

HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING

WINTER 2009

COMING IN FEBRUARY:

THIS YEAR'S
GO RED FOR
WOMEN
EVENT

PAGE 4



EVERY HEART ATTACK
IS DIFFERENT. READ
FOUR DRAMATIC TALES

HEART THROBS

PAGE 6



MEET
NURSE
BARB GACK

PAGE 10

NOW PRINTED
ON RECYCLED PAPER



What does
“the good life”

mean to me?

It means finding a better way to live.

Going through life worrying about good health care is no way to live. So, it's nice to have Salina Regional nearby — with all the latest medical equipment and technologies available, and physicians, nurses and staff who deliver excellent care *with compassion*. When it comes to health, Salina Regional can help you get better.

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Go Red for Women



If you ask women what disease they fear most, the majority will say breast cancer. While fears about breast cancer are understandable, statistics reveal that heart disease poses a much greater health threat to women. Every year, nearly 460,000 women die from heart disease and stroke, making heart disease the leading cause of death for women. In fact, more women than men die each year from heart disease!

For the fifth year in a row, Salina Regional Health Center and the American Heart Association are partnering to educate women about their No. 1 health risk—heart disease and stroke. This year's Go Red for Women program is scheduled for Feb. 12, 2009, at the Salina Bicentennial Center. The event will feature

heart health screenings, healthy lifestyle demonstrations, opportunities to speak with health professionals, unique vendors and displays, dinner and—back by popular demand—guest speaker JoAnne Owens-Nausler, Ed.D. VIP ticket holders will have the opportunity to attend a closed-session lunch earlier in the day with Dr. Jo.

Go Red for Women is the American Heart Association's nationwide movement to educate women about their risks for heart disease and the steps they can take to reduce those risks. This year's program provides area women with an important learning opportunity in a supportive environment.

For more information about the 5th Annual Go Red for Women event, contact the American Heart Association office at 785-537-1916 or 866-877-5883, ext. 4086.

Kristi Montgomery
2006 & 2007 Chairwoman
Salina Go Red for Women

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Save the Date

This year's Go Red for Women event is scheduled for Feb. 12, 2009, at the Bicentennial Center in Salina.



Mort Ditto Poker Run Raises \$3,000

At the second annual Mort Ditto Poker Run, friends fondly remembered Mort Ditto of Herington, who passed away in December 2006 from cancer.

Ditto loved to ride motorcycles and organized many trips with his friends. After Ditto died, fellow riders wanted to do something special in honor of the man they called their friend. They decided to hold an annual poker run in his memory.

This year the proceeds were directed to the Morrison House, which provides overnight accommodations for loved ones of hospital patients and out-of-town outpatients receiving care at the Tammy Walker Cancer Center.

GO RED FOR WOMEN EVENT PLANNED

Salina Regional Health Center and the American Heart Association are partnering to educate women about their No. 1 health risk—heart disease and stroke. This year's Go Red for Women program is Feb. 12, 2009, at the Salina Bicentennial Center. The event will feature heart health screenings, healthy lifestyle demonstrations, opportunities to speak with health professionals, dinner and—back by popular demand—guest speaker JoAnne Owens-Nausler, Ed.D. Earlier in the day, VIP ticket holders will have the opportunity to attend a closed-session lunch with Dr. Jo.

For more information about the 5th Annual Go Red for Women event, contact the American Heart Association office at **785-537-1916** or **866-877-5883, ext. 4086**.



Riders for the second annual Mort Ditto Poker Run presented proceeds to the Morrison House.

BREAST MASTECTOMY WITH RECONSTRUCTION OFFERED AS ONE SURGERY



When breast cancer treatment requires surgical removal, many women are happy to know that a mastectomy with breast reconstruction procedure is available as a combined surgery at Salina Regional Health Center.

General surgeon Jody Neff, M.D., and plastic surgeon Kenny Fischer, M.D., have teamed up on numerous occasions to offer the combined removal-reconstruction procedure. The primary benefit is that women only have to undergo one surgery. The surgeons work with oncologists to determine the best treatment plan, which may also include radiation and chemotherapy.

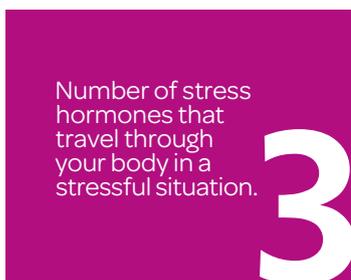
For more information on this procedure offered at Salina Regional Health Center, contact Kelley Drake, R.N., surgical clinical coordinator, by calling **785-452-7942**.

Work Against Cancer

About 4 percent of cancer deaths can be traced to occupational hazards (down from 20 percent in 1978). But some workers—namely those exposed to substances like asbestos, benzidine and arsenic—are still at risk.

Some occupations most at risk include hairstylists, rubber and leather industry workers, aluminum manufacturers, miners, and coal and steelworkers.

