

SMALL VICTORIES!
Pediatric rehab helps our smallest patients overcome big challenges.
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FALL FAVORITE. Try our apple-cranberry crisp to bring warm smiles to a cold evening.
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NEWS FROM GOLDEN VALLEY MEMORIAL HEALTHCARE ● FALL 2015



QUITTING FOR TWO

Stop-smoking program aims to help moms-to-be and their babies

Why is prenatal care so important?

Expert prenatal care is one of the best ways for a mom-to-be and her baby to have a healthy pregnancy. It should start as soon as a woman thinks she is pregnant.

Research shows that women who have early and regular prenatal care are less likely to have babies born too early.

That's important because premature babies can face a lifetime of complications from their birth, including problems with eyes, ears, breathing, neurological development, learning and behavior.

Prenatal visits can help a doctor find—and treat—harmful health conditions that can affect a woman and her baby, such as high blood pressure or diabetes.

A doctor can also advise the mom-to-be on ways to stay healthy, such as by exercising; eating well; taking vitamins; and not using tobacco, alcohol or illegal drugs.

During the first prenatal visit, a woman can expect her doctor to:

- Take a complete medical history.
- Do a physical exam, including a pelvic exam and a Pap test.
- Calculate her due date.
- Check her blood pressure, height and weight.
- Take her blood and urine for lab work.
- Answer any of her questions.

Expectant mothers typically see their doctors once a month during the first six months and more often as their due date grows near.

If you're pregnant and you smoke, Golden Valley Memorial Hospital (GVMH) can help deliver a special gift to your little one: a smoke-free you. ♦ "Quitting smoking is the No. 1 most important thing you can do to improve the health of your baby and, in the long run, your own health," says Rhonda Gaspy, director of the Birthing Center at GVMH.

MANY NEED HELP A lot of women who smoke try to quit when they learn they're pregnant. "They're aware they shouldn't smoke," Gaspy says. "But it's a hard habit to break."

That's why since April, GVMH has offered a free national stop-smoking program for pregnant women. It's called Baby & Me – Tobacco Free.

Gaspy learned about the program last year. She thought it could help many pregnant women in Henry County. Research showed that from 2008 through 2012, 44 percent of moms-to-be in the county who received Medicaid smoked.

That statistic prompted Anthem Blue Cross Blue Shield to award GVMH a grant to help bring the Baby & Me – Tobacco Free program to the hospital.

"It's wonderful we got the grant, but not so wonderful why we got it," Gaspy says, referring to the high rate of expecting mothers who light up.

DOLLARS FOR DIAPERS Women who enroll in the stop-smoking program at GVMH see a specially trained nurse or respiratory therapist for four counseling sessions before they give birth.

At each session, the mom-to-be receives tips on quitting smoking. She also blows into a carbon monoxide monitor. The results indicate whether she's still smoking and if she is, how much she's smoking.

Monthly monitoring for smoking continues for a year after the woman delivers.

If she stays smoke-free during that time, she gets a \$25 voucher each month for diapers.

"This program offers a financial incentive to quit smoking," Gaspy says. "But obviously there are plenty of health incentives too—for the moms, their newborns and anyone else in their home."

To sign up for Baby & Me – Tobacco Free, call Rhonda Gaspy at 660-890-7360 or Amy Lutjen at 660-890-8411.



Those services include:

- Physical therapy, which helps with gait, balance and strength problems.
- Speech-language therapy, which helps with communication problems.
- Occupational therapy, which helps with a variety of skill- and behavior-related problems.

Rehab sessions often involve kid-friendly items like scooters, bouncy balls, trampolines and games. “You have to find ways to make therapy fun,” Curnutte says.

While most children in rehab have a developmental delay or a neurological disorder, any child can receive therapy with a doctor’s referral.

For instance, “Some kids just need help with an orthopedic issue, such as a broken bone, a sprained ankle or a tight muscle,” Curnutte says.

Do you think your child might benefit from pediatric rehab? Call 660-890-7190 for more information.

MANY LOCATIONS Pediatric rehab services are offered at outpatient clinics in Windsor, Clinton and Warsaw. The clinics are open Monday through Friday, and therapists often have flexible hours to accommodate a busy family’s schedule.

In addition to the clinics, GVMH provides physical and occupational therapy in schools. That might mean helping a student gain enough strength to write legibly, sit in a chair or raise a hand in class.

MANY REWARDS Curnutte finds working in the pediatric rehab program particularly gratifying, especially when it’s time to celebrate milestones both big and small.

“Most of the time you see tremendous progress with kids,” she says. “It’s exciting to see the changes.”

REHAB FOR LITTLE ONES

Therapy services help children overcome challenges

MOST PARENTS WANT their kids to be happy and healthy, do well in school, and have fun.

But sometimes those things are a challenge for children who are delayed in their development or have a neurological disorder, such as cerebral palsy, muscular dystrophy or autism.

