

Health Update

HCHC'S
learning to live well

MOUNT PLEASANT, IOWA
DECEMBER 2010 / JANUARY 2011

Dr. Walker joins Physicians & Clinics of HCHC

Physicians & Clinics of Henry County Health Center welcomed Angela L. Walker, D.O., Obstetrician/Gynecologist, on October 18. Dr. Walker is board certified by the American Osteopathic Board of Obstetrics and Gynecology, and has joined Dr. Robert Smith, HCHC Obstetrician/Gynecologist, in offering area women quality obstetrical and gynecological services close to home.

"During my visit to HCHC and conversations with hospital administration, I feel that the hospital is progressive and will continue to advance to the next level. I believe that everyone deserves equal healthcare, and it is important to offer quality medical care in our rural communities," explained Dr. Walker.

"I am pleased to begin my medical practice at Henry County Health Center, and to be working with Dr. Smith."

"Since 2006, I worked as an Obstetrician/Gynecologist at Kewanee Hospital in Kewanee, Illinois. I enjoyed that experience, and I feel that Mt. Pleasant is comparable in many ways to that community. I've found that my patients become like family, and it is comforting for them to know that I understand the issues that they are going through. I'm excited to join Dr. Smith and other members of HCHC's Medical Staff in providing quality women's health services in Henry County, and I'm looking forward to becoming involved in the community."

Dr. Walker received her bachelor of science degree in general science/pre-medicine from Lincoln University in



Oxford, Pennsylvania. She earned her Doctor of Osteopathic Medicine Degree from New York College of Osteopathic Medicine. She completed her obstetrics and gynecology track internship and her residency training at Michigan State University. In addition, she completed residency training at St. John's Detroit Riverview Hospital and St. John's Macomb Hospital, both located in Michigan.

Dr. Walker's memberships include the American Osteopathic Association, American College of Osteopathic Obstetricians and Gynecologists, and American College of Obstetricians and Gynecologists. She also has experience as an outreach worker/patient advocate.

Dr. Walker will provide a full range of services in obstetrics, gynecology, and family planning. She takes both direct appointments and referrals. To schedule an appointment with Dr. Walker or Dr. Smith, call 319.385.6770. Their office is located in Suite 103 at HCHC.

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Maternity Services

HCHC delivers precious memories for local family

Making the birth of your baby a joyous experience filled with special memories is the goal of Henry County Health Center's Maternity Services Team. Countless area families have experienced this personal care firsthand, including the Reno family.

"My husband and I had great experiences having both of our children at HCHC!

The nurses have always been incredibly friendly, personable, caring, gentle, helpful and willing to answer any questions we had. We received great around-the-clock care," commented Marcee Reno of Mt. Pleasant.

After having such a positive experience with the pregnancy and delivery of their first child, the Renos decided to return to HCHC when they were expecting their second baby. Since their physician no longer delivered babies, they were faced with finding a new



doctor. Knowing that the baby would have to be delivered via cesarean section, they chose Dr. Robert Smith, Obstetrician/Gynecologist at HCHC.

"Our experience with Dr. Smith was great! He was always very personable and friendly, taking time to ask how things were going and answering all of our questions no matter how silly we thought they may be. He kept us well informed on my and the baby's progression. We felt very comfortable with Dr. Smith and his staff," Marcee explained. "What I liked and appreciated the most about Dr. Smith as my OB/GYN was his thoroughness in exams, as well as explanations to my questions. I would definitely recommend Dr. Smith to other expectant mothers."

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PHYSICIANS & CLINICS of HCHC

Care you trust. Compassion you deserve.



Robert Smith, MD
Board Certified Obstetrician/Gynecologist



Angela L. Walker, DO
Board Certified Obstetrician/Gynecologist

- Women's Health
- Obstetrics
- Gynecology
- Urogynecology
(Specialty in urinary incontinence)
- Pelvic reconstructive surgery
- Family Planning

Dr. Smith and Dr. Walker take direct appointments and referrals at 319-385-6770.

