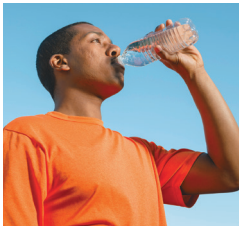


**WE'RE GROWING!**  
Soon you'll have access to even more medical services.  
**SEE PAGE 2 ►**



**WANT TO LOSE WEIGHT?** Here are eight small steps to help you win at losing.  
**SEE PAGE 4 ►**



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# healthscene

NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● SUMMER 2015

## PRIME-TIME VIEWING

Review your health records on our patient portal



It's the weekend, and your doctor's appointment is first thing Monday. But you'd like to read the results of your blood work now. ♦ They can be just a mouse click away once you register for Golden Valley Memorial Healthcare's

(GVMH) new patient portal. Called MyPortal, this free online tool gives you 24/7 access to your health records.

GVMH professionals Kory Kephart, health information receptionist, and Paula Lewis, information technology (IT) clinical systems analyst, offer the 411 on MyPortal.

### Q What is a patient portal?

▲ It's a secure website where people can view and manage their health records, 24 hours a day, 365 days a year. "Log on to your computer; enter your password; and, boom, you're in the driver's seat," Lewis says. "There's no waiting for your doctor's office to open or for someone to find your records and send you a copy or have you come in and sign for them. It's so convenient."

### Q What can I do on MyPortal?

▲ Once you register, you can:

- Look at your health information online—including providers' notes and lab reports. "Within 36 hours, you can view results for tests like lab work and x-rays," Kephart says. "Inpatients can check their current vital signs, see what medications were ordered and read discharge instructions."
- Update personal data: address, phone numbers and medications.
- Request appointments.

- Send secure messages to providers. "Your provider will respond within two business days," Kephart says. And your emails are absolutely secure. "MyPortal is encrypted, as well as username- and password-protected," she adds. So unless you share that information, only you and your providers have access to your records.
- Choose to share information with people you trust, such as your partner, your adult children or other providers.

### Q How do I register?

▲ First ask your provider for a patient code, or call Kephart at **660-890-7133**. Then visit [www.gvmh.org/myportal](http://www.gvmh.org/myportal) to:

- Create your username and password.
- Provide an email address.
- Answer two security questions.
- Provide your first and last name and date of birth.
- Enter your patient code. (You'll use that code just once to register.)

### Q What if I need help?

▲ Call **660-890-7133** between 8 a.m. and 4:30 p.m., Monday through Friday. "You can also schedule an appointment to go over MyPortal step by step with me, in person," Kephart says.

### Q How is MyPortal good for my health?

▲ "Seeing labs and test results almost immediately helps people make better choices even before their next doctor's appointment," Kephart says. "That's great for someone with a chronic condition like diabetes." And, says Lewis, the more patients communicate via MyPortal, the more providers will use it to communicate—and the faster patients will have their information.

**Use MyPortal to view your health records. It's available 24/7.  
It's secure. And it's free! Visit [www.gvmh.org/myportal](http://www.gvmh.org/myportal).**

## HEALTH BITS



### HEALTHY FAST FOOD

Frozen meals can be time-savers. The best options are ones that have 500 or fewer calories, 600 milligrams or less of sodium, and 3 grams or less of saturated fat per serving.

*American Diabetes Association*

### KEEP IT MOIST

Dry mouth is a common side effect of medications that many older men and women take. Chewing sugar-free gum can stimulate saliva production. And drinking lots of water can help keep the mouth moist.

*American Dental Association*



### LESS IS MORE

Olive oil marked extra virgin has less acid than those labeled as pure or virgin. Extra-virgin olive oil also has more aroma and a fruitier flavor. Because of that, you often can use less of it.

*Academy of Nutrition and Dietetics*

## HEALTH TALK NEWS, VIEWS &amp; TIPS



## Expanding to meet your needs

Growth can be good—think young children, bank accounts and tomatoes on the vine. Add to that list: a hospital that's growing to meet community needs.

The expansion of Golden Valley Memorial Hospital (GVMH) is moving ahead on schedule. Construction is expected to be complete in the spring of 2016, says Craig Thompson, chief operating officer at GVMH.

The 90,000-square-foot expansion will enhance our ability to care for area residents. It will house our specialty clinics, as well as infusion services and cardiac rehabilitation, complete with an indoor walking track. Additional surgical suites and more space for the imaging and emergency departments are also included in the plans.