Lower your risk by working for an employer that follows certain guidelines. Ask if it:



Sources: American Psychological Association, National Institutes of Health, The American Institute of Stress

KU VICE CHANCELLOR VISITS NEW FACILITIES IN SALINA

Barbara Atkinson, M.D., executive vice chancellor of KU Medical Center and executive dean of the KU School of Medicine, visited Salina to tour three new medical facilities that have opened since her last official visit in 2002. Gary Doolittle, M.D., medical director for the Midwest Cancer Alliance, and David Adkins, J.D., vice chancellor for External Affairs, also joined the tour.

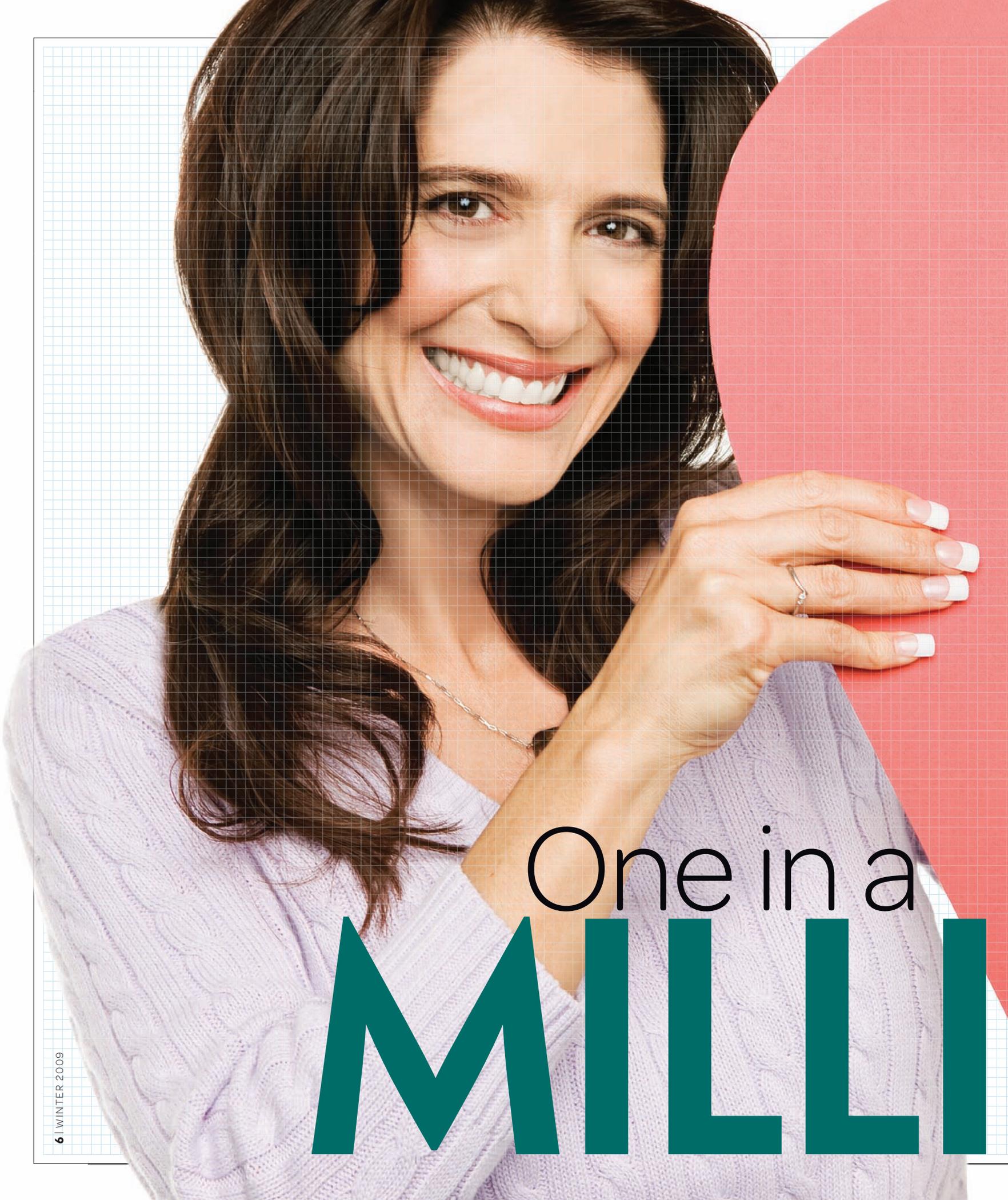
The three facilities on the tour were the Salina Family Healthcare Center, the Tammy Walker Cancer Center and the new Emergency Department at Salina Regional Health Center. The Salina Family Healthcare Center opened in its new location in May 2007 as the home for the Smoky Hill Family Medicine Residency program. The Tammy Walker Cancer Center opened in November 2004, and the new Emergency Department at Salina Regional Health Center opened in May 2008.

"It's really beneficial for me to get out in the state on visits like this," Atkinson said. "I can see there's a lot of activity going on in Salina. There have been several important building projects in the community and it helps me see what medical needs still exist and how the university can possibly offer assistance in the future."

- + Follows regulatory control.** Employers must make strong efforts to follow proper procedures with product safety laws.
- + Conducts worker education.** Employers should inform employees about possible health hazards and safety risks.
- + Adheres to safe occupational practices.** Periodic safety reviews and training help detect and prevent safety hazards early.

IN THE AIR?

 To read how air pollution, radiation exposure and other agents are linked to cancer risk, visit cancer.org and search "environmental carcinogens."



