

# TOP 10 BENEFITS

## of consulting with a dietitian

- 1 You have diabetes, cardiovascular problems or high blood pressure.**  
A registered dietitian (RD) serves as an integral part of your health care team by helping you safely change your eating plan without compromising taste or nutrition.
- 2 You are thinking of having or have had gastric bypass surgery.**  
A registered dietitian will help you learn to eat again. Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.
- 3 You have digestive problems.**  
A registered dietitian and your physician can work together to fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
- 4 You're pregnant or trying to get pregnant.**  
A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.
- 5 You need guidance and confidence for breastfeeding your baby.**  
A dietitian can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.
- 6 Your teenager has issues with food and eating healthfully.**  
A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.
- 7 You need to gain or lose weight.**  
A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.
- 8 You're caring for an aging parent.**  
A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.
- 9 You want to eat smarter.**  
A registered dietitian can help you sort through misinformation, learn how to read labels at the supermarket, discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.
- 10 You want to improve your performance in sports.**  
A registered dietitian can help you set goals to achieve results - whether you're running a marathon, skiing or jogging with your dog.

-American Dietetic Association

### GLUTEN-FREE CHOCOLATE CHIP COOKIES

- |                           |                                    |
|---------------------------|------------------------------------|
| ½ cup margarine or butter | 2 cups rice flour                  |
| ½ cup shortening          | ¾ cup tapioca flour                |
| ¾ cup packed brown sugar  | ½ cup potato starch flour          |
| ¾ cup sugar               | 1 tsp xanthan gum                  |
| 2 eggs                    | 1 tsp salt                         |
| 1 tsp pure vanilla        | 2 cups semi-sweet chocolate pieces |
| 2 tsp baking powder       | 1 cup chopped nuts (optional)      |

Beat shortening and margarine with mixer, then add sugars, eggs, vanilla baking powder and rice flour. Beat until creamy. Beat in tapioca flour, potato starch flour, xanthan gum and salt. Stir in chocolate pieces and nuts. Drop dough by rounded teaspoons about 2 inches apart on an ungreased cookie sheet. Bake at 375 for 9 to 12 minutes. Remove immediately. Makes five dozen 2 inch cookies.

## STAYING SAFE AT HOME

Home health care through KRHC adds years to your life and life to your years. Home health nurses and health care aides work together to provide care to patients that want to stay in their homes, while receiving the appropriate care and attention they need. The goal of home care is to promote recovery, independence and the general well being of the patient.

Home care referrals often come from doctors, health care facilities, family members or friends of patients.

"Depending on the situation of the patient, we will talk with the person and their family to determine what their needs are," said Becky Lancaster of KRHC Community Health. "Sometimes we'll have specific orders from the doctor and the nurse works with that physician to formulate a plan for the patient. Other times the patient may need help from a home care aide to get showered and dressed while they recover from an injury, with just an occasional visit from a home health nurse."

KRHC Home Health serves patients of all ages from infants to senior citizens.

"People require home health care for a number of different reasons, but it is especially important for those who are homebound and in need of skilled care," Lancaster said. "Medicare often covers the cost of home care for a certain amount of time when a patient is in this situation. Our nurses provide skilled care to people in their homes, review medications and perform regular checks on the patient, with the frequency of the visits depending on the type of care they are receiving."

Home care aides can help with personal care such as bathing, dressing, oral hygiene, hair care, and range of motion exercises. They are also able to help with light housekeeping, limited laundry, shopping for food and personal items, food planning and preparation.

"People want to be in their own homes, and we can help them do that while providing the supervision of a professional," said Lancaster.

For more information about home health care contact KRHC at 515-295-4430 or [www.krhc.com](http://www.krhc.com).

# “It can happen to anybody...and anybody can do it.”

A year ago Irene Miller went into the Bancroft Clinic with a cold and came out with diabetes.

“I had become very ill and had a bad cold that was trying to turn into bronchitis,” Miller said.

After getting some lab work done to determine what was ailing her that particular day, abnormal sugar levels in those test results led health care provider Jennifer VonBank to investigate further into Miller’s health. After another visit and testing session, Miller was diagnosed as a diabetic.

Miller began her journey by meeting with VonBank and clinic nurse Pam Madison and was pleased with the care she received.

“Both Pam and Jen are just excellent. They are both easy to work with and easy to understand. I’ve always had a comfort level with each of them,” Miller said.

