

Healthbeat

SRHC • Winter 2022

Want
smoother
skin?

Dr. DeWitt is
now offering
cosmetic
injections!

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Nurturing babies

Our Breast Milk
Depot will help
mothers and babies
in need

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Medicare wellness

Part B participants
should take
advantage of
annual visits

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Salina Regional
Health Center

The home-field advantage starts here.

Salina Regional Orthopedic and Sports Medicine is proud to be the sports medicine provider to area high schools and colleges.

We offer comprehensive care that includes education to prevent sports injuries, sports performance, and the healing and preservation of damaged joints through surgery and rehabilitation.

Our team of physicians include Dr. Matthew Pyle, Sports Medicine Physician and orthopedic surgeons Drs. Travis Rump and Todd Reilly. They provide specialty sports medicine care, whether it's general sports medicine such as treating sports injuries, ultrasound guided joint injections, nutrition, concussion management or surgery. Plus, an A-team including certified athletic trainers and physical therapists who work with athletes at every level.

At school, on the field or in our clinic, Salina Regional Orthopedic and Sports Medicine has everything you need to get back in the game and keep you in the game.



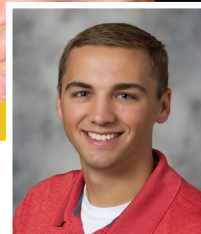
Matthew Pyle, D.O.
Sports Medicine Physician



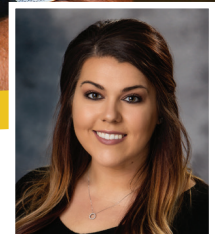
Abe Noll, ATC
Smoky Valley High School and
Southeast of Saline High School



Kelsey Wilson, ATC
McPherson College



Evan Bowers, ATC
Salina South High School



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Salina Central High School



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Develop healthy social media habits



Watch for these signs that your online life is unhealthy and learn what you can do about it

Social media can be great for connecting and keeping in touch with people. But it can have a dark side too.

If you've ever felt lonely, depressed, inadequate or anxious after scrolling through social media, you're not alone.

Recent studies have found links between increased social media use and negative feelings and behaviors. Those include:

- + Spending less time with people in person.
- + Being distracted at work or school.
- + Developing low self-esteem, a negative body image or dissatisfaction with your life.
- + Engaging in risky behavior like posting embarrassing material about yourself or cyberbullying to gain attention online.

Reset your relationship with social media

Reducing your time online can promote a healthier relationship with social media. If you think your social media use is causing

problems in your life, try these tips:

- + **Balance time online and offline.** Spend quality time at meals and get-togethers with your family and friends, not on your phone.
- + **Say no to notifications.** Those bings, banners, beeps and badges are designed to be too tempting to ignore. Turn them off so you can concentrate on real life.
- + **Disengage.** Do some posts leave you feeling angry, unhappy or left out? Maybe it's time to stop engaging with those folks online.
- + **Reality check.** Use an app to set goals for how much time you want to spend on social media.
- + **Check in on your own terms.** Decide when you have the time to look at social media updates. Gradually wean yourself off frequent check-ins.

Finally, the next time you automatically turn to social media, take a moment to be more mindful. Think about why. Are you lonely? Bored? Then, consider better uses of your time, like meeting up with a friend or a loved one, taking a walk, starting a new hobby, or writing in your journal.

Sources: American Academy of Family Physicians; Child Mind Institute; HelpGuide

HOLIDAY FIRES



7,400 HOME FIRES

Involving candles are reported each year. (December is the peak month for candle fires.)

TO AVOID FIRE:

Place candles where they can't be knocked down or blown over.

Consider using battery-operated candles instead of real ones.

Keep candles away from flammable decorations (including trees).

Extinguish candles when you leave the room.

Use nonflammable candle holders.

Sources: National Fire Protection Association; U.S. Consumer Product Safety Administration



Here for you

If you need mental health support, Veridian Behavioral Health in Salina is here to help. Visit veridianbh.com to see what we can do for you.

Be a blood donor—and a hero

Every blood donor is a hero. One generous donation can save multiple lives. If you have never donated blood before, or if it has been a while, now is a perfect time to roll up your sleeve.

