

**PROMISE?**  
Why it's wise not to delay your next mammogram.  
**SEE PAGE 2 ►**



**JOIN THE HUSTLE!**  
Come on out to the Halloween Hustle 5K for good fun and a good cause.  
**SEE PAGE 3 ►**



Nonprofit Org.  
U.S. Postage  
**PAID**  
Platteville, WI  
Permit No. 7

Golden Valley  
Memorial Healthcare  
1600 N. Second St.  
Clinton, MO 64735



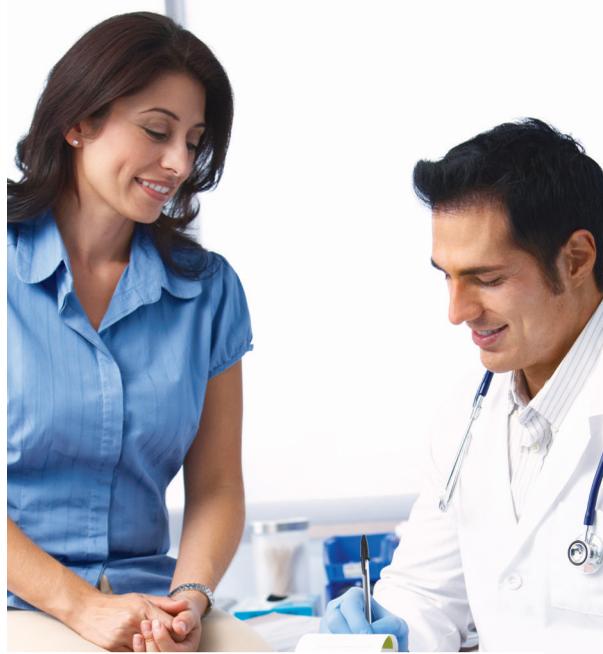
# healthscene

NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● FALL 2016

## Bigger & better

### Outpatient expansion gives local care a boost

Maybe it's time for your yearly mammogram. Or perhaps you need cardiac rehab after a heart attack. Or maybe you're starting chemotherapy as part of your cancer treatment. ♦ These are just a few of the many services found at Golden Valley Memorial Healthcare's (GVMH) spacious new expansion. GVMH needed elbow room to meet growing demand for local healthcare. That mission was accomplished in July. ♦ Here's a closer look at three key services in the expansion.



The new women's imaging suite at Golden Valley Memorial Healthcare allows compassionate, skilled staff members like Gwen Wilkerson-Thomas to offer patients mammography, ultrasound and breast biopsy services in one convenient, private location. Read all about it on page 2.

**AT A GLANCE**

#### Expansion timeline



**November 2012**

Planning discussions started.



**May 2013**

Design development began.



**June 2014**

Project earned approval.



**December 2014**

Construction started.



**July 2016**

Construction and final move-in completed.

#### CARDIOPULMONARY REHAB

**Who it helps.** Cardiac rehab provides supervised exercise and support for people who are recovering from a heart event, such as a heart attack, stent procedure or heart surgery. The pulmonary rehab part helps people with breathing problems, such as chronic obstructive pulmonary disease (COPD), build tolerance for exercise and daily activities.

**What's new?** With triple the space, cardiopulmonary rehab features a new indoor walking track, all-new exercise equipment and a state-of-the-art patient monitoring

system, says Craig Thompson, Chief Operating Officer at GVMH.

**Why it matters.** Cardiopulmonary rehab helps people get stronger and live longer. Many choose to continue rehab after the initial sessions.

"Patients in rehab tend to form close friendships with each other," Thompson says. "They've all gone through life-altering events, so they learn from each other as well as from our excellent nursing staff."

