

HealthWise

Fall 2018

> What is a hernia and how do I fix it?

Hernias can occur at birth or develop over time. They most often occur in an area of the abdominal wall that has become weak. Increased pressure inside the abdominal cavity causes stress on weak parts of the abdominal wall allowing the cavity to protrude or herniate.

Here are some common questions and answers about hernias.

Q. Am I at risk for a hernia?

A. You may be at risk if you have some of the following issues: chronic constipation, chronic cough, recurrent vomiting, obesity, pregnancy, repeatedly moving or lifting heavy objects, just to name a few.

Q. How do I know if I have a hernia?

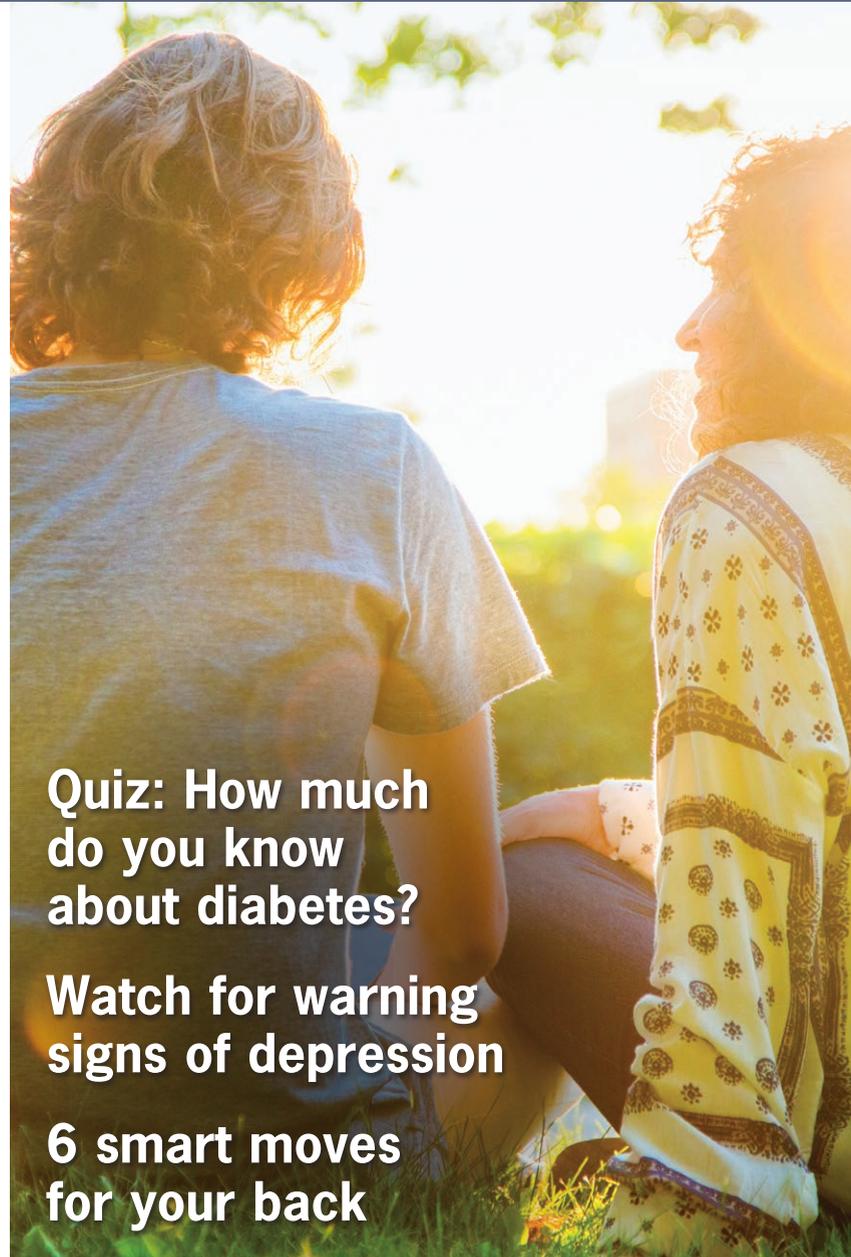
Most people can feel a bulge in their abdomen and there may be a burning or sharp pain in the area of the bulge. Most people do not have pain but rather a feeling of fullness in the area of the bulge.

Hernias become a complication or a medical emergency when part of the intestine becomes trapped (incarcerated) in the hernia sac that has formed. In this situation, the intestine is caught in the area of the hernia and starts to lose its blood supply and nutrients. When the intestine becomes trapped in the hernia sac, significant pain, nausea, vomiting and even a fever may occur. At this point, a hernia is a medical emergency and medical intervention is needed.

Q. Who can have a hernia?

People of all races, nationalities, gender and age can have a hernia. It can occur multiple places in the abdominal area from the groin, to the umbilicus, to right under your ribcage (hiatal hernia).

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**Quiz: How much
do you know
about diabetes?**

**Watch for warning
signs of depression**

**6 smart moves
for your back**

WAYNE COUNTY HOSPITAL AND CLINIC SYSTEM IS HOLDING A FREE HERNIA SCREENING EVENT!