A constant need

Every two seconds, someone in the U.S. needs blood. Blood is needed every day of the year. Blood is essential for emergencies, such as when someone experiences a severe injury in a car accident. It is also needed daily for various medical procedures, including cancer treatment, surgery and blood transfusions. By donating blood regularly, you can help ensure that blood is available when needed.

Ready to donate

Donation centers work to ensure that blood donations are safe for both patients and donors. You can help by donating when you are in good health and feeling well.

Some blood donation centers offer more than one type of donation.

- + **Whole blood.** This standard donation involves just taking your blood as it is, without sorting for specific types of cells. You must be at least 16 years old in most states and weigh at least 110 pounds.
- + **Power red.** A phlebotomist can withdraw twice as many blood cells with this donation. There are different age, height and weight requirements for male and female donors.



- + **Plasma.** This advanced donation is also worth considering, particularly if you have the AB blood type. Medical teams can transfuse AB blood into any other type of blood. Donors must be at least 17 years old in most states and weigh at least 110 pounds.
- + **Platelet.** This is another type of advanced donation, which involves both arms and a unique collection process. Platelets help create clots and stop bleeding in patients. Donors must be at least 17 years old in most states and weigh at least 110 pounds.

Source: American Red Cross



Give the gift of life

Giving blood is an easy and meaningful way to help others. Ask your doctor how you can donate or visit redcrossblood.org to find a blood drive near you.

STANDING LEG LIFTS

THIS STRENGTH AND FUNCTION EXERCISE HELPS WITH BALANCE

- 1 Grasp the back of a chair, keeping your feet slightly apart and toes forward. Inhale slowly.
- 2 Exhale slowly and raise one leg to the side. Hold for one second. Lower leg while inhaling slowly. Repeat 10 to 15 times.
- 3 Repeat with opposite leg.
- 4 Start with two sets per leg, and increase the number of sets over time.

Source: National Institute on Aging





Cranberry flax PUMPKIN BREAD

Makes 12 servings.

Ingredients

Canola oil spray
 ½ cup whole-wheat pastry flour
 ½ cup unbleached all-purpose flour
 ½ cup ground flaxseed
 ⅔ cup packed light brown sugar
 1 teaspoon baking soda
 ½ teaspoon salt
 2 large eggs
 1 cup canned pumpkin
 ¼ cup canola oil
 ½ cup unsweetened applesauce
 ¼ cup 100% apple juice
 ½ teaspoon ground cinnamon
 ½ teaspoon ground ginger
 ¼ teaspoon ground nutmeg
 1 cup dried cranberries

Directions

+ Preheat oven to 350 degrees. Lightly coat 8 x 4-inch loaf pan with canola oil spray and set aside.

+ In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In a medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.

+ Bake for 50 to 60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.

Nutrition information

Serving size: 1 slice. Amount per serving: 200 calories, 7g total fat (0.5g saturated fat, 0g trans fat), 30mg cholesterol, 32g carbohydrates, 3g protein, 3g dietary fiber, 220mg sodium.

Source: American Institute for Cancer Research

Look and feel **YOUR BEST**

Sandy Zamecnik has been going to Dr. DeWitt at COMCARE Ohio for her cosmetic injections and is loving the results.



Lisa Burnett receives Botox injections from Dr. DeWitt.



Jaylynn Anders and Dr. DeWitt discuss a treatment plan during a free consultation.

Cosmetic injections now offered by COMCARE family physician

By Beth Vinson

Lisa Burnett, like so many women, has that one special self-care treatment she splurges on and enjoys getting done for herself. For some that might be facials, manicures or massages. For Burnett, her self-care consists of cosmetic injections twice a year for prevention of fine lines and wrinkles. That's why she was happy when Krista DeWitt, DO, family practice physician at COMCARE, began offering Botox® and Xeomin® cosmetic injections to her patients, as well as to the public.

"I don't do facials or have my nails done, so getting Botox® injections is my thing," says Burnett. "I spend a lot of time in the sun, so this is just one more way to prevent lines and wrinkles. And now I won't have to drive out of town to get my injections since they are offered locally."

