

LOVE YOUR HEART
4 ways to keep it
beating strong for
Valentine's Day.
SEE PAGE 3 ►



DIABETES WALK
Join us to raise
awareness of this
common disease.
SEE PAGE 4 ►



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NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● WINTER 2017

HIGH-TECH, HIGH-QUALITY CARE

OTHER HIGH-TECH TOOLS AVAILABLE AT GVMH

- CT scanner
- MRI machine
- Electronic health records
- Digital operating suites

From stethoscopes to CT scans and anesthesia to electronic health records, advances in medical technology have helped improve the lives of patients everywhere—including those in our community. At Golden Valley Memorial Healthcare (GVMH), we're committed to offering big-city care close to home through the use of technology. Here is an up-close look at three of our most recent technological advances.

Meet our tech guru

Before he became a doctor, Bill R. Dailey, MD, MS, MSMI, worked on a nuclear submarine and earned a chemical engineering degree. "I'm



insatiably curious," he says.

Here are some other interesting facts about this tech-savvy Chief of Medical Information at GVMH:

- He is a board-certified clinical informaticist and family physician. He sees patients four days a week.
- He programs computers and uses digital-quality data to help doctors and nurses provide better patient care.
- He is exploring the use of virtual reality technology to help patients feel more comfortable during certain procedures.

Telehealth robots

Two telemedicine robots now allow patients at GVMH to be seen by stroke experts and other medical specialists from miles away via two-way video exams.

The InTouch Health units can be wheeled to a patient's bedside. The sophisticated set-up includes a camera, a microphone and even a stethoscope. During an exam, remote doctors log on to a computer, tablet or other device, and see and speak with patients.

"It's a lot less impersonal than you might think," Dr. Dailey says. "It's just like the doctor is standing right in front of them."

"Because the technology's so good, you can zoom in and see nothing but the patient's pupils if necessary," says Dr. Bill Dailey, Chief of Medical Information at GVMH.

■ **How it helps:** In the emergency department, the technology is used to ensure timely treatments for

stroke. GVMH partners with leading stroke experts from Research Medical Center in Kansas City. Using the robot, these distant neurologists examine patients at GVMH and quickly determine if they're eligible for clot-busting treatments that can help prevent permanent paralysis.

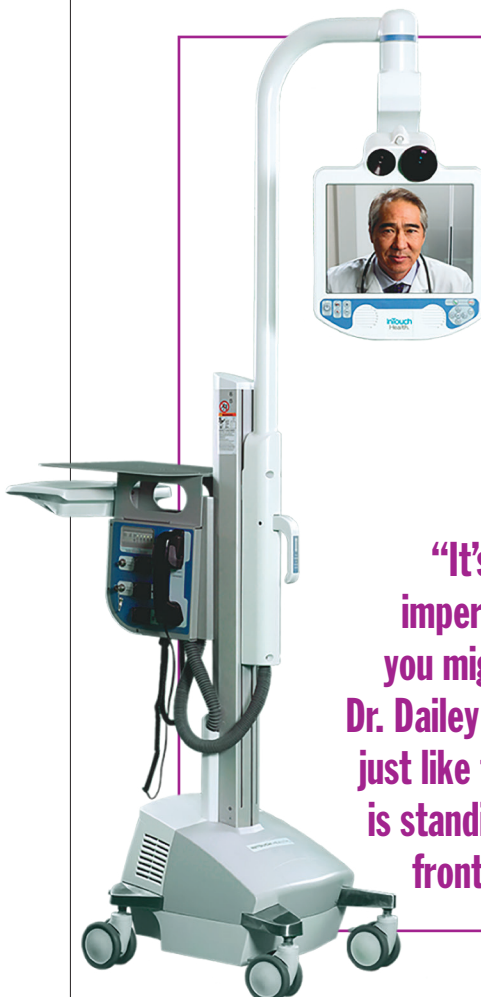
In other instances, the technology has been used to provide remote psychiatric consultations or evaluations of hospitalized patients who have a change in condition during the night.

In this way, telemedicine allows rural hospitals like GVMH to provide great patient care that would otherwise be financially difficult to sustain, Dr. Dailey says.

What do patients think of the virtual visits? "It's a lot less impersonal than you might think," Dr. Dailey says. "It's just like the doctor is standing right in front of them."

■ **Available:** 24 hours a day

■ **Purchased:** Both robots arrived at different times within the past two years.



—Continued on page 2

HIGH-TECH, HIGH-QUALITY CARE

—Continued from front page

3-D digital mammography (breast tomosynthesis)

Getting a 3-D mammogram is a lot like getting a regular 2-D mammogram. But with the 3-D version, the x-ray tube moves across the breast, taking images from different angles that are reassembled as three-dimensional slices—similar to a CT scan.