When her AC1 test results kept coming back high, Miller was placed on medication and referred on to Sheila Ingalls, diabetic educator, and Deb Studer, registered dietitian. She trained with each of them for five hours.

When meeting with Ingalls, Miller learned more about how diabetes would affect her body, how to watch for signs of problems, how to check her feet and the importance of checking her vision, as well as being aware of her own highs and lows.

“I learned how diabetes will affect my physical life and my mental life,” Miller said. “Sheila had a lot of insight.”

She found KRHC’s registered dietitian, Deb Studer to be very helpful as well, especially in applying the dietary guidelines to Miller’s personal preferences.

“Deb was very personable. She asked me about my favorite food, my favorite activities, whether I liked to cook or if we ate out a lot...she tells you how your body is functioning,” Miller said. “She told me to bring in my favorite recipes and we would break it down so I could understand the carbohydrates.”

Miller began walking with weights in the Burt Activity Center in the gym during her lunch hour.

“I try to exercise at least a half hour ev-



Above (l. to r.) Diabetic educator Sheila Ingalls, Irene Miller and registered dietitian Deb Studer.

eryday, five days a week,” she said. “You get into that regiment and it’s almost like you’ve been deprived if you don’t get to. It’s such a good stress relief.”

She also made some changes in her meal planning. At home Miller eliminated many of the breads, potatoes, corn and pasta from her diet and replaced them with fresh vegetables, fruits and lean meats. When they eat out, she and her husband often split an entree.

“For me a treat is sugar-free jello or pudding, if I have to have something sweet,” Miller said.

Her changes in routine have paid off greatly. She lost a significant amount of weight, her test results have improved, and feels good.

“Now I have to make the changes that I should have made a long time ago. I’m amazed how good I feel because I have to eat healthy,” Miller said. “It made me look at things differently. I’ve got a second chance. Had I kept going the way I was, who knows what would have happened.”

Type 2 diabetes increases the risk of other serious health complications such as heart disease, blindness, nerve damage and kidney damage.

“It was like a wake up call. It’s time to take care of yourself,” Miller said. “This is only my first year. I’ve got the rest of my life to practice this. It can happen to anybody and anybody can do it.”

For more information, contact Sheila Ingalls at 295-4607 or Deb Studer at 295-2451.

**“It was like a wake up call...it’s time to take care of yourself.”**

*-Irene Miller, diagnosed diabetic*

# Thank you!

## FAMILY PHYSICIANS

BURT BOTTJEN, M.D.

JEFF DOOLITTLE, M.D.

ALAN HJELLE, M.D.

MICHAEL LAMPE, D.O.

KENTON MOSS, M.D.

STEPHEN RICHARDS, D.O.

## PHYSICIAN EXTENDERS

MARK DAVIS, P.A.

KIM ETHERINGTON, P.A.

MARC PETERSON, P.A.

JENNIFER VONBANK, P.A.

## GYN/GYNECOLOGIC SURGEON

RONALD MOELLER, M.D.

## GENERAL SURGEON

ABDI AHARI, M.D.

## PSYCHOLOGIST

MIA HEGARTY-ROACH, PH.D.

## Happy

## Provider’s Day

## on March 30th!

# KRHC PHYSICAL THERAPY GETTING A LEG UP ON THE COMPETITION

*When it comes to knee recovery, the physical therapy department at Kossuth Regional Health Center has years of experience, and not just as health care providers. They've been patients, too.*

Physical therapist Jake Jacobusse had a knee replaced eight years ago and therapist Shane Meschke had surgery on both of his knees, one in 1993 and the other in 1997.

"When that stuff happens to you in our business, you understand what the patient is going through," said Dr. Michael Crane, orthopedist for Mercy Medical Center North Iowa and visiting specialist at Kossuth Regional Health Center. "It gives you a certain amount of credibility, having been through it yourself."

Referrals often come from physicians in Mason City, as well as Spencer, Emmetsburg, Iowa City, Rochester and many other health care facilities. Dr. Crane has served as a visiting specialist in Algona since 1985 and shared space with Jacobusse and the physical therapy department when he first began.

"That was the best," Crane said.

Even after physical therapy was moved to the basement of the hospital he still found it easy to work with the physical therapy staff.

"They still respond very well. I use them a lot," said Crane.