Yet another benefit: an additional 155 parking spaces once construction wraps up.

“The expansion allows us to support the growth in outpatient services and continue to meet the needs of the community,” Thompson says.

What makes this project especially exciting, he adds, is that it will make it easier for people to access existing services and will bring new services into the fold.

## GVMH Foundation helps bring you quality, compassionate care

For more than a quarter of a century, the Golden Valley Memorial Hospital Foundation has channeled the generosity of donors into meaningful help for individuals and families.

“If walls could talk,” says Deanna Hendrich, the GVMH Foundation's director, “you would hear life-changing stories about the ways we have touched individuals' lives.”

For example, Hendrich says, an expectant mother with gestational diabetes burst into tears when she learned the foundation would help pay for the insulin she needed.

The determination of patients in cardiac rehabilitation as they press on toward recovery inspires others to keep trying, and the foundation supports that recovery by replacing equipment as it becomes worn or outdated, Hendrich says.

“People don't think twice when they hear someone was ‘LifeFlighted’ because that person needed advanced care,” she says. “What they might not realize is that the GVMH Foundation was instrumental in building the LifeFlight hangar so an air ambulance service could be offered.”

The foundation serves as a bridge between the hospital and the community,

Hendrich says. She notes that during the past 25 years, more than \$1 million has flowed through the foundation to fund projects at GVMH like LifeFlight Eagle and cardiac rehab, as well as to help diabetes and cancer patients and the hospital's tiniest patients in the Birthing Center.

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

**Many ways to create your legacy** Donors can give in a variety of ways—cash 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.

Donations to the foundation, a 501(c)3 organization, are tax-deductible, Hendrich says, and can be made any time—in person, through the mail or online.

For more information, call the foundation office at **660-890-7108**, send an email to **foundation@gvmh.org** or visit the foundation's pages at **www.gvmh.org**.

## SCORE! Safe play all the time



Playing sports can help kids of all ages get physically and mentally fit. From the soccer field to the gymnastics mat, getting active can help your child:

- Fend off health problems like obesity and diabetes.
- Build social and team skills.
- Have an all-around better sense of well-being and self-esteem.

While the benefits of sports abound, so does the risk of injuries, including serious brain injuries. Fortunately, as a parent, there are several ways you

**Is it time your child got a checkup? Call 660-885-8171.**

can keep injuries on the sidelines and your child in the game. Here's how.

**Talk with the doc.** Before your child signs up for an activity, make an appointment for him or her to have a sports physical and get the go-ahead to play from a doctor.

**Put in the prep work.** Help your child train and get in shape before the season starts.

**Size it up.** Kids of the same age can differ greatly in size and strength. To minimize the chance of injury, be sure your child is playing with kids who are of similar height and weight.

**Avoid overuse.** Noncontact sports may still carry the risk of injuries from repetitive motions

and overuse. Be sure your child has rest days and tackles training goals gradually.

**Sport the right gear.** Helmets, gloves, shin-guards, mouthguards, body pads—whatever safety equipment the sport calls for, make sure your child has it and that it fits properly.

**Exercise a few precautions.** Check with coaches to be sure that practices and games include:

- Stretching and warm-ups to start.
- A plan to handle hot weather, such as exercising earlier in the day, having less intense workouts and taking more frequent water breaks—about every 20 minutes.

Sources: American Academy of Pediatrics; National Institutes of Health

## HEALTH TALK NEWS, VIEWS &amp; TIPS



## Cool moves

### 5 tips for exercising in the heat

Whether you're out for your daily run or a power walk, be smart in the heat. As the mercury rises, so does your risk of getting painful muscle cramps or feeling light-headed when you exercise—or even becoming so overheated that your life is at risk.

And while hot weather can make anyone sick, it's particularly risky for people who work out in it. A key reason: Both exercise and high temperatures increase your core body temperature.

Despite this double threat, you don't need to skip warm-weather workouts. But the five precautions that follow are a must to protect you from a heat-triggered

illness, including heatstroke, a potentially deadly medical emergency. These safeguards are especially important when it's humid. Humidity keeps sweat from evaporating, which is how your body cools down in the heat.

Now, here are the specifics:

**1 Hydrate, hydrate, hydrate.** Don't wait to drink until you're thirsty. By the time you're actually thirsty, your body is well on the way to becoming dehydrated, which makes it hard to sweat and cool down.