One in a

MILLI

Just like the individuals they strike, every heart attack is unique

It must have been something you ate. What else could be causing that burning sensation in your chest, that dizzy, light-headed feeling and queasiness?

If you're young, physically fit or female, it may never enter your mind that you could be having a heart attack, especially if you're not experiencing crushing chest pain—the telltale symptom we've all heard about but doesn't affect everyone. The truth is, heart attacks can be as dramatically different as the people they strike. Meet four people who illustrate this point:

Name: Maggie Ingram
Gender: Female
Age at the time of attack: 46

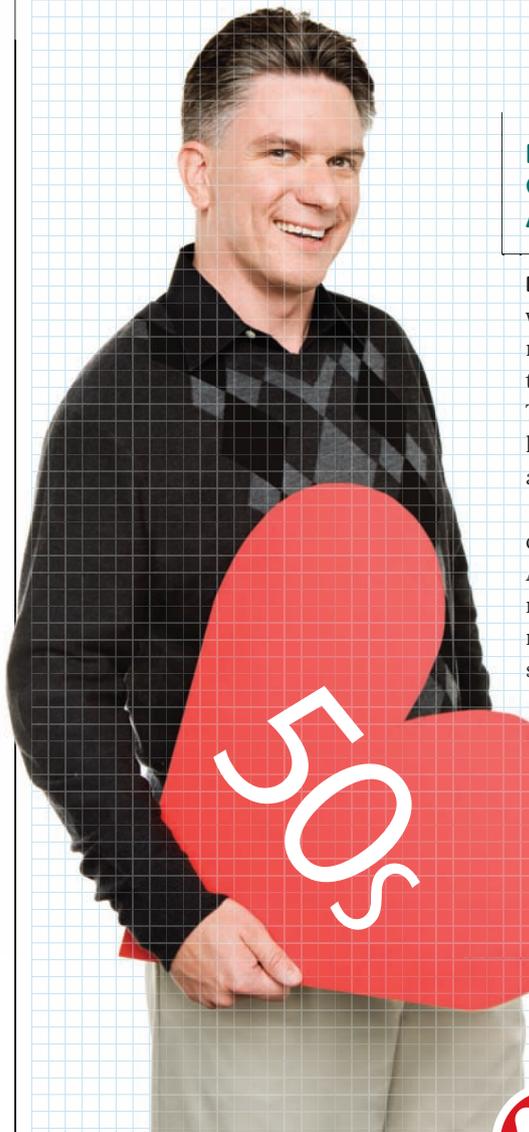
Her story: “I grew up in a dysfunctional home, and I learned to ignore my own health issues and to take care of everyone around me,” Ingram says. At times, caregiving stress became overwhelming for her, a diabetic and mother of two children with attention-deficit disorder and one with Tourette’s syndrome.

Her stress level spiked during two difficult weeks of helping her elderly mother move. On an airplane trip coming home, “I noticed that my arms felt heavy. I started having pain under my left arm and in my shoulders. It then began to move into my jaw. I also felt nauseated and a bit lightheaded.”

An emergency room nurse sitting across the aisle from Ingram immediately recognized her symptoms as a heart attack and alerted airline staff to have emergency personnel waiting when the plane landed. Ingram was rushed to the hospital, where she discovered she needed a triple bypass.

Looking forward: Ingram learned about chronic stress’s devastating toll on her health in a heart wellness class. “I do whatever it takes to not get sucked into that cycle of stress.” Along with regular exercise, she enjoys a quiet time of prayer and journaling every morning.

ON



Name: Carl Langley
Gender: Male
Age at the time of attack: 56

His story: The project manager for an aeronautics firm began wrestling with high blood pressure in college. He relied on diet and exercise to manage his condition but admits, “I probably didn’t pay as much attention as I should have. When you’re young, you think you’re bulletproof.” That false sense of security evaporated at age 45, when he had his first heart attack. “It scared me to death because my dad had passed away of a heart attack at age 48.”

Flash-forward 11 years. Langley stood talking to co-workers during a work meeting when he suddenly collapsed; his heart stopped. A co-worker performed CPR while another dialed 911. Within five minutes paramedics were on the scene and used a defibrillator to restore his heartbeat. In the hospital, where he was diagnosed with sudden cardiac arrest, doctors told him 95 percent of people die in similar circumstances.

Looking forward: An internal cardiac defibrillator implanted in Langley’s chest now keeps track of his heartbeat and shocks his heart back into regular rhythm whenever it strays. He regularly attends cardiac rehab, where therapists monitor his heart as he exercises and help him manage his diet.



KNOW ALL THE SIGNS

Because everyone experiences heart attack symptoms a bit differently, it’s important to be aware of all the warning signs. Read up on them by visiting the American Heart Association’s website, americanheart.org, and clicking “Heart Attack/Stroke Warning Signs.”