Facial injections can help take years off your appearance by tightening and firming the upper facial and brow area. They can also reduce the appearance of annoying fine lines and wrinkles that can make you look older than you are.

Dr. DeWitt began offering facial injections to her patients and the public, because she wanted to add more diversity to her practice and to help people in a different way.

"I'm still practicing family medicine, but now adding the cosmetic injections to my practice," she says.



How does it work?

Botox® and Xeomin® neurotoxins inhibit communication between the nerve and the muscle. So when you inject the neurotoxins into the face, they stop the contraction of those muscles and will soften fine lines over time.

"The wrinkles we are targeting and softening are the dynamic wrinkles that happen when we move our facial muscles," Dr. DeWitt says. "Results can be seen in five to seven days, with final results becoming visible in two weeks. The effect lasts three to four months depending on age, metabolism and how much we inject, so everyone's results vary."

Feel better at any age

Jaylynn Anders had been interested for some time in cosmetic injections but thought she was too young to start them; it's a misconception held by many people. When she found out Dr. DeWitt was offering them, she decided to try it. She had her consultation and felt comfortable in her decision to go ahead with the injections

"I personally feel the difference. I feel more confident and rejuvenated. And it's something you can do in small portions. You can tailor your experience around your financial means, but

still achieve the look you want," Anders says.

Candidates for cosmetic injections are healthy adults, both men and women, who are beginning to recognize fine lines and wrinkles.

Dr. DeWitt advises that her services are open to the public, and you don't have to be a patient of hers to get the injections.

"Just call our office and we can set up a free consultation, and if you like the plan we set up for you, we can inject you that same day. It's really very easy."

Interested in learning more?

Botox® and Xeomin® are neurotoxins that are injected into muscles and used to temporarily improve the look of moderate to severe fine lines and wrinkles in areas such as frown lines, forehead wrinkles and crow's feet. Results last about four months. Call **785-825-8221** to schedule your consultation with Dr. DeWitt today!



Krista DeWitt, DO

Helping support premature and ill babies



SRHC now has a Breast Milk Depot for those in need

By Aaron Anders

Salina Regional Health Center has opened a Breast Milk Depot to collect human milk that will help nurture premature or critically ill babies. SRHC is the first hospital in Kansas to partner with Oklahoma Mothers' Milk Bank (OMMB), which collects and distributes human milk in Oklahoma, Kansas, Missouri and Arkansas. Mothers who have filled out the paperwork and have been approved can drop off their frozen milk at the new breast milk depot located inside the main lobby of

the hospital.

Breastfeeding and human milk are the preferred standard for infant feeding and nutrition, according to the American Academy of Pediatrics (AAP). Lori Faerber, director of Women and Infants Services, has worked in the health care field for more than 35 years, is a mother to five children and has personally used donated human milk on her fifth child, whom she and her husband adopted at three months old.

"It is an exciting time to see the progress that has been made to provide this service to families that choose to breastfeed," says Faerber. "SRHC will have an option for local women to donate breast milk with future hopes the hospital

will also become a distribution site for local families who need breast milk."

How did it start?

Tina Hill, SRHC Organizational Development education coordinator and certified breastfeeding specialist, is a mother of three. She thought of the idea of having a breast milk depot while in a Zoom lunch-and-learn meeting with OMMB.

"I have been passionate about supporting moms and their breastfeeding efforts ever since I started working in the Birth Center," says Hill. "I hope we



Lori Faerber,
Director of
Women and
Infant Services



Salina Regional Health Center is the first hospital in Kansas to open a Mothers' Breast Milk Depot in partnership with Oklahoma Mothers' Milk Bank, which collects and distributes mothers' milk in Oklahoma, Kansas, Missouri and Arkansas. More than 50 area women have already signed up to become donors since the depot opened in September.



Certified Breastfeeding Specialists Sara Gay, RN, and Tina Hill, RN, accept a breastmilk donation from Annie Woodruff at the Mother's Milk Depot located inside the main lobby at Salina Regional Health Center.