And he's not the only one. The PT staff sees about 10 to 15 knee patients each week for rehabilitation and exercises that will help them recover. More than 30 knee patients gathered for a "Bee's Knees" event in February that celebrated knee recovery success stories. During the round robin introduction time, many participants spoke of a decrease in their pain and an increase in their mobility.

"I couldn't walk a half a city block before, now I can walk five miles!" said Doris Gifford.

Caroline Gilbertson added, "Now I only use a cane outside."

Jacobusse made a full recovery after his surgery and is back to logging miles on his bike.

"Now I can do everything I want to do. Before [the surgery] I couldn't," he said.



**EVEN BEAUTIFUL KNEES LIKE THESE** have seen their share of knee trouble. The Bishop Garrigan Danz Team is headed to nationals this spring. Three of the dancers and both coaches have been to therapy for their knees. Coaches Colleen Schiltz and Julie Illg understand the importance of preventative health care and training to avoid injuries. **JAKE INGALLS**, pictured above in the front row, is a state qualifier wrestler, but his knees also qualified him for some time in therapy.



**Garman brothers, Mike and Mark, pictured with Jake Jacobusse, have worked through their knee injuries with the help of the Physical Therapy Dept. RIGHT: Participants in the knees contest at the PT "Bee's Knees" event.**



Some patients appreciated the work they did in physical therapy, now that their recovery is in the past.

"I owe it to Jake and Shane," said Mary Boisjolie. "They really work you hard. One day we were working and I said, 'There's \$100 in it for you if you let me quit.' But he didn't."

Physical therapy sees a wide variety of patients from high school athletes to senior citizens.

"Knee problems aren't limited to any one type of person," said therapist Shane Meshcke. "We also try to focus on preventative care to avoid injuries in the future."

For more information about Kossuth Regional Health Center physical therapy or knee recovery, please call 515-295-4672.

*(This article is dedicated to one of the PT Dept.'s bravest double knee patients, Dave Seiler.)*



THE BEE'S KNEES EVENT AT KRHC invited former and current knee patients to share stories about their knee injuries or surgeries, enjoy beverages and snacks and participate in a knees contest. See contest results below.

## Refer a physician and earn \$10,000



Mercy Medical Center – North Iowa is offering up to \$10,000 to anyone who refers a qualified physician that is then hired to practice in Mercy Health Network – North Iowa, including the general surgeon position at Kossuth Regional Health Center.

"This is one of the many benefits of being part of the larger Mercy network," said KRHC administrator Scott Curtis. "In the face of a nation-wide physician shortage, Mercy devised this creative method of recruiting physicians to Mercy Medical Center and its affiliated hospitals.

The Physician Referral Program expands on one of the organization's programs, that up until now, has been offered only to Mercy associates. The total reward for a qualified referral is \$10,000. When the referral candidate has been hired, the person submitting the referral is paid the reward according to a set schedule. After the candidate is hired and completes 30 days of employment, the person who referred him or her receives \$2,000. After six months of employment, an additional \$3,000; and after one year of employment an additional \$5,000 for a total of \$10,000.

"Ten thousand dollars is a significant amount of money," said Curtis. "Mercy views this reward as a small price to pay for the quality of life a physician brings to a community."

### The procedure to refer a physician is:

1.) Go to Physician Referral Reward Program at [www.mercynorthiowa.com](http://www.mercynorthiowa.com) or contact Mercy – North Iowa's Human Resources Department, 1000 4<sup>th</sup> Street SW, Mason City for a form to fill out. A resume or curriculum vitae (CV) will need to be attached.

2.) Forward the document to Physician Recruitment Department by e-mailing [PRACTICE@mercyhealth.com](mailto:PRACTICE@mercyhealth.com) or calling 641-422-5551 or toll-free 1-888-877-5551.

3.) The Physician Recruitment Department approves the reward or determines ineligibility of the referral. If approved, and the referred physician is hired, the department forwards the documents to Human Resources.

There are many physician opportunities that are eligible to be included in this program. Please visit [www.mercynorthiowa.com](http://www.mercynorthiowa.com) to find out more.