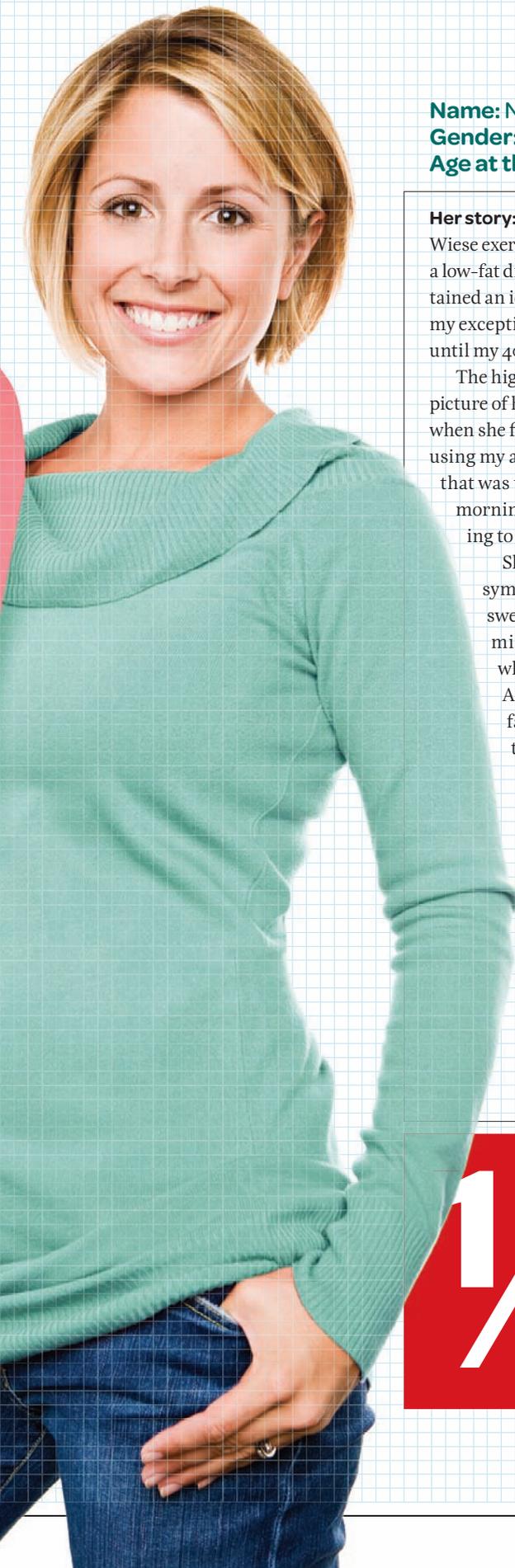


Name: Elizabeth Hein
Gender: Female
Age at the time of attack: 27

Her story: An avid runner who appeared to be in perfect health, Hein was shocked when her fingernails turned blue after a workout. Even more frightening, her heart suddenly started pumping hard at times—after a run, as she watched TV or waking her up in the middle of the night.

“Doctors kept telling me it was stress, I was too young—or worse—that it was just in my head,” she recalls. After six months of warning signs, the “big one” hit at work: “I couldn’t take a deep breath, and there was numbness and tingling down my left arm and on the left side of my neck.” She wound up in the emergency room, where an electrocardiogram revealed she indeed was having a heart attack.

Looking forward: As director of reservations for a large hotel, Hein strives to manage life’s stresses and to stay active, now taking brisk walks rather than jogging. She gets regular heart checkups and takes beta blockers, which control high blood pressure and angina, and an occasional aspirin when she feels her heart is working hard. “With medicine, I’ve been able to get my cardiovascular issues under control,” she says.



Name: Neita Wiese
Gender: Female
Age at the time of attack: 49

Her story: A former director of a wellness program, Wiese exercised regularly with a personal trainer, ate a low-fat diet rich in fruits and vegetables, and maintained an ideal weight. “I used to smoke—that was my exception to the rules—off and on from college until my 40th birthday,” she says.

The high-energy woman realized she wasn’t the picture of health two weeks before her heart attack, when she felt exhausted and had no idea why. “I was using my asthma inhaler multiple times a day—that was the onset of shortness of breath.” One morning even taking a simple step “felt like trying to walk through water.”

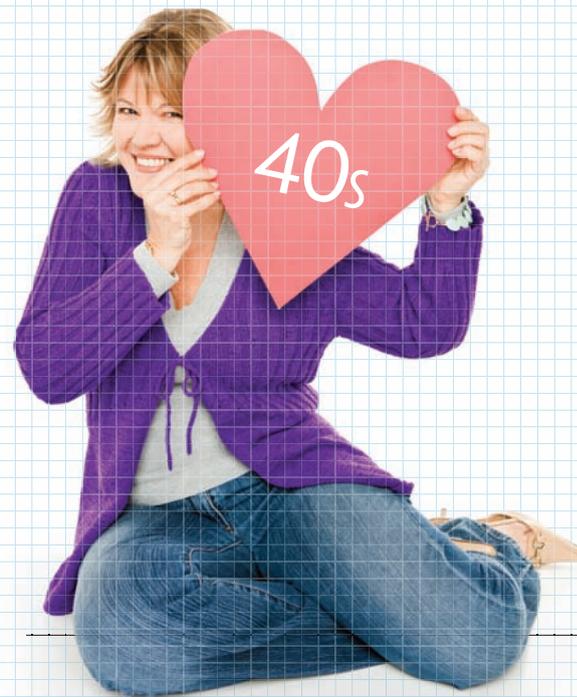
She went to work and tried to ignore the symptoms for an hour or two. “I started sweating profusely—I was drenched within minutes. Then the chest pain started, which at first I thought was heartburn.