Emergency Medicine at HCHC

The new face of emergency medicine at HCHC

January 1, 2011 marks a date of transition for Henry County Health Center's Emergency Department as HCHC has secured five physicians who will be dedicated to treating patients in the Emergency Department.

"This transition represents the continuing evolution in how hospitals meet communities changing demands for medical services. HCHC's Administration, staff, and Medical Staff partnered with SEIMS, Southeast Iowa Medical Services, Inc., a subsidiary of Great River Health Systems, to recruit this core group of Emergency Department physicians. We look forward to welcoming these physicians to HCHC's Medical Staff," commented Robb Gardner, HCHC CEO.

The Henry County Emergency Physicians include:

Ryan Van Maanen, D.O., graduated medical school from Des Moines University. He began his position as Medical Director of HCHC's Emergency Department in August 2010.

Andrew Walter, M.D., graduated medical school from the University of Iowa, and has worked as a physician in HCHC's Emergency Department since 2008.

Suzy Roefer, D.O., graduated medical school from Des Moines University, and has experience as an Emergency Department Physician.

Daniel Miller, D.O., graduated medical school from Des Moines University, and has experience in primary care medicine and as an Emergency Department Staff Physician.

Alexa Narro-Garcia, M.D., graduated medical school from the University of California-Davis School of Medicine, and has worked as a physician in HCHC's Emergency Department since April 2009.

HENRY COUNTY EMERGENCY PHYSICIANS



Ryan Van Maanen, D.O.



Andrew Walter, M.D.



Suzy Roefer, D.O.



Daniel Miller, D.O.



Alexa Narro-Garcia, M.D.

continued from page 2 HCHC delivers precious memories for local family

The Reno family feels just as positively about the care they received in HCHC's Maternity Services Department. "Some of the strengths of the Maternity Services Department and HCHC as a whole that we were impressed with are the great care and friendliness of the doctors, nurses and other staff, and their willingness to answer any questions and give advice about breastfeeding and other things. I also appreciated the willingness to graciously answer questions via the phone concerning our babies even after we had been discharged from the hospital."

For more information about HCHC's Maternity Services team, call 319-385-6187. Or contact the OB/GYN Clinic at Physicians & Clinics of HCHC at 319-385-6770.

HCHC Foundation

Remember when you used to make a wish and hoped it would come true?

Today, you can still make wishes come true by investing in the health of our communities, patients and families. Listed below are a few wishes of our HCHC associates and care providers that we hope you will consider making come true.

WISHES:

Hand-held Games for Children waiting to have surgery	\$35
Children's Activity Table and Chairs	\$150
One Digital Mammogram for Breast Cancer Screening	\$305
High-back Transportation Chair	\$850
Portable DVD player for Ambulatory Surgery patients	\$100
Knee and Shoulder Models for Patient Education	\$200-\$500
25 Round-trip Rides to local Medical Appointments	\$75
Automated Defibrillators for Emergency Vehicles.....	\$2300
Scholarship for Wellness Programming	\$115
Hand-held Ultrasound for difficult Blood Draws/Fragile Veins	\$3000
Foam Mat for Rehab Arm Bicycle	\$50
Heat Therapy/Ultrasound Machine for Rehab	\$1300
One hour of Diabetes Education	\$92
Reclining Laboratory Chair.....	\$1000
Electric Fireplace for Park Place Sunroom	\$900
Wheelchair-accessible Scale for Cardiac Rehab	\$750
One hour Cooking Demonstration for New Diabetics	\$65
HCHC Undershirts for Newborn Babies	\$15

YES! I would like to help make wishes come true. Please accept my gift of \$ _____
to help fund _____

Please make checks payable to HENRY COUNTY HEALTH CENTER FOUNDATION and mail to:
407 S. White Street, Mount Pleasant, Iowa 52641. *Thank you!*

HCHC Foundation

INVESTING IN THE HEALTH OF OUR COMMUNITIES, ASSOCIATES AND HOSPITAL

The Henry County Health Center Foundation is dedicated to supporting health-related initiatives for the betterment of Southeastern Iowa communities. In the first quarter of this fiscal year, HCHC Foundation provided nearly \$10,000 to further enhance health services and programming in Henry County. Here are just a few samples of projects that your dollars have helped fund.