Saturday, October 6, 2018

8:00 a.m. – noon at the Specialty Clinic

417 S. East St., Corydon, IA 50060

- A surgeon will be on hand to share education and perform screening exams.
- A scheduler will be on hand to schedule consultations for surgery if needed.
- Refreshments will be served.

RSVP to **641-872-5327** (Walk-Ins also welcome)

HealthExtra



> APPLE-SAGE WILD RICE STUFFING

This flavorful stuffing is gluten-free and dairy-free, and you can prepare a nut-free version of this dish by leaving out the pecans or using pumpkin seeds instead.

Number of servings: 12

INGREDIENTS

- 4 ounces chopped pecans or pumpkin seeds (optional)
- 4 teaspoons canola oil, divided
- 1½ cups diced celery
- 1½ cups diced onions
- 1 medium red apple, halved, cored and diced (about 1½ cups total)
- 2 cups hot cooked brown rice
- 1 cup hot cooked wild rice
- ½ cup dried cranberries
- 1 medium jalapeno pepper, seeded (if desired) and finely chopped, or ¼ teaspoon dried pepper flakes
- 1½ tablespoons chopped fresh sage (or 1½ teaspoons dried rubbed sage)
- ¾ teaspoon salt

DIRECTIONS

- 1 Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
- 2 Heat 1 teaspoon of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
- 3 Add the apples and cook 4 minutes or until tender crisp.
- 4 Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

Nutritional information per serving: 160 calories; 9 g total fat; 1 g saturated fat; 0 mg cholesterol; 160 mg sodium; 20 g carbohydrates; 3 g dietary fiber; 7 g total sugars; 3 g added sugars; 3 g protein; 20 mg calcium; 1 mg iron; 174 mg potassium.

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

> 4 COMMON CAR SEAT MISTAKES

Help improve your child's safety by learning what common car seat mistakes to avoid:

MISTAKE #1: USING AN OLD CAR SEAT

Car seats have expiration dates to ensure you aren't using a car seat that's degraded over time due to wear and tear, ultraviolet rays and extreme heat and cold. And old car seats that weren't originally yours may have been in an accident you don't know about or fail to meet modern safety standards.

MISTAKE #2: CHOOSING AN UNSAFE SPOT FOR THE CAR SEAT

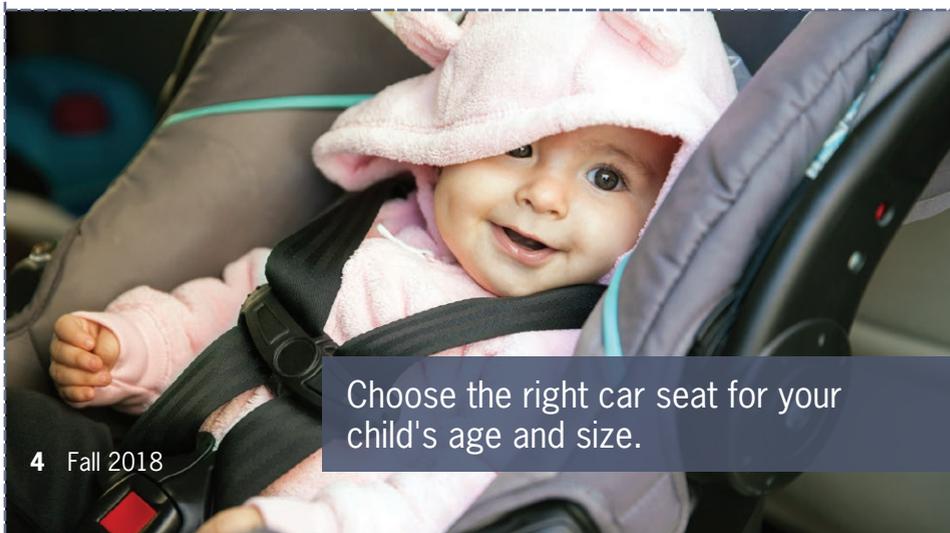
It's never OK to place your child's car seat in the front. All kids under age 12 should be riding in the back seat and using a size-appropriate car seat or booster seat until seat belts fit them properly.

MISTAKE #3: NOT GETTING A CAR SEAT INSPECTION

Car seats can be difficult to install correctly. Fortunately, there are plenty of pros out there who can help. Certified experts can spot mistakes in installation and fix them or do an installation for you — and it's usually free. Visit the National Highway Traffic Safety Administration's website at www.nhtsa.gov to find car seat inspection locations near you.

MISTAKE #4: "UPGRADING" YOUR CHILD'S CAR SEAT TOO SOON

You might be tempted to switch to a forward-facing car seat or booster seat before your child is old enough or big enough. But it's better to keep your kid in their current seat as long as it's safely possible based on the seat's height and weight limits. The National Highway Traffic Safety Administration's website provides recommendations for car seats based on your child's age and size.



Choose the right car seat for your child's age and size.

