

Living Healthier

for Families in Hamilton, Webster and Wright Counties

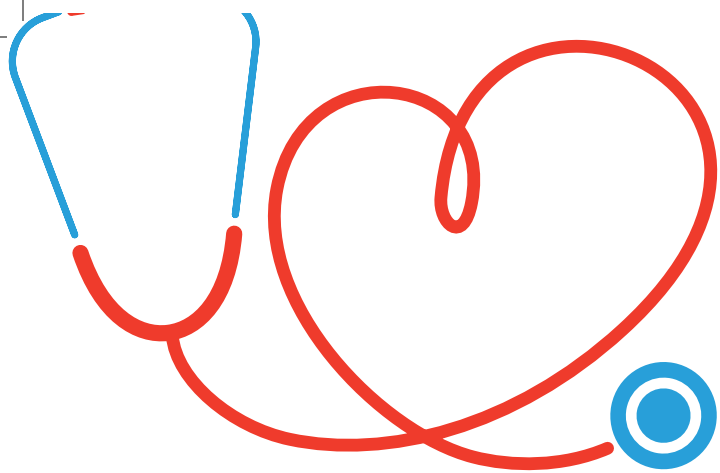
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At the *Heart* of Healthcare are Doctors who Listen

Our healthcare system is facing significant challenges. It is not the first time in our history, and will likely not be the last. At Van Diest Medical Center, we believe that no matter the current debate surrounding healthcare, we as doctors, along with our extended care family, must remain focused and committed to helping you and your families be well and understand how to live healthier in an increasingly unhealthy world. This takes into consideration continuity of care in which you as the patient, and we as your physician and care team, are cooperatively involved in the management of your healthcare. From Inpatient to Outpatient Services, we're working together toward the shared goal of high quality, cost-effective medical care, to achieve the best possible outcomes.

While advances in diagnostic technology, new ways to screen for diseases and to detect them at their earliest stages, and breakthrough medicines and procedures have continued to help physicians take better care of their patients, the most valuable tool and skill we use is our ability to listen to our patients. Doctor-patient communication is essential when it comes to improving health and wellbeing. Many studies show that good doctor-patient communication makes a positive difference in patient outcomes.



Subhash Sahai, M.D., ABFP

When your healthcare provider asks you if you have questions, we recognize that at that moment, you may have many, yet are unable to recall them. Here are a few questions to ask that can help ensure we're on the same page.

- **What is the name of the condition? How do you spell it?**
- **What may have caused it?**
- **How will this problem affect me?**
- **How can it be treated, managed, or made better?**
- **How and where can I learn more about my condition?**

Think of your doctor (MD or DO), nurse practitioner (NP), or physician assistant (PA) as your partner in health and the most important thing we have between us is our ability to effectively, and respectfully, communicate with each other.

Improving Health *Literacy*

Receiving clear and understandable information ensures that patients receive the best care possible, with the best outcomes possible. The caregivers at VDMC are committed to making health literacy a priority for our patients.

Patients and families are often given the overwhelming task of reading and receiving a plethora of information pertaining to their health. Improving health literacy for our patients means that every time a patient receives health information, either spoken or written, it is presented in a clear way that is easy to understand and process. At Van Diest Medical Center we are committed to providing information and instructions in the clearest way possible. Whether it is appointment instructions, completing medical forms, prescription directions, a diagnosis and care plan options, or any other information you may receive regarding your health, it is our responsibility to make sure you understand and feel as though you can confidently take action.



If at any point of your care at VDMC the information you receive is unclear, overwhelming, or you need clarification, don't hesitate to ask. We want all of our patients to feel competent and confident in their health.



Heatstroke

Beat the Heat

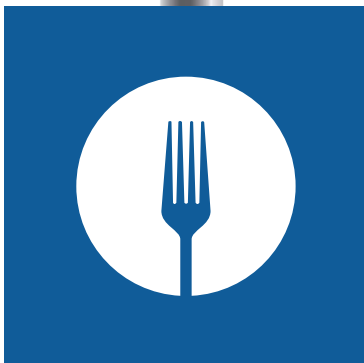
Heatstroke is the most serious form of heat injury and requires immediate emergency treatment. The best way to prevent heatstroke is to avoid prolonged exposure to or physical activity in high temperatures. When temperatures are high, be sure to wear light and loose-fitting clothing, drink plenty of fluids, rest in a cool spot, and avoid being outside during the hottest part of the day. Seek medical attention immediately if you have a body temperature of 104° F or higher, rapid breathing, racing heart, flushed skin, nausea and vomiting, or altered mental state or behavior.



Eye Damage

Protect Your Vision

Exposure to UV light not only damages your skin, but your eyes too! Excessive exposure to UV can burn your cornea. Avoiding tanning machines and excessive exposure to UV, as well as wearing UV-protective lenses will protect your eyes. Whether you are doing a DIY project, working in the yard, cooking, cleaning with chemicals, or playing a sport, wearing protective eyewear is the key to keeping your eyes safe. Before you begin an activity, if there is any risk of injury to your eyes, be sure to wear protective goggles or glasses.



