



BE THE BEST YOU! Tips to help you reach your health goals. **SEE PAGE 4**

BEST Health



BRINGING EXCELLENCE AND SERVICE TOGETHER

Spring 2017

ONE DEDICATED DOCTOR

Dr. Kueser's patient-focused care earns him the *BEST* award

The *BEST* High Performing Physician award recipient is kept a secret at Neosho Memorial Regional Medical Center (NMRMC). And the fact that the honoree missed the surprise announcement because he was caring for a patient wasn't surprising at all.

Brian Kueser, MD, Chief of NMRMC's Emergency Department received the NMRMC High Performing Physician Award for his dedication to the community's most critically ill patients.

BECOMING A DOCTOR Dr. Kueser remembers medicine piquing his interest early in life. "A friend had some medical problems when we were about 12," he recalls. "Since then, I wanted to be a physician. When in high school I saw how much schooling it would take, I decided against it and changed my major the day I enrolled in K-State."

While comparing medicine to his new major, architecture, Kueser realized that with a few more years, he could achieve his goal to become a doctor.

"And my advisor told me I couldn't do it. When someone tells me I can't do something, I will prove them wrong," Dr. Kueser says.

Kueser's mother was also a positive influence. "My mother was a respiratory therapist so I also got a little bit of exposure to medicine that way," he adds.

COMMITTED TO INDIVIDUAL CARE "I like taking care of really sick patients. It is what I prefer to do, and I like the schedule and being able to be fully committed while I'm here rather than being drawn to several areas."

"I think our medical staff is really committed to their patients here, where in other places that isn't necessarily true. There, it is more of a job than true commitment to patient care," Kueser says.



AT LONG LAST: Brian Kueser, MD, (right) did receive his *BEST* High Performing Physician award from NMRMC CEO Dennis Franks, even though he was taking care of a patient when it was announced.

Dr. Kueser's top 5 tips for ER patients

1. We are always open. Always.
2. Don't wait too long to be seen.
3. Get here quickly if you have any neurological issues—weakness or vocal weakness.
4. We want people to have stroke awareness—know the symptoms.
5. If you have chest pain, just come on in. Don't wait.

Many people recognize his commitment.

"Brian is an amazing doctor. It seems fitting that he missed our first attempt to present his award because he was with a patient," says Dennis Franks, NMRMC CEO.

"Dr. Kueser spends time with his patients really explaining to them the plan of care until they understand," says Stacy Trester, RN.

"One of his patients told me that he 'explains everything in a way you can understand,'" she says. This is no small feat when one works in the fast-paced NMRMC Emergency Department.

Neosho Memorial's ED staff treated over 11,000 patients last year. As a team, they serve people of all ages and from every walk of life.

"Dr. Kueser has come in on his day off when called in to help. Whether it is 3 p.m. or 3 a.m., he is more than willing to come in and help the team," Trester adds.

Late last year, Trester nominated Dr. Kueser for the award.

"When it comes to patient care, he always considers ways to help them get better faster," she says.

HEALTH TALK NEWS, VIEWS & TIPS



P. Christy Parham-Vetter, MD, MPH

Now open NMRMC Dermatology Clinic

Neosho Memorial Regional Medical Center (NMRMC) has added a new service, NMRMC Dermatology.

This clinic offers comprehensive dermatology services by three practitioners, including the area's only dermatologist, P. Christy Parham-Vetter, MD, MPH. The office is located on the hospital's original second floor, formerly the family medicine office.

NMRMC Dermatology provides a wide range of services, such as:

- General dermatology.
- Pediatric dermatology (ages 10 and older).
- Skin cancer screenings.
- Procedural dermatology.
- Cosmetic dermatology.

Office hours

- Monday through Thursday, 8 a.m. to 5 p.m.
- Friday, 8 a.m. to noon.