How much should you drink? Generally, it's a good idea to drink 7 to 10 ounces of fluid every 15 to 20 minutes during exercise, according to the American Council on Exercise. Water is fine. But if you exercise continuously for more than an hour or two, you need a sports drink to replace lost electrolytes.

Check with your doctor about how much fluid to drink if you take water pills or you've been advised to limit fluids.

**2 Use common sense.** Work out in the cooler parts of the day, either early in the morning or early in the evening. When it's hot out, also dial back the intensity and length of your workouts. And strongly consider moving your workouts inside—to a gym, for example.

**3 Dress for the weather.** Wear loose, lightweight, light-colored clothing.

**4 Ease into the heat.** Not used to exercising in high temperatures? Then give your body time to adjust by gradually increasing how active you are over 7 to 10 days.

**5 Pay attention to your body.** Stop all activity and get to a cool place if you feel faint or weak.

**Take heat-related illnesses seriously. Call 911 or come to our emergency room if you suspect someone is sick from the heat.**

Additional sources: American College of Sports Medicine; American Heart Association; Centers for Disease Control and Prevention

## Bug basics

### How to avoid things that bite and sting

Do you feel like a target for bugs when you venture outdoors?

While you might not be able to avoid every encounter with the insect world, you can actually do a lot to steer clear of bug bites and stings. And doing so may help protect your health. Stings can be dangerous if you are allergic, and bug bites can spread diseases, such as West Nile virus and Lyme disease.

Here are some tips from the American College of Emergency Physicians and other experts.

**Offer no safe harbor.** Standing water attracts mosquitoes, and soon you have a breeding ground in your yard. Get rid of, or frequently empty, buckets, pet dishes and other potential water sources. And keep pests out of the house with window screens or netting.

**Apply for protection.** If you are



heading into insect territory—such as woody, brushy or grassy areas—repellents containing DEET, picaridin or IR3535 can help ward off stings and bites. Be careful not to use any insect repellents on babies, however. Repellents used on older kids should contain no more than 30 percent DEET.

**Be unattractive—to bugs, that is.** Insects can be attracted to fragrances.

So don't use heavily scented products, and forgo perfume.

**Cover up.** Wear long sleeves and long pants.

**Get help.** Seek medical treatment right away if you are bitten or stung and experience symptoms such as wheezing, hives, nausea, vomiting, dizziness, trouble breathing, chest tightness, and itching or swelling of any part of the face.

# SUN SAFETY

*Tips to beat the burn*



## SEEK SHADE

Don't stay out in direct sunlight for too long. Take extra care near water, sand and snow. All of these surfaces reflect and intensify the sun's damaging rays, increasing your chances of sunburn.



## COVER UP

Cover as much of your skin as possible. Dark colors and tightly woven fabrics offer the most protection. A hat with a 2- to 3-inch brim all around is a good choice, as is a cap with fabric down the sides and back. Don't forget to protect your eyes. Melanoma can develop in the eyes, so choose glasses that block 99 to 100% of UV rays.



## USE SUNSCREEN

Choose a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more. Apply it generously to all exposed skin before you go outside. Reapply at least every two hours and after swimming or sweating. Protect your lips by wearing lip balm that contains sunscreen.

Sources: American Academy of Dermatology; American Cancer Society



# SLOW & STEADY

8 ways to tip the weight-loss scale in your favor



**WHEN IT COMES** to shedding a few pounds, you don't have to be the biggest loser in order to be a winner. That's because reducing just a bit—as little as 5 to 10 percent of your total body weight—can lead to improvements in several important areas, including blood cholesterol, blood pressure and blood sugar.

And while losing weight can seem like a daunting task, there's more good news: Even small changes to your diet and lifestyle can help trim your tummy. Here are some simple tweaks you can try right away.

Let our registered dietitians help create a meal plan that works for you. Give us a call at 660-890-7095.

- 1 Keep a food diary. Once you're aware of exactly what you're eating and when, it may be easier to avoid the mindless munching that can sabotage weight-loss plans.
- 2 Downsize your dinnerware. Smaller plates and slender glasses can help you reduce serving sizes—yet your brain won't perceive them as skimpy.

3 Extend the dinner hour. It takes your brain at least 15 minutes to get the message that you've been fed. If you're reaching the mealtime finish line in less than 20 to 30 minutes, it's more likely that you're overeating.

