

YOUR PRIMARY PROVIDER. Know the leader of your healthcare team. **SEE PAGE 2 ►**



GET READY TO WALK! Support your neighbors with diabetes. **SEE PAGE 3 ►**



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



healthscene

NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● WINTER 2015



QUALITY CARE, CLOSE TO HOME

GVMH opens new clinic in Osceola

In many small towns, quality healthcare is a rare, vanishing concept. Not so in Osceola, thanks to Golden Valley Memorial Healthcare (GVMH).

GVMH opened a primary care office in October, right on Osceola's downtown square. The location makes healthcare much more convenient for area residents, some of whom used to drive 30 minutes or more to see a doctor.

"It has been very important to us to increase access to healthcare in St. Clair County and Osceola specifically," says Kyle D. Adkins, GVMH's administrator of physician clinics.

ONE-STOP HEALTHCARE At the clinic, a wide range of healthcare services are available for people of all ages. These include wellness visits, vaccinations, diagnoses and treatments for a variety of health conditions, and referrals to specialized care if needed.

The clinic offers a comfortable waiting room for patients,

four exam rooms, two offices for healthcare providers, and a laboratory where certain tests are done on-site.

Both walk-in patients and those with appointments are welcome.

READY TO SEE YOU Three primary care providers see patients at the clinic. Two are on duty each day.

William "Bill" Dailey, MD, is a board-certified family practice physician. Candi Baker, FNP-BC, and Emily Baker, FNP-BC, are both board-certified family nurse practitioners.

Dr. Dailey is at the clinic on Tuesdays and Wednesdays, and a nurse practitioner is available five days a week.

LOOKING AHEAD While GVMH expects to serve patients in Osceola for years to come, the clinic's current home is only temporary, Adkins says.

"Our hope is to identify land for a permanent location and begin building within a year," he says.

Among other things, the facility will house physical, occupational and speech therapy centers; cardiac and other rehabilitation services; and a broad range of imaging services.

"We are committing long-term to Osceola," Adkins says. "We're going to increase the services available and do what we can to help the citizens there reduce the need to travel to receive quality care."

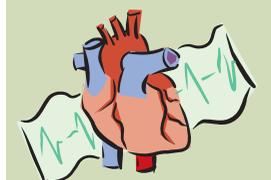
The clinic, located at 286 Chestnut St. in Osceola, is open 8 a.m. to 5 p.m. Monday through Friday. For an appointment, call 417-646-2231.

HEALTH BITS



POWER BOWL To curb cravings this time of year, make a hearty, nutritious vegetable soup and eat it before meals and parties. It fills you up, but it's low in fat and calories.

American Institute for Cancer Research



RHYTHM CONCERNS

If your heart flutters, does flip-flops or beats rapidly—even if it happens only occasionally and then returns to normal—tell your doctor. It could be a condition called atrial fibrillation, which raises the risk of stroke.

American Heart Association

DETAILS, PLEASE

When describing symptoms to your doctor, be specific. Mention what they are, when they started, how often they happen, what makes them worse or better, and how long they last.

National Institutes of Health

WELCOME, DR. CHUNG!

Meet the new internist at GVMH

HONG KONG, TORONTO, Montreal, St. Louis: Each was once home to Jacqueline Chung, MD, the newest internal medicine specialist at Golden Valley Memorial Healthcare (GVMH). But big cities don't speak to her physician's heart—smaller places, like Clinton, do.

"It started during medical training at the Saba University School of Medicine," Dr. Chung says. "On that tiny Caribbean island, everyone knew each other and worked together to make things better."



Jacqueline Chung, MD

Dr. Chung loved being part of a close-knit team approach, and it helped her realize she wanted her home practice to be in a smaller community. Clinton is a perfect fit.

Now, as part of the GVMH team, Dr. Chung wants to make a difference to the community as a whole, as well as to individual patients. Her plans include hosting health fairs and making presentations to

high school students.

"I'm passionate about patient education," she says. "It can really help people manage their health."

PREVENTION FIRST As an internist, a doctor who treats adults throughout their lifetimes (starting at age 20), Dr. Chung is committed to preventive medicine—and to partnering with patients to help them manage health conditions naturally, without medicines, when possible.