HENRY COUNTY HOME VISITOR PROGRAM offers home visits to moms during the first few weeks following the birth of a new child. Foundation funds help cover nursing services that include a physical assessment of baby and mom, discussion and answers to common concerns and written information on newborn growth and development needs.

FAMILY CONNECTION provides early childhood focused family support and education for Henry County parents and children ages 0-5, who are striving to improve overall health and well-being. HCHC Foundation dollars will be used for the provision of group parenting classes, one-on-one family support and early learning opportunities for children of participants.

HCHC REHABILITATION DEPARTMENT – Money made available to the Foundation from family and business contributions were used towards the purchase of a new Excel Series 9.0 Recumbent Bike. The walk-through design provides safe and easy access for users of all fitness levels.

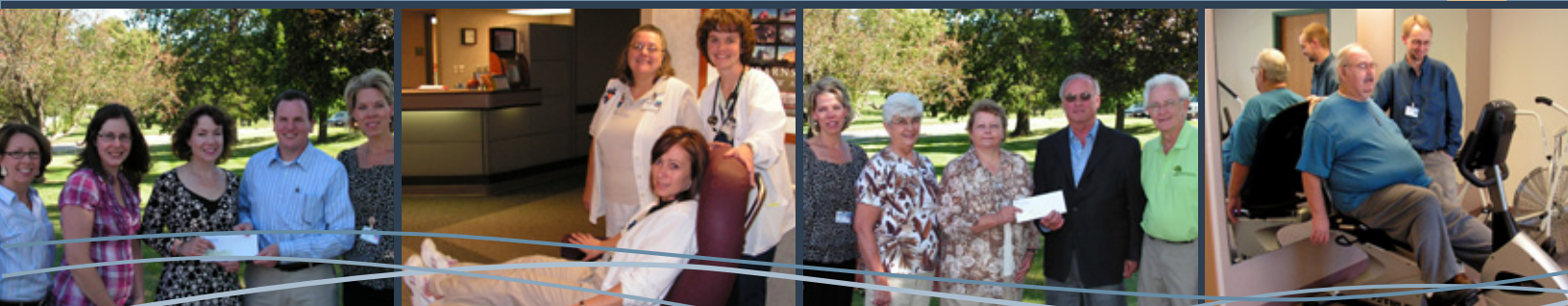
INPATIENT SERVICES – Through generous individual and family gifts to the Foundation, a new patient recliner was added to the HCHC Medical-Surgical floor. The electronic lowering/raising feature provides safe and easy reclining options for patients and caregivers.

ASSOCIATES – In an effort to support our valued associates in furthering their educational development and professional expertise, HCHC Foundation has provided tuition and professional certification assistance to eligible HCHC employees.

MAMMOGRAPHY FUND – In 2008, the Foundation's Mammography Fund was created to help supplement Henry County Public Health Department's Care for Yourself (CFY) program. CFY provides eligible women access to free mammograms and cancer screening services. HCHC Foundation and Public Health work together to encourage women to get regular mammograms and reduce the fear associated with how to pay for such testing.

DIABETES EDUCATION SCHOLARSHIPS – Financial assistance is available from the HCHC Foundation to qualifying participants of HCHC's nationally certified Diabetes Education program. A primary goal of the classes is to provide quality education to diabetic patients so they can effectively participate in managing their disease.

The HCHC Foundation is grateful for the financial and volunteer support from numerous individuals and organizations. If you'd like to become or continue to be a Foundation supporter, please consider completing the attached envelope and mailing your gift to us. Thank you.



