

THE Caring CONNECTION

Fall 2019

Photo by Sharon Daniels .



Could It Be Gallstones?

Gallstones — crystalline structures that vary in size from a grain of sand to a golf ball — generally cause no symptoms. But if you've experienced nausea, vomiting and pain on the right side of your abdomen, it could be a "gallbladder attack."

Your gallbladder is a small pear-shaped organ located under the liver. It stores bile, a substance made by the liver that helps the body digest fat.

What Causes Gallstones?

Gallstones occur when substances in the bile harden, or when the gallbladder doesn't release bile properly.

In many cases, gallstones can remain in the gallbladder undetected. You might learn you have gallstones during an unrelated imaging test. If your gallstones aren't causing any symptoms, your doctor may recommend leaving them alone.

When to Seek Treatment

Problems occur when a stone travels from the gallbladder to a nearby bile duct. A stone that blocks the duct can trigger an attack.

Gallbladder attacks often happen at night after eating a heavy meal and can last several hours. It's important to contact your health care provider once you start having symptoms to avoid complications. You may be referred to a gastroenterologist or surgeon to treat your condition.

Surgery to remove the gallbladder, called cholecystectomy, is one of the most common procedures to treat gallstones. Fortunately, people can live normally without their gallbladder.

Surgeons perform two types of cholecystectomy:

Laparoscopic cholecystectomy is a minimally invasive procedure that requires only one or several small incisions in the abdomen to remove the gallbladder. Special instruments provide the surgeon with greater control and precision, and offer an enhanced 3D view inside the body. In many cases, you can go home the same day.

Open cholecystectomy is performed using one large incision. Your surgeon will use this approach if your gallbladder is extremely irritated, infected or damaged from previous operations. You may need to stay in the hospital for several days or up to a week.



“Gallbladder disease and symptomatic gallstones are common, making gallbladder removal one of the most common surgical procedures performed in the United States. This is often accomplished laparoscopically through several small incisions or even a single small incision in selected patients. If you have been diagnosed with gallstones or symptoms that may be related to your gallbladder, we would be happy to meet with you to discuss your condition and offer potential treatment options.”

— Dr. John Armstrong, Buena Vista General Surgery

Continued on page 2...

- 2 Quiz Cold or Flu: Do You Know the Difference?
- 3 Early Detection Is Key: Your Cancer Screening Checklist
- 4 Get Moving at Work!
- 4 6 Tips for Talking to Your Teen
- 5 Apple Coleslaw
- 5 Sweet Potato Custard
- 6 Navigating Your Way Through Medicare
- 7 Developing an Alzheimer's Action Plan
- 8 Community Events

Could It Be Gallstones?

...continued from page 1

Nonsurgical treatments are only used in situations when surgery is not an option. These include:

- Oral medications to dissolve certain types of gallstones.
- Endoscopic retrograde cholangiopancreatography (ERCP). Doctors use X-rays and a thin, tube-like device, called an endoscope, to locate and remove a stone that's stuck in a bile duct.
- Lithotripsy, which uses shock waves to break up stones.

Prevent Gallstones

Making the following lifestyle changes can help you avoid gallstones:

- Eat a healthy diet consisting of whole grains, fruits and vegetables, and healthy fats, like olive oil.
- Pass up refined grains like white bread, foods that are high in sugar and unhealthy fats like cholesterol and trans fats, which are often found in prepared foods.
- Lose weight slowly if you are overweight or obese. Aim for 1 or 2 pounds a week. Losing weight too quickly can lead to gallstones.
- Get regular physical activity. Aim for at least 30 minutes of moderate-intensity exercise, like brisk walking or bike riding, on most days of the week.

Quiz

Cold or Flu: Do You Know the Difference?

Achoo! It all starts with a sneeze. The next thing you know you're feeling extremely tired and running a fever. You spend the next few days curled up in a ball in your bed. Now you're wondering, is this just a cold or is it the flu? Influenza (flu) is generally worse than a cold, but it can be hard to know the difference.