“Think of a book,” explains Tami Hull, Director of Imaging Services at GVMH. “You see the front cover. But as you flip through it, you see all the individual pages separately. In a similar way, we get multiple images on a 3-D mammogram that allow us to see different layers of breast tissue.”

■ **How it helps:** 3-D mammography may help radiologists better detect breast cancer. And because of the multiple views of breast tissue, it may also reduce the number of false positives—suspicious findings that trigger additional tests, which ultimately determine everything is OK.

■ **Available:** Monday through Friday, 7 a.m. to 5:30 p.m.
 ■ **Purchased:** Fall 2015

“We get multiple images on a 3-D mammogram that allow us to see different layers of breast tissue.”

—Tami Hull,
 Director of Imaging Services at GVMH



“Our new equipment produces better pictures, takes less time and is much more accurate than our old equipment.”

—Tami Hull,
 Director of Imaging Services at GVMH

Nuclear medicine heart scan

The new D-SPECT equipment at GVMH provides a revealing look at how the heart functions. For this test, a safe radioactive tracer is injected into the bloodstream. The tracer travels to the heart and releases energy. Cameras detect the released energy and use it to create pictures of the heart.

■ **How it helps:** This test can reveal things like damaged heart muscle from a previous heart attack or blood-flow problems that may cause heart angina (chest pain). The results can help doctors determine treatment.

“Our new equipment produces better pictures, takes less time and is much more accurate than our old equipment,” says Tami Hull, Director of Imaging Services at GVMH. “It’s known as the best in the market at producing these images.”

■ **Available:** Monday through Friday, 7 a.m. to 4:30 p.m.
 ■ **Purchased:** Spring 2016

X-RAYS

STILL EFFECTIVE—AND STILL SAFE

WHEN YOU NEED an imaging test, your doctor has a number of technologies to turn to. And, although it’s been around the longest, doctors still rely on the x-ray.

Medical x-rays are a fast, potentially lifesaving tool for detecting injuries and illnesses. They can reveal broken bones, tumors, heart disease, kidney stones, pneumonia and many other conditions.

Other imaging methods have evolved from the x-ray. CT scans and mammography, for example, both use x-ray technology.

SAFETY CONCERNS To create images, x-rays produce radiation. While special care is taken to use the lowest amount possible, the body does absorb some radiation.

However, the benefits of an accurate diagnosis generally outweigh any risk from radiation, according to the U.S. Food and Drug Administration.

Women should inform their doctor if they are or could be pregnant. If an x-ray is still necessary, an x-ray technologist can use special precautions or take fewer x-rays than are normally required.

Always feel free to discuss your concerns about radiation from x-rays, or any other source, with your doctor.

Additional source: Radiological Society of North America



FEATURE

HAVE A HEART-HEALTHY Valentine's Day



Give your heart some TLC—and your attention. Subtle changes in your health can signal problems with your heart. Learn what to look out for at gvmh.org/heartfailure.

ON FEB. 14, hearts are the star of the show. Of course, they don't look anything like the real deal: the hardworking muscle that sets the beat for life every day, all year long.

To show your love for all the beating hearts you hold dear, why not plan a heart-healthy Valentine's Day? These four ideas can get you started:

1 Roses are red—and so are strawberries. Dip them in dark chocolate for a delicious treat that provides flavonoids from the chocolate and fiber, phytochemicals and potassium from the fruit—all of which promote heart health. And for a meal that's true to the day's festive hue, include dishes that feature red produce such as apples, beets, cherries, grapes, peppers and pomegranate seeds.

2 Exercise is one key to a healthy heart. So plan an active date with your heartthrob. Skate hand-in-hand around the local roller-skating rink. Try something new together, like learning new movements at a yoga class. Chop and stack wood for the evening's romantic fire. Dance the night away. And make a pact to exercise together regularly.

3 Valentine's Day gifts can be both from the heart and for the heart, especially if they help reduce stress. Although stress hasn't been directly linked to heart disease, it can cause heart-related health issues—like higher blood pressure and damaged arteries.

Good gifts for reducing stress include:

- A gym membership
 - A gift certificate for a massage
 - Some scented soap to use in a soothing bath
- 4 Kids are sweethearts, too.** To set a healthy example for your little valentines, take them on an active family outing every Feb. 14.

For classroom parties, help kids choose healthy tokens of affection, like whole-wheat pretzels (the heart-shaped ones, of course!) or mini boxes of raisins decorated with seasonal stickers.

Valentine's Day comes just once a year. But it's a great reminder to strive for a lifetime of healthy hearts.

