

MAMMOGRAMS.
3-D mammograms
are now available
at GVMH.
SEE PAGE 2 ►



IT'S YOUR MOVE.
Find tips to help
keep your heart
healthy.
SEE PAGE 3 ►



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healthscene

NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● WINTER 2016



Mending hearts WITH CARDIAC REHAB

Sometimes, hearts damaged by disease need a little TLC. ♦ If you're living with a serious heart problem—perhaps you're healing from heart surgery, recovering from a heart attack or coping with heart failure—the cardiac rehab program at Golden Valley Memorial Hospital (GVMH) can help you avoid setbacks and return to a healthy, active life.

"It's life-changing," says Kristal Moran, RN, BSN, Coordinator, Cardiopulmonary Rehabilitation Program. "I've had people tell me that they're now physically able to do things they haven't done in years, like playing with their grandkids or digging in the garden."

- Among its benefits, cardiac rehabilitation can:
- Reduce your risk of dying from a heart attack.

- Lower your odds of future heart problems and hospitalizations.
- Decrease chest pain.
- Improve your strength, stamina and quality of life.

IT TAKES TWO How does all this happen? With a combination of exercise and education.

Our rehab program will teach you how to lead a healthy lifestyle, manage your medications and know when to alert your doctor about symptoms. And our medically supervised exercise training will safely strengthen your heart.

"That exercise training is the program's foundation," Moran says. "It's customized for every person and tailored to their needs—it isn't cookie-cutter."

Typically, patients attend rehab three days a week for 12 weeks. The rehab team includes registered nurses along with a dietitian, diabetes educator and social worker. Their goal: to help you learn to live well with heart disease.


The GVMH rehab program is available at both our main campus in Clinton and our outreach facility in Warsaw.

Home is where the heart is—and the expert care

This February is American Heart Month, and it's the perfect time to cherish your heart—and the hearts of those you love. It's also a good time to discover the many services that the GVMH cardiology clinic has to offer.

Cardiologists from Kansas City's Research Medical Center are now available five days a week at GVMH and for outpatient visits. Even if you've had heart surgery elsewhere, you can see them for follow-up care at GVMH. That saves you travel time.

- Other cardiac services include:
- Diagnostic testing, such as exercise stress tests, echocardiograms, EKGs and Holter monitoring.
 - Pacemaker implantations.
 - Blood testing to monitor warfarin and other medication therapies.

 Call 660-890-7299 to schedule an appointment. You don't need a referral for a visit.

Could cardiac rehab help protect your heart? Call 660-890-7192 to find out.

BREAST CANCER SCREENING

3-D MAMMOGRAMS NOW AT GVMH

Mammography is the best tool doctors have to screen for breast cancer. Now Golden Valley Memorial Hospital (GVMH) offers the best of the best: 3-D mammography. ♦ “Breast tomosynthesis—or 3-D mammography—is the most advanced technology available for breast imaging,” says Tami Hull, Director of Imaging Services at GVMH. “So it was an excellent tool to add to our breast cancer screening.” Here, Hull helps answer questions about this new service.

Q What is 3-D mammography?

▲ “It’s an x-ray technology that takes multiple images of the breast from different angles. The images are combined to create a three-dimensional picture so radiologists can examine breast tissue one thin layer at a time.

“Compared to traditional mammography, it’s like the difference between looking only at the cover of a book and opening the book to read each page,” Hull says.

Q How are 3-D pictures better?

▲ “The goal of mammography is to find breast cancer when it’s as small as possible,” Hull says. “And 3-D

mammography is exceptional for finding very small abnormalities.” It also makes detecting cancer in dense breast tissue easier.

Q Is the actual screening any different?

▲ “A 3-D mammogram takes a few seconds longer than 2-D—which women probably won’t notice,” Hull says. Otherwise, patient prep is the same, the equipment looks the same and the breasts are still compressed for imaging.

Q Is 3-D the only option now?

▲ No. Your doctor may feel that 2-D mammography is fine for you. “If you’re

older and don’t have dense breasts, maybe you don’t need 3-D,” Hull says. She notes that, in general, the younger a woman is, the denser her breasts tend to be.

Q What about cost?

▲ 3-D screening costs \$50 more than a regular mammogram. Patients pay only that amount out of pocket. If their insurance covers 3-D imaging, GVMH reimburses them later.

“Patients today are much more educated about their health and what’s available,” Hull says. “And they were asking, ‘When are you getting 3-D mammography?’ We’re excited to offer this important new service.”

Ready for your mammogram? Call 660-890-7145 to make an appointment.

What doctors look for when reading a mammogram

Women who get timely mammograms are enlisting a powerful tool to help guard against breast cancer.

