

# Health Connection

FROM YOUR FRIENDS AT  
MOBERLY REGIONAL MEDICAL CENTER

Get fit  
like a kid

Are your blues  
something more?

Surgery without  
incisions

Our ED keeps you  
informed

5 family-friendly  
snacks

MOBERLY REGIONAL  
MEDICAL CENTER

MoberlyHospital.com

THOMSON REUTERS  
100 TOP  
HOSPITALS  
2011

# Surgery without incisions

## MRMC offers new treatment for GERD sufferers

**J**ustin Lowe, 28, has worked with the Missouri Department of Corrections for six years. He describes himself as “relatively healthy” during those years. “Other than being overweight, which caused high blood pressure, and having an occasional battle with kidney stones, my only other health problem was eating antacids like they were candy,” says Lowe.

Lowe suffered from a common health condition called gastroesophageal reflux disease (GERD). His throat would burn whenever he ate ketchup, salsa or barbecue sauce, and he was searching for a solution. “Physicians don’t always tell patients the side effects of taking acid reflux medications,” says Lowe. “So when I heard about a new procedure at Moberly Regional Medical Center (MRMC) that might help me get off antacids, I was ready to listen.”

### ADVANCED GERD CARE, RIGHT HERE

General surgeon Timothy Klepper, M.D., is the first specialist in mid-Missouri to be trained in the new transoral incisionless fundoplication (TIF) procedure. TIF reconstructs the valve that prevents stomach acids from backwashing into the esophagus. TIF is performed through the mouth, so no incisions are necessary. Because TIF is incisionless, there’s less pain, there are no visible scars and patients can return to normal activities in a few days.

“Reflux medications, like proton pump inhibitors (PPIs), can help relieve patients’ heartburn symptoms but don’t solve the underlying anatomical problems or prevent further disease progression,” says Dr. Klepper. “Even on PPIs, many patients are still unable to eat the foods they want or have to sleep sitting up to reduce nighttime reflux. After TIF, clinical trials show that most



Justin Lowe enjoys his life without GERD.



**Since my procedure I have so much more energy. I’m totally free of pills and can eat whatever I want with no heartburn!**

*—MRMC patient Justin Lowe*



patients can eat and drink foods they avoided for years. This has been the case with Mr. Lowe. GERD no longer impacts his life.”

Following TIF, Lowe stayed on a strict diet for eight weeks. For the first two weeks, his diet consisted solely of liquids, gradually adding in solid foods every two weeks. “I ended up losing 15 pounds in the first two weeks. If you’re not going to take the eating requirements seriously, then I suggest you don’t have this procedure,” says Lowe. “You have to be diligent. Since my procedure, I have so much more energy. I used to take three pills a day—two for acid reflux and one for blood pressure. Today, I’m totally free of pills, my blood pressure is right on target and I can eat whatever I want with no heartburn!”

In February 2011, Lowe and his wife enjoyed a relaxing and fun-filled vacation in Jamaica and enjoyed the native cuisine to the fullest.

### **!** Get relief today

For more information about TIF, visit [MoberlyHospital.com](http://MoberlyHospital.com) and click on “Acid Reflux or GERD.” For additional questions, talk with your physician or call Dr. Klepper’s clinic at (660) 263-3002.

# Depression and diabetes

## What to do about this unhealthy combination

**T**he rigors of managing diabetes can understandably get you down. But what if your blues are something more?

Diabetes and depression can go hand in hand, experts say. Those with diabetes are twice as likely to develop depression as those who don't have diabetes, and those who are depressed have a 37 percent increased risk of developing diabetes. According to research, people who have both diabetes and depression tend to have more severe symptoms of both diseases. While it's unclear in what order these conditions may occur or why these relationships happen, some theories exist. Some experts believe depression could stem from the stress of controlling diabetes or related health complications, such as diabetic neuropathy (nerve damage); or that unhealthy habits associated with depression—such as overeating, not exercising and smoking—increase your risk for diabetes.

However, both diabetes and depression are treatable. And the sooner you seek help, the better. Depression can make it difficult for you to stay on top of your diabetes, and uncontrolled blood sugar can increase your risk for diabetes complications. Here are some tips to help combat the two conditions:

➔ **WATCH FOR SIGNS OF DEPRESSION.** In addition to feeling sad or hopeless, you may experience fatigue, a loss of interest in normal daily activities, sleep and concentration problems, weight gain or loss, thoughts of harming yourself and unexplained physical ailments, such as headaches.

➔ **TALK WITH YOUR PHYSICIAN.** A treatable physical problem may be causing your

depression. For example, poor diabetes control—blood sugar that's too high or too low—can sometimes trigger depression symptoms. Substance abuse, thyroid problems and side effects from medication are possible culprits as well.