> TIPS TO ACCOMMODATE FOOD ALLERGIES AT THE HOLIDAY TABLE

Even if you're an experienced chef, cooking for guests with a variety of food allergies and intolerances can be difficult. Here are a few tips on cooking up a satisfying and safe holiday meal, organized by allergy:



GLUTEN

People with celiac disease or gluten sensitivity avoid foods containing gluten, a substance found in many foods that use cereal grains.

✗ **What to eliminate:** All foods and drinks containing barley, rye, triticale or wheat. Many oat products also need to be avoided since there is often cross-contamination between oats and gluten products.

↻ **What to swap in:** You can replace all-purpose flour with almond flour, coconut flour, rice flour or a number of other options. Gluten-free and vegetable noodles are available for all of your pasta needs.



DAIRY

A dairy or milk allergy can cause hives, wheezing, vomiting or a range of other symptoms. Lactose intolerance is a separate condition, but can cause digestive problems after consuming milk or products containing milk.

✗ **What to eliminate:** Dairy products such as milk, butter, yogurt, cheese and half-and-half. Other sources of dairy to avoid include products with whey, casein, lactose, lactate, chocolate, nougat, caramel or hydrolysate in the ingredients.

↻ **What to swap in:** Many recipes that call for milk can use milk substitutes such as almond milk or soy milk instead. Dairy-free margarine, coconut butter and various cooking oils can be used in place of butter.



EGG

An egg allergy reaction can range from mild to severe and can include skin rashes, hives, vomiting and even anaphylaxis.

✗ **What to eliminate:** Avoid using eggs in any recipes. Many foods contain eggs or egg proteins, including marshmallows, mayonnaise, baked goods, frostings, puddings, custards, many pastas and even some salad dressings and processed meats.

↻ **What to swap in:** Look for egg replacement products, not egg substitutes, as these can still contain egg. When eggs are being used to help your baked good rise, you can typically use a combination of vegetable oil, water and baking powder instead.



PEANUT AND TREE NUT

Eating, and sometimes touching, a peanut or tree nut can cause those who are allergic to experience symptoms such as vomiting, hives, swelling, breathing difficulties and possibly anaphylaxis.

✗ **What to eliminate:** Avoid peanuts and tree nuts (such as almonds, cashews, pecans and walnuts), as well as any foods that contain them. Also steer clear of any products labeled with statements such as "produced on shared equipment with nuts or peanuts."

↻ **What to swap in:** Try using sunflower seeds, pumpkin seeds or chickpeas in place of nuts.

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Q. What kind of medical professional can take care of a hernia?

Primary care providers are usually the first to diagnose a hernia found on a regular exam or due to a complaint from their patient. The patient would then be referred on to a surgeon for surgical repair of the hernia. In the case of an incarcerated hernia, mentioned above, that patient would go to an emergency room and an immediate visit with a surgeon would be warranted.

Q. Can hernias be prevented?

While some hernias cannot be prevented, there are things you can do to minimize the chances of getting a hernia. Maintain a healthy weight, eat a healthy diet, drink plenty of water, exercise regularly and use proper lifting techniques. If you think you have a hernia, have it checked before it gets too large or becomes a medical emergency.

Q. What is the treatment for a hernia?

While some hernias can be monitored routinely by your doctor, others need to be surgically repaired. The location of the hernia will determine what type of surgery is required for repair. Most hernias can be repaired by laparoscope or a surgical robot. These types of surgeries are minimally invasive with a faster healing time.

Q. Is there a surgeon in the area that can perform this surgery?

Dr. Brandon Jenson, D.O., at Wayne County Hospital is able to perform hernia repair surgeries. At Wayne County Hospital, Dr. Jenson has access to minimally invasive surgical techniques, including the da Vinci robot. Wayne County Hospital and Clinic system is committed to providing our community and the southern Iowa region with the physicians' expertise and medical technology to make sure that you receive excellent care close to home and family.

Randy Hullinger, WCHCS' first da Vinci hernia repair patient said, "My recovery was so quick and with such little pain, I had to remind myself to take it easy for a while. I felt back to normal within days. The da Vinci robot is definitely an asset to the hospital."

HealthWise is a community educational service provided by

**WAYNE COUNTY HOSPITAL
AND CLINIC SYSTEM**

417 S. East St.
Corydon, IA 50060
641-872-2260

Daren L. Relph, P.M.-C.C.P., C.E.O.
Michael A. Thomas, P.M.-C.C.P.,
Associate Administrator
Kate Emerson, BSN, RN, CNO
Kara Urlis-Comer, BSN, RN, Director of
Community Relations & Clinical Support

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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and Clinic System
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Corydon, IA 50060



Obstetrics & Women's Health

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today to schedule
your appointment.

417 S. East Street
Corydon, IA 50060
WayneCountyHospital.org

Peace of mind. That's why more moms choose to have their babies at Wayne County Hospital. We deliver more babies than 90% of hospitals our size in Iowa with:

- Experienced, personalized care
- Comfortable, secure birthing suites
- Advanced monitoring systems
- Epidurals and customized pain management

Wayne County Hospital is your healthcare partner. **FOR LIFE.**



Emily Davis, MSN, CNM



Stephanie Mahan, DO



Joel A. Wells, DO