As the chest pain escalated along with the fatigue and sweating, I realized I was in trouble.” Her receptionist dialed 911, and an ambulance rushed Wiese to the hospital, where emergency room physicians discovered a major artery in her heart was totally blocked.

Looking forward: Wiese still enjoys an active lifestyle, thanks to a surgical stent. She now eats more heart-healthy fish, rich in omega-3 fatty acids, and strictly limits red meat by indulging in a greasy cheeseburger only twice a year. Now under the care of a cardiologist, she takes a beta blocker and statin medications. 

1/3

One-third of heart attack victims experience no chest pain, according to a study published in the *Journal of the American Medical Association*.



ONE THING IS CERTAIN

While everyone experiences a heart attack differently, anyone who has had one should be vigilant in sticking with a cardiac rehab program. Ileana L. Piña, M.D., a cardiologist and American Heart Association spokeswoman, weighs in on why:

Q Why is physical activity a big part of cardiac rehab?

A: Many people who’ve had a heart attack have never been active. We try to make activity an integral part of their lives. Physical activity improves energy levels and lifts spirits. It also reduces their chances of future heart problems, including heart attack.

Q How does cardiac rehab help patients break habits that are bad for their heart?

A: It educates patients on how to quit smoking, eat right, lose weight, lower blood pressure and cholesterol levels, and manage stress.

Q Does cardiac rehab help patients learn more about their condition?

A: Patients who’ve had acute coronary syndrome may be in the hospital for one day or two days. That isn’t a lot of opportunity for education. But with cardiac rehab, you have the advice and close supervision of healthcare professionals to help you improve your health and lower your risk of future problems.

A NURSE WITH A BIG HEART

Barb Gack, R.N., wins this year's Heart of Healthcare award

BY BETH VINSON

Barb Gack, R.N., always knew she wanted to be a nurse. She began her career at 16 years of age working as a nurse aide at her hometown hospital. She continued there until she graduated from college with a bachelor's degree in nursing. And today, 30 years later, ask her why she became a nurse and you'll see her face light up and her eyes sparkle.

"I love the healthcare service. Any aspect of healthcare I am in is ultimately helping the patient and family toward a goal of health; or sometimes helping the patient and family to a death, but a death with dignity," Gack says.

That love of healthcare and her passion for helping people is what earned her the annual Nursing: The Heart of Healthcare award that recognizes outstanding registered nurses in Kansas and metropolitan Kansas City for their dedication to patient care, their communities and the nursing profession. This prestigious award is coordinated by the University of Kansas School of Nursing as a public service.

AN HONORABLE HISTORY

Gack began her career at St. John's Hospital (now Salina Regional Health Center) in 1984 as a night nurse on the medical-surgical floor. Since that time she has worked in various areas of the hospital including emergency services, ICU, pediatrics, education and cardiac rehab and has also served as the house supervisor. She currently works with Salina Regional Health Center's cardiothoracic surgeon, John J. Kelemen III, M.D.

"I've been everywhere," Gack says. "It gives you an appreciation for all that goes into the healthcare environment. I enjoy being a part of the team that makes life and death easier for patients and families. Nurses don't work alone. We work with all the departments in the hospital ... information technology, medical records, environmental services, food service, physicians and many more. It takes all of us to make the nursing profession work well. When all of us work together, the nursing profession shines."

A PRESTIGIOUS AWARD

Ten winners are chosen annually from among the 600 to 1,000 nurses nominated for the award.

"Each winner and nominee has forged a distinguished career that combines outstanding professional knowledge with the unwavering capacity for caring that is the essence of nursing," says Karen L. Miller, R.N., Ph.D., FAAN, dean of the KU School of Nursing and senior vice chancellor for Academic and Student Affairs at the University of Kansas Medical Center. "They have made an indelible mark on the lives of patients and their family members and we will be forever grateful for their dedication and commitment to nursing."

STORIES OF CARING

There are many fond memories over Gack's 30 years of caring for patients and families and many stories to tell.

"The young girl who fell off her horse and was in skeletal traction for weeks. She still tells the story of how I made her eat all that awful food when she was in bed for so long, how I made her do her exercises when she felt so lousy, and do her homework so she did not get behind in school. Her parents and I are still friends. She has since grown and has a family of her own.

"And the child who died of leukemia on my shift. I cried and the family cried.

"The newly diagnosed diabetic who was afraid of needles. We practiced injections over and over into an orange and he finally was able to inject himself and said it wasn't too bad.

"The older gentleman who still tells my dad what a wonderful nurse his daughter is. I have not taken care of him for 20 years, but he says he will never forget my wonderful care.

"Patients that I took care of 30 years ago still remember me. That's the satisfying part ... making an impact on people's lives."

SELFLESS SERVICE ALWAYS

In addition to working at the hospital, Gack is very involved in the community, serving on the YMCA board, as a Girl Scout leader and as a CPR instructor, taking blood pressure readings at her church, volunteering at her children's school and giving heart health talks out in the community. Gack also serves as an event planner for the American Heart Association's Go Red for Women. She is a wife to husband Mike and mom to two daughters: Lindsey, 8, and Kelsie, 5.

