

HealthWise

Winter 2017/18

> Corydon Clinic offers 3D/4D ultrasound

South Central Iowa Medical Clinic (SCIMC) together with the Wayne County Hospital Obstetrical Department, in Corydon, now provides the latest in 3D/4D ultrasound imaging services for expectant mothers with the new Voluson P8 Ultrasound from GE Healthcare.

Wayne County Hospital and Clinic System budgeted \$38,800 for the new 3D/4D equipment and received a U.S. Department of Agriculture grant under the Community Facility Grant program. WCHCS also received a meaningful donation in memory of Fisher Anderson whose family has been instrumental in ensuring that high quality imaging services are available for families in this region who trust their care to us.

PROVIDING HIGH-QUALITY OB CARE

"We are one of the few rural locations that still provides OB services. Our obstetrics practice continues to grow, and with this 3D/4D ultrasound capability we can offer the highest quality care available to our patients. We are extremely pleased to have this available for our patients," commented Dr. Joel Wells, Medical Director of the Obstetrics Department.

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L-R: Adriann & Ben Anderson, parents of Fisher Anderson; Ellen Walker, USDA Area Specialist; Dr. Joel Wells; Dr. Stephanie Mahan; and CEO Daren Relph.



Improve your health care by being involved

**Sore throat or strep?
How to tell the difference**

Have fun and stay safe with winter sports



L-R: Dr. Joel Wells, Emmy Davis, CNM; and Dr. Stephanie Mahan.



HealthExtra

> SPICY FRUIT CUP

Spice up your fruit salad with a hint of nutmeg and cinnamon.

Number of servings: 8

INGREDIENTS

- 2 cups strawberries (fresh)
- 1 can mandarin orange sections (16-ounce)
- 1 can pears (16-ounce)
- 2 cups pineapple chunks, in its own juice (16-ounce can)
- 1 cup juice, orange
- ¼ teaspoon cinnamon (ground)
- ¼ teaspoon nutmeg (ground)

DIRECTIONS

- 1 Cut the strawberries in half.
- 2 Open the can of mandarin oranges. Drain off the syrup.
- 3 Open the can of pears. Drain off the juice. Slice the pears.
- 4 Open the can of pineapple, but don't drain off the juice.
- 5 Put the undrained pineapple, orange juice, cinnamon and nutmeg in a mixing bowl. Stir together.
- 6 Carefully stir in the mandarin oranges, pears and strawberries.
- 7 Refrigerate for 1 to 4 hours before serving.

Nutritional information per serving: 127 calories; 0 g total fat; 0 g saturated fat; 0 mg cholesterol; 7 mg sodium; 33 g carbohydrates; 3 g dietary fiber; 28 g total sugars; 5 g added sugars; 1 g protein; 26 mg calcium; 1 mg iron; 270 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, whatscooking.fns.usda.gov.



> SPICE UP YOUR WINTER AND YOUR HEALTH

The aromas and tastes of certain foods may bring a flood of happiness, but that's not all. Did you know that many of the spices we use may also offer health benefits? Herbs and spices have long been used in traditional medicine. Today, researchers are studying the therapeutic effects of compounds found in certain spices to find out whether they can be used to treat conditions such as asthma, cancer, diabetes, insomnia and memory problems.

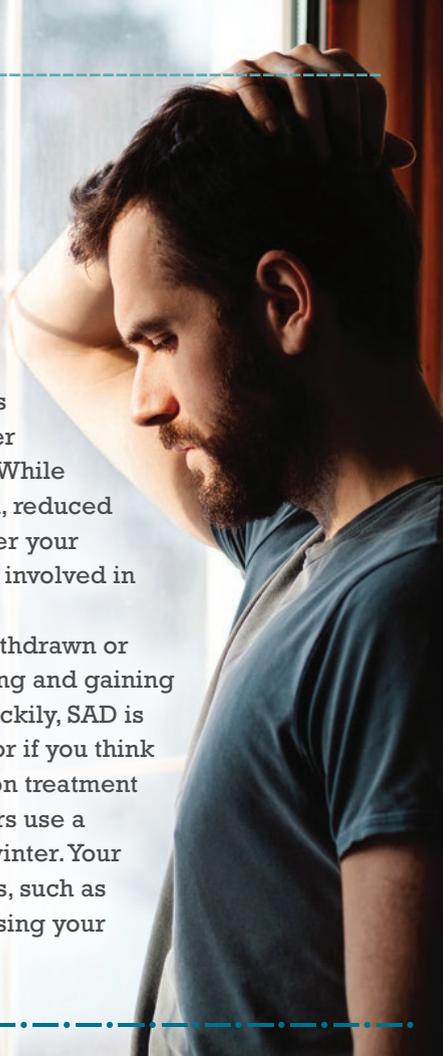
Studies on the following spices have shown some promising results — and they're delicious!



> WITH CHANGING SEASONS COME CHANGING MOODS

While many shrug it off as having the “winter blues,” being routinely sad during the winter can be a more serious condition than you think. If you feel this way, it’s possible you have seasonal affective disorder (SAD). SAD is a form of depression triggered by shorter daylight hours in the changing seasons. While the exact mechanisms aren’t understood, reduced sunlight in the winter hours seems to alter your internal clock, affecting brain chemicals involved in mood and sleep.