New Services at HCHC

HCHC partners to offer new procedure

MAMMOSITE® RADIATION THERAPY FOR BREAST CANCER

Henry County Health Center has a new procedure available for breast cancer patients who need radiation therapy. HCHC General Surgeon Dr. Michelle Tansey offers MammoSite® 5-day Targeted Radiation Therapy for women with breast cancer who meet treatment criteria.

MAMMOSITE® TECHNOLOGY

When breast cancer is found early, MammoSite® 5-day Targeted Radiation Therapy can be used following lumpectomy to help keep cancer from coming back. It only takes five days and it targets the radiation right to the area that the cancer is most likely to recur. Since it's so targeted, there is minimal radiation delivered to other healthy tissue.

"Patients who have received this therapy have had extremely favorable results. Patients benefit from this partial breast radiation because it takes less time, five days as opposed to six weeks," explained Dr. Tansey. "This means that when patients at HCHC need radiation therapy, they can shorten the treatment time significantly which also results in less travel time. This shortened time

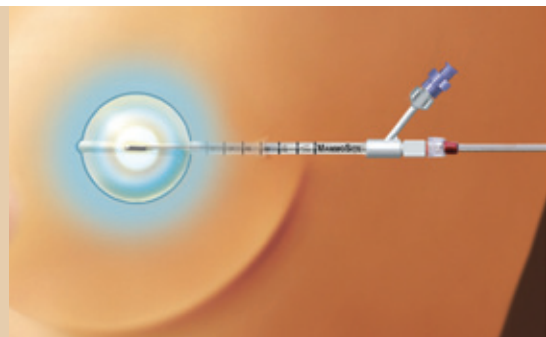
course is good for patients, and it's good for their families and friends who want to see loved ones get better and get the treatment that they need at much less inconvenience for everyone involved."

HOW IT WORKS

This shortened form of radiation therapy treatment has been approved by the FDA since 2007 and is convenient and safe.

Two to three weeks after the lumpectomy procedure, Dr. Tansey inserts a small, soft balloon attached to a thin catheter (tube) and places it inside the lumpectomy cavity. This procedure is done in Dr. Tansey's office or an operating room at HCHC. The patient then goes to Mercy Medical Center in Cedar Rapids where the placement is checked by CT scan.

The radiation "seed" is placed within the MammoSite® balloon by a computer-controlled machine. During 10 treatments given over five days, the "seed" is placed in the balloon and therapeutic radiation is delivered to the area surrounding



MammoSite® Radiation Therapy System image courtesy of HOLOGIC, Inc. and affiliates.

the lumpectomy cavity. After each treatment, the "seed" is removed, but the balloon catheter remains for the next treatment.

The radiation therapy is inserted by the radiation oncologist at Mercy Medical Center on a Monday, and therapy is given twice a day until Friday. After five days of receiving treatment two times a day, the balloon catheter is removed by the radiation oncologist and the area is closed. This means that conventional radiation that takes six to seven weeks to complete, can be completed in five days. A hospitality room is available for patients at Mercy free of charge for the five days of treatment.

For more information on MammoSite® or to schedule an appointment with Dr. Tansey, call 319-385-6770.

HCHC to offer e-newsletter

Individuals who are registering for services at Henry County Health Center are now being asked to give their email addresses during the registration process to receive HCHC's e-newsletter. HCHC has revised our current email newsletter to include local news from HCHC. The e-newsletter will contain information about HCHC and the services we offer, provide updates on hospital news and events, and provide the latest in healthcare news in the following categories: BREAST HEALTH, DIABETES HEALTH, FOR YOUR CHILD,

HEART CARE, MEN'S HEALTH, MIND AND BODY, and WOMEN'S HEALTH. It is optional for patients to give an email address.

The revised newsletter will arrive in subscribers' inboxes in January 2011. To subscribe to this email newsletter, log on to www.hchc.org, find the maroon box under "HCHC Online" and click on "Sign up for HCHC's e-newsletter." Just list your email address, first and last name, and click on "HCHC Monthly Newsletters." Thank you for your interest in HCHC!