Appointments

620-432-5700

Providers

- P. Christy Parham-Vetter, MD, MPH
- Amanda Caldwell, APRN-C
- D. Amy West, PA-C



Baby YOUR Skin

Here's a cold, hard fact about winter: It's not very kind to skin. The harsh, dry air can make skin more likely to flake, crack and itch. And if those problems weren't enough, fine lines and wrinkles tend to stand out when skin is dry.

Get relief So if your parched skin has you itching for spring, take steps toward relief.

You might want to check with a doctor to determine if your dry skin has a medical cause that's treatable with prescription medicines. Also consider these nine DIY skin-soothing strategies:

- 1 **Take shorter showers in warm (not hot) water.** Hot water removes the skin's natural oils. Lingering longer than about 5 to 10 minutes may further dry out skin.
- 2 **Moisturize on time.** Moisturizing ointments and creams (two top choices: products with olive or jojoba oil) relieve dry skin by locking in dampness. Apply them right after washing your hands or bathing—it's OK to gently pat the skin a little dry first.
- 3 **Practice gentle skin care.** Some cleansers—such as deodorant bars and perfumed and antibacterial soaps—may contain alcohol or other ingredients that can strip oils from the skin. A move to a mild, fragrance-free soap may help.
- 4 **Shave right after bathing, when hair is softer.** Use a shaving cream or gel, and replace razors often.
- 5 **Slip on some gloves.** Wearing gloves outdoors in the winter helps prevent dry, rough hands.
- 6 **Resist the scratch.** Apply a cool damp cloth to soothe itchy areas.
- 7 **Don't sit in front of the fireplace or heater.** The heat can draw out moisture.
- 8 **Drink plenty of water.** This healthy habit helps keep you hydrated from the inside out.
- 9 **Humidify your home.** It helps add moisture to dry, indoor air.

Sources: American Academy of Dermatology; National Library of Medicine

Service with a smile

Award honoree is known for his wit, positive attitude and reliability

Congratulations to Neosho Memorial Regional Medical Center (NMRMC) volunteer John Williams, the 2016 NMRMC Ella Ranz Service Award recipient. Williams was honored at the annual volunteer holiday party.

Known for his witty optimism and punctuality, he brings great joy to the staff and patients of Neosho Memorial.

"I just enjoy patients," Williams says.

After retiring from a career in Junction City as the head of hospital security, environmental services and housekeeping, Williams couldn't leave patient care. He joined the NMRMC

volunteer program in 2014 and is a great asset.

"I can always count on John," says Wannetta Wiltse, Volunteer Coordinator. "He is here at 6:30 a.m. for his 8 a.m. shift and is always willing to fill a shift."

Williams works as a patient escort at the west entrance and enjoys helping patients and families.

Volunteer opportunities It surprises many people that a quarter of volunteers at NMRMC are male. These men serve as hospice chaplains, foundation committee members and patient greeters, among



John Williams, at right, receives the 2016 NMRMC Ella Ranz Service Award from Dennis Franks, NMRMC's CEO.

other positions.

Volunteers can serve a minimum of one shift per month and up to weekly if they choose. New volunteers are always welcome.

If you know of someone interested in becoming a hospital volunteer, please contact Wannetta Wiltse at 620-432-5672.



ANTIBIOTICS

Use them wisely

It would be great if there were pills to cure every ailment. Sadly, we know there aren't.

But it can be hard to come to terms with the limits of medication when we're sick with a cold, the flu or another upper respiratory problem. Coping with nasty viruses like these can tempt anyone to seek relief, often in the form of an antibiotic.

Although antibiotics can work wonders against bacterial infections—such as strep throat—they're powerless against viruses. In fact, they can do more harm than good if taken for a viral infection.

People who take antibiotics when they're not needed may be contributing to a serious problem known as antibiotic resistance.

It works like this: When you take an antibiotic, bacteria sensitive to that medicine are killed. But certain bacteria, through mutation or other means, may change so that they're no longer affected by the drug. These antibiotic-resistant bacteria can then multiply, causing infections that are harder to treat.

Overuse of antibiotics promotes the spread of antibiotic resistance. But you can help reverse that trend.