**Hours:** 7 a.m. to 3:30 p.m., Monday through Friday.  
**Get in touch:** 660-890-7192.

—Continued on page 2



WELLNESS



## Bigger & better

—Continued from front page

### Expansion highlights



Curbside parking with  
155 new spaces

Ground-level access  
to services

Easy point-of-care  
registration

Private infusion site



Spacious cardiac rehab with  
indoor track

New women's imaging suite

Expanded specialty clinics



93,000 square feet of space  
for current and future needs

AT A GLANCE

#### INFUSION CENTER

**Who it helps.** The new infusion center serves people who need chemotherapy, transfusions or IV antibiotics.

**What's new?** Each of the 12 private treatment bays includes a heated, massaging recliner and a TV. There are two private rooms where patients can lie down comfortably for longer infusions. Natural lighting and a relaxing lounge with a fireplace greet guests and patients alike. A lab draw site is located nearby. And ground-floor access makes getting there (and to other outpatient services) much easier now, Craig Thompson, Chief Operating Officer, notes.

**Why it matters.** More people can receive chemotherapy and other vital treatments close to home, without being uprooted from family and community.

**Hours:** 7 a.m. to 5 p.m., Monday through Friday.  
**Get in touch:** 660-890-7266.

#### WOMEN'S IMAGING SUITE

**Who it helps.** Women who need mammography and possibly breast ultrasound or biopsy services.

**What's new?** Built with privacy in mind, the brand-new mammography suite provides a sense of comfort during routine screening or diagnostic tests. Should a follow-up test be needed, ultrasound and biopsy services are right across the hall. Radiologists can provide same-day results.

"This reduces anxiety for women, because they don't have to go home and wonder what's going on for a few days," says Tami Hull, Director of Imaging Services. And the imaging suite has sophisticated 3-D mammography, a high-tech screening tool you might expect to find only in large cities.

**Why it matters.** Regular screening with mammography helps catch breast cancer early, even before a lump can be felt. At GVMH, this lifesaving service is offered in a private setting where women can feel at ease.

"It's very important for us to make sure women feel as comfortable as possible," Hull says.

**Hours:** 7 a.m. to 5 p.m., Monday through Friday.  
**Get in touch:** 660-890-7145.

### Specialty clinics get a boost

The construction added a new Outpatient Treatment Center with easy access and space for more exam and treatment rooms. So you can quickly make an appointment when you need to see a:

- Cardiologist (heart doctor).
- Nephrologist (kidney doctor).

- Oncologist (cancer doctor).
- Pulmonologist (lung doctor).

And with room enough to grow, the future could bring even more specialty care services to the community.

"We are continually looking to identify additional new services we currently do not offer," Thompson says.

## MAKE A PROMISE

*Don't delay your next mammogram*

**HERE'S A PLEDGE** that's well worth making: "I'll call for an appointment to talk with my healthcare provider about breast cancer screening."

You might be too busy to get to it today. That's OK. So how does tomorrow look?

Why the urgency?

When it comes to breast cancer, early detection offers women the best chance of surviving the disease, according to the American Cancer Society (ACS).

There are some things that increase your risk for breast cancer, such as your age, having close relatives with the disease, having dense breasts, or not having children or having your first child after age 30.

Get tips to ensure an easy, accurate mammogram.

Visit [www.gvmh.org](http://www.gvmh.org), and under "Health Resources," click on "Health Tools."

But at the same time, most women who get breast cancer don't have any risk factors, reports the ACS.

That's why talking with your provider is so important. You can discuss your personal risk and decide what's best for you.

Is your 40th birthday around the corner?

If so, ask your provider about beginning regular mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

**ADVICE FOR YOUNGER WOMEN** Even if you're in your 20s or 30s, you can take steps to help protect yourself.

Become familiar with how your breasts look and feel, and report any changes to your provider.

**MAKE AN APPOINTMENT** Screening can bring peace of mind. To schedule an appointment for a mammogram, give us a call at 660-890-7145.



