> Restoring Movement and Speech

Our Rehab Services Department provides three main disciplines of therapy including Physical, Occupational and Speech. The goal of each is to restore function whether it be related to mobility, work tasks, daily tasks, or communication. Therapy often improves mobility and motion, reduces pain without medications and helps patients avoid surgeries.

“Our therapists will work with you and your physician to help you achieve goals that are important to you and the lifestyle you want to live,” commented Eric Palmer, DPT, Rehab Services Director.

Treatment follows scientifically based techniques focused on restoring function, reducing pain, and preventing injury. It can help with: back and neck pain, balance, carpal tunnel syndrome, developmental delays, dislocations/fractures, sports/work-related injuries, stroke/traumatic brain injury, orthopedic conditions (total joint replacements, rotator cuff repairs, etc.), TMJ disorders, prosthetic/orthotic fitting, impairments in functional mobility and activities of daily living, language delay/disorders, cognitive impairments, swallowing problems/dysphagia, augmentative communication devices, and pediatric speech therapy, to name a few.

Therapists will carefully evaluate your specific condition, determining when and why it occurs. They will work with you and your physician to develop the best plan of care for you — one that will get you moving again and deliver long-term results. You will always receive a treatment plan tailored to your individual needs. For more information, call 641-872-5278.

Traveling? Protect your feet
The fight against foodborne illness
What’s causing your high blood pressure?

Rehab Services Team

Front row L-R: Belinda Adkins, Receptionist/PT Tech; Stephanie Jeffrey, M.A., CCC/SLP; Andrea Knowles, PTA; Ashley Zickefoose, COTA. Back row L-R: Ted Roush, M.A. CCC/SLP; Amy Ramsey, M.S. OTR/L; Lauren Plum, PT, DPT, OCS; Eric Palmer, DPT.
American Academy of Pediatrics updates
New guidelines on child media use and safe sleeping

Technology changes and cultural norms influence the way you parent. The American Academy of Pediatrics (AAP) keeps pace with changing times by updating parent guidelines as new research is conducted or consensus opinion is reached. Here are two important updates to note:

CHILD MEDIA USE
The AAP outlines new recommendations for “screen time,” media use involving a screen including televisions, computers and mobile devices. Recommendations are offered according to age group, and include not only recommended limits, but suggestions for healthy viewing.

Birth to 2 years // For children under 18 months, avoid use of screen media other than video chatting. If parents opt for screen viewing for children ages 18 to 24 months, choose high-quality programming and watch with children to explain and help them understand what they’re seeing.

2 to 5 years // Limit screen use to an hour per day of high-quality viewing. Watch with your children to help them understand the programming and how it applies to their world.

Ages 6 and up // Create consistent limits on the amount of time and the appropriate type of media use. Balance media use with other healthy activities and designate media-free times of day and areas of the home. As children begin to interact online, communicate clear expectations for appropriate behaviors that prioritize safety for themselves and respect for others.

To determine the right guidelines for your family, you can use an online tool created by the AAP to help you calculate media limits and customize recommendations to suit your family’s needs. The tool can be found at HealthyChildren.org.

SAFE SLEEPING AND SUDDEN INFANT DEATH SYNDROME
In the first major update in five years, the AAP has issued new sleeping recommendations for infants. The new guidelines, which are based on recent research findings, outline sleeping environments and practices, as well as other measures not directly related to sleeping, that might reduce the chance of sudden infant death syndrome (SIDS).
• Infants should sleep in the same bedroom as a parent, but on a separate surface, for the first six months to one year. Sharing a bedroom reduces the chance of SIDS by up to 50 percent.
• Choose an environment with a firm surface like a crib or bassinet — never a sofa, armchair or other soft furniture — and place the baby on his or her back.
• Use only a tight-fitted sheet as bedding — no soft bedding such as comforters, crib bumpers, blankets, pillows and soft toys.
• Avoid baby’s exposure to smoke, illicit drugs and alcohol.
• Skin-to-skin contact immediately following birth — as soon as the mother is awake and able — is recommended, regardless of feeding method.
• Breastfeeding is recommended. The AAP recommends that if you believe you may fall asleep while feeding, move to the bed, rather than a couch or armchair. If you fall asleep, move the child to their crib or bassinet as soon as you wake.

Additional recommendations encourage the use of pacifiers at nap time and bedtime, as well as designated tummy time during the day. The AAP discourages the use of commercial items, such as home cardiorespiratory monitors and sleep wedges, marketed to reduce SIDS. Infants should also receive all recommended vaccinations. While the risk of SIDS is greatest in the first four months of life, new research shows that soft bedding increases risk throughout baby’s first year.