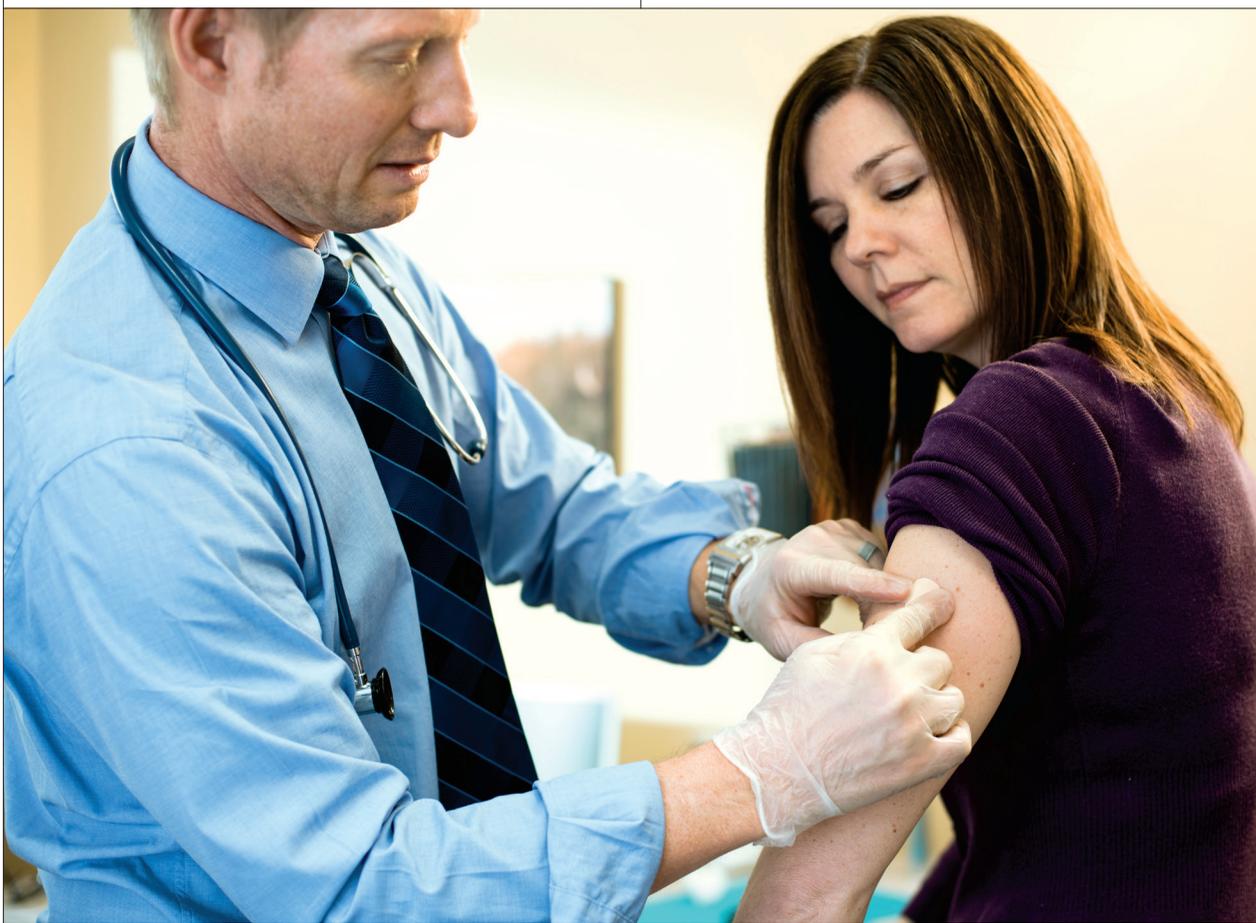
"During my training, I fell in love with talking to patients," she says. "I enjoy that bond and, of course, understanding and treating intricate diseases."

Along with caring for her patients, Dr. Chung loves mountain biking with her husband, Stephen Wyatt, and trail running. She also enjoys a good mystery novel—and Chinese soap operas.

"I grew up speaking English but also Cantonese, because my grandparents spoke only Cantonese," Dr. Chung says. "Watching Chinese soap operas helps me keep my language skills!"



Would you like Dr. Chung to be your doctor? She is accepting new patients. To make an appointment, call 660-890-8021.



PRIMARY CARE PROVIDERS

A GOOD HEALTH MUST-HAVE

ONE OF THE best things you can do for your health is to have an ongoing relationship with a primary care doctor, experts say.

In fact, people who see a primary care doctor regularly have better health outcomes, lower death rates and lower total costs for healthcare than people who don't routinely see a doctor, according to the American Academy of Family Physicians.

A primary care doctor is the lead person on your

healthcare team. He or she helps you prevent disease and maintain good health.