## Giving from within encourages gifts from community

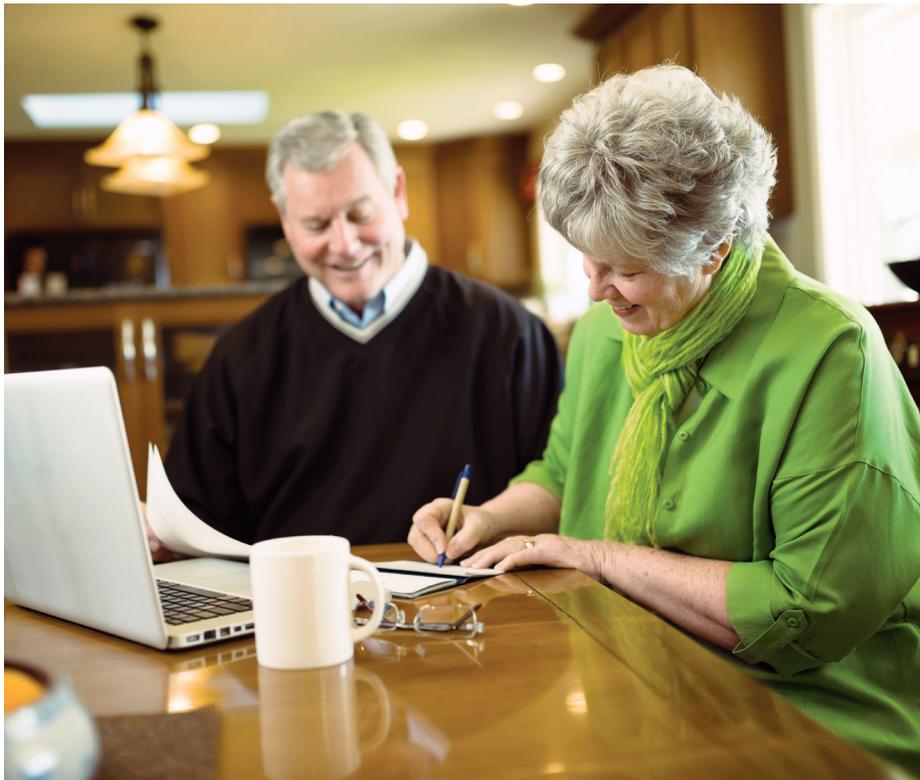
**W**hen the call goes out, the staff at Golden Valley Memorial Healthcare responds.

For the GVMH Foundation, that response can mean supporting a scholarship program for co-workers, purchasing tickets for a special event or donating through payroll deduction to help where most needed, according to Deanna Hendrich, Director of Development and Communications.

“Our employees carry the day,” Hendrich says. “They give regularly, consistently and generously, and I never hesitate to point that out when an individual or business asks about contributing to the foundation. If we believe what we’re doing helps our patients, then others can feel confident giving, too.”

She said the last quarter of the year is the busiest because of the annual fall gala, which raises more than \$50,000, and because gifts to the foundation, a 501(c)3 organization, are tax-deductible. Individuals interested in supporting quality healthcare in the community frequently do so with annual year-end gifts.

Donors can give in a variety of ways, Hendrich says, such as cash or in-kind donations, memorials, bequests through wills or trusts, or even gifts of stock. Donors can ask that their gifts be used where most needed or for a particular area or



project, and the foundation will honor their wishes, she says.

“At GVMH we are committed to providing quality, compassionate care,” Hendrich says. “The foundation supports that mission, and when donors give, so do they.”

▶ Gifts to the foundation can be made any time, whether in

person, through the mail or online. To learn how to make a tax-deductible gift or include GVMH in an estate plan, please call the foundation office at 660-890-7108, send an email to [foundation@gvmh.org](mailto:foundation@gvmh.org) or visit the foundation’s pages at [www.gvmh.org](http://www.gvmh.org)—click on “Giving” or “Donate Now.”

## GVMH Halloween Hustle

Runners and walkers of all ages are set to lace up their shoes for the fifth annual Halloween Hustle 5K on Saturday, Oct. 22.

Sponsored by Golden Valley Memorial Healthcare (GVMH) and hosted by the

**HALLLOWEEN  
HUSTLE 5K**  
ZOMBIE-THON ATTACKS CANCER



GVMH Foundation, the event raises money to help cancer patients struggling with side effects of the illness.

The morning includes costume contests for children, adults and teams, plus children’s games, a kids’ Monster Dash and door prizes. The run/walk is held at the Missouri Department of Conservation trails on Second Street in Clinton, with plenty of frights along the 5K route. Medals are awarded in several race categories, and the top male and top female runners are recognized.