For more information, talk to your health care provider or visit aap.org.
Sidestep these common foot problems

Traveling? Protect your feet

Taking a vacation to “get away from it all” may be good for your soul, but not necessarily for your feet. Long flights, changes in climate, walking more than usual, poor footwear, dehydration and even the stress of being in an unfamiliar place can all take their toll from the knees down. Below are some common foot ailments and how to avoid them.

Blisters // You can protect your feet from blisters by wearing proper footwear and socks. Thick socks made of moisture-wicking fabrics are a good choice because they offer an extra layer of padding and help keep your feet dry. If you do suffer a blister, don’t try to pop it. Quickly cover it with a moleskin or bandage until it heals.

Edema // Leg and foot swelling can sometimes occur when you’ve been sitting for an extended period of time, such as during a long flight or car ride. The swelling is usually harmless and can be relieved by getting up and taking a short walk every hour or so, stretching and flexing the calf muscles and shifting position in your seat. It also helps to stay well-hydrated. If you are at increased risk for blood clots, talk to your doctor before flying. And if swelling persists once you’re back on your feet, especially if it’s in one leg and is painful, seek medical attention.

Neurodermatitis // Itchy ankles? It could be neurodermatitis, a skin condition characterized by dry, itchy patches on the head, neck, wrist, forearms or ankles. Although the exact cause is unknown, neurodermatitis is typically associated with wearing too-tight clothing or shoes, suffering a bug bite, being under stress or having an underlying skin condition such as eczema or psoriasis. Keep your skin moisturized, avoid shoes that rub against your ankles and resist the urge to scratch the area until it heals. Avoiding stress can also help. If neurodermatitis is severe, anti-inflammatory medicated creams and corticosteroid injections may bring relief.

Sunburn // The feet are easy to overlook when it comes to applying sunscreen, but a burn on your feet can be especially painful. Be sure to wear appropriate footwear or apply sunscreen all the way down to your toes if they’ll be exposed. Remember to reapply sunscreen every two hours and after you’ve been in water.

Foot injuries // It’s easy to overdo or take a wrong step that sidelines you on vacation. Avoid ankle, foot and toe injuries by warming up and stretching before and after you go on a hike or sightseeing excursion, or anytime you walk a great distance.

Don’t let a foot problem ruin your vacation. Always listen to your body and remember to stretch and take frequent breaks if you’re walking for long periods of time.

> 3 tips for foot-friendly travel

Protect your feet while on the go with these tips:

1) Wear proper footwear // Before you go on vacation, determine if you have the right footwear for the activities you’ll be doing. Different terrains may require different footwear.

2) Pack a foot-care kit // The kit should include sterile bandages, antibiotic cream, blister pads or moleskin, nail clippers, sunscreen and an anti-inflammatory pain reliever to care for sore, tired feet.

3) Carry flip-flops // Walking barefoot on certain surfaces can expose your feet to bacteria or fungus and increases your risk of injury and infection. Be sure to bring flip-flops and wear them in the hotel room, pool area and spa.
HealthExtra

> GARDEN-FRESH COOKING

Make the most of your farmers market or garden harvest

Hand-picking produce from your garden or local farmers market is a great way to enjoy fresh and delicious food. If you have a bumper crop of tomatoes — or a bag full of veggies from the market — you want to prepare this food while it's ripe and delicious.

Here are three simple recipes featuring fresh veggies:

CUCUMBER SALAD WITH TOMATOES
Number of servings: 4

INGREDIENTS
- 2 cups cucumber, diced
- cup tomato, seeded and diced
- ¼ cup sweet onion, chopped
- 2 cups couscous or rice, cooked
- 2 teaspoons dill weed, chopped, dried or fresh
- ½ cup Italian salad dressing, low-fat

DIRECTIONS
1. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill and salad dressing.
2. Chill for 1 hour and serve.

Nutritional information per serving:
- 150 calories; 4 g total fat; 1 g saturated fat; 0 mg cholesterol; 280 mg sodium; 2 g fiber; 4 g total sugars; 4 g protein; 25 g carbohydrates.

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

SUMMER VEGETABLE SALSA
Number of servings: 6

INGREDIENTS
- 1 medium zucchini, diced
- 1 medium white onion, diced
- 3 Roma tomatoes (or 1–2 large tomatoes)
- 1 jalapeño pepper, seeded and minced (optional)
- 4 cloves garlic, minced
- ¼ cup fresh cilantro or parsley, chopped
- ¼ teaspoon salt
- ¼ cup lime juice

DIRECTIONS
1. Rinse all vegetables and herbs under cool running water.
2. Dice zucchini, onion and tomatoes into small pieces and put into medium bowl.
3. Remove the seeds from the jalapeño (wear latex gloves when handling the jalapeño, because it can burn the skin) and mince it. Add the seeded and minced jalapeño and garlic to the tomato mixture.
4. Add cilantro, salt and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

Nutritional information per serving:
- 25 calories; 0 g total fat; 0 g saturated fat; 0 mg cholesterol; 198 mg sodium; 1 g fiber; 3 g total sugars; 1 g protein; 6 g carbohydrates; 212 mg potassium.