Don't ask your doctor to prescribe an antibiotic if he or she says it's not needed.

And, if an antibiotic is prescribed, be sure to take the full course of the drug, even if you start to feel better before you've finished.

Source: Centers for Disease Control and Prevention

HEALTH TALK NEWS, VIEWS & TIPS



Give me 5!

Tasty tips for making veggies appealing to kids

Would your kids rather do homework than eat their veggies?

You might try these five veggie-friendly strategies to get your kids eating more vegetables—and liking it.

1 Let them loose in the produce aisle. They can pick out veggies they'd like to try.

2 Turn them into chefs. Let kids make their own salads, tacos or wraps. Fill small bowls with avocado, broccoli, tomatoes or other ingredients, and they can pick and choose.

3 Have a family contest. See who can reach their daily vegetable goal. The winner gets a prize!

4 Fake them out. Whip up some pureed cauliflower, add a little butter and salt, and you have a mashed potato fake-out.

5 Let them give 'em a dip. Serve veggies with a favorite dip, such as low-fat ranch dressing, peanut butter or salsa.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention



Meet your Medicare health coach

NMRMC's Health Coach Megan Jones, RN, CCM, can help Medicare patients manage their chronic health conditions at home. It is our newest program and one proven to help. And it may be the perfect answer for your loved one.

The program is designed for stroke or heart patients dealing with at least one other health issue. Jones provides clients with education and support. She also helps them:

- Improve their clinical outcomes.

- Learn practical ways to deal with multiple health issues.
- Reduce their health care costs.
- Learn strategies to avoid being admitted to the hospital.
- Find resources.


Just like a sports coach, a health coach helps you understand your doctor's game plan for you. The program at Neosho Memorial is offered through a partnership with The Kansas Heart and Stroke Collaborative from the University of Kansas Medical Center. The program requires a



Megan Jones, RN, CCM

primary care provider referral.

If your loved one could benefit from a health coach, contact your primary care provider or Health Coach

 Megan Jones at **620-432-5799**.



OVARIAN CANCER

Watch for early cues

It was once considered a silent disease—often going undetected until it was too late to do much about it.

But now doctors believe that ovarian cancer may cause early symptoms. And if you're a woman, it's important to become familiar with them.

The reason? More than 90 percent of women whose ovarian cancers are found and treated early will live five years or longer—and many will live much longer and even be cured, according to the American Cancer Society (ACS).

Unfortunately, only 15 percent of ovarian cancers are

actually found at an early stage. However, if you know what to look for, you can get the symptoms checked.

The ACS reports the most common early symptoms include:


- Bloating.
- Pelvic or abdominal pain.
- Difficulty eating.
- Feeling full quickly while eating.
- An urgent or frequent need to urinate.

These symptoms are, of course, relatively common. In most cases, they aren't related to ovarian cancer. Still, if the symptoms are new for you, occur almost daily and last for more than a few weeks, they should prompt you to get a checkup, preferably with a gynecologist.

Who is most at risk? Half of all ovarian cancers occur in women 63 or older, reports the ACS. But it can occur earlier.

In addition to advancing age, other risk factors include:

- A family history of ovarian, breast or colorectal cancer.
- A personal history of breast cancer.
- Being of Ashkenazi Jewish origin.
- Being a carrier of a genetic mutation linked to ovarian cancer.
- Obesity.
- Never having children or having a child after age 35.

Let your doctor know if you have any questions about ovarian cancer. You can also learn more at  cancer.org/ovariancancer.

Grieving: How to provide support

Dealing with the death of a loved one is one of life's greatest challenges. But knowing how best to support those who are grieving can be challenging too, albeit in a different way.

Showing someone you care can begin with a simple expression of sympathy. For example: "I heard that your husband died, and I'm very sorry for your loss."



Though you may not know what more to say, often just listening can be helpful. Acknowledge the person's feelings, and try to be supportive and offer reassurance without minimizing the loss.