Take our quiz to test your knowledge so you're prepared for cold and flu season:

- 1. True or False:** Colds are caused by airborne viruses spread by coughing, sneezing or touching surfaces.
- 2. True or False:** Influenza is a type of stomach virus.
- 3. True or False:** Flu symptoms usually develop slowly over a few days.
- 4. True or False:** If you have symptoms such as high fever, sweats and chills, nausea and muscle aches, you might have the flu.
- 5. True or False:** If you have symptoms such as low-grade fever, runny or stuffy nose, sore throat, cough, sneezing and headache, it's probably a cold.
- 6. True or False:** Antibiotics can help treat colds and the flu.
- 7. True or False:** Most cold and flu illnesses go away on their own with at-home rest and drinking plenty of fluids.

Quiz Answers

Check your answers to see where you stand:

- 1. True.** Cold and flu viruses are both spread by droplets in the air when people cough, sneeze, talk or touch surfaces.
- 2. False.** Influenza is a respiratory illness affecting the nose, throat, airway and lungs. It's not the same as the "stomach flu," a viral intestinal infection that causes diarrhea, abdominal cramps, nausea or vomiting.
- 3. False.** Flu symptoms usually appear suddenly and more intensely than cold symptoms.
- 4. True.** Flu symptoms come on suddenly and are more intense than cold symptoms.
- 5. True.** Cold symptoms develop slowly and are generally milder than flu symptoms.
- 6. False.** Antibiotics don't work against cold and flu viruses. The illness has to run its course, but certain medicines can help relieve symptoms and shorten the length of time you're sick.
- 7. True.** Most people recover from a cold or flu virus without treatment within two to 14 days. However, if you have concerns about worsening symptoms — especially for those at risk for complications, such as children younger than age 5, pregnant women, elderly adults and anyone with chronic medical conditions — don't hesitate to call your doctor.

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Jason Dierking, MD, FACS and John Armstrong, MD



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712.213.4750 - Downtown Storm Lake

Protect Yourself

Prevent spreading colds and the flu by washing your hands often, staying home when you're sick and getting an annual flu vaccination.

Early Detection Is Key

Your Cancer Screening Checklist

Early detection is a powerful weapon in the fight against cancer. Cancers may develop slowly or rapidly, and sometimes without any noticeable symptoms. When cancer is found early, the chances for effective treatment are better. That's why it's important to stay up to date with cancer screening tests.

The following checklists are a general guide, and your doctor may suggest you have these tests done at a time that's right for you.

Screening Tests for Men



- Colon cancer screening — starting at age 45.
- Prostate cancer screening — talk to your doctor at age 50.
- Lung cancer screening — for current or former smokers ages 55 to 74.

Screening Tests for Women



- Pap test and pelvic exam — starting at age 21.
- Mammogram — talk to your doctor at age 40 or earlier if you have a strong family history of breast cancer.
- Colon cancer screening — starting at age 45.
- Lung cancer screening — for current or former smokers ages 55 to 74.

Keep Up with the Latest Guidelines

The American Cancer Society suggests the following guidelines for the early detection of cancer. Depending on your family history and other risk factors, your doctor may recommend a different screening schedule for you.

Breast Cancer Screening

Women ages 40 and older should talk to their doctor about starting annual mammograms. Women at high risk for breast cancer should talk about adding magnetic resonance imaging (MRI) to their mammogram routine.

Cervical Cancer Screening

Starting at age 21, women should have a Pap test for cervical cancer screening every three years. From ages 30 to 65, women should have a Pap test plus HPV test every five years. Women over age 65 should discuss whether to continue cervical cancer testing with their doctor.

Colon Cancer Screening

New guidelines from the American Cancer Society recommend colon cancer screening for men and women at age 45 instead of age 50. You might need to be screened earlier and more often if you have a personal or family history of colorectal polyps (growths) or colorectal cancer. Common screening tests include fecal occult blood test and colonoscopy.