➔ **GET TREATMENT.** If you don't find a physical cause for your depression, your physician may recommend seeing a psychiatrist or other mental-health expert. Treatment could entail antidepressants and counseling, which will help you deal with stressors and problems in your life.

➔ **SPEND TIME WITH FAMILY AND FRIENDS.** A strong support base and plenty of people willing to lend an ear can be extremely helpful.

➔ **EXERCISE REGULARLY.** Not only is activity a mood booster, but it can help you stay healthy by strengthening your heart and keeping your weight in check. Even a short walk can do wonders.



“

**Both diabetes and depression are treatable. And the sooner you seek help, the better.**

”

## FROM OUR CEO



Stephen Lunn  
Chief Executive Officer

## Dear friends,

In May, Moberly Regional Medical Center (MRMC) celebrates its 30th year of providing health care, and quite fittingly, is listed on the Thomson Reuters 2011 list of 100 Top Hospitals! MRMC is recognized as one of the nation's

best of 2,914 short-term, acute-care, nonfederal hospitals evaluated. We provide effective, safe and patient-centered care. We have systems to help prevent medical errors, provide treatments that get results and deliver effective care at a reasonable cost.

The study has been conducted annually since 1993 and this is the first time MRMC has been recognized with this prestigious award. Our employees, medical staff and community can take great pride in knowing that MRMC is among the best in the nation! Here are just a few areas where significant positive experiences are occurring every day:

- **Emergency department (ED).** The ED is committed to keeping you informed (see page 5), is staffed with board-certified ED physicians and will soon offer a 30-Minutes-or-Less ED Service Pledge.
- **Imaging services.** MRMC offers full-service imaging, including digital mammography, stereotactic breast biopsy, magnetic resonance imaging (MRI), computed tomography (CT), bone densitometry, nuclear medicine, ultrasound and X-ray.
- **The Heart Center.** "All Arteries Open" this summer with heart cath and stents by two board-certified cardiologists.
- **Women's and Children's Center.** Two female Ob/Gyns are seeing patients in Moberly, Shelbina and Macon. The center also has two pediatricians and one pediatric nurse practitioner.
- **Vein and Wound Care Centers.** New services offered include varicose vein treatment and hyperbaric oxygen for wound care.

Visit **MoberlyHospital.com** to learn more.

Regards,

*Stephen Lunn*

Chief Executive Officer  
Moberly Regional Medical Center

# HEALTHY WOMAN™

A MOBERLY REGIONAL MEDICAL CENTER RESOURCE

## Life can be healthy, balanced and fun.

### The Healthy Woman program:

- Empowers you with the confidence to make informed health care decisions for you and your family
- Offers free monthly health education events and classes
- Provides information about health, relationships and life issues
- Is designed for women ages 25-64
- Connects women through an online social networking community at [www.healthywomanonline.com](http://www.healthywomanonline.com).

Join **Healthy Woman** today.

Membership is free, and the benefits last a lifetime.

To join and learn more about upcoming events, log on to [www.moberlyhospital.com](http://www.moberlyhospital.com) and click on **Healthy Woman**.



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## Senior & Circle

*Join Senior Circle  
and get special  
member-only benefits!*

### National Discounts

- Prescription drug discount
- Vision care discount
- Hearing care discount
- Personal emergency response system discount
- ID theft program discount
- Rental car discounts

### Health Perks

- Health and wellness talks and screenings
- Fellowship, fun and lifelong learning
- Travel opportunities
- Free fax and notary service
- Complimentary meals for spouse/caregiver

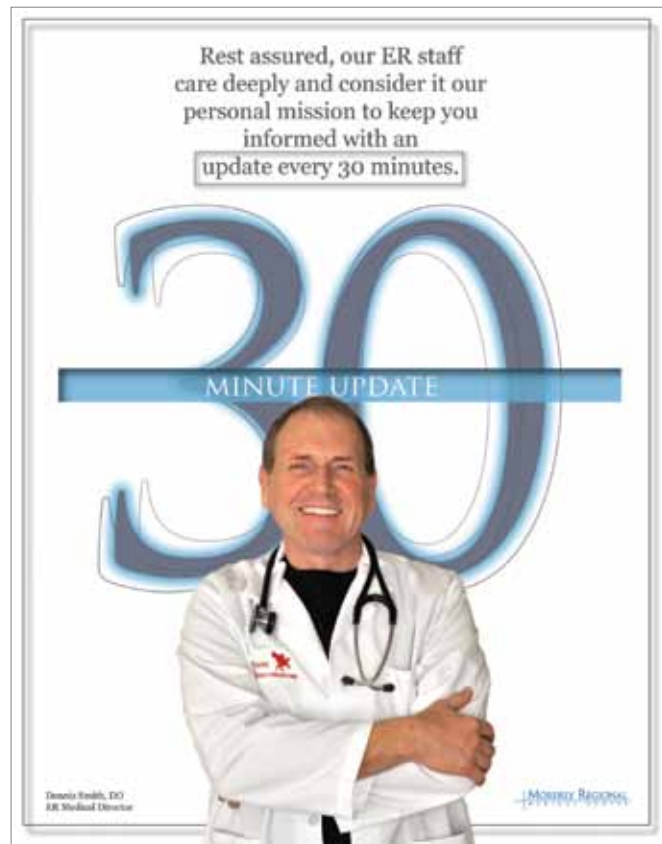
For more information, call 660-269-3121.