Annie Woodruff bottle-feeds breastmilk to her 7-week-old daughter, Ellie Woodruff. Woodruff has been pumping diligently to produce a stockpile of over 400 ounces of milk so that she can donate part of it to the Salina Regional Health Center Mothers' Breast Milk Depot.

can get enough milk in the near future to not only provide for our Newborn Intensive Care Unit, but to help other hospitals who have sick infants that would benefit from having human milk."

It is recommended that donors save a two-week supply for their baby before donating their extra milk. Some mothers who lost their newborn during pregnancy, but are still able to pump, find that donating milk is a special way to honor their baby.

Why donate?

Mother of two Annie Woodruff, Special Procedures RN, experienced having premature babies herself and is thankful she is able to make a donation to the milk depot. Woodruff has a stockpile of over 400 ounces of milk in her freezer.

"It feels really great that I am

able to donate to premature babies that are not able to otherwise get breastmilk," says Woodruff. "There are so many people who struggle with their milk supply, so I am grateful to be able to help others."

Mother to three children, Sara Gay, lactation counselor and Salina Pediatric Care RN, periodically sees mothers who have an oversupply of breastmilk in the clinic.

"I do have mothers who ask us what they should do with their extra breastmilk," says Gay. "We do encourage them to donate it to a mother who might need it, especially with the formula shortage that is going on nationwide. It is so important for premature babies; having human milk for human babies helps decrease the risk that comes with being born prematurely."

How can I donate?

Mothers interested in donating can fill out a form by visiting okmilkbank.org and clicking on the "donate milk" tab. All donors are tested for HIV, HTLV, syphilis, hepatitis B and hepatitis C before donating milk. Once approved, donors will receive pumping supplies and can set up a drop-off appointment by calling **785-452-7474**. All milk bags must be labeled with the donor number and cannot be frozen for longer than six months.

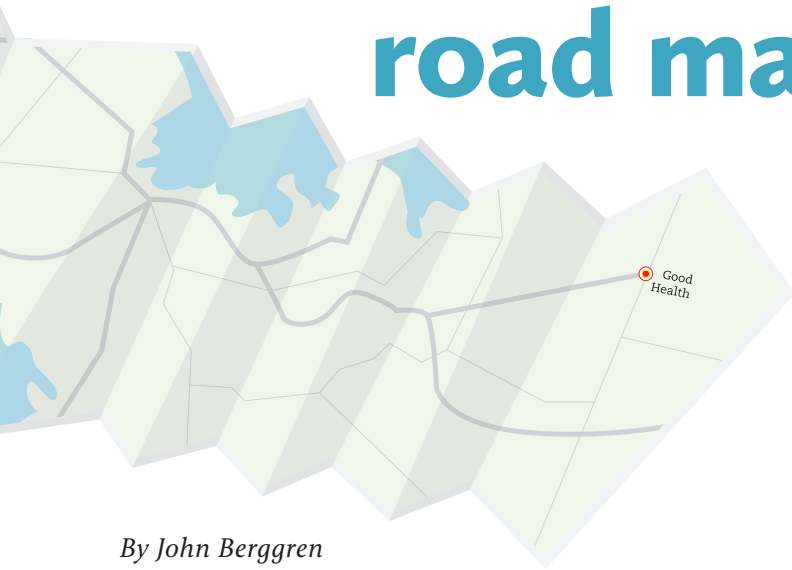
For questions regarding breastfeeding after you go home, call the Birth Center at Salina Regional Health Center at **785-452-6555**.

Processed for safety

The SRHC Breast Milk Depot has a freezer that will keep the milk frozen at a constant temperature below freezing. Every two months, or sooner if needed, the frozen milk will be picked up by the OMMB and will be pasteurized using the Holder method, which is a process of heating milk to 62.5° C for 30 minutes in a shaking water bath. The processed milk is then rapidly cooled, frozen and stored at or below -20° C.

The pasteurization process guidelines are set by the Human Milk Banking Association of North America. After the pasteurization process, the milk is bottled and kept frozen with dry ice in an insulated box that is shipped to hospitals with tamper-evident tape.