Symptoms of SAD include feeling withdrawn or hopeless, having low energy, oversleeping and gaining weight during fall and winter months. Luckily, SAD is easily treatable so speak with your doctor if you think you have the condition. The most common treatment for SAD is light therapy, in which sufferers use a light box to replace the lost sunlight of winter. Your doctor may recommend other treatments, such as antidepressants, talk therapy and increasing your intake of vitamin D.



• **Cinnamon** has been shown to help reduce inflammation and improve cognition. A pinch adds flavor to oatmeal, applesauce or low-fat cottage cheese.



• **Clove** contains antioxidants that may help fight inflammation and compounds that fight germs. Use the spice in baking and in tomato-based dishes; sprinkle some in soups or your morning fruit smoothie.



• **Ginger** also has anti-inflammatory properties and it may help ease nausea. Grate fresh ginger into a stir-fry or add it to hot tea. Powdered ginger

enhances cooked carrots and sweet potatoes.



• **Nutmeg** has compounds that may slow down the effects of Alzheimer’s disease, relieve pain and reduce blood pressure. Use a dash of ground nutmeg in spinach or fresh fruit salad. Sprinkle some over warm milk for a soothing drink before bedtime.

Tip: Use these and other herbs and spices instead of adding salt to your favorite dishes.

Spices are considered safe when used in small quantities. Clove, nutmeg and cinnamon can be harmful if you eat large amounts of them.

Source: Harvard Health Publications.



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There are some distinct differences between 2D, 3D and 4D imaging: a 2D ultrasound appears flat, and is black and white. It looks like a standard photograph of the fetus inside the mother’s body. A 3D image adds another layer, including depth and additional color resulting in a more lifelike appearance. A 4D image adds the dimension of movement and offers a view of the unborn baby moving around, yawning, sucking his or her thumb and even appearing to “wave” a hand.

SEEING BABY UP CLOSE

Ultrasounds use high frequency sound waves to produce a picture of the organs in the body. During pregnancy, ultrasounds are routinely ordered by health care providers to create a clear image of the fetus. All ultrasound examinations require a provider’s order. From 28–32 weeks gestation babies are developing the fat layer that fills in their features so we’re able to see more detail at that time. The clarity of the 4D image depends on several factors, including the baby’s position, size, movement and the amount of amniotic fluid present. Parents have the option to purchase 3D/4D images to keep and share with family and friends at home.

SCIMC offers comprehensive obstetrical care including pregnancy counseling, prenatal and postnatal care. Our staff is dedicated to making your birthing experience a personal and memorable one.



L-R: Dr. Tara Blalock and Emmy Davis, CNM, training on the new Ultrasound Machine.

PLAN FOR YOUR SPECIAL DELIVERY

For more information or to arrange a tour of our birthing suites, please call **641-872-2260** and ask for Jill Henkle, OB Director. To schedule a prenatal appointment at the South Central Iowa Medical Clinic please call **641-872-2063**.

HealthWise is a community educational service provided by

WAYNE COUNTY HOSPITAL AND CLINIC SYSTEM

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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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Wayne County Hospital
and Clinic System
417 S. East St.
Corydon, IA 50060

Wayne County Hospital and Clinic System welcomes new leadership team members

KATE EMERSON, BSN, RN, CHIEF NURSING OFFICER

Experience:

- Management positions leading and directing clinical staff with an excellent record of accomplishment and outstanding performance.
- Strong patient advocate, with collaborative leadership style and brings high performance standards to this position.
- January–September 2017, served as the Director of Nursing at Decatur County Hospital in Leon, Iowa.
- Responsibilities included leading and directing the Med/Surg and ER clinical staff in daily operations, budgeting, training and development and ensuring best practices.
- 14 years of critical care/ICU experience; including experience with orthopedics, cardiac/cath lab and caring for the post anesthesia patient.
- Career paths have included: ICU at St. Mary's Hospital in Madison, WI, Iowa Methodist in Des Moines, and traveling nurse experience throughout the country.
- Has spent the last 10 years in Scottsdale, AZ, in critical care; serving in a leadership role, as well as peri-operative services.



Education:

Bachelor of Science in Nursing, University of Iowa;
Graduate of Seymour Community High School

KARA URLIS-COMER, BSN, RN, DIRECTOR OF COMMUNITY RELATIONS & CLINICAL SUPPORT

Experience:

- Extensive health care marketing and community involvement experience
- 18 years of clinical experience
- 2006–2017 with Mercy Medical Center Des Moines serving most recently as the Director of Clinical Operations, Comfort Health Center for Women including the Katzmman Breast Center.
- 2003–2006 with Iowa Health Home Care – Intrust as the Manager for Taylor Hospice House.
- 1995–1997 with Becton-Dickinson Medical as a representative for the sales of IV therapy and safety products in Iowa and Nebraska.
- 1989–1995 with Iowa Health Des Moines, Methodist-Lutheran Blank Children's Hospital as an oncology educator, and adult Oncology Staff/Charge Nurse.
- Began career with Mary Lanning Memorial Hospital in Hastings, Nebraska, as an adult oncology staff nurse in 1988.



Education:

Bachelor of Science in Nursing, University of Nebraska
Medical Center-Lincoln Campus