▶ Registration forms can be found at [www.gvmh.org](http://www.gvmh.org), the GVMH Rehabilitation Center on Ohio Street, the Clinton Chamber of Commerce and the Clinton Community Center. Participants also can register at [www.active.com](http://www.active.com).

For more information, call 660-890-7108.

AN EVENING TO  
**REMEMBER**  
A benefit for the GVMH Foundation

Saturday, Nov. 19, Benson Center, Clinton

For more information, contact 660-890-7108 or [foundation@gvmh.org](mailto:foundation@gvmh.org).



## E-CIGARETTES SAY NO TO THE GLOW

**THEY OFTEN LOOK** and feel like the real thing. Only they're supposed to be safer. So what's not to like about electronic cigarettes?

E-cigarettes, as they are called, might seem like a great alternative to regular cigarettes. But experts have serious questions about these cigarette look-alikes.

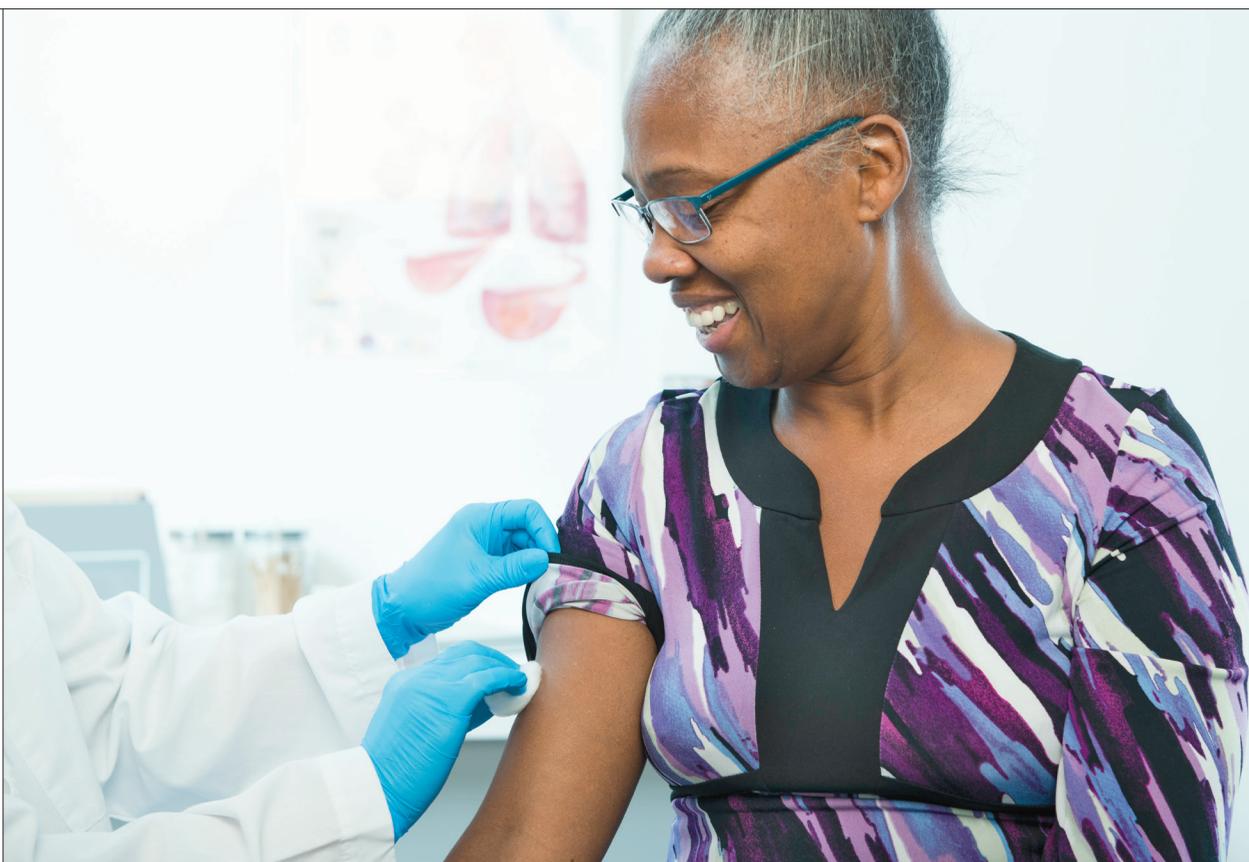
E-cigarettes run on batteries. They have a cartridge that holds nicotine, flavorings (such as chocolate) and other substances. A smoker puffs on an e-cigarette and inhales a nicotine vapor. There's even a glowing tip.