Lung Cancer Screening

If you're a current or former smoker, have a discussion with your doctor about whether you'd benefit from a lung cancer screening. Yearly lung cancer screening with a low-dose CT scan may be recommended for those ages 55 to 74 who have a history of heavy smoking. This includes current and former smokers who have a history of smoking at least one pack a day for 30 years or two packs a day for 15 years.

Prostate Cancer Screening

Starting at age 50, men should talk to their doctor about the pros and cons of prostate cancer testing. Men at higher risk (African American men and those with a family history of prostate cancer before age 65) should talk about testing starting at age 45. The two main prostate cancer screenings are the digital (finger) rectal exam (DRE) and the prostate-specific antigen (PSA) blood test.

Source: American Cancer Society Guidelines for the Early Detection of Cancer

October Is Breast Cancer Awareness Month
Make Your Mammogram a Priority

It's time to put your health first!
Please call BVRMC at **712.213.8691**
with questions or to schedule your mammogram.

October is National Breast Cancer Awareness Month

Have you had your mammogram?



Schedule your appointment today by calling BVRMC at 712.213.8691.



You may qualify for a FREE mammogram. To find out, call 712.213.8691.

Get Moving at Work!

Did you know that quitting sitting can help your health, and may even help you live longer? Most Americans spend an average of 11 to 12 hours a day sitting, and this can be a big risk to your health.

It's not easy to break the cycle of sitting — especially if you commute to work and spend most of the day sitting behind a desk. At the end of a long day, you're probably more likely to fall into bed than jump into gym clothes for a workout. But research suggests that swapping just 30 minutes of sitting with low-intensity exercise may help you live healthier (and longer)!

According to a recent study, substituting just a half-hour of sitting each day with low-intensity movement can reduce the risk of an early death by 17 percent, and moderate- or high-intensity exercise can reduce the risk by 35 percent.* The study findings supported the idea that while higher-intensity exercise reduces the risk more than light-intensity, any physical activity helps — even if it is just for a few minutes.

Simple Ways to Move More

What can you do to fit in 30 minutes of movement each day, even while at work? Here are some easy ideas:

- Stuck on a long phone call? Do some squats or lunges while listening in.
- Use a resistance band or small weights to fit in some arm curls.
- Enjoy nice weather with lunchtime walks by yourself or with a co-worker.
- Bad weather? Walk some laps through your building.
- If it is an option, trade in your traditional desk for a standing desk or chair for a stability ball.
- Use the bathroom located the farthest from your office.
- Invest in an activity tracker and set reminders to walk 300 steps each hour.
- Talk to your boss about having a television and DVD player in a conference room, and schedule some lunchtime exercise breaks with co-workers.



“Start by making small changes to your work routine. You can begin by alternating between sitting and standing at your desk throughout your day. Standing will help improve posture and lower your risk for obesity. Being active at work does not require a lot of time or equipment.”

— Stephanie McClellan, Occupational Therapist

- Park at the back of the parking lot to get a few more steps in.
- Challenge yourself to take the stairs instead of the elevator.

*Source: National Institutes of Health

6 Tips for Talking to Your Teen

Teenagers are in the unique position of having real responsibilities for the first time, but they may not have the ability to handle complex emotions yet. A healthy parent-child relationship with open communication at its center can help your teen navigate their newfound responsibility and bring you closer.

Tips for Engaging with Your Teen

1 Understand you have different spheres of knowledge. Before launching into a lecture on vaping or video games, create a discussion by asking your child their opinion. This technique helps you avoid explaining things they may already know and lets you know what gaps in knowledge your child might have.

2 Ask permission. By asking your teen if they want your advice or wisdom, you're giving them some control over the situation. If they accept, they'll be more likely to engage in the conversation. If they reject hearing more from you, your child will still grow respect for you when they see you honor their wishes.

3 Focus on the now, not your “back when.” Teenagers naturally tend toward self-centeredness. So when you start talking about when you were a teen that tells them it's time to tune out. Find ways to factor in their perspective if you want to keep their attention for long.

4 Give options, not directions. When your teen comes to you for advice, they usually don't want to be told what to do. In these moments, resist taking over the situation and instead provide them with options and ask what they're considering. This approach can teach your kid how to make good decisions on their own.