Food Poisoning

Prepare Food Safely

With summer barbeques and potlucks, comes the risk of food poisoning. Ensuring food is safely prepared, served, and stored will keep you and your guests from getting sick. Washing hands, utensils, and surfaces are all very important. Symptoms of food poisoning include nausea, vomiting, watery diarrhea, abdominal pain and cramps, and fever. All of the symptoms can result in dehydration. Contact your healthcare provider immediately if you are having symptoms of food poisoning, and be sure to drink fluids.

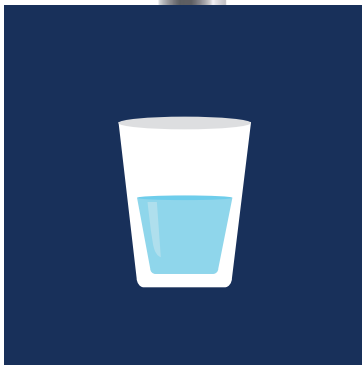




Drowning

Swim Safely

Drowning happens quickly and quietly. Children should always be monitored, wear a life jacket, and swim only in designated areas monitored by life guards. Backyard pools should be properly fenced and locked. When swimming in rivers, lakes, and oceans only swim in areas that are permitted, and when weather and water conditions are conducive to swimming safely.



Dehydration

Drink Plenty of Fluids

With increased temperatures and outdoor activities, dehydration is a risk. The number one way to prevent dehydration is to drink plenty of fluids. You can also consume foods high in water such as fruits and vegetables. Avoid alcoholic drinks, caffeine, and drinks high in sugar. Signs of dehydration are dry mouth, thirst, headache, dizziness, cramps and fatigue.



Bug Bites

Protect Yourself from Bugs

Enjoying the outdoors increases your risk of bites and stings. Be sure to follow directions when applying repellents. Wear loose-fitting long pants and long-sleeved shirts. Avoid sandals and going barefoot. If you experience an allergic reaction to a bite or sting, seek medical attention immediately. Check yourself, family, and pets for ticks and other insects after spending time outdoors.



Skin Protection

Preventing Sun Damage

Avoiding sun exposure is the best way to prevent sun damage. Especially avoid sun exposure between 10 a.m. and 4 p.m. When you are outside wear hats, sunglasses, loose-fitting clothing that covers your body, and clothing made from sun protective fabric. Apply sunscreen according to directions, and sit in the shade or under an umbrella as much as possible.



411 on First Aid Kits

Have what you need on hand to help?

Ever experience a minor medical emergency and not have the basic things you need on hand? Here's a check list of what you should include in your at-home first aid kit.

- ✓ Adhesive tape
- ✓ Elastic wrap bandages
- ✓ Bandage strips and "butterfly" bandages in assorted sizes
- ✓ Nonstick sterile bandages and roller gauze in assorted sizes
- ✓ Eye shield or pad
- ✓ Aluminum finger split
- ✓ Instant cold packs
- ✓ Cotton balls and cotton-tipped swabs
- ✓ Disposable nonlatex examination gloves, several pairs
- ✓ Petroleum jelly or other lubricant
- ✓ Plastic bags, assorted sizes
- ✓ Safety pins in assorted sizes
- ✓ Scissors and tweezers
- ✓ Soap or hand sanitizer
- ✓ Antibiotic ointment
- ✓ Antiseptic solution and towelettes
- ✓ Eyewash solution
- ✓ Thermometer
- ✓ Syringe, medicine cup or spoon
- ✓ First Aid manual

Aspirin, Hydrocortisone Cream and anti-diarrheal medicine are also important to include, as well as emergency phone numbers, the contact information for your family doctor and pediatrician and poison help line.

Welcome Our New Physician
Dr. Suzanne Bartlett
Hackenmiller M.D.,
FACOG, ABOIM

Dr. Suzanne is board certified in Obstetrics and Gynecology (ABOG) as well as Integrative Medicine, via the American Board of Integrative Medicine (ABOIM), first recognized in 2015. She completed a two-year fellowship in Integrative Medicine through the University of Arizona Center for Integrative Medicine. She is Iowa's first (and currently only) fellowship-trained, board certified physician practicing Integrative Medicine.

Dr. Suzanne's training includes topics such as nutrition, exercise, stress-reduction, importance of sleep, the mind body connection, spirituality, community, as well as use of herbal medicine, dietary supplementation, and even use of whole medical systems such as Traditional Chinese Medicine, Ayurveda, and Native American traditions.

She hopes to offer workshops on a regular basis on topics including stress, insomnia, chronic pain, hormones/menopause, cancer and supplements. The predominant focus of Dr. Suzanne's practice is motivating patients to make lifestyle changes that promote wellness.