**WHAT'S BEHIND THE GLOW?** Until 2016, e-cigarettes weren't regulated by the U.S. Food and Drug Administration (FDA). And the new rules won't be fully in effect until 2019. That means that many e-cigarettes available now haven't been reviewed for safety. And that's important.

When the FDA analyzed a small sample of cartridges from two leading brands of e-cigarettes, they discovered one contained a toxic substance found in antifreeze. Several other samples contained cancer-causing substances.

**The Great American Smokeout** is on Nov. 17. We join the American Cancer Society in encouraging smokers to become tobacco-free.

**PROVEN WAYS TO KICK IT** Some people think that e-cigarettes can help smokers give up the habit. But the jury's still out on whether that's true. Meanwhile, there are FDA-approved products available to help people quit, including nicotine-replacement gums and patches.



## DO YOU REALLY NEED A FLU SHOT?

**SOME PEOPLE THINK** catching the flu is like coming down with a bad cold—nothing a little rest and a warm bowl of soup won't help fix. So when it comes to flu prevention, they might ask, "Why bother?"

But in reality, no one should ever underestimate influenza—it's no wimpy virus. In fact, just look at what could happen this winter if the flu visits you. You could:

- Miss a lot of work—and if you have kids, they could miss school.

- Potentially develop serious complications, like pneumonia, and have to go to a hospital. Sometimes this even happens to young and healthy people—not just those at high risk.
- Spread the virus to a baby, grandparent or someone with health problems—any of whom would be more likely to become very ill if they catch the flu.

Which brings us back to preventing the flu—and the smart thing to do: Get the flu vaccine, which has a safe track record and can't cause the flu.

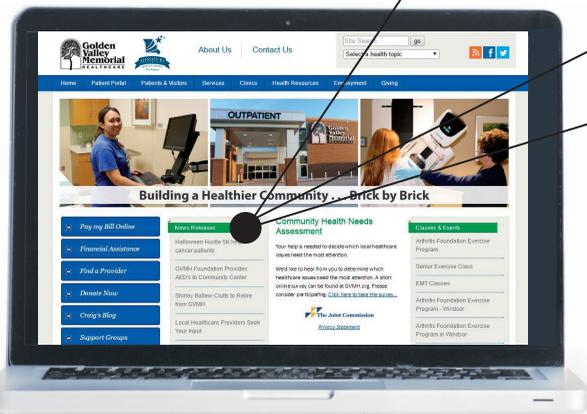
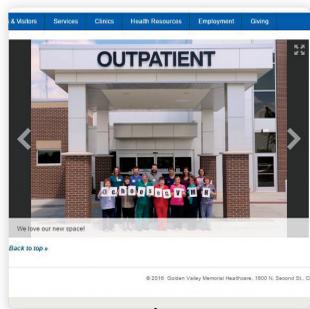
According to experts at the Centers for Disease Control and Prevention, nearly everyone older than 6 months should get the vaccine every year before flu season peaks.

Getting vaccinated takes just a moment. But it could make a world of difference for your health—and the health of those around you.

- Get up-to-date information about the flu season and the flu vaccine at [www.flu.gov](http://www.flu.gov).



The health tools at [www.gvmh.org](http://www.gvmh.org) can help you know if you're on the right track—and offer resources to keep you going strong.



Take a virtual tour of our expanded outpatient center at [www.gvmh.org/tour](http://www.gvmh.org/tour)!

You can also visit [www.gvmh.org](http://www.gvmh.org) to check out the Cost of Smoking Calculator or try our quiz about flu facts and myths. Under "Health Resources," click on "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](http://www.gvmh.org).

**Randy S. Wertz**  
CEO

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.

Models may be used in photos and illustrations.

2016 © Coffey Communications, Inc. All rights reserved.

healthscene

FALL 2016