5 Validate their feelings. Show your child that you understand their feelings by acknowledging the validity of their problems. Listen without judgment or blame.

6 Provide follow-up time. A conversation about a serious topic can be difficult for a teen to respond to in the moment. If possible,



step away from the conversation for hours, days or even weeks. Then, give your child the opportunity to discuss the topic again.

Start a Conversation About Health

Don't let the conversation stop here. Keep an open dialogue between you and your child, as well as their primary care doctor. Being proactive about talking can ensure no physical or mental health needs go unmet.



Apple Coleslaw

Whip up this sweet and crunchy coleslaw with a lemon dill dressing.

Number of servings: 4

Ingredients

2 cups cabbage	5 tablespoons yogurt, low-fat
1 carrot (medium), grated	1 tablespoon mayonnaise, low-fat
½ green pepper, chopped	1 teaspoon lemon juice
1 apple, chopped	¼ teaspoon dill weed

Directions

- 1 Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
- 2 Peel and grate the carrot.
- 3 Chop half a green pepper into small pieces.
- 4 Remove the core, and chop the apple.
- 5 Put the cabbage, carrot, green pepper and apple in a large mixing bowl. Stir together.
- 6 Put the yogurt, mayonnaise, lemon juice and dill weed in a small bowl. Stir together to make a dressing.
- 7 Pour the dressing over the salad. Toss to mix.

Nutritional information per serving: 62 calories; 2 g total fat; 0 g saturated fat; 1 mg cholesterol; 59 mg sodium; 11 g carbohydrates; 2 g dietary fiber; 7 g total sugars; 0 g added sugars; 2 g protein; 59 mg calcium; 0 mg iron; 232 mg potassium.

Recipe courtesy of the U.S. Department of Agriculture, whatscooking.fns.usda.gov.

Sweet Potato Custard

This delightful dessert showcases sweet potatoes, bananas and cinnamon.

Number of servings: 6

Ingredients

- Nonstick cooking spray
- 1 cup mashed cooked sweet potato
- ½ cup mashed banana (about 2 small)
- 1 cup evaporated skim milk
- 2 tablespoons packed brown sugar
- 2 beaten egg yolks (or ⅓ cup egg substitute)
- ½ teaspoon salt
- ¼ cup raisins
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon

Directions

- 1 Preheat oven to 325 F. Spray a one-quart casserole with nonstick cooking spray.
- 2 In a medium bowl, stir together sweet potato and banana. Add milk, blending well.
- 3 Add brown sugar, egg yolks and salt, and mix thoroughly.
- 4 Transfer sweet potato mixture to casserole dish.
- 5 Combine raisins, sugar and cinnamon; sprinkle over the top of the sweet potato mixture.
- 6 Bake for 40 to 45 minutes, or until a knife inserted near the center comes out clean.

Nutritional information per serving: 144 calories; 2 g total fat; 1 g saturated fat; 92 mg cholesterol; 235 mg sodium.

Recipe courtesy of the National Heart, Lung, and Blood Institute, healthyeating.nhlbi.nih.gov.



Navigating Your Way Through Medicare

When it's time to enroll in Medicare or review your coverage information, you might be tempted to procrastinate or gloss over the details. But it's important to make sure you understand your Medicare options so you can choose what's right for you. Whether you're already on Medicare or soon-to-be 65 and eligible for benefits, it pays to know how the program works and what you can expect.

Medicare Basics

Let's walk through a summary of what each component of Medicare covers:

Original Medicare includes Medicare Part A (inpatient/hospital insurance) and Medicare Part B (outpatient/medical insurance).

- **Part A** covers inpatient hospital care, skilled nursing facility care, home health care and hospice care up to certain limits. **Cost:** Most people don't pay a premium for Part A. Part A is free for those who paid Medicare taxes at least 10 years.
- **Part B** covers medically necessary services such as doctor visits, durable medical equipment, preventive care, rehabilitation therapy, mental health services, X-rays and lab tests. **Cost:** Monthly premiums for Part B are based on income level. See current costs at www.medicare.gov.