## AWARD WINNING QUOTES FROM THE PT BEE'S KNEES PARTY

"My knee helps me play basketball. I had my ACL repaired and four months later I was back playing basketball."  
– Emily Kenne, Best Knees

"I had two different surgeries on my knee. The first was in 1999 and the last one was two years ago. I got a staph infection and had to have more work done."  
– Sandy Hoover, Worst Knees

"My knee was done in 1988. They guaranteed it for five years, but it's still a runnin'!"  
– Howard Esser, Oldest Knees

"I just had my ACL and minicus done." –Lisa Rongved co-winner of Newest Knee

"I owe it to Jake and Shane, they really make you work."  
–Mary Boisjolie, co-winner of Newest Knee

"The only criticism I have...it didn't help my golf game at all!"  
–Gordy Winkel, co-winner of Bravery Award (both knees done at once)

"No problems. I'm glad I did it."  
–Chuck Sarazine, co-winner of Bravery Award

## Save the Date!

Mark your calendars for **Legacy Ball 2008**. The date has been set for **November 1, 2008**. Contact Nancy Grandgenett-Besch in the KRHC Foundation office for more details at 515-295-4582.

## UPCOMING EVENTS

**Tuesday, March 18 - Free Colorectal Cancer test kits** from 1 to 4:30 p.m. at KRHC hospital registration desk

**Wednesday, March 19 - Free Colorectal Cancer test kits** from 9:30 a.m. to 12:30 p.m. at KRHC clinic

**Saturday, April 5 - Dine With Flair** from 11 to 1 p.m., a fundraising luncheon hosted by KRHC Auxiliary.

**Monday, April 7 - Childbirth Education** Classes are held Monday nights from 6:30 to 9 p.m. Call Community Health to pre-register at 515-295-4430.

**Monday, May 5 - Basics of Breastfeeding Workshop**  
Learn the basics of nursing your newborn at this workshop from 6:30 to 9 p.m. To pre-register call Community Health at 515-295-4430.

**Thursday, May 15 - National Hospital Week celebration** at KRHC

## FREE COLORECTAL CANCER TESTS AT KRHC

Free colorectal screening kits will be available at KRHC on March 18 from 1 to 4:30 p.m. in the hospital lobby and on March 19 from 9:30 a.m. to 12:30 pm. in the clinic waiting room.

The American Cancer Society and Mercy Medical Center – North Iowa are sponsoring free colorectal screenings to raise awareness that colon cancer, the second leading cause of cancer death in the U.S., is largely preventable. The free kit involves a fecal occult blood test, a simple at-home procedure that checks stool samples for hidden blood, which can be a sign of cancer, polyps, or other internal disorders. All results are kept confidential and mailed directly back to the home address provided at the time the kit is picked up. It is up to the patient to share the results with his or her health care provider.

In 2007, more than 1,890 men and women in Iowa are expected to be diagnosed with colon cancer, and 660 are expected to die from the disease. The number of colon cancer deaths could be cut in half if Americans followed the recommendations for early detection.

Colon cancer testing can find and remove polyps before they turn into cancer, preventing the disease from ever occurring. Even if cancer is found, when detected early, colon cancer has a 90 percent survival rate. Unfortunately, only 39 percent of colon cancers are detected at this stage.

"Many people 50 and older do not know they are at risk for colon cancer and need to be tested," said Satish Sondhi, MD, Gastroenterologist at Mercy – North Iowa. "If we can get people to recognize that colon cancer testing is as important as the Pap test and the mammogram, we will have tremendous opportunity to save thousands of lives through the prevention and early detection of colon cancer."

If you are age 50 or older, even if you have no family history of the disease, you are at risk for colon cancer and should ask your physician about getting tested or pick up a free kit. For more information about colorectal screenings, call Mercy Cancer Center and speak to the Colon Cancer Case Manager, Lisa Baltierra at 1-800-433-3883 ext. 7024 or 641-422-7024.

### TEST KIT GIVEAWAY

- **Tuesday, March 18**  
1 to 4:30 Hospital lobby
- **Wednesday, March 19**  
9:30 a.m. to 12:30 p.m.  
Clinic lobby

**FREE test kits for those 50 years and older!**  
(While supplies last.)

### CONTACT KOSSUTH REGIONAL HEALTH CENTER AT:

**Algona Clinic: 1519 S. Phillips, Algona 515.295.7714**

**Bancroft Clinic: 122 W. Ramsey, Bancroft 515.885.2336**

**Hospital: 1515 S. Phillips, Algona 515.295.2451 or 800.603.8433**

**KRHC Family Pharmacy: 1519 S. Phillips, Algona 515.295.4567**

The Pulse is published by Kossuth Regional Health Center four times a year. Questions and suggestions may be submitted to:

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