Sources: American Heart Association; American Institute for Cancer Research; Produce for Better Health Foundation

Always make the call first

What's the first thing to do if you think you're having a heart attack? If you said, "Take an aspirin," guess again.

According to the American Heart Association, you should:

■ **Always call 911 before doing anything else. Don't make the mistake of thinking that your chest pain may go away if you just take an aspirin. Waiting to call 911 could be deadly.**

■ **The 911 operator may recommend that you take an aspirin as long as you don't have an aspirin allergy or a health condition that makes taking the drug too risky.**



Read more about aspirin and your heart at gvmh.org/aspirin.

Additional source: U.S. Department of Health and Human Services



LOL FOR HEART HEALTH

Laughing can increase your good cholesterol, decrease stress hormones and reduce artery inflammation, all of which are good for your heart. And the effects of a hearty belly laugh last 24 hours.

American Heart Association

BEYOND the CHEST Symptoms of a heart attack

Chest pain or discomfort is the most common symptom of a heart attack. But symptoms can be felt in many areas of the upper body:

HEAD
What you may feel: light-headedness



NECK
What you may feel: pain or discomfort



LUNGS
What you may feel: shortness of breath



BACK
What you may feel: pain or discomfort



ARMS
What you may feel: pain or discomfort in one or both arms



JAW
What you may feel: pain or discomfort



SHOULDERS
What you may feel: pain or discomfort



CHEST
What you may feel: mild or severe pain or discomfort in the center or left side of the chest



STOMACH
What you may feel: pain or discomfort; nausea

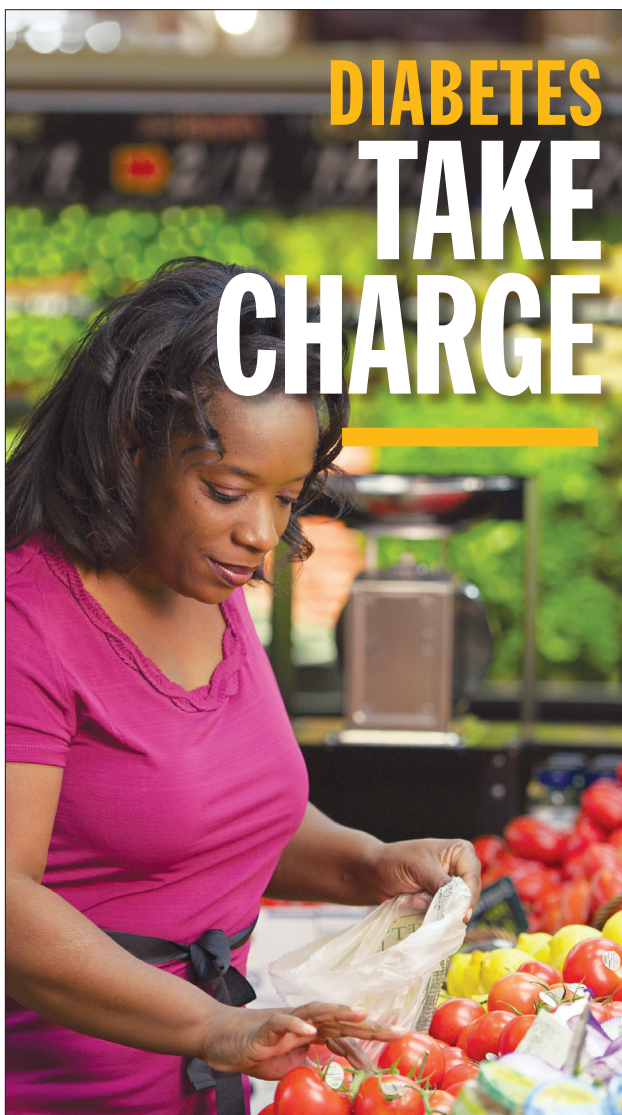


Source: National Heart, Lung, and Blood Institute

? Did you know that women may have different symptoms?
• Test your heart attack IQ at gvmh.org/heartattack-women.



WELLNESS



Rein in your risk of heart disease and stroke

If you have diabetes, you're probably well aware of some of the health risks that come with the disease, like eye and nerve problems. But there is another serious problem that many people with diabetes don't know about: the increased risk for cardiovascular disease (CVD).

CVD occurs when blood vessels to the heart or brain become clogged with fatty deposits. If these deposits break apart, they can form a blood clot. The clot can restrict blood flow to the brain or heart, causing a heart attack or stroke.

People with diabetes are more prone to having a heart attack or stroke because they tend to have risk factors that can cause CVD, including:

- High blood pressure.
- Unhealthy cholesterol levels.
- Obesity.
- An inactive lifestyle.

Smoking or having unstable blood sugar levels adds to the risk.