People often appreciate shared memories of the person who has died. They may also appreciate practical help. For instance, you might volunteer to pick up family members arriving at the airport or to babysit the children. Generally, a specific offer is better than a statement, such as: "Call if you need me."

Grieving takes time, so it's helpful to check in periodically after the funeral too. If you think someone is struggling to cope, consider recommending a counselor or support group.

Signs of trouble may include abuse of alcohol or drugs, neglect of personal hygiene, physical problems, or talk of suicide—something that requires emergency help.

Sources: American Cancer Society; American Hospice Foundation

What's holding you back?

Solutions for a healthier life

A healthy, vibrant life? Who wouldn't want that? ♦ Maybe you've thought about making a positive change in your life—lose some weight, get more sleep, cut back on junk food. But you just haven't found the time—or perhaps the motivation—to make those changes happen. ♦ What follows are some common stumbling blocks to better health, along with ideas that may make adopting new habits a bit easier.

➖ PROBLEM: You don't get enough exercise.

➕ POSSIBLE SOLUTIONS: Even a modest walking program can boost fitness and help protect against some chronic diseases. In fact, it only takes about 150 minutes of aerobic activities a week to begin to reap benefits. To help keep your bones strong, aim for two days of strengthening activities a week too.

Other ideas for moving more:

- If you're a social butterfly, stop flying solo. Maybe you need an exercise buddy—perhaps a spouse or a friend—to motivate you.
- If your current exercise bores you, try something different. How about a kickboxing or Zumba class? If you normally walk, try riding a bike. Choose activities that you find fun. It will make sticking with them—and getting the amount you need—a lot easier.
- Pressed for time? Fit in a morning walk before your busy day begins, or take a stroll during lunch or after dinner. Even three 10-minute bouts of exercise, spread throughout the day, counts.

➖ PROBLEM: You don't get enough sleep.

➕ POSSIBLE SOLUTIONS: No doubt about it: Refreshing sleep is essential for good health. When you're short on shut-eye, it's hard to concentrate and be your best. Lack of adequate sleep also raises your risk for things like heart disease, high blood pressure and depression. And it can make it difficult to keep your weight under control.

Most adults need at least seven hours of snooze-time. If you're a night owl (doctors call it insufficient sleep syndrome), resolve to make sleep a priority. Commit to hitting the pillow and getting up at the same time, even on weekends.

If sound slumber is still elusive, you might try:

- Keeping your tablet, smartphone and TV out of the bedroom.
- Cutting caffeine—or at least doing away with your afternoon latte.
- Exercising—but not too late in the day.
- Talking with your doctor, especially if you snore loudly and often feel drowsy during the day. These symptoms sometimes signal sleep apnea, a treatable disorder that can be diagnosed in a sleep lab.

Don't skimp on safety

Moving forward with a healthier life includes reducing your risk of a

potentially dangerous injury. Always remember to:

Wear a helmet. Even a minor bike accident can cause brain damage in the blink of an eye.

So protect your noggin as recommended (or required) when doing this and other helmet-worthy activities, such as motorcycling, skating and skiing.

Buckle up. Whether the journey is 1 mile or 1,000, fasten your seat belt before hitting the road.

Pay attention behind the wheel. From texting

to grooming yourself in the mirror, just a moment of distracted driving can be deadly for you or others.

Sources: American Academy of Orthopaedic Surgeons; Centers for Disease Control and Prevention





➖ PROBLEM: You don't always eat well.

➕ POSSIBLE SOLUTIONS: You know you should be eating right to help ward off weight problems and conditions like type 2 diabetes and heart disease. But you're not alone if you munch on high-calorie junk foods more often than not.