Asked if she had any advice for the young person thinking about becoming a nurse, Gack says, "Anyone can learn a clinical skill, but your attitude and your interpersonal skills are what are so important, especially to that patient lying in the bed waiting for you to start that IV. Of course you will get the IV in, but will you do it in a caring way so to ease the patient's anxiety? Those interpersonal skills and positive attitude are what will save you on the days that don't go so well."

Gack and the nine other award recipients from across the state of Kansas were honored at the annual banquet at the Hyatt Regency in Kansas City, Mo. 📍

Barb Gack, R.N.





VitalStim treatment
helps stroke patients
enjoy eating again

HARD TO SWALLOW?

BY JOHN BERGGREN

Sitting down and enjoying a meal with friends and loved ones is something many people take for granted. But what if you couldn't swallow? It's not as uncommon as you might think.

It's estimated that between 50 and 75 percent of stroke survivors are left with a compromised ability to swallow. Some can't even drink water. People who have undergone treatment for head or neck cancer and those who have experienced surgical trauma to the neck, such as a tracheotomy to maintain breathing, also experience difficulty ingesting food. Neurological disorders like Parkinson's disease can also be to blame. Even old age can take a toll on the ability to eat normally.

Regardless of the cause, the reason many have difficulty swallowing is because the muscles in the throat do not constrict properly. Normally this is a motor skill that our body initiates as food travels from the mouth into the esophagus.

Though choking and gagging are obvious signs of a swallowing problem, sometimes the onset is more subtle, especially when the ability to eat gradually declines with old age. Watery eyes or a runny nose while eating or a vocal change after eating can be a sign of a swallowing problem.

Diagnosing a swallowing abnormality is easily accomplished with a Modified Barium Swallowing Study. The study has patients drink a contrast solution in various thicknesses while X-ray video is used to record how muscles in the throat react during the process. This allows radiologists and speech therapists to determine how the muscles are either working or not working.

A LONG ROAD TO RECOVERY

Sixty-seven-year-old Douglas Wilson of Salina went into the hospital for an aortic valve replacement, but complications after surgery caused him to

aspirate secretions from his mouth into his lungs and he developed pneumonia. To protect his airway, doctors had to perform a tracheotomy (place a breathing tube in his neck). Doctors also believed Wilson might have had a minor stroke either during or after his surgery.

After spending weeks in the hospital, Wilson was able to go home with the breathing tube in his neck and a feeding tube in his stomach to get needed nourishment.

“I just couldn’t swallow anything—even water,” Wilson says. “I remember putting soup in my mouth and swishing it around just to get the taste of something. I had to take all my fluids in through the feeding tube and I lost almost 30 pounds by the time it was over.”

Wilson began working with Salina Regional speech therapist Christy Acheson while he was still in the hospital and continued working with her on an outpatient basis after he went home. Acheson used VitalStim electrical stimulation therapy on Wilson to retrain the muscles in his throat to contract and swallow again.

With VitalStim, low-voltage electrodes are placed on the neck of a patient and small amounts of current are used to stimulate the muscles responsible for swallowing. Patients only feel a numbing sensation on their neck during VitalStim treatment.

The treatment is done in conjunction with neck and tongue exercises that also work to retrain the muscles in the throat.

“Before VitalStim came along, all we had were different exercise techniques to try to help people regain swallowing ability,” Acheson says. “The techniques worked in mild cases, but results were often slow. Mr. Wilson’s swallowing deficit was so severe that I doubt he ever would have been able to relearn to swallow without this treatment.”

Nearly eight months passed from the time of Wilson’s initial surgery to the time he was able to drink water again.

“I remember about halfway through the treatments I began to wonder if it would ever work,” Wilson says. “But I hated having that feeding tube going into my stomach and being unable to go out to eat with friends.

“When that first gulp of water went down I was excited, so I took another drink and it went down too. I was ecstatic,” Wilson says.

In the following weeks, Wilson’s swallowing ability continued to improve and eventually doctors removed his breathing and feeding tubes. Now Wilson can eat anything he wishes, which helped him regain all his weight, and he can once again take long walks or ride horses like he has always enjoyed.

MANY PATIENTS FIND RESULTS FASTER

While Wilson’s story is one of the most extreme examples of patient success, many patients experience results with the treatment much more quickly. Stroke patients have gone from the inability to swallow anything to total swallowing function in just four weeks.

Treatment is often started while patients are still in the hospital, but many continue therapy on an outpatient basis once sent home. Generally, treatments are given four or five days a week and sessions last 30 to 45 minutes.

“I’d say most patients get good results from VitalStim within about eight weeks,” Acheson says. “We see a lot of stroke patients and head and neck cancer patients for this treatment, but what a lot of people don’t realize is that many older people develop swallowing issues simply from age. They can benefit from VitalStim as well.”

COULD VITALSTIM HELP YOU?



To learn more about VitalStim electrical stimulation, visit vitalstim.com or call Salina Regional’s speech therapy department at **785-452-7818**.