Your primary care doctor is able to diagnose and treat a wide variety of illnesses. When more specialized care is needed, he or she works with other types of doctors.

There are a number of different types of healthcare providers who fall into the primary care category. For example:

Family physicians. These doctors diagnose and treat

Keep in touch with your doctor

Risks for a number of health problems increase as people age. These include arthritis, cataracts and certain cancers. Sometimes, a combination of genetics and environmental factors—including your lifestyle—puts you at risk as well.

By working with your doctor, you can better understand your specific risks. Just as important, you can learn how to head off those things that pose some of the greatest risks. For example, your doctor might recommend that you stop smoking, improve your diet, get moving and have recommended screening tests. In some cases, you might need medication.

If you already have a health problem, it's important to work closely with your doctor. Doing so can help you manage your condition. And that can help you live as healthfully as possible.

Sources: AGS Foundation for Health in Aging; National Institutes of Health

problems that occur anywhere in the body and deal with all kinds of diseases. They treat people of all ages.

Internists. Like family physicians, they also treat a wide variety of medical problems. The difference is that internists focus entirely on adults.

Pediatricians. These doctors are experts in children's health. They work on preventing and managing health problems among newborns, infants, children and teens.

In addition to those mentioned, other medical professionals can also serve as primary care providers. These may include nurse practitioners, physician assistants and some other healthcare providers. Often they work in conjunction with a primary care physician.

 You can find a list of providers on our website by going to www.gvmh.org.

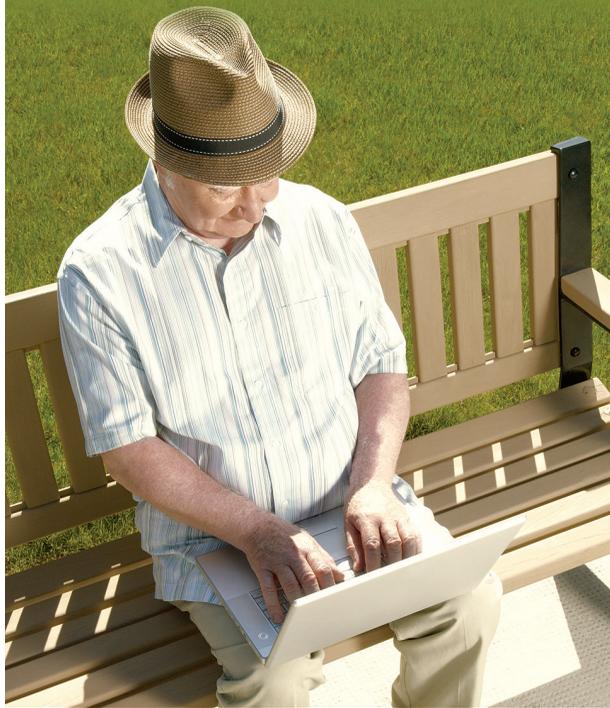


FOUNDATION

The Giving Center

www.gvmh.org/giving

Join the Foundation in ensuring all in our community get the healthcare they need.



► fast ► easy ► convenient

Learn more about donating at
www.gvmh.org/giving.



JOIN US SATURDAY, MARCH 28

GVMH DIABETES WALK

STRETCH YOUR TOES, grab your sneakers and mark your calendars for the annual Golden Valley Memorial Healthcare (GVMH) Diabetes Walk.

The 2015 walk will take place at 9 a.m. Saturday, March 28, at Clinton High School. All proceeds from the walk will help local diabetes patients who are coping with the disease.

“The number of people who are diagnosed with diabetes continues to grow, and their expenses are not always covered by insurance or other means,” says Deanna Hendrich, GVMH Foundation director. “The money we raise gives those patients 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 \$100,000 during the past 10 years, Hendrich says.

“We could not do this without community support,” she says. “Each dollar can and does make a difference.”

Anyone interested in a team packet or sponsorship information should call the GVMH Foundation office,

660-890-7108, or email dhendrich@gvmh.org. Gifts made to the foundation, a nonprofit organization, are tax-deductible.

GVMH FOUNDATION

PAY IT FORWARD: GIVING COMES FULL CIRCLE

FOR MORE THAN 40 years, Golden Valley Memorial Hospital (GVMH) has cared for patients of all ages who have turned to the hospital and its physicians for consistently outstanding care. Because GVMH is a not-for-profit hospital, the GVMH Foundation was established in 1989 so caring donors—whether patients, medical staff, employees, volunteers or friends—could help sustain high-quality care and provide the latest medical technology.