These tests can help spot breast cancer early—long before it causes symptoms—when treatment often works best.

Starting at age 40, have a yearly mammogram along with breast exams done by your doctor, urges the American Cancer Society (ACS).

After your mammogram, a radiologist will examine your images for any abnormal areas.

These images can reveal tissue changes, including:

Calcifications. These mineral deposits appear as white spots on a mammogram.

Larger spots are usually harmless changes, often related to aging.

However, groups of tiny, white specks are sometimes signs of cancer.

Masses. Various lumps and masses may also be found, including fluid-filled cysts or other noncancerous growths. The size, shape and edges of a mass can be important.

For example, noncancerous masses often have well-defined edges, rather than irregular ones.

Think positive

If something suspicious is found, try not to worry too much. In the vast majority of cases, it isn’t cancer.

More testing—such as another mammogram, an ultrasound or a biopsy—may be needed.

According to the ACS, less than 10 percent of women who are called back for more tests are found to have breast cancer.

The bottom line: Screening for breast cancer can provide peace of mind and help protect your health.



HEALTH TALK NEWS, VIEWS & TIPS



The new donor wall in the GVMH hospital lobby represents \$1.5 million in cumulative giving, according to Deanna Hendrich, Foundation Director. The wall provides a way to recognize individuals and businesses that want to invest in quality healthcare for the community.

Donors recognized

When the Golden Valley Memorial Hospital Foundation was formed in 1989, the organization's charter board members knew they were on to a good idea: Offer donors a way to make tax-deductible gifts to help support quality healthcare in the community.

What they didn't know was how effective that idea would be and how much the Foundation would grow during the next quarter century.

The growth did not come quickly. The Foundation reached \$25,000 in contributions in 1993, and a year later a donor recognition wall was installed at the hospital.

"The first blocks on the wall didn't begin to fill the space, but the Foundation board had big dreams," says Deanna Hendrich, Foundation Director. She says the wall included wooden blocks in various sizes, depending on the size of the gift, engraved with donors' names.

"Last year we reached \$1.5 million in cumulative giving and ran out of wall space," she says, "so we began the process of designing a new wall in a location where everyone would see it."

The result is an eye-catching display in the hospital lobby that gives the Foundation room to recognize donors for years to come, Hendrich says.

"Many people stop for a minute to read the names on the wall," she says. "Each name has a story. We appreciate that so many individuals and businesses value what we do and are willing to invest in us because we grow one dollar and one gift at a time."

Anyone who wants to be part of the growth with a tax-deductible gift can call the Foundation office at **660-890-7108** or email foundation@gvmh.org.

Date set for annual GVMH Diabetes Walk

Time to stretch your toes, grab your sneakers and mark your calendars after a long winter of sitting on the couch! The date has been set for the annual Golden Valley Memorial Healthcare Diabetes Walk.

The 2016 event will take place at 9 a.m. on Saturday, March 19, at the Clinton High School. All proceeds from the walk will help local diabetes patients who are coping with the disease.

"Each year, more individuals receive a diabetes diagnosis, which is life-changing," says Deanna Hendrich, GVMH Foundation Director. "The money we raise gives patients without resources the prescriptions, supplies and education needed to manage their illness."

Local businesses, groups and individuals either form teams or help sponsor the walk, which has raised more than \$100,000 in the past decade, Hendrich says.

"We count on the community to help us make a difference," she says. "Every dollar counts."

Anyone interested in a team packet or sponsorship information should call the GVMH Foundation office, **660-890-7108**, or email foundation@gvmh.org. Gifts made to the Foundation, a nonprofit organization, are tax-deductible.

It's your move

Exercise is one of the best things you can do to help keep your heart healthy. It helps reduce total cholesterol, lower blood pressure and cut the risk of diabetes, and it helps you maintain a healthy weight.

To get moving and stay on track:



- Start slowly, especially if you haven't been active for a while.
- Work up to whatever amount of activity your doctor recommends.

The American Heart Association recommends that all adults do at least 30 minutes of moderately intense exercise five days a week and strengthening exercises twice a week.

- Keep things interesting by trying different activities. Walking, biking or swimming can be fun, but so can working in the garden.

- Stop exercising if you have severe pain or swelling, but expect a little muscle soreness at first.

- If you have to stop exercising for a while, don't get discouraged. Just start again, and work up to your previous level.