Overhauling eating habits can be overwhelming. Luckily, small changes, like these, can add up:

- Make a weekly menu and grocery list so you'll have what you need to cook healthy meals. Otherwise, you'll grab what's available—like food from the nearest drive thru—when you're hungry.
- Focus on fruits and vegetables. Enjoy fresh, frozen or canned varieties with every meal. And try sneaking some into your main dishes. For instance, add grated carrots and diced green or yellow peppers to pasta sauce; mix frozen peas with mac and cheese; include fruits, such as apples or oranges, in a salad.
- Eat more whole grains. Try making sandwiches, burritos and pasta dishes with fiber-rich whole grains

instead of refined ones. Read labels: The first ingredient on breads or pastas should be a whole grain. And if you eat rice, reach for brown instead of white.

- Limit artery-clogging saturated fat. For instance, use a vegetable oil, like olive or canola, instead of butter to sauté foods. Switch to low-fat or nonfat milk. Buy lean meats instead of more fatty cuts.
- Don't skip breakfast. This morning meal fuels your body and helps you avoid overeating later.
- Try replacing just one of your usual sodas for the week with zero-calorie water.
- Take a hard look at any bad habits. For instance, if you munch chips while watching TV, ask yourself: "Am I eating because I'm stressed or bored?" If you're truly hungry, have a healthy snack, such as an apple or nonfat yogurt.
- If you need to shed pounds, have patience. Choosing sensible portions and eating a variety of nutritious foods helps produce weight loss that sticks.

➖ PROBLEM: You haven't seen a doctor in years.

➕ POSSIBLE SOLUTIONS: It's easy to think all is well if you don't have any worrisome symptoms.

But many diseases—such as high blood pressure, diabetes or even some cancers—don't announce their presence in their beginning stages. Often, the earlier these diseases are found, the easier they are to treat or get under control.

So pick up the phone and schedule a checkup today. If you don't have a doctor, ask family or friends to recommend one they trust. You can also check your insurance's list of primary care providers.

You can read about screening tests a doctor may recommend, depending on your age and gender, at healthfinder.gov. Search for "screening tests."

In addition to screening tests, a doctor will check to make sure you're up-to-date on your vaccines, such as those that help protect against tetanus or pneumonia. (Yes, adults need vaccines too.)

Sources: American Academy of Nutrition and Dietetics; American Academy of Sleep Medicine; Centers for Disease Control and Prevention



IMPROVE YOUR HEALTH AT THE REHABILITATION AND FITNESS CENTER. FOR MORE INFORMATION, CALL 620-432-5379.

A STEADY BEAT

Treatments help a heart stay strong

Having a healthy heart is one of life's must-dos. That's why if your doctor suspects there's something wrong with your ticker, he or she may recommend one or more of these treatment options.

that includes plenty of fruits, vegetables, whole grains and legumes. Make meat a secondary item on your plate. Limit sodium and saturated fats.

Aim for a healthy weight. Even a small weight loss (if you're overweight) can provide a big benefit.

Say no to stress overload. Learn to relax with deep-breathing exercises. Or consider taking a stress-management class.

Get active. Just be sure to review your new exercise plan with your doctor first.

If you light up, quit.

Giving up smoking may be the healthiest change you can make. Ask your doctor for help dropping the habit.

MEDICATIONS A diagnosis of heart disease can trigger a list of new medications. Some of these drugs might do double-duty.

For example, a class of drugs called ACE inhibitors treats both high blood pressure and heart failure. Beta-blockers may be used to lower blood

pressure, relieve chest pain and treat abnormal heart rhythms.

If lifestyle changes aren't enough to control your cholesterol, your doctor might prescribe a statin medication.

You also may need an anticoagulant medicine to help prevent blood clots from forming in your arteries.

IMPLANTABLE MEDICAL DEVICES Probably the best-known of these is a pacemaker. The wires of this small, battery-powered device are inserted into heart tissue to help keep the heart beating in a regular rhythm.

Also inserted into heart tissue are the wires of an implantable cardioverter defibrillator (ICD). An ICD keeps track of the heart's rate and can deliver electrical shocks to bring the heart back to a normal rhythm.

A left ventricular assist device (LVAD) is a kind of mechanical pump that's surgically implanted when a heart is too weak to work on its own. LVADs often are used to keep a heart going until a transplant can be found.