Join online at [www.seniorcircle.com](http://www.seniorcircle.com) or call 800-211-4148.

MOBERLY REGIONAL  
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# Keeping you informed

The emergency department (ED) at Moberly Regional Medical Center (MRMC) treats more than 15,000 patients every year. It's not only our responsibility to provide quality ED treatment to patients, but also to keep you informed of your treatment progress and of potential delays. Thanks to the medical leadership of Dennis Smith, D.O., and the staff, MRMC implemented ED physician electronic documentation along with status boards in every ED room so nurses and caregivers can keep you informed of your care plan. Thirty-minute updates are being provided to family members in the ED waiting room as well. These improvements result in more satisfied patients and family members. Coming soon, MRMC will offer patients our 30-Minutes-or-Less ED Service Pledge.



## ! Emergency care when you need it

To learn more about MRMC's ED, visit [MoberlyHospital.com](http://MoberlyHospital.com) and click on "Our Services."

### COMMUNITY BENEFIT REPORT 2010

#### PROVIDING QUALITY CARE:

ER Patient Visits.....	14,123
Inpatient Visits.....	3,005
Outpatient Visits.....	87,749

#### FINANCIAL BENEFITS:

Payroll (434 Employees).....	\$20,298,707
Capital Investments.....	\$1,385,629
Property & Sales Taxes.....	\$3,589,256

#### CARING FOR OUR COMMUNITY:

Charity & Uncompensated Care.....	\$8,781,034
Donations to the Community.....	\$60,290

**TOTAL COMMUNITY INVESTMENT ..... \$34,114,916\***

\*Dollar amounts are approximate.

#### EXPANDED SERVICES:

- Digital Mammography
- ER Renovation
- Stereotactic Breast Biopsy
- Facility Renovations
- ER Electronic Physician Documentation

#### NEW PHYSICIANS IN OUR COMMUNITY:

- Dr. Felix Alvarez, Hospitalist
- Dr. Gary LaMonda, Internal Medicine
- Dr. Justin LaMonda, Internal Medicine
- Dr. Salman Sarwar, Hospitalist
- Dr. John Wilson, Pediatrics
- Lola Wobken, WHNP

When patients get the care they need, our whole community benefits.



Every year, we take care of thousands of people from our community. But we're proud to say that we also take good care of the community itself – employing hundreds of people, paying our taxes, using local businesses and donating to charities. If you've ever been to our hospital, you know that we take patient care personally. And now you know just how personally invested we are in making this community a better place to live and work.



Quality Care. Right Here.



# Help for seniors is here

**M**oberly Regional Medical Center's (MRMC) 21-bed acute-care unit specializes in mental health care for seniors. If your loved ones need compassionate care, trust MRMC.

## OUR TREATMENT APPROACH

Our overall goal is to help the patient resume life's normal activities as soon as possible. To assist with this process, each patient is evaluated and a treatment plan is developed, specific to that patient's needs. Individual, group, family, occupational and recreational therapy are all part of the treatment plan.

## OUR TREATMENT TEAM

The Senior Mental Health Unit treatment team works under the medical supervision of a psychiatrist with more than 30 years of experience. We encourage referral sources to participate in treatment planning to help ensure continuity of care for each patient. Family members and referral sources are encouraged to participate in the after-care planning process.

## Compassionate care, right here

To watch a video about the Senior Mental Health Unit, visit [MoberlyHospital.com](http://MoberlyHospital.com) and click on "Senior Mental Health Unit Changes Lives." For referrals, call (660) 269-3028.

## FREE ASSESSMENT

A member of the Senior Mental Health Acute Care team can provide an assessment at no charge. The goal of this assessment is to determine the nature and severity of the problem and to offer recommendations for the best possible course of action.