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

GREEN BEANS SAUTÉ
Number of servings: 4
Serving size: ¼ cup

INGREDIENTS
- 1 pound green beans, cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 1 large yellow onion, halved lengthwise and thinly sliced
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon fresh parsley, minced

DIRECTIONS
1. Cook green beans in boiling water for 10–12 minutes or steam for 2–3 minutes until barely fork-tender. Drain well.
4. Toss with parsley before serving.

Nutritional information per serving:
- 64 calories; 4 g total fat; less than 1 g saturated fat; 0 mg cholesterol; 182 mg sodium; 3 g fiber; 2 g protein; 8 g carbohydrates; 161 mg potassium.

Quick quiz

> BEE STINGS: SEPARATE MYTHS FROM FACTS

Getting a bee sting is no fun. But since you can’t just tell bees to buzz off, it sometimes happens. Knowing how to reduce the risk of stings and what to do if you’re stung can help. Answer each question “true” or “false” to test your knowledge about bee sting safety.

TRUE OR FALSE?

1) For most people, a bee sting is just an annoyance and home treatment is all that’s necessary.
2) Swatting at bees or waving your arms is a good way to get them to leave you alone.
3) What you’re wearing can affect your likelihood of being stung.
4) When you’re drinking sweet beverages outdoors, drinking from a cup is more dangerous than using a straw or can.
5) If your reaction to a sting is always more severe than your reaction the previous time you were stung, you should talk to your doctor.
6) Getting many stings (such as if you disrupt a swarm or hive of bees) is more dangerous than one sting or just a few.

ANSWERS

1) True // But a small percentage of people are allergic to bee stings. They are at risk for a more serious reaction called anaphylaxis that requires immediate medical attention.
2) False // The best response is to stay calm and walk away from the area. Avoiding rapid, jerky movements can reduce your risk of being stung.
3) True // Floral prints, bright colors and dark clothing can attract bees; light shades are safer. Perfume can also draw bees.
4) False // If you use a straw or can, inspect it carefully for bees that may have crawled in before drinking.
5) True // A severe allergic reaction to bee stings, which is more likely if each reaction is more severe than the last, is potentially life-threatening and requires emergency treatment. You may need to carry an emergency kit with you.
6) True // Each sting increases the amount of venom your body has to deal with. If you’re stung more than a dozen times, it may induce a toxic reaction and make you feel quite sick. You should seek medical treatment.

$400,000 Grant from Helmsley Charitable Trust Brings New CT Scanner

Wayne County Hospital and Clinic System (WCHCS) is one of 41 grant recipients across the region to be awarded a $400,000 grant from The Leona M. and Harry B. Helmsley Charitable Trust for a new CT scanner. Helmsley’s Rural Healthcare Program has granted over $30 million to support the purchase of new, 32-slice or higher CT scanners in a seven-state region.

Installation of the new Toshiba 40-detector width scanner is scheduled at the WCHCS Radiology Department in June, and will be a substantial upgrade from the current 16-slice scanner. CT scanners provide essential diagnostic images of structures inside the body. This new CT scanner will allow for faster scans that produce high-quality images, allowing medical staff to quickly determine health status and course of treatment while giving patients access to up-to-date healthcare technology close to home.

“We are extremely grateful for the generosity and vision of the Helmsley Charitable Trust. As a grant recipient for a new CT scanner, we are able to continue to fulfill our commitment to provide comprehensive access to quality healthcare services within our rural community,” said Daren Relph, CEO, Wayne County Hospital and Clinic System.

L-R: Daren Relph, CEO; Sarah Galbreath, R.T.(R)(M); Katie Newton, R.T.(R)(M), Radiology Director; Kyle DalPonte, R.T. (R); and Mike Thomas, Associate Administrator.
THE FIGHT AGAINST
FOODBORNE ILLNESS

If you become ill from food, you may spend considerable time in the bathroom with vomiting and/or diarrhea. But foodborne illness is more than just unpleasant — it can pose a dangerous threat to health, especially for the very young, elderly and those with weakened immune systems.

Health experts continue to investigate two groups of foodborne illness: known sources (major pathogens) and unknown sources (unspecified agents).

PROTECT YOUR HEALTH

Learn more about safe cooking and food handling practices at foodsafety.gov/keep.

Check for food safety recalls and sign up for automatic alerts at foodsafety.gov/recalls.

Call your doctor if you have questions or concerns about foodborne illness symptoms.

If you believe you became ill from food, contact your local county or city health department to report the illness.

To find out how to reach your local health department, visit foodsafety.gov/about/state/index.html.

Sources: Centers for Disease Control and Prevention and U.S. Food and Drug Administration.