Salina Regional speech therapist Christy Acheson works with Douglas Wilson using VitalStim electrical stimulation therapy to improve swallowing ability.

IT’S ESTIMATED THAT BETWEEN 50 AND 75 PERCENT OF STROKE SURVIVORS ARE LEFT WITH A COMPROMISED ABILITY TO SWALLOW. SOME CAN’T EVEN DRINK WATER.

A Fashionable Cause

HUNDREDS OF DONORS SUPPORT SALINA AND LOOK GOOD, TOO



The Salina Regional Health Center Service Auxiliary brought back one of its storied fundraisers last fall—the fashion show. It had been 10 years since the event had been held, but throughout the Auxiliary's history it had organized 36 fashion and style shows, which had raised more than \$350,000 to fund hospital needs.

The first show was held at the Schilling Air Force Base Officers' Club in 1964, and proceeds helped furnish and equip the former Asbury Hospital's new Intensive Care Unit. Coincidentally, the proceeds from the recent show were dedicated to help refurbish the family waiting area at Salina Regional's ICU.

AN OUTPOURING OF SUPPORT

A total of nearly 400 supporters attended the luncheon and dinner, Autumn Shades of Fashion, at the Salina Country Club in September. Forty-five male and female models, from 2 years old to senior, exhibited clothing, jewelry and accessories ranging from casual to formal wedding attire.

The event not only featured dining and fashion, but also musical entertainment and chances for audience members to win shopping spree baskets generously filled by local merchants.

"We gave away more than 20 baskets filled with gift certificates and items at each show," says Jeanette Wooster, Auxiliary president. "The local merchants gave a huge outpouring of support for the event and it wouldn't have been possible without them."

In all, the event raised more than \$10,000 to be used toward ICU waiting area renovations.

"I think there are two main reasons this event was so successful," says Paula Haworth, chair of the event. "It had been awhile since anyone had done a fashion show, so it was a fresh concept. But I also think people see the hospital as a worthwhile cause. Who hasn't had to use the hospital or had a family member or friend in the hospital? It's easy to recognize how important the hospital is to all of us and it's very fulfilling to me when I can do something to help it out."

The family waiting area of the ICU is vital to guests of patients during a time that can be very trying. Patients in the ICU are often in critical condition and may be in the hospital for long periods of time.

"Family members often eat, sleep and spend a lot of time in the ICU waiting area," Wooster says. "It's a great service and we just wanted to bring the furnishings and aesthetics up-to-date and make it as comfortable as possible."

—By John Berggren



At the luncheon fashion show on behalf of Salina Regional Health Center, David Moody, V.P. of Human Resources, accepted a check for over \$10,000 from Jeanette Wooster, president of the Auxiliary.



Josiah Knoll (front) and Tyler Charvat (background) were two of the models at the Salina Regional Service Auxiliary's Autumn Shades of Fashion event.

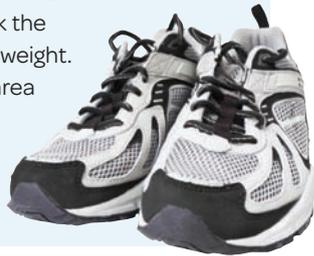
DIABETES PREVENTION TAKES FOCUS IN ELLSWORTH

There's no question about the toll diabetes takes on our health: If you have diabetes, your risk for stroke is two to four times greater than someone who doesn't. Two out of three people with diabetes die from either stroke or heart disease.

Though the facts are grim, type 2 diabetes—the most common type by far—is largely preventable with proper diet and exercise. In light of this, Ellsworth County Medical Center has started a local Diabetes Initiative with assistance from a two-year \$150,000 federal grant. ECMC employees are pursuing dozens of ways to help improve community health, including community walking trails, school competitions, restaurant healthy menus and community gardens.

One effort already under way is the WOW (Walking Off Weight) program, which runs through April 24. Participants pay a \$15 registration fee and receive a T-shirt, walking journal, monthly newsletter and free health assessment. Prizes are awarded to those who walk the most miles and lose the most weight.

For those in the Ellsworth area interested in more information, please call Doug Stefek at **785-472-3111**.



Clay County Medical Center now offers special testing to help reduce work-related injuries.

CCMC AIMS TO REDUCE WORK-RELATED INJURIES

Clay County Medical Center has added a new service to help employers match prospective employees' physical abilities with work-related tasks. The testing can also help determine an employee's readiness to return to work after injury.

The Physical Capacity Profile Testing System is a combination of hardware and computer software that puts employees through a series of exercises that measure musculoskeletal imbalances. While some jobs are mostly sedentary, others require lifting, reaching and repetitive movements. Job evaluations help employers recognize tasks that will require some type of mechanical assistance, rather than asking an employee to risk back injury.

The screening only takes about 30 minutes to complete with oversight from hospital occupational therapy or physical therapy staff. The testing measures impairments, not disabilities, so it is designed to also accommodate individuals who are in wheelchairs or who have other disabilities.



Marcus L. Gann Jr., M.D.