Our team of experts help make hearts healthy. Learn how they can help yours at nmrmc.com.



PROCEDURES AND SURGERY If an artery to your heart is blocked by fatty plaque, which can hurt blood flow, your doctor may recommend either angioplasty or coronary artery bypass grafting to reopen the artery.

During angioplasty, a long flexible tube (catheter) is inserted through an artery or vein. At the tip of the catheter is a deflated balloon. The catheter is threaded up to the blockage. The balloon

is then inflated, crushing the plaque against the artery wall and restoring blood flow.

Often a mesh tube called a stent is placed in the artery to help keep the artery open.

During coronary artery bypass grafting, also called open-heart surgery, a healthy vein or artery from another part of the body is used to reroute blood flow around the blockage and to the heart.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

LIFESTYLE CHANGES

Often, the first step to a stronger heart is a change in habits:

Practice smart eating. Focus on enjoying a more plant-based diet—one

BEYOND the CHEST

Symptoms of a heart attack

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

HEAD
What you may feel: lightheadedness



NECK
What you may feel: pain or discomfort



LUNGS
What you may feel: shortness of breath



BACK
What you may feel: pain or discomfort



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



JAW
What you may feel: pain or discomfort



SHOULDERS
What you may feel: pain or discomfort

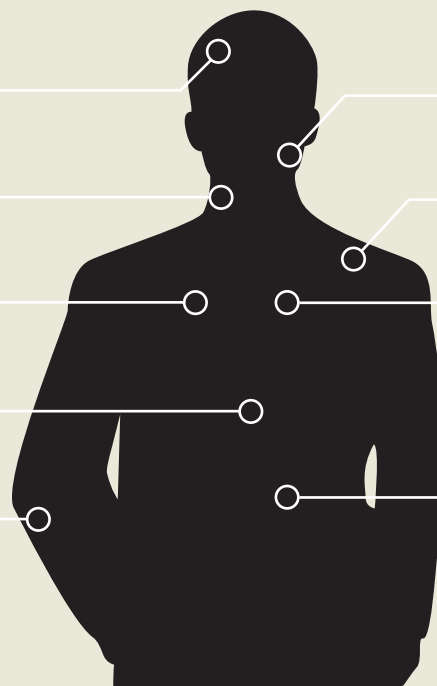


CHEST
What you may feel: mild or severe pain or discomfort in the center or left side of the chest



STOMACH
What you may feel: pain or discomfort; nausea

Source: National Heart, Lung, and Blood Institute



HEALTH TALK NEWS, VIEWS & TIPS

Digestive distress 101

Staying hydrated is a must

A bout of vomiting or diarrhea is usually something you just have to endure. In many cases, both go away without treatment. But either one can lead to dehydration, which can be especially serious for infants, small children and the elderly.

Symptoms of dehydration include increased thirst, decreased urination, dark-colored urine and feeling light-headed. In kids, signs of dehydration may include no tears when crying, no wet diapers for three hours or more, and high fever.

To avoid dehydration, drink the equivalent of 8 to 12 glasses of liquids per day.

Broth or clear soups, sports drinks and caffeine-free soft drinks are good options for adults. Clear soups; juice mixed 50-50 with water; and commercial rehydration solutions, such as Pedialyte, can be especially helpful for sick children.

Other remedies that may help with vomiting and diarrhea:

- Eating bland foods, such as pasta or rice.
- Avoiding fruits, vegetables, and fried or spicy foods.

Go to the emergency department if vomiting or diarrhea lasts longer than 24 hours—12 hours for an infant—or if there is severe stomach or rectal pain; high fever; or blood, mucus or worms in the stool.

Sources: American Academy of Family Physicians; American College of Emergency Physicians; National Institutes of Health



Minding your middle

How to avoid the dreaded middle-aged spread

At least one thing they say about middle age is true: It gets harder to eat like you did in your 20s without piling on the pounds.