The pediatric rehab program at Golden Valley Memorial Hospital (GVMH) is designed to help kids overcome

struggles with life skills such as talking, walking, dressing, eating and reading.

“The goal of pediatric rehab is to help these kids become as independent as possible, as safely as possible,” says Miranda Curnutte, a physical therapy assistant in pediatric rehab.

MANY SERVICES Children of all ages—from babies to teens—can benefit from the rehab services at GVMH.

YOUNG ATHLETES: CHEER THEM ON TO SAFETY

EVERY KID’S A WINNER when it comes to playing sports. Game time can boost a youngster’s social skills and provide plenty of healthful exercise that’s also a lot of fun.

But every sport poses at least some risks. As a parent, you can work together with coaches and your young athlete to help reduce these risks.

WHAT GOES WRONG? Most often, youth athletes are sidelined by:

- Sprains and strains. These involve injuries to ligaments or muscles and tendons.
- Growth-plate injuries. These occur when the developing tissues at the ends of children’s long bones get hurt.
- Overuse injuries. These are the result of repetitive motions—pitching in baseball, for instance—that stress and strain bones and soft tissues. Overuse injuries are especially common when eager athletes don’t take time off from a sport.

STAY OFF THE INJURED LIST Luckily, sports injuries usually aren’t severe—and they’re often avoidable. To help your child score in safety, consider the following advice:

Ask questions. Learn what your child’s sports program



is doing to prevent and respond to injuries, such as ensuring conditioning for players and safety training for coaches.

Schedule a physical. A preseason exam from a doctor will help confirm that your youngster is healthy enough to play.

Get equipped. Depending on the sport, a helmet, body padding, mouthguards or shinguards, eye protection, and proper shoes may be needed.

Play by the rules. From football to soccer, many sports have rules designed to prevent injuries. Make sure your child knows—and follows—them.

Beat the heat. Give your child a water bottle—and encourage frequent intake.

Warm up. Encourage warm-up exercises before and cooldown exercises after both practices and games.

Find out how to deal with minor injuries—and when to get expert help. Visit www.gvmh.org/sportsinjuries.

Don’t downplay concussions. In general, players with a concussion shouldn’t get back in the game until medically evaluated and cleared to play.

Encourage rest. Athletes need breaks in between seasons and during practices and games.

Speak up. Teach your child to speak up if he or she is sick or hurt. And remember to check with your child’s doctor should you suspect an injury.

Sources: American Academy of Pediatrics; National Institutes of Health; Safe Kids Worldwide

HEALTH TALK NEWS, VIEWS & TIPS



ZOMBIE-THON ATTACKS CANCER

GVMH Halloween Hustle

Runners and walkers of all ages are set to lace up their shoes for the fourth annual Halloween Hustle 5K on Saturday, Oct. 31. Sponsored by Golden Valley Memorial Hospital (GVMH) and hosted by the GVMH Foundation, the event raises money to help cancer victims 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. Spooky surprises are planned along the way, and participants are encouraged to dress in costume. 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, 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. For more information, call 660-890-7108.



Gifts come in all sizes

Donors of all ages help others through the GVMH Foundation

The gifts vary, but the intent is the same: to help make life better for someone facing an illness or health issue.

For one Golden Valley Memorial Hospital (GVMH) staffer, the solution was to challenge his coworkers to guess the length of his long locks, which he then had snipped and sent to Locks of Love. The proceeds from the guesses were given to the hospital's Foundation to buy toys for children visiting GVMH's Outpatient Treatment Center.


A 6-year-old child was determined to help moms and new babies. A letter to Santa resulted in a gift of cash, which she gave to the hospital's Birthing Center through the Foundation. The money purchased a car bed for a newborn too small to go home in a traditional car seat.

A retiree from the armed forces and his wife valued the care he received from the GVMH cardiac rehabilitation program so much that they made a generous donation to help ensure others would benefit as well.

"Everyone has a story, whether the individual is a donor or a patient receiving help," says Deanna Hendrich, Foundation director. "The Foundation's role is to connect those who give with those who receive."

Hendrich also points out that gifts of all sizes have an impact.

"The parents who took their tiny newborn home without worrying about trying to find a car seat that would work are just as grateful as our many cardiac patients who each week enjoy using updated equipment," she says. "We celebrate each donation because we know the difference it can make."

 To learn more about how to make a tax-deductible gift or how to include GVMH in your estate plan, please contact the Foundation office at 660-890-7108 or foundation@gvmh.org.



LITTLE GIVER MAKES A BIG DIFFERENCE: Kiersten Gilbert and her father, Mike Gilbert, DO, peek at a newborn baby through the door to the Golden Valley Memorial Hospital Birthing Center. Kiersten gave money she received from Santa to the hospital to help newborns and their moms.

AUTUMN APPLE-CRANBERRY CRISP

Makes 8 servings.