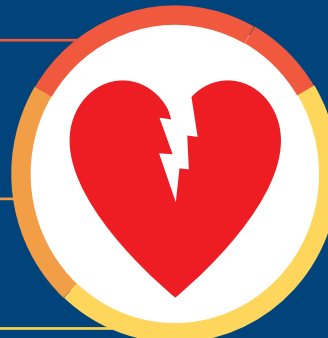
HEART ATTACK: Know the warning signs

If you see these in yourself or someone else, don't wait. **CALL 911.**

Pain in the arms, shoulder, back, neck, jaw or stomach

Sudden lightheadedness, shortness of breath, nausea or cold sweat

Chest pain, pressure, fullness or squeezing that lasts more than a few minutes or comes and goes



Source: American Heart Association



COLONOSCOPY

DON'T SKIP THIS TEST

IT'S A TEST many people dread, but it has the potential to save lives. We're talking about a colonoscopy, which is used to screen for colorectal cancer, one of the top causes of cancer deaths in the U.S.

If you've been avoiding this test, here are some questions and answers about it that may convince you to give it a try.

Q Why should I get one?

A Colonoscopy can find cancer—or the polyps (abnormal growths) that may become cancer—early, when treatment is often most successful.

It also gives your doctor immediate access to polyps so they can be removed right away. That's not true with other colon cancer screening methods, which all require a follow-up colonoscopy if polyps or other problems are found.

Q When and how often should I be tested?

A Screening for people at average risk of colorectal cancer starts at age 50. If the first test is clear, get a follow-up one in 10 years. If not, get retested in five years.

People at higher risk, including people with ulcerative colitis, Crohn's disease or a strong family history of colon cancer, should start earlier. Talk with your doctor about your individual screening plan.

Q How do I prepare?

A The best results come when the bowel is clean. For many, that means a day or two on a clear liquid diet and a round of strong laxatives the night before the test. You may also need to take an enema. This prep work is often considered the worst part of having a colonoscopy.

Q How's it done?

A The patient is given sedatives and pain medicine. The doctor then inserts a long, flexible tube into the colon. The tube

is equipped with a tiny light and camera. Your doctor examines images sent from inside the colon on a monitor. Any polyps can be removed with delicate tools inserted through the tube.

Most people sleep through the 30- to 60-minute test.

Q What happens next?

A You'll be monitored while the anesthesia wears off. You won't be allowed to drive home, so arrange transportation beforehand.

Some test results will be available right away. Others may take a few days.

Sources: American Cancer Society; National Cancer Institute

Talk to your doctor about scheduling a colonoscopy today.

FACILITY EXPANSION UPDATE

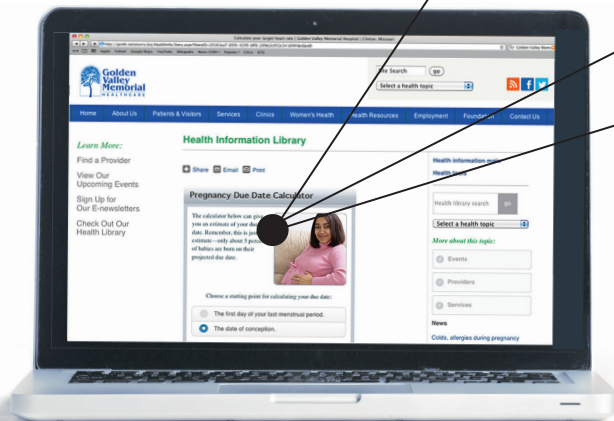
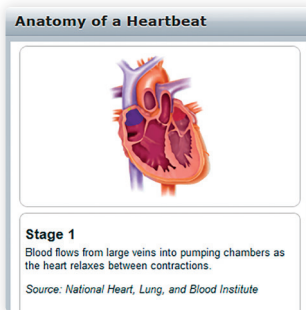
GVMH IS EXCITED to see construction at the hospital location nearing completion. Soon patients who visit the Outpatient Treatment Center, imaging, surgery, endoscopy, or emergency services will be able to take advantage of the beautiful new facility that offers more space, convenience and new technology.

The first departments will begin moving into the new area in March with all departments moved in by mid-April. Expansion is an ongoing process at GVMH and upon completion of the new space we will begin to see renovation of vacated space within the hospital. The renovations will continue through 2016 and on into 2017.

With completion of the facility, patients will have easy and convenient access to outpatient services, and the 155 new parking spaces will give patients quicker access to the facility entrances. GVMH staff would like to thank patients and the community for their ongoing patience throughout construction.



The health tools at www.gvmh.org can help you know if you're on the right track—or headed in an unhealthy direction.



Do you know the best diet for people with diabetes? Would you recognize the signs of a heart attack? Find out about these questions and more at www.gvmh.org. Choose "Health Resources" and then "Health Tools."

HEALTH SCENE is published as a community service for the friends and patrons of GOLDEN VALLEY MEMORIAL HEALTHCARE, 1600 N. Second St., Clinton, MO 64735, telephone 660-885-5511, website www.gvmh.org.

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Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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