Many people gain weight in their 30s, 40s, 50s and beyond—pounds that often collect around the midsection. And with that expanded waistline comes a heightened risk of health problems, including type 2 diabetes, stroke and heart disease.

Metabolism mayhem Metabolism (how quickly the body uses calories) slows as we age. As this happens, we tend to lose lean muscle and gain fat, particularly abdominal fat. It also doesn't help that many of us become more sedentary as we get older.

If you've noticed your waistline growing over the years, you can take steps to slow middle-aged spread. The trick is to make sure the number of calories you take in and the amount you burn stays about the same. To help achieve this balance:

Move a little more. Physical activity helps your body burn calories, so it's important to stay active. Try to get in at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, a week. (Brisk walking is defined as a 15-minute mile.)

Eat smart. Over time, you may need fewer calories to maintain the same weight. To help keep from eating more than you need:

- Limit snacking, and make healthful selections when you do munch.
- Keep your portion sizes reasonable, especially when it comes to high-calorie treats. To learn more about serving sizes and portions, visit morehealth.org/servings.



And don't mix products. Combining certain ones, such as bleach and ammonia, can create toxic gases.

Lift smart. To avoid a sore back, don't lift heavy objects by yourself. And use good form:

- Separate your feet a

shoulder-width apart.

- Bend at your knees, keeping your back upright and your stomach muscles tight.
- Lift with your leg muscles.

Fend off falls. Using a ladder to clean gutters or to paint? Always:

- Set the ladder on stable, even ground and against a solid wall.
- Make sure both the ladder and your shoes are dry so you don't slip.
- Be sure not to lean too far to one side. Your belly button shouldn't extend

beyond the ladder's sides.

- Have somebody nearby to spot you.

Mow safely. These precautions are a must:

- Make sure children are indoors or far away from the area you're about to mow.
- Clear your yard of any twigs, stones or other objects that could be picked up and thrown by the lawn mower's blades.
- Don't pull the mower backward or mow in reverse unless necessary.

Sources: American Academy of Orthopaedic Surgeons; American Academy of Pediatrics; Centers for Disease Control and Prevention

Speedy action required

What to know about transient ischemic attacks

You probably know that strokes are very serious medical events.

But so is a transient ischemic attack (TIA)—also called a warning stroke. Knowing about TIAs could prove to be just as important when it comes to your life and health.

Here are two top TIA takeaways:

1 They mimic a stroke. TIAs start just like most strokes—when a clot blocks blood flow to the brain. The symptoms also are identical. But with a TIA, the blockage and the symptoms typically last just a few minutes, which isn't long enough to damage the brain like a full-blown stroke might.

2 TIA is a medical emergency, just like stroke. Although TIAs are temporary, they're nothing to ignore.

For one thing, because the symptoms are the same, at first you won't know if you're having a TIA or a potentially debilitating stroke. And you shouldn't wait around to find out.

Timely emergency treatment can reduce your risk of having a full-blown stroke. TIAs many times precede a major stroke. And that risk is especially high right after a TIA occurs.

So call 911 immediately if you experience sudden warning signs like these:

- Weakness or numbness in your face, arm or leg—especially on one side.
- Trouble talking or understanding what others are saying.
- Trouble seeing out of one or both eyes.
- Loss of coordination or balance.

Sources: American Stroke Association; National Institutes of Health

SPRING CLEANING

Put safety on the list

When spring arrives, many of us come out of hibernation and throw ourselves into spiffing up the house and yard.

But whether we're inside dusting hard-to-reach places or outside scrubbing dirty windows, it's all too easy to get hurt, sometimes seriously. So before you roll

up your sleeves for this year's projects, check out the following tips. They'll help keep you and your family, pets included, safe and injury-free.

Start with a stretch. Before a big cleanup, stretch your arms, back, shoulders, knees and hips.

Be cautious when using cleaning products. Never leave them on a table or other surface where curious kids or pets can reach them. Put them away and out of reach in a cabinet as soon as you're done using them.