Creating an annual road map for health



By John Berggren

As active and healthy seniors, Dave and Kathy Unruh, of Salina, have always tried to be proactive when it comes to their health. So when their doctor's office at COMCARE in Salina called to schedule their annual Medicare Wellness Visit, they were receptive to the appointment. Just earlier this year, Kathy was diagnosed with breast cancer that was caught early and successfully treated, thanks to a mammogram.

"We both have health issues that run in our families that motivate us to try to stay on top of things," Kathy says. "We feel like we're really pretty healthy, but we want it to stay that way."

Similar to the Welcome to Medicare Visit all seniors are eligible for when they join Medicare, the annual Medicare Wellness Visit is aimed at education and the prevention and early detection of health issues. The annual visit is included as a free benefit to everyone with Medicare Part B coverage.

An in-depth visit

While routine doctor's visits often cover acute needs or are short in duration, the annual Medicare Wellness Visit is more comprehensive.

The visits take time to thoroughly review all medications used, immunization records and health screenings recommended. They provide a cognitive assessment; screen for depression; and also provide education on fall prevention, diet and exercise.

During these appointments, providers discuss the importance of regular hearing and vision screenings and also connect patients with resources available within the community to provide assistance if needed. They also discuss advance directives, provide patients with resources to complete them, and ensure patients are up-to-date and on record within the health system. Aside from a blood pressure, height and weight recording, there is no other physical assessment provided at the appointment.

"We both passed our cognitive test, so that's a relief," Kathy says. "But we did find out that our advanced directives weren't on file with the hospital, so we'll be bringing that in to get added to our records. We also found out that we both needed a second pneumonia shot. So I got that right away, and Dave will check with his doctors at the VA to get his, if it is needed."

A dedicated program

To help more patients get their annual Medicare Wellness Visit, COMCARE hired two nurse practitioners this fall to specialize in conducting the exams. April Dickey, APRN, and Ashley Mather, APRN, provide the assessments and also serve patients at local nursing homes.

Research shows that patients who take advantage of the program are more likely to maintain good health and have marked decreases in unnecessary emergency room visits, hospitalizations and overall health care costs.

"The visits allow us the opportunity to take a deeper dive into patients' lives that provides more of a comprehensive assessment that can improve the continuity of care," Dickey says. "The whole goal is to keep patients out of the hospital or nursing home."

"All the patients I've seen have been very receptive," Mather says. "They're thankful we do it



Ashley Mather, APRN, visits with Kathy and Dave Unruh, of Salina, during their annual Medicare Wellness Visit.

and say, ‘Oh, I need to get my family member or friend to come in for this.’ It’s something you’re paying for with your Medicare Part B coverage, so you really should take advantage of it.”

Nearly all patients who participate in the annual Medicare Wellness Visit find some type of immunization or screening that they’re eligible for or that they should have updated. Some patients find their lab tests should be renewed. Some patients get referrals to other specialists, like audiologists or neurologists, as a result of the visit.

Those who test positive for signs of depression or cognitive difficulties are scheduled an appointment to see their primary care provider to see if medication could be prescribed to improve symptoms or delay progression. Cognitive tests from previous visits can be compared to see if decline is present.

“It’s really a thorough visit that lets you know what you can be doing to improve your health,” Kathy says. “They give you the opportunity to ask any questions you might have, and they provide you with a lot of education.”



April Dickey,
APRN



Ashley Mather,
APRN



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Coping with the COMMON COLD



When it comes to colds, there is a lot of information out there about how you get them and how to treat them—and not all of it is correct. Perhaps it's because the symptoms can be so miserable, from a sore throat to postnasal drip.

There's no cure for the common cold, but certain things do help ease the annoying symptoms. Here's a rundown of what does and doesn't work for avoiding and treating colds.

How do you catch a cold?

There are more than 200 viruses that can cause a cold. These viruses spread from person to person via viral particles in the air and close personal contact or by touching a contaminated surface.

Cut your risk of catching a cold by washing your hands frequently, not touching your face and avoiding sick people. Exercising and eating healthy foods also help.

Contrary to popular belief, getting wet and chilled can't give you a cold.