Ingredients

Canola oil spray

- 7 medium Granny Smith apples, peeled, cored and sliced
- 1 cup fresh cranberries
- ¾ cup dark brown sugar, firmly packed
- ½ cup old-fashioned rolled oats
- ⅔ cup whole-wheat flour
- ¼ cup pecans or walnuts, chopped
- 3 tablespoons butter, softened (or trans fat-free margarine)
- Frozen low-fat vanilla yogurt (optional)

Directions

- Preheat oven to 375 degrees.
- Lightly coat medium shallow baking dish with canola oil spray.

- Place apples and cranberries in dish and gently toss together.
- In medium bowl, combine brown sugar, oats, flour, nuts and butter.
- Sprinkle brown sugar mixture on top of fruit.
- Bake until apples and cranberries are bubbly and tender, about 50 minutes.
- Transfer dish to wire rack to cool slightly.
- Serve warm with frozen yogurt, if desired.

Nutrition Information

Amount per serving: 268 calories, 8g total fat (3g saturated fat), 50g carbohydrates, 2g protein, 4g dietary fiber, 9mg sodium.

Source: American Institute for Cancer Research






At a glance: A cold versus the flu

Any way you cut it, catching a cold or the flu is a pretty crummy deal. And even though they're different illnesses, the symptoms can be similar. So telling them apart sometimes takes a bit of detective work on your part. The following chart may help you sort it out.

YOU MIGHT HAVE:	IF YOU HAVE:
A cold. (Symptoms are usually milder than those of the flu and come on gradually.)	Runny or stuffy nose, sneezing, scratchy throat, hacking cough.
	Watery eyes.
	Mild headache.
	Mild fever (more common in children than in adults).
	Light body aches.
The flu. (Symptoms often hit suddenly—and can really knock you down.)	High fever (102 degrees or above).
	Muscle aches and chills, extreme tiredness, sore throat.
	Severe cough.
	Headache.
	Upset stomach, vomiting or diarrhea (all more common in children than in adults).
	Stuffy nose (sometimes a symptom).

By far the best way to help prevent the flu is to get immunized as soon as the vaccine becomes available each fall. Vaccines can be given as shots or as a nasal spray—your doctor can help you decide what's right for you.

You can also reduce your risk of catching a cold or the flu by washing your hands, especially before touching your face. And as much as possible, try keeping your distance when someone's ill.

 Fend off the flu! Call your physician to schedule a flu shot. Need a provider? Visit www.gvmh.org.

Sources: American Academy of Family Physicians; U.S. Department of Health and Human Services

FOR CAREGIVERS

6 MEDICATION SAFETY TIPS

AS A CAREGIVER, you have a lot of responsibilities—one of which may be helping your loved one manage medications. This can be a complex task, particularly if he or she takes multiple meds.

Here are six ways to help you keep things safe and simple:

- 1 Make a list of every medication your loved one takes. This includes prescription and non-prescription drugs, as well as nutritional supplements and vitamins. Give a copy to each healthcare provider that your loved one sees. And keep one with you in case of an emergency.
- 2 Ask a doctor or pharmacist to review that list at least once a year and look for possible drug interactions.
- 3 Be sure you know what each medication is for and how each one should be given. You might want to use a pill box organizer to help keep everything straight.
- 4 If a medication has to be injected or requires special

preparation at home, be sure you learn the proper technique. Work with your loved one's doctor or nurse until you're comfortable doing it yourself.

5 Store medications together, if possible. That way, they'll be easy to find in an emergency. Look for a cool, dry place out of reach of children. Medications that need to be chilled should have their own spot in the refrigerator.

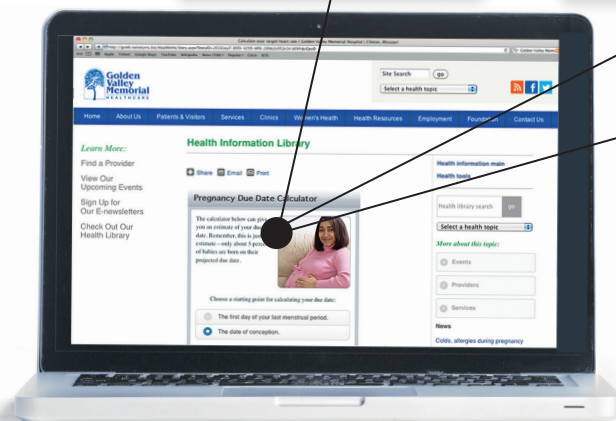
6 Never share your loved one's medicine with others. Properly discard any leftover or expired medicines. Ask a pharmacist for instructions if you don't know how to do this.

Sources: Family Caregiver Alliance; U.S. Food and Drug Administration

How much do you know about medication safety? Find out at www.gvmh.org/medsafety.

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 to help your kids stay safe on Halloween? Can you tell if your child's backpack is too heavy? 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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HST31483

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FALL 2015