WHAT DOES THIS MEAN FOR MY HEALTH?

Most cases of premature menopause have no known cause. You may experience early menopause as a result of medical treatments such as chemotherapy or pelvic radiation for cancer, or surgery to remove the ovaries or uterus. Menopause can also occur early if you have an autoimmune disease (such as thyroid disease or rheumatoid arthritis), chromosome defects, or simply have a genetic predisposition from your family.

Early menopause can actually cause additional health concerns. Estrogen offers protection against

cardiovascular disease and osteoporosis. Losing this protection earlier than expected may leave you at an increased risk for heart and vascular problems, and osteoporosis-related bone fractures.

You can determine if you've reached early menopause by speaking to your doctor and undergoing blood tests to measure estrogen and related hormone levels. If you want to know whether you can still become pregnant, blood tests are important as a first step in determining your fertility. If you're experiencing problems with menopause-related symptoms, ask your doctor if treatments such as menopausal hormone therapy could help.

HealthWise is a community educational service provided by

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Caring for Generations

CARING FOR LIFE

Humeston Family Medical Clinic

- Welcoming new patients
- Specializing in Family Practice
- Comprehensive care for all ages
- Exceptional quality care and service
- Experienced, compassionate providers

To schedule your appointment, call:

641-872-2063



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