Living Well

HCHC on the Radio

Be sure to tune in to KILJ (105.5 FM) to hear the latest news from HCHC! Begin your Friday morning by listening to "Robb on the Radio" at 7:20 a.m. HCHC's CEO Robb Gardner has a Friday morning radio show every other week where he discusses HCHC's most recent news and events. This is an opportunity to update area listeners on the quality services offered at our community hospital, to give updates on hospital activities, and to talk about the accomplishments and achievements of our medical staff and associates. Robb is often joined by HCHC department directors who give information on their particular departments and the services offered.

"Hospital Happenings" is another KILJ show which airs at 10:30 a.m. on the third Wednesday of each month. This show features HCHC affiliated guests who are interviewed on various topics which include hospital services, news from medical staff, patient testimonials, new programs, and much more.

KILJ listeners will also hear HCHC's "Living Well" series, featuring interviews with HCHC associates talking about health-related topics and programs. This show provides health education for area listeners to learn about healthy living and how HCHC can assist in their health and wellness needs. The interview is played in its' entirety once a month, with 30 second excerpts of the interview aired daily throughout the month.

These radio shows provide area residents with the opportunity to learn about the numerous healthcare services and programs offered at HCHC. The radio shows can also be accessed on HCHC's website at www.hchc.org by clicking on "KILJ Radio Interviews" in the "Multimedia" box on the homepage.

HENRY COUNTY HEALTH CENTER'S

Park Place

A registered EDEN ALTERNATIVE HOME, Park Place has been on the Eden Alternative journey since 1998. We offer our residents the following care and much more:

- A homelike, family-oriented atmosphere in a beautiful setting
- Group & individualized activities designed to meet residents' specific interests
- Friendly staff with sensitivity to physical & emotional needs
- Elimination of loneliness, helplessness & boredom
- Convenient access to healthcare services at HCHC

To learn more about Park Place, HCHC's long term care facility, call 385-6192... *where quality of life for each resident is our goal!*



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Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Tuesday, December 7, 6:30 p.m.

Annual Christmas Party

Bring a heart healthy dish to share
Drinks, meat, plates/
utensils provided

Mt. Pleasant Civic Center, 2nd floor

DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, January 6, 2-4 p.m.

Health Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, December 14 and

Tuesday, December 21

Call 385-6518 to register

Health Education Center, HCHC

Tuesday, January 18 and

Tuesday, January 25

Call 385-6518 to register

Health Education Center, HCHC

PRE-DIABETES CLASS

Thursday, January 13, 12-1 p.m.

Call 385-6518 to register

Health Education Center, HCHC

UNIQUE EXPRESSIONS LOBBY SALE

Thursday, December 2,

7:30 a.m.-5 p.m.

Lobby & Gift Shop, HCHC

HCHC FOUNDATION BOOK FAIR

Thursday, December 9,

9 a.m.-4:30 p.m.

Health Education Center, HCHC

HCHC AUXILIARY MEETING

Monday, December 13

9:00 a.m. Monthly Meeting

Classroom A1, HCHC

Monday, January 10

9:00 a.m. Monthly Meeting

Classroom A1, HCHC

PHYSICIANS & CLINICS of HCHC

WAYLAND COMMUNITY CLINIC

Sylvia Graber, ARNP

227 W. Main

319.256.7100

Clinic held on Mondays and Thursdays

8:30 a.m.–Noon and 1 p.m.–5 p.m.,

Wednesday 8:30–11:30 a.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP

110 W. Pine

319.257.6211

Clinic held on Tuesdays and Fridays

8:30 a.m.–Noon and 1 p.m.–5 p.m.,

Wednesday 1–4 p.m.

(Sylvia Graber to conduct clinic on Wednesdays)

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional.

Chief Executive Officer: *Robb Gardner*

Editor: *Shelley L. Doak*

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