Dr. Suzanne does not alter any treatment regimens already in place by other physicians. She sees patients on a consultative basis, and not as a primary care physician on Mondays, Tuesdays, and Thursdays at Van Diest Family Health Clinic and Van Diest Medical Center. To schedule an appointment please call 513-832-7703.

Integrative Medicine

Integrative Medicine is a healing-oriented approach that takes the whole patient into account. It combines cutting edge, conventional medicine with evidence-based, complementary and alternative approaches.

When patients seek help for a condition or disease, the word suffer is often used. Especially if a patient received treatment that has resulted in little or no improvement. No matter where you are in the process, whether you are seeking preventative treatment, or have consulted countless physicians with varying treatments, Integrative Medicine may be the answer for you.

What is Integrative Medicine?

- Integrative Medicine combines conventional medicine with alternative and complementary approaches that are evidence-based.
- Integrative Medicine is not the same as holistic, functional, homeopathic, naturopathic or alternative medicine.
- Integrative Medicine seeks to use more natural, evidence-based approaches whenever possible, yet encourages the accompanying use of conventional medicine.



Dr. Suzanne Bartlett Hackenmiller
M.D., FACOG, ABOIM

Treatment and resource options are available for a variety of female and male conditions including those with chronic disease, digestive conditions, mood disorders, hormonal issues and cancer. Other focused treatment, especially for women and teens, includes gynecologic issues.

Treatments are determined based on each patient's needs and can include:

- Nutritional education
- Vitamin, supplement and herbal management
- Stress management
- Mind/Body therapies including: HeartMath biofeedback, breathing techniques, and guided imagery
- Counseling services and Behavioral Therapy
- Educational materials



Senior Living

Aging brings many joys, and at the same time the golden years may bring loss of peers and independence, diminished mobility, as well as stress to age-related health concerns. While many believe that feelings of hopelessness, loneliness, depression or sadness are a normal part of aging, they shouldn't be left undiagnosed or untreated.

The Senior Life Solutions program at Van Diest Medical Center is an intensive outpatient group counseling program for individuals over age 65 struggling with emotional or behavioral issues often related to aging. If you or someone you know suffers from these feelings, the Senior Life Solutions program may be right for you. Group participants meet in a supportive, encouraging setting with program staff dedicated to the emotional wellness of seniors in the community.

Contact Van Diest Medical Center at 515.832.7813 for more information about the Senior Life Solutions program.

VAN DIEST MEDICAL CENTER FOUNDATION
presents



SEPTEMBER 17, 2017

9-Hole Best Ball Scramble, Light Meal & Auction. Plus, Special Proximity Games & Prizes!

SAVE THE DATE

Watch for more details!

Healthier Hamilton County Happenings*

July

- 6 Friends & Family Basic Life Support (BLS) Class
- 10 Breastfeeding Class
- 11 Prenatal Class
- 13 Webster City Community Blood Drive
- 18 Prenatal Class
- 19 BLS Class for the Healthcare Provider
- 20 BLS Class for the Healthcare Provider

August

- 3 Friends & Family Basic Life Support (BLS) Class
- 8 Lamaze Class
- 10 Webster City Community Blood Drive
- 14 Breastfeeding Class
- 15 Lamaze Class
- 15 PALS Recertification Class
- 16 PALS Recertification Class
- 22 Lamaze Class
- 23 Lunch & Learn Event
- 29 Lamaze Class

September

- 7 Friends & Family Basic Life Support (BLS) Class
- 11 Breastfeeding Class
- 12 ACLS Recertification Class
- 13 ACLS Recertification Class
- 14 Webster City Community Blood Drive
- 17 Foundation Golf Outing
- 20 BLS Class for the Healthcare Provider
- 21 BLS Class for the Healthcare Provider

Sibling Big Brother/Big Sister Class,
Call 515-832-7770 to schedule

Call 515-832-7891 for more information or
to register for a class

*Visit vandiesticmc.org for times & locations
of all events.



Vandiestmc.org

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This newsletter is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

The DAISY Award for Extraordinary Nurses was founded in 1999 in memory of J. Patrick Barnes who died at age 33 from complications of ITP (Idiopathic Thrombocytopenia Purpura), thus giving the name to the award, DAISY, standing for Diseases Attacking the Immune System. In his memory, Patrick's family recollected the skillful and compassionate care Patrick received from his nurses during his eight-week hospitalization. **They wanted to say "thank you" to nurses everywhere** by establishing a recognition program to honor the super-human work nurses do for patients and families every day.



Kimi Cundiff, RN in the Inpatient Department at Van Diest Medical Center was selected as **this year's recipient of the DAISY Award for Extraordinary Nurses.**

The DAISY Award is given to a deserving nurse at Van Diest Medical Center each year. If you have been the recipient of extraordinary care by a nurse at Van Diest Medical Center or Van Diest Family Health Clinic and would like to nominate her or him, contact us through our website at www.vandiestmc.org.

Van Diest is a great place to work! Check out our employment opportunities on the web at vandiestmc.org.