Medicare Advantage Plans (Part C) are private health insurance plans approved by Medicare to provide you with coverage for Medicare Parts A and B. Most plans also include prescription drug coverage. These plans may include extra benefits like vision or dental coverage, and benefits and cost vary by plan. **Cost:** The costs you pay for premiums, deductibles and health services vary depending on the plan you choose.

Medicare Prescription Drug Coverage (Part D) includes coverage for prescription drugs, including generic, brand-name and specialty prescription drugs. **Cost:** You'll pay a monthly premium for coverage plus copayments when you fill prescriptions. See current premium rates and covered prescription drugs at www.medicare.gov.

When to Enroll?

When you're first eligible for Medicare, there's an initial seven-month enrollment period that begins three months before you turn 65. If you miss the window, you may be able to sign up later during the general enrollment period or a special enrollment period if you meet certain requirements. But you may have to pay a higher premium for late enrollment.

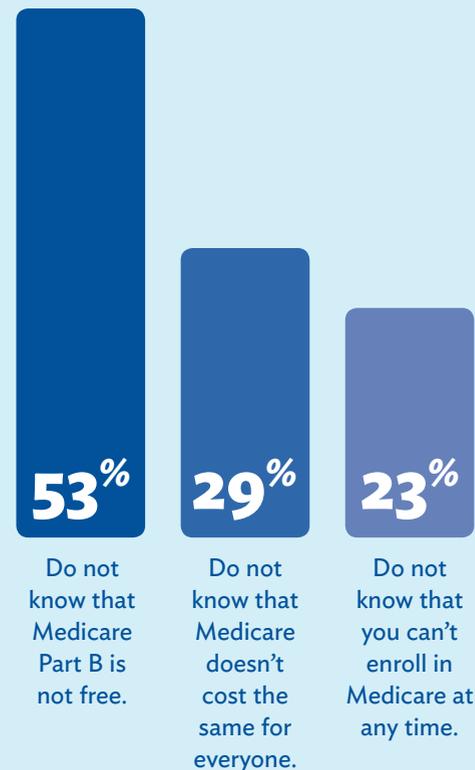
If you're not retired yet and have an employer health plan through your or your spouse's current employer, you have more options to consider. Ask your benefits administrator what happens to your employee or retiree coverage when you turn 65. That way you can make the most of your employer plan and Medicare options.

Check Your Plan

Every year, Medicare plans change what they cost and cover. When it's time to enroll or choose your coverage for the next year, be sure to review the information carefully. If you have questions, call 1-800-MEDICARE or go to www.medicare.gov. Find local help and one-on-one counseling via your State Health Insurance Assistance Program at www.shiptacenter.org.

Medicare Misconceptions

Do you know what you're signing up for? A recent Harris Poll found that 7 in 10 Americans wish they better understood Medicare coverage. Here are some of the common misconceptions among those surveyed.



Source: The Harris Poll, June 26, 2018



If you have Medicare questions, call 712.213.8683 to set up an appointment with Gary or Sue, area SHIIP representatives located within BVRMC.

Developing an Alzheimer's Action Plan

When you or a loved one is diagnosed with Alzheimer's disease or another form of dementia, it's normal to feel lost to a roller coaster of emotions. Fear, anger, sadness and even denial are rational responses to a condition that will affect a family drastically. Having a solid plan not only gives you a sense of empowerment, but also enables you and your loved ones to enjoy life to the fullest, knowing that the future is taken care of.

Build Your Support Team

Connect with your medical team at BVRMC's Hope Harbor and other community resources to help navigate difficult decisions involved in Alzheimer's care.

- Meet with your primary care doctor and define a medical support team that will allow you to ask questions, raise concerns and get referrals needed for additional services.
- Join a support group. Support groups can help not only the person diagnosed with the disease, but also their family members.
- Contact your community's senior center. Many offer help and support programs, socialization, help with finances and therapy programs for you and your loved ones.