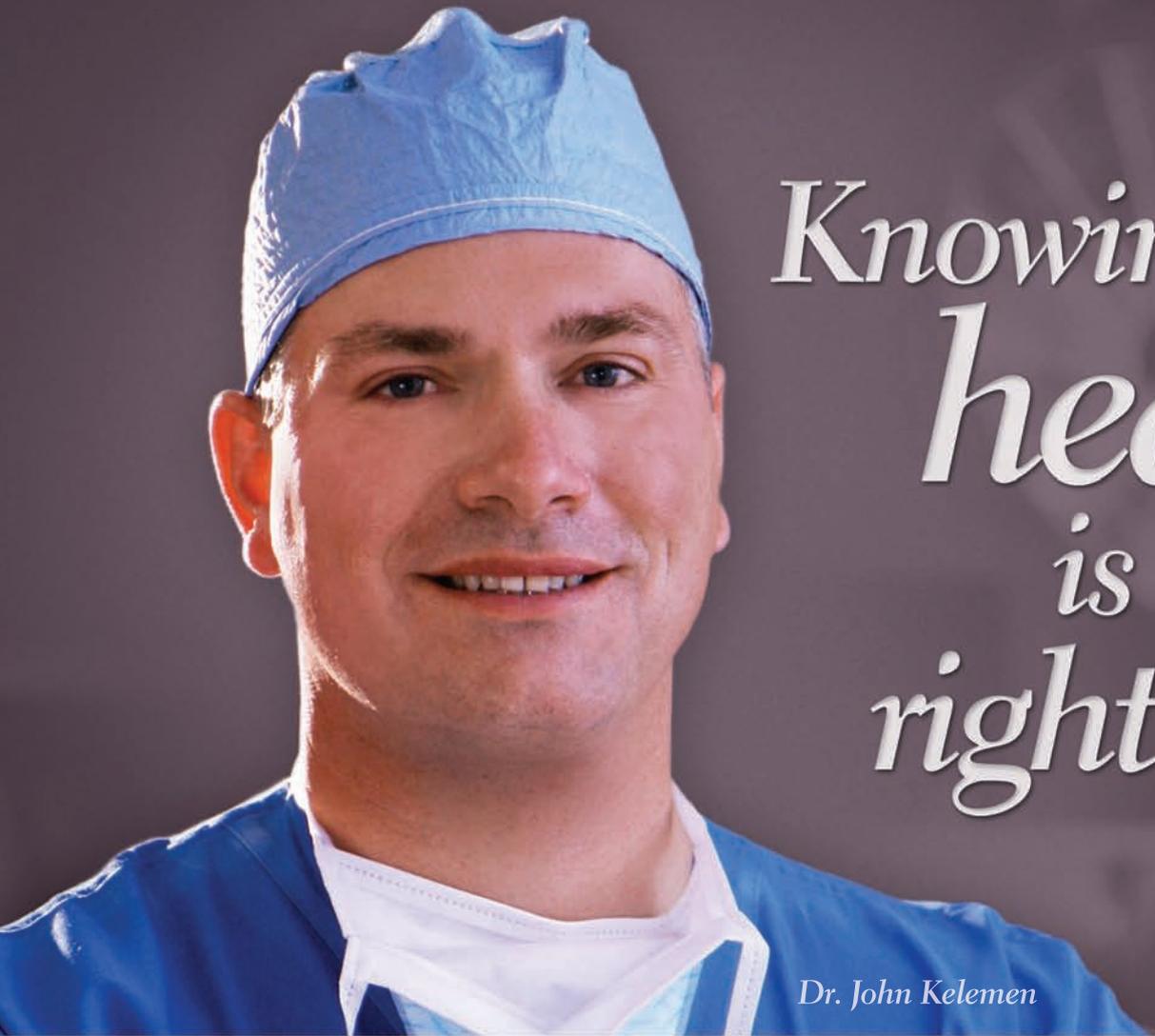
Abilene Welcomes General Surgeon

Memorial Health System in Abilene announced the addition of general surgeon Marcus L. Gann Jr., M.D., late last summer. Gann had been serving Abilene in a temporary role, but decided to open a full-time practice in the community. Heartland Surgery, Gann's new office and clinic, has opened at 201 N.W. 15th St., Abilene.

Gann grew up in Savannah, Ga., and received his bachelor's degree from the University of Texas at Austin. After receiving his Master's of Medical Science and Doctor of Medicine degrees, he completed his surgical training at St. Agnes Hospital in Baltimore.

"We are delighted that Dr. Gann has decided to become a permanent part of Memorial's healthcare team and our community," says Mark Miller, Memorial Health System CEO. "He brings a high-quality skill to our surgery department and provides an admirable level of care and attention to his patients."

WHAT DOES THE GOOD LIFE MEAN TO YOU?



*Knowing your
heart
is in the
right place.*

Dr. John Kelemen

SRHC is proud to welcome Dr. John Kelemen

Dr. Kelemen is the newest addition to Salina Regional's comprehensive heart health team, and the only cardiothoracic surgeon in Salina. He brings a wealth of heart care experience to Salina and North Central Kansas, specializing in all types of cardiac and vascular surgery. He is double board certified by the American Board of Surgery and Thoracic Surgery.

Your heart is in the right place at Salina Regional—we'll help keep it beating strong...so you can enjoy the best of your good life.

 Salina Regional
Health Center

Confidence for the Good Life