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FOODBORNE ILLNESSES CAUSED BY:

- **20%** Known sources
- **80%** Unknown sources

48 million cases of foodborne illness annually in the U.S.

9.4 million caused by known sources

38.4 million caused by unknown sources

1 in 6 Americans gets food poisoning every year

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5 COMMON CULPRITS

<table>
<thead>
<tr>
<th>ORGANISM</th>
<th>DURATION</th>
<th>FOOD SOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clostridium perfringens</td>
<td>Usually 24 hours</td>
<td>Meats, poultry, gravy, dried or precooked foods; foods that are undercooked or improperly stored/reheated</td>
</tr>
<tr>
<td>E. coli</td>
<td>3 to 7 or more days</td>
<td>Water or food contaminated with human feces</td>
</tr>
<tr>
<td>Listeria*</td>
<td>Variable</td>
<td>Unpasteurized milk, soft cheeses made with unpasteurized milk, ready-to-eat deli meats</td>
</tr>
<tr>
<td>Noroviruses</td>
<td>12 to 60 hours</td>
<td>Raw produce, contaminated drinking water, uncooked foods, foods contaminated by food handler, shellfish from contaminated waters</td>
</tr>
<tr>
<td>Salmonella</td>
<td>4 to 7 days</td>
<td>Eggs, poultry, meat, unpasteurized milk or juice, cheese, contaminated raw fruit and vegetables</td>
</tr>
</tbody>
</table>

* Note: Infection with Listeria is particularly dangerous for pregnant women, the elderly and those with weak immune systems.
What’s causing your high blood pressure?

The most common type of high blood pressure, also known as primary or essential hypertension, has no known identifiable cause. But for some, an underlying condition can lead to high blood pressure, or secondary hypertension. Are you at risk for secondary hypertension? Learn more:

**WHAT IS SECONDARY HYPERTENSION?**

1 in 3 adults in the United States has high blood pressure. Out of these cases, 5 to 10 percent are known as secondary hypertension. Secondary hypertension occurs when high blood pressure is a symptom of an underlying condition. Secondary hypertension tends to appear suddenly and causes higher blood pressure than primary hypertension.

You may have secondary hypertension if you have high blood pressure and have:
- No family history of high blood pressure
- No history of obesity
- No response to blood pressure medication
- Sudden high blood pressure before age 30 or after age 55
- Very high blood pressure (over 180/120 mm Hg)

**CAUSES OF SECONDARY HYPERTENSION**

Secondary hypertension has various causes, such as:
- **Sleep apnea** // Sleep apnea causes irregular breathing while sleeping. When your breathing frequently starts and stops, you may not get enough oxygen in your blood. Low oxygen levels can constrict your arteries and result in hypertension.
- **Thyroid disorders** // Improper production of the hormones produced by your thyroid can lead to high blood pressure.
- **Kidney disease or diabetes complications** // When your kidneys aren’t filtering properly, the extra salts in your blood will raise blood pressure. Diabetes is often the cause of kidney disease.
- **Adrenal disease** // Overproduction of adrenal hormones sometimes results in high blood pressure.
- **Current medications** // Medicines such as birth control, cold and flu relief, decongestants and pain relief can cause high blood pressure for some people.

**TREATMENTS FOR SECONDARY HYPERTENSION**

Before starting treatment, your doctor will most likely run a series of tests to find out if an underlying condition is causing your high blood pressure. These may include:
- Blood tests to monitor glucose, potassium and sodium levels
- Urinalysis to check levels of protein and other waste products in the urine
- Ultrasound of your kidneys to make sure there are no abnormalities

Once your underlying condition is diagnosed, the first step is to treat that condition. Your doctor will determine the best course of action, depending on the cause of your secondary hypertension. He or she may also recommend making lifestyle changes to lower your blood pressure. Some great first steps could be:
- Eating a low-salt, nutritious diet
- Limiting alcohol
- Maintaining a healthy weight
- Quitting smoking
- Staying physically active

If treatment of the underlying condition and lifestyle changes aren’t lowering your blood pressure to healthy levels, your doctor may also prescribe medications such as beta-blockers and ACE inhibitors.

If you have any of the conditions described above or resistant high blood pressure, schedule an appointment with your doctor.
Introducing
Stephanie Mahan, DO
Starting July 31, 2017

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- Provides compassionate care
- Welcoming new patients
- Accepts most insurance plans

A southern Iowa native, Dr. Mahan completed her Family Medicine Residency at Broadlawns Medical Center, Des Moines and is a graduate of the Des Moines University Osteopathic Doctor of Osteopathic Medicine Program.

Seeing patients at
South Central Iowa Medical Clinic

To schedule your appointment, call 641-872-2063
Monday – Friday 8 a.m. – 5 p.m.
Saturday 8 a.m. – Noon