What works

Even though you have to wait for a cold to run its course, you may be able to ease symptoms with the following:

- + Resting.
- + Drinking plenty of fluids.
- + Using a clean humidifier or cool mist vaporizer.
- + Rinsing your nose with saline nasal spray or drops.
- + Taking a steamy bath.
- + Swallowing some honey for cough relief. (Don't give honey to a child younger than 1 year old.)
- + Using an over-the-counter medicine or inhaler, as recommended by your doctor or pharmacist.
- + Using oral zinc products.

What doesn't work

It's important to know that antibiotics are not effective for treating the common cold. They are only effective at treating illnesses caused by bacteria, not viruses. And their overuse can cause adverse symptoms.

Likewise, many alternative products and supplements, such as echinacea, have not proved effective at treating the common cold.

When should you see a doctor?

Cold symptoms can last from two days to two weeks. Seek medical attention for any severe symptoms or serious complications, including the following:

- + Difficulty breathing, fast breathing, or wheezing.
- + Dehydration.
- + Fever above 102 degrees or fever for longer than a few days.
- + Chest pain or pressure.
- + Ear pain.
- + Sinus headache.
- + Symptoms that last more than 10 days without improving.
- + Symptoms that worsen or improve, but then return or worsen.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention; National Institutes of Health; UpToDate

Downsize holiday stress

5 ways to put the wraps on holiday overload

It's that "most wonderful time of the year" again, and you've got happy visions of cozy times with family and friends and perfect meals and presents, right? Let's examine those visions.

Fantasy: You stock up on gift cards and leave the cooking, cleaning, decorating, shopping and wrapping to someone else.

Reality: You've got more to do than ever, with cards to send; cookies to bake; and kids, relatives, friends and teachers to shop for. And what about all that decorating you need to do to set the stage for the festivities?

With so much going on during the holidays, it can be challenging to enjoy the season.

But take heart—the following holiday tips can help you stress less and increase your enjoyment quotient.

Track your spending. Financial stress can put a damper on the holidays. Set a realistic budget and keep tabs on your spending with a daily list. Scale back instead of straining your budget. Talk to your kids about setting realistic expectations and remind them that the holidays are about making memories, not expensive gifts.

Take it a step further. No time to exercise? Shoppercise. Add more activity to your busy days by taking a few quick laps around the mall before going into any stores, by taking the stairs instead of the escalator and by deliberately parking far from the shopping center entrance.

Take time to recharge. Amid all the holiday hustle and bustle, treat yourself to some downtime with yoga. Or take a quiet walk at your local park or around your neighborhood to see the lights and sights.

Load up on healthy food choices. During the holidays, food isn't just food, it's an indulgence loaded with delicious tradition. You don't have to completely deny yourself. Healthy-up your plate at holiday parties by filling it with fruit and vegetables first, reserving a small portion for anything else you may want, even if it's less healthy. Be sure to sit down to savor each and every bite.

Keep the conversation light. Family sparks can fly during the holidays, but this is a time to find neutral ground. If you're concerned about tension at family gatherings and differences of opinion, steer the conversation away from controversial topics. Focus on happy memories and common ground.



CHIP surpasses \$13.5 million

Salina Regional Health Center established the Community Health Investment Program (CHIP) in 1995 with the Salina Regional Health Foundation to provide funding to organizations that, like the hospital, are working to improve the health of people in north central Kansas.

SRHC tithes a portion of its operating margin each year to fund CHIP. Since its inception, more than \$13.5 million in grants have been awarded to area initiatives ranging from children’s health and mental health to aging populations and substance abuse. In addition to CHIP, the hospital also has made more than \$2 million in direct donations over the last decade supporting community-minded healthy lifestyle initiatives.

“We feel it is important to support a wide variety of initiatives impacting health care and the lives of people from across our region,” says Joel Phelps, Salina Regional Health Center President/CEO. “Many of these grants have been connected to developing our youth, who are so vital to our future.”

Who can receive funding?

Services impacting prenatal education, child care, child obesity, foster care, homelessness, substance abuse and addiction, healthy lifestyles, dental care, blood resources, behavioral health, health care career education, and more have been funded through the program. Organizations



Want to learn more or apply for funding?

Visit srhealthfoundation.com.