Make Your Plans

Talk with your doctor about the next steps in your medical care plan and how to make your care wishes known.

- Designate an agent with medical power of attorney if you don't already have one.
- Create a living will that outlines your requests for medical care in the event you cannot make the decisions yourself.

Organize Your Finances

Get your finances in order so that you have a complete picture of assets available for housing, medical care and other costs.

- Meet with a financial advisor to discuss your financial situation, including debt and savings, insurance and retirement plans.
- Consult with a lawyer and create a will. Include important information such as where you keep valuables, as well as any codes to access safes or security boxes.
- Consider naming a financial power of attorney. This will allow a trusted individual to take care of your financial affairs if you're unable to do so.

Consider Housing Options

Have an open discussion with family members and caregivers about the level of care and assistance needed.

- Living at home may be something you or your loved ones feel strongly about. Keep in mind the costs of upkeep on the home and the potential need for home health care services.
- Retirement communities offer different levels of care on the same campus, allowing you to age in one location.
- Memory care communities are designed specifically for those with dementia or other memory diseases.



Behavioral health unit specializing in medical management of psychiatric disorders.



- 24-Hour Services
- Staff Dementia Care Certified
- Management of Medication and Education
- Individualized Treatment Planning

At BVRMC Hope Harbor our goal is to enhance self-esteem and dignity, identify and emphasize abilities rather than disabilities and promote optimal independence.

Consistent with our holistic treatment philosophy, we focus on healing the mind, body and spirit.

Check out bvrmc.org/hope-harbor for services, video, and referral form.



For more information go to bvrmc.org/hope-harbor or to schedule a confidential, free screening; please call 712.213.8656.



“Our staff at Hope Harbor is ready to lend a helping hand to our patients and their families to make adjustments as easy as possible.”

— Leah Fineran, Director of Hope Harbor

We're Here to Help

When a diagnosis of Alzheimer's disease rattles a family, the decisions that have to be made can be confusing and difficult. Having a plan in place can give you a feeling of control over your future and also help you stay connected with the support you need. To learn more about navigating next steps, visit us at bvrmc.org/hope-harbor.

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Auxiliary Jewelry Fair

To register for any event, please
call 712.213.8683.

For all events, please enter
through the BVRMC Main Entrance.

BVRMC Calendar Key:
KEC Kallmer Education Center,
ME Main Entrance

BVRMC Fall Calendar **Community Events and Opportunities**

October

1 Auxiliary Masquerade Jewelry Fair, Every item \$5, 9 a.m. to 5 p.m. **KEC**

1 Storm Lake Community Blood Drive, LifeServe Blood Center, 12:30 to 6 p.m.
Main Entrance

3 Young at Heart, "Diagnostic Breast Imaging at BVRMC," Speakers: Shalee Stuart, Mammography Supervisor & Kim Wych, Radiologic Technologist, 10 a.m. **KEC**

7 Watch Me Grow, 10 a.m. to 7 p.m.
OB Department

5 Sibling Class, 6:30 p.m. **KEC**

7 Young at Heart, "WellFit: Being An Active Participant In Your Health," Speaker: Melissa Iehl, WellFit Coordinator, 10 a.m. **KEC**

12 Breastfeeding Class, 6 p.m. **KEC**

12 Cares for Kids Basket Auction, **KEC**

December

2 Watch Me Grow, 10 a.m. to 7 p.m.
OB Department

3 Storm Lake Community Blood Drive, LifeServe Blood Center, 12:30 to 6 p.m.
Main Entrance

5 Young at Heart, "Holiday Food Ideas," Speaker: Scott Fadden, Martin Brothers Corporate Chef, 10 a.m. **KEC**

November

2 Childbirth Class, 8:30 a.m. to 12 p.m. **KEC**

4 Watch Me Grow, 10 a.m. to 7 p.m.
OB Department

5 Storm Lake Community Blood Drive, LifeServe Blood Center, 12:30 to 6 p.m.
Main Entrance

Please visit the "Events Calendar"
at bvrmc.org for additional
Community Events and Opportunities.