Sources: American Stroke Association; National Institutes of Health



Therapy Services at NMRMC

- Physical
 - Speech
 - Occupational
 - Aquatic
- Call 620-432-5378 to learn more.

MOVING FORWARD

How an occupational therapist can improve your quality of life

YOU DON'T HAVE to be injured on the job or even have a job to benefit from seeing an occupational therapist (OT).

Whatever your occupation, if you have a disabling mental or physical condition, an OT can help you improve your ability to perform tasks at home as well as in the workplace.

And anybody who is having problems with daily living because of a health crisis—it doesn't have to be

work-related—can also benefit from time spent with an OT.

HOW AN OT CAN HELP An OT is a highly trained health care professional who helps people who have been through some type of life-changing experience—such as a brain injury or stroke—improve basic motor skills and find other ways to master the tasks of daily work or home life.

For example, if you have had a stroke

and are paralyzed on one side of your body, an OT can help you learn how to do things one-handed or relearn how to use the impaired side of your body.

You may also benefit from occupational therapy if you have:

- A work-related injury, such as a low-back problem or a repetitive stress ailment.
- Arthritis, cerebral palsy or another chronic health condition.

- Mental health or behavioral problems, including Alzheimer's disease and post-traumatic stress disorder.
- Problems with drug or alcohol abuse.
- A spinal cord injury, amputation or burn-related injury.

MAKING YOUR LIFE EASIER An OT can help you with all types of activities, from using a computer to caring for daily needs—such as dressing, cooking and eating—to finding a suitable job.

An OT can also aid you in setting up an exercise program to increase strength and dexterity and teach you how to use adaptive devices, such as wheelchairs.

The goal of an OT is to do whatever it takes to help you improve your quality of life so you can live it to the fullest.

Sources: American Occupational Therapy Association; U.S. Bureau of Labor Statistics

Interpretation Services

Neosho Memorial Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

This facility provides interpretation services free of charge for Limited English proficient patients.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-620-431-4000 (TTY: 1-620-431-6586).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-620-431-4000 (TTY: 1-620-431-6586).

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-620-431-4000 (TTY: 1-620-431-6586).

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-620-431-4000 (TTY: 1-620-431-6586)。

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-620-431-4000 (TTY: 1-620-431-6586).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-620-431-4000 (TTY: 1-620-431-6586) 번으로 전화해 주십시오.

Laotian: ຄວນລະວັງ: ຖ້າຫາກວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການການຊ່ວຍເຫຼືອພາສາ, ເສຍຄ່າໃຊ້ຈ່າຍ, ແມ່ນມີໃຫ້ເພື່ອທ່ານ. ໂທ 1-620-431-4000 (TTY: 1-620-431-6586).

Arabic: ملحوظة: إذا كنت تبحث عنك اللغة، فن خدمات المساعدة اللغوية تتوفر لك بلعون العمل برقم 1-620-431-6586 (رقم هاتف المسم والكم 1-620-431-4000)

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-620-431-4000 (TTY: 1-620-431-6586).

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-620-431-4000 (TTY: 1-620-431-6586).

Japanese: 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-620-431-4000 (TTY: 1-620-431-6586) まで、お電話にてご連絡ください。

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-620-431-4000 (TTY: 1-620-431-6586).

Hmong: LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-620-431-4000 (TTY: 1-620-431-6586).

Persian: ناگهیار، نابز کمک تادمخ، یسراف امش رگا: هجوت 1-620-431-4000 (TTY: 1-620-431-6586) دن دنک یم تبج حص دن تسه امش سرتسد رد، دن دنک یم تبج حص (TTY: 1-620-431-6586).

Swahili: KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-620-431-4000 (TTY: 1-620-431-6586).



SPRING 2017

BEST HEALTH is published as a community service for the friends and patrons of NEOSHO MEMORIAL REGIONAL MEDICAL CENTER, 629 S. Plummer, Chanute, KS 66720, telephone 620-431-4000, neoshomemorial.com.

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