Kansas Wesleyan University’s Nursing Health Education Center opened in 2021 with support from CHIP.



The School Marathon Program at Salina’s 10 public and private grade schools is annually supported by CHIP.

like Big Brothers, Big Sisters of Salina; American Red Cross Blood Services; CKF Addiction Treatment; Salina Rescue Mission; Salina Grace Foundation; Salina YMCA; Saline County Health Department; CAPS of Salina; and many more have been recipients of CHIP funding. The University of Kansas Schools of Medicine and Nursing in Salina, Kansas Wesleyan University and Cloud County Community College have received significant funding to enhance

their offering of health care careers that are critical to everyone’s access to future services.

The Kansas Wesleyan University Nursing Education & Health Science Department has received \$700,000 in CHIP support over the last 10 years, including a \$450,000 grant for its new Nursing Education Center, which opened in 2021.

“Kansas Wesleyan is deeply appreciative of the investments made through the CHIP,” says

in giving

Matt Thompson, KWU President. “These investments have allowed the university to support a high-quality nursing education program and excellent facilities that prepare excellent nurses for our community.”

A grant that has been awarded to the School Marathon Foundation supports the School Marathon Program at all 10 Salina public and private grade schools. Students set out to complete a marathon (26.2 miles) over a six-week period in the fall. Schools track student progress toward the goal during before- and after-school programs, physical education, and other times throughout the day.

“We’ve been humbled that our hospital continues to fund this program every year,” says Dana Kossow, who originally started the program at Meadowlark Ridge Elementary School.

CHIP funding priorities

- + Children’s health.
- + Depression/mental health.
- + Aging populations.
- + Child obesity.
- + Drug overdose, substance abuse.
- + Heart disease-related indicators.
- + Stroke.

Osborne County welcomes new CEO

Osborne County Memorial Hospital welcomed Doris Brown as its new CEO in October. She replaces Marianna Harris, who retired after six years with the organization.



Doris Brown

Brown most recently served as CEO at Gordon Memorial District Hospital in Gordon, Nebraska. She also has worked in rural hospital administrative roles in Oklahoma, Texas, North Dakota and Wyoming, with vast experience in recruiting medical providers, improving financial operations, cost containment, adding new services and renovation projects.

Brown sees OCMH’s newly constructed facility, which was completed in 2020, as a position of strength for the organization. She also says she’s focused on pulling some of the area’s market share back to the community by continuing to build medical services and specialty clinics to serve area patients.

“I truly enjoy working in rural communities,” Brown says. “I was raised in one in southeast Kansas, and that’s where my heart is. I’ve served Critical Access Hospitals most of my career.”

Abilene and Belleville welcome new physicians

Memorial Health System, Abilene, and Republic County Hospital, Belleville, each welcomed new physicians, who began seeing patients in September.

Michael Ziegler, MD, received his medical training at the University of Kansas School of Medicine-Salina and completed his family medicine training at the Smoky Hill Family Medicine Residency in Salina. He practices the full range of family medicine, from newborns to seniors, including women’s health and obstetrics. Patients can see him at the Heartland Health Care Clinic in Abilene and can make an appointment by calling **785-263-4131**.

Joshua Chapman, MD, received his medical training



Joshua Chapman, MD



Michael Ziegler, MD

at UT Health in San Antonio, Texas, and his family medicine residency at John Peter Smith Hospital in Fort Worth, Texas. He also completed an extra year of fellowship in advanced procedures and surgical training. He provides comprehensive care for the whole family, including obstetrics. Patients can see him at the Belleville Medical Clinic and can make an appointment by calling **785-527-2217**.

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The Mako™ Robotic-assisted Joint Replacement System

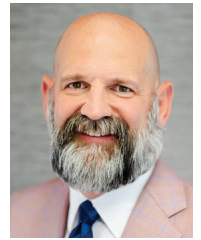
When you've had enough of living with knee or hip pain, Salina Regional Orthopedic & Sports Medicine Clinic is ready to help.

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Travis Rump, D.O.
Orthopedic Surgeon



Todd Reilly, D.O.
Orthopedic Surgeon



**For more information or to schedule a consultation,
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