Each year the GVMH Foundation hosts activities to increase awareness of GVMH programs and services; raise funds; and recognize the people who share their money, time and resources. The foundation completes the circle by not only giving back to patients but also to the community, through a matching grant program for schools, and to GVMH staff, with an awards program for continuing education.

Annual events include the Diabetes Walk, which has raised more than \$100,000 since it began 10 years ago; the Halloween Hustle 5K, which benefits local cancer patients; and the Evening to Remember, the fall gala that has allowed GVMH to purchase equipment and provide

improved care for patients and their families.

The foundation supports the community. Grants have helped many area schools purchase automated external defibrillators (AEDs) plus other needed equipment, and GVMH employees can take advantage of a spring and fall awards program to pursue training, certification or educational opportunities.

Because of the continued generosity of donors, gifts to the foundation have exceeded \$1 million since its inception 25 years ago. We celebrate each dollar because we see the difference it makes in the lives of patients, whether that dollar pays for a piece of equipment to improve a patient's diagnosis or healing or it provides much-needed medication and supplies that a patient cannot afford.

We also understand the reasons that the amount individuals, organizations and businesses give are as varied as they are. Gifts can be given in gratitude for compassionate care, in remembrance of a loved one or as a commitment to community. Regardless, we welcome each gift and pledge to use it wisely and in the way the donor intends. The need is great, and we are grateful.

Gifts and investment revenue help the foundation



provide steady support to GVMH and the healthcare community. Foundation grants provide medical and surgical equipment to enhance care; support community wellness, prevention and outreach services; and supply educational materials, counseling and classes.

The community needs GVMH, and the GVMH Foundation needs you. To find out how you can help, call 660-890-7108 or email foundation@gvmh.org.



A KITCHEN REDO CAN BENEFIT YOUR HEART

YOU'D LOVE TO do more to protect your family from heart disease. But where do you start?

How about the kitchen?

After all, eating right is one of the best ways to help your heart stay healthy.

Consider these tips for choosing and preparing foods:

- Stock the fridge with low-fat or nonfat milk and other dairy products.
- Keep a fruit basket or bowl with apples, oranges, bananas and other tasty fruits.
- Load the veggie drawer with crunchy carrots, broccoli and red peppers along with spinach, lettuce and other healthful items from the produce aisle.
- Fill the bread box with whole-grain breads

and rolls. Use whole-grain pasta when cooking.

- Go fish. Omega-3 fatty acids found in oily fish, such as salmon and tuna, help protect against heart disease. The American Heart Association (AHA) recommends eating at least two servings weekly.

- Lean toward beans. They can be used in many recipes instead of meat and are a more healthful source of protein.

- When using beef, choose lean cuts. Round steak, sirloin and flank steak are good choices, according to the AHA. Choose lean, white meat when buying poultry.

- Do an oil change. Replace butter and oils containing saturated fat with canola and olive oils. Use nonstick vegetable oil spray for cooking.



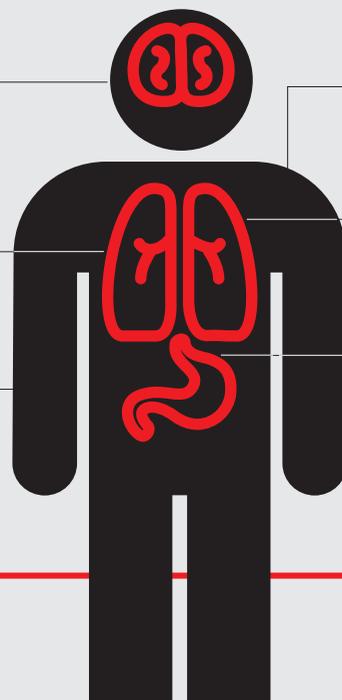
ANATOMY OF HEART ATTACK SYMPTOMS



Head: Light-headedness or sudden dizziness

Chest: Pain, pressure, fullness or squeezing in the middle of the chest that lasts more than a few minutes or comes and goes

Skin: Cold sweat



Arm(s), back, jaw, neck, shoulder(s): Pain or discomfort

Lungs: Shortness of breath, with or without chest discomfort

Stomach: Nausea or discomfort



MAKE THE CALL NOW

Don't wait more than five minutes to call 911 if you think you are or someone else is having a heart attack. Fast action can save lives.

Coffey infographic with information from the American Heart Association

Check your health

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 how long your leftovers can last? Are you at risk for diabetes? Find out these things 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.

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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