4 Savor each bite. But leave the last few on your plate. This will help you focus on receiving your body's signal that you're full.

5 Outsmart your sweet tooth. Temporary cravings for things such as sugary foods usually pass within 10 to 20 minutes. When a craving hits, distract yourself: Call a friend, write a letter or work on a hobby.

6 Allow yourself the occasional treat. Just buy it in a single-serving size.

7 Make yours H<sub>2</sub>O. Each day, swap one sugary drink—maybe your morning latte or your afternoon soda—for a glass of water.

8 Get enough sleep. Without seven to eight hours every single night, you may be more likely to gain weight.

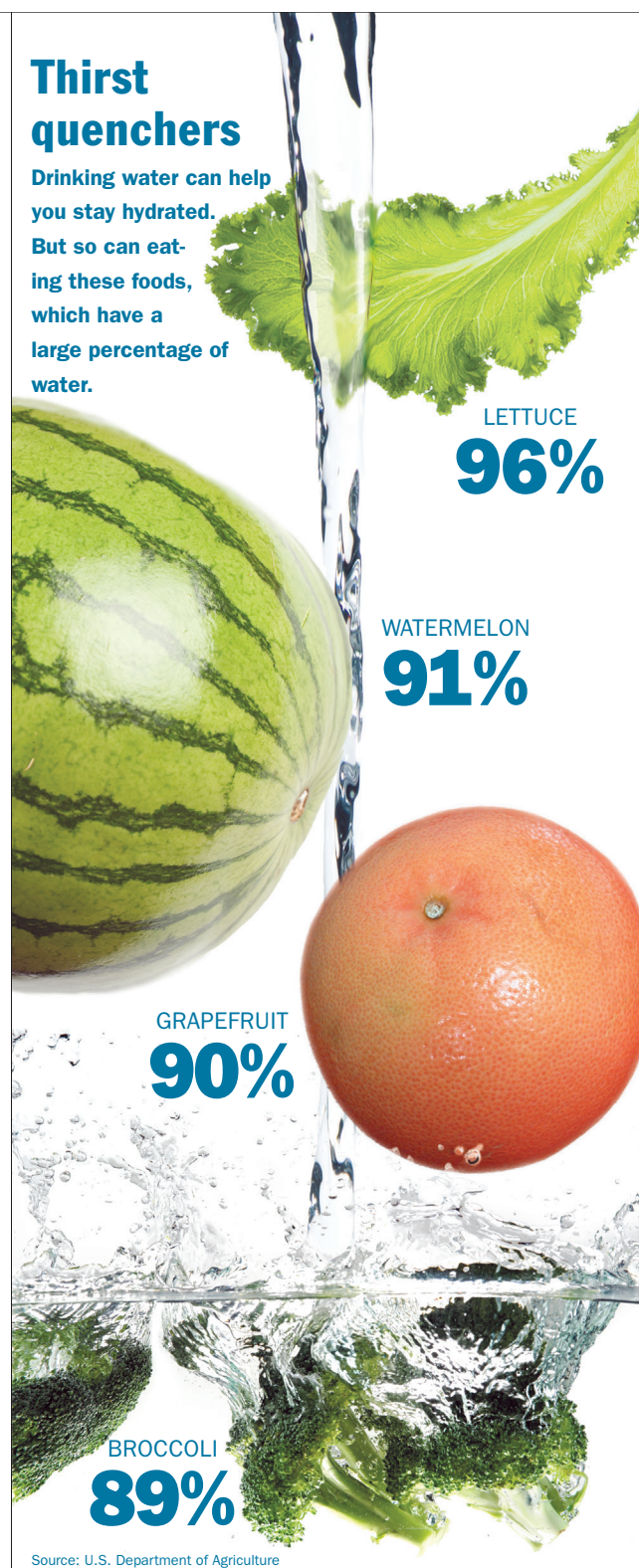
At the end of the day, losing weight slowly and steadily is the most reliable way to keep the pounds off—for a healthier you.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention

## Thirst quenchers

Drinking water can help you stay hydrated.

But so can eating these foods, which have a large percentage of water.



Source: U.S. Department of Agriculture

## Check your health

The health tools at [www.gvmh.org](http://www.gvmh.org) can help you know if you're on the right track—or headed in an unhealthy direction.



How much do you know about staying healthy when you travel? Could you get skin cancer? Find out about these questions and more at [www.gvmh.org](http://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](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.

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