## ADMISSION CRITERIA

To determine the need for outpatient or acute hospitalization, we screen for the following conditions or issues:

- acute or chronic depression or other mood disorders, psychosis, anxiety disorders, dementia and associated problems
- adjustment problems related to acute or chronic stress
- disorientation and/or confusion severe enough to cause risk to self or others
- combative, assaultive behavior
- suicidal thoughts or attempts or self-destructive behavior
- persistent sleep or nutrition disturbances
- noncompliance in outpatient treatment

We also perform medical review/management for psychiatric symptoms or crisis intervention.

## WHO CAN REFER PATIENTS

MRMC's Senior Mental Health Unit will accept a patient referral from an individual or family member, probate judge, physician, caregiver, hospital, nursing home, community agency, clergy, retirement center, case manager or the police.

# Work out like a kid



**T**ired of the same old boring gym routine? Want something that's actually fun and can get you in shape? Look no further than childhood games.

When you were a child, you weren't focused on building healthy bones or boosting your heart health, so you probably didn't realize that playground activities—whether it was a game of tag or hopscotch—were actually giving you a good workout.

And though you're a grown-up now, that doesn't mean you're too old to get fit like a kid. Try these activities:

➤ **HULA HOOP.** Twirl your hips for more than 10 minutes for a great aerobic workout. Smaller, lighter hoops are more challenging to keep spinning, so they use more energy; heavier hoops are easier to keep spinning, letting you hula longer.

➤ **DANCING.** Tone muscles, improve your flexibility, strengthen your heart and boost your lung capacity—all hallmarks of a good aerobic workout—by signing up for a

dance class in your community. If you want something more low-key, go out dancing with friends or, if you're a little shy, incorporate some moves into your household chores.

➤ **JUMP ROPE.** Get a great cardiovascular workout while improving hand and foot coordination and, like with any weight-bearing activity, building stronger bones. Purchase a rope with good grips, and sneakers such as an aerobic shoe or cross-trainers.

➤ **TAG!** Hike your heart rate with an old-fashioned game of tag. It will get both you and your kids moving. Up the ante with a game of freeze tag, where the last person who's "it" has to take out the garbage.

If you have arthritis and find it hard to do any of these activities, try swimming or cycling on a stationary bike.

## SNACK ON THIS!

**S**nacks have earned a bad reputation. It's said that they spoil meals, add on pounds and rot your teeth. Sure, that's true for junk foods, but *healthy* snacks offer essential vitamins, minerals and an energy boost. Plus, they help prevent high-calorie between-meal

munchies and midnight fridge raids. To maximize snack time, choose fruits, vegetables, whole grains, nuts and low- or nonfat dairy products. Also be mindful of portion size, and munch only when you're hungry. Try these tasty snack suggestions.



▲ **CALCI-YUM!** Use mini cookie cutters to cut low-fat or nonfat cheddar or American cheese slices into fun shapes for you and your kids. Or dip fruit slices into fat-free vanilla yogurt.



▲ **VITAMIN C, PLEASE.** Mix together ½ cup sliced kiwifruit and ½ cup strawberries. Or serve tomato slices tossed with olive oil and a sprinkle of oregano or basil.



▲ **FIBER FILL.** Take a whole-grain English muffin, top with tomato sauce and a sprinkle of low-fat mozzarella or Parmesan for a mini pizza. Or air pop some popcorn for a fun, hands-on snack.



▲ **PROTEIN POWER.** Spread 2 tablespoons of peanut butter on whole-wheat crackers. Or try one slice of low-sodium deli turkey wrapped around a 1-ounce slice of Swiss cheese.



▲ **IRON CLAD.** Make a trail mix of dried fruit and iron-enriched cereal. When possible, consume vitamin C (found in fruits and vegetables) at the same time as iron-rich foods to aid iron absorption.

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# MOBERLY REGIONAL MEDICAL CENTER

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SPRING 2011



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## NORTHEAST REGIONAL MEDICAL CENTER MOBERLY REGIONAL MEDICAL CENTER

### HEALTHY WOMAN™ *Presents*

**Dale Smith Thomas**  
Radio Personality, Founder/CEO *Winners By Choice, Inc.*



### HEALTHY WOMAN™ A NORTHEAST REGIONAL MEDICAL CENTER RESOURCE

**June 20, 2011 • 6 p.m.**

Catholic Newman Center  
709 South Davis, Kirksville

Tickets: \$20

For more information,  
contact Laura Gruber  
at 660-785-1153

or log on to [Healthywomanonline.com](http://Healthywomanonline.com).

### HEALTHY WOMAN™ A MOBERLY REGIONAL MEDICAL CENTER RESOURCE

**June 21, 2011 • 6 p.m.**

Moberly Municipal Auditorium  
300 Rollins and Clark, Moberly

Tickets: \$20

For more information,  
contact Lisa Guerrero at 660-269-3121.  
To purchase tickets contact the  
Moberly Area Chamber of Commerce  
at 660-263-6070.