IN THE KNOW AND IN CONTROL You can avoid—or at least delay—CVD by grabbing the reins and controlling any risk factors you have.

Here are six tips for taking charge:

- 1 Know your numbers.** Review your A1C, blood pressure and cholesterol levels with your doctor. Set target goals, and form a plan to meet them.
- 2 Eat healthy foods.** Fill your plate with fruits, vegetables and whole grains. Choose heart-healthy fats, such as fish and nuts. And limit saturated and trans fats, such as fatty meats and pastries.
- 3 Get active!** Swim, cycle or walk at least 30 minutes on five days of the week. You can start with three 10-minute increments per day. Make sure your doctor is OK with your fitness plans.
- 4 Lose weight, if recommended.** Eating a nutritious diet and exercising can be a big help here.
- 5 If you smoke, try to quit.** Even if you've tried before without success, give quitting another chance. It often takes several attempts to finally ditch the habit for good.
- 6 Take any medicines your doctor prescribes.** Medicines may give your numbers a healthy nudge in the right direction.

Sources: American Diabetes Association; American Heart Association; National Institutes of Health

What's on your plate? Check out these 10 diabetes superfoods that are good for your heart. Go to gvmh.org/diabetes-superfoods.

Join the movement

The annual GVMH Diabetes Walk is set for March 18

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 2017 event will take place at 9 a.m. Saturday, March 18, at Clinton High School. All proceeds from the walk will help local diabetes patients who are coping with the disease.



"Each year, more individuals learn they have diabetes, which is a life-changing illness," says Deanna Hendrich, GVMH Director of Development and Communications. "The money we raise gives patients who need help the funds for prescriptions, supplies and education to better manage the disease."

Local businesses, groups and individuals either form teams or help sponsor the walk, which has raised nearly

\$15,000 since it began, Hendrich says.

"The community partners with us to make a difference," she says. "Every dollar counts when someone is in need."

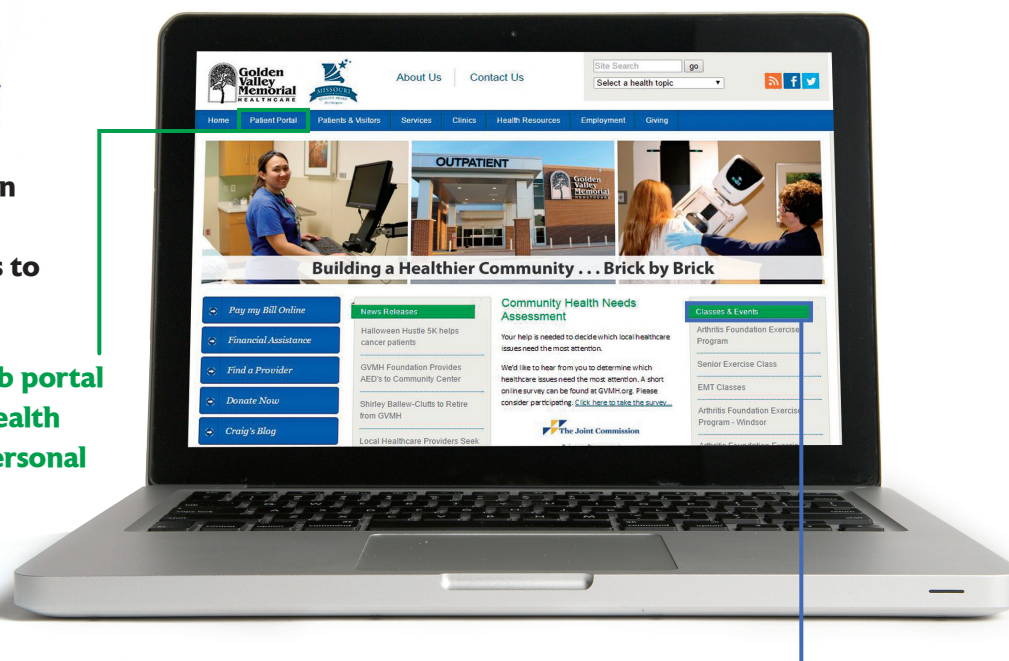
Anyone interested in a team packet or sponsorship information should call the GVMH Foundation office, 660-890-7108, or email foundation@gvmh.org. Gifts made to the Foundation, a nonprofit organization, are tax-deductible.



The health tools at gvmh.org can help you know if you're on the right track—and offer resources to keep you going strong.

MyPortal is a secure, private web portal that allows you to access your health information online. Find your personal information, your visit history and your scheduled appointments all in one place.

Use our website to stay up-to-date on classes and events.



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 gvmh.org.

Randy S. Wertz
CEO

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