

Fall 2024

BALANCE



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SEE WHAT'S INSIDE

BARIATIC SURGERY
CLOSE TO HOME

TAKING THE
(COLD) PLUNGE

MEET OUR
ADVISORY COUNCIL

FINDING YOUR BEST SOLUTION

I recently took up running to improve my overall health. Back in my 20s and early 30s, I considered myself an avid runner, regularly running 5Ks and often an annual half-marathon. And then life happened. Young children kept my wife and me busy, as did my career. In the process, I neglected the healthy habit. Over the last 10 years, I've tried to get back into the habit, but each time, an injury would sideline me, causing me to quit.

This time, however, I decided to take it slow. The first few weeks, I kept my distance to a mile or less. Now, I'm running 2 miles at least three times per week. My takeaway? I need to change my mindset before I lace up my running shoes. The younger me was driven by my desire to compete and finish at the top of the pack. Now, I'm running simply to enjoy the exercise itself.

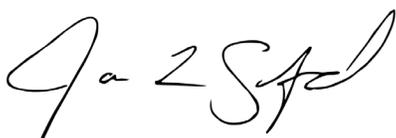
Lifestyle changes are hard. And sometimes exercise – and diet – aren't enough to reach your health goals.

Phelps Health recently opened the Phelps Health Weight Loss and Bariatric Center in Rolla to improve our patients' quality of life. The center is led by Donny Roshan, DO, an experienced general and bariatric surgeon. Dr. Roshan, a Rolla native and a graduate of Missouri S&T, is bringing his expertise back to his hometown community. Our new center opens at a critical time, with over 37% of adults in Missouri classified as obese. Read about this life-changing specialty on page 3.

Also in our fall issue, learn about an interventional heart treatment (page 7), dive into the cold plunge trend (page 11) and meet our Patient and Family Advisory Council members (page 15).

Please enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, President and CEO



“NOW, I'M RUNNING
SIMPLY TO ENJOY THE
EXERCISE ITSELF.”

Phelps Health *Balance* is a quarterly publication of Phelps Health printed and distributed by Kopytek, Inc., 9595 Dielman Rock Island, St. Louis, Missouri 63132. Information in this magazine is not intended for diagnosing or prescribing purposes. If you have any specific questions or concerns about your health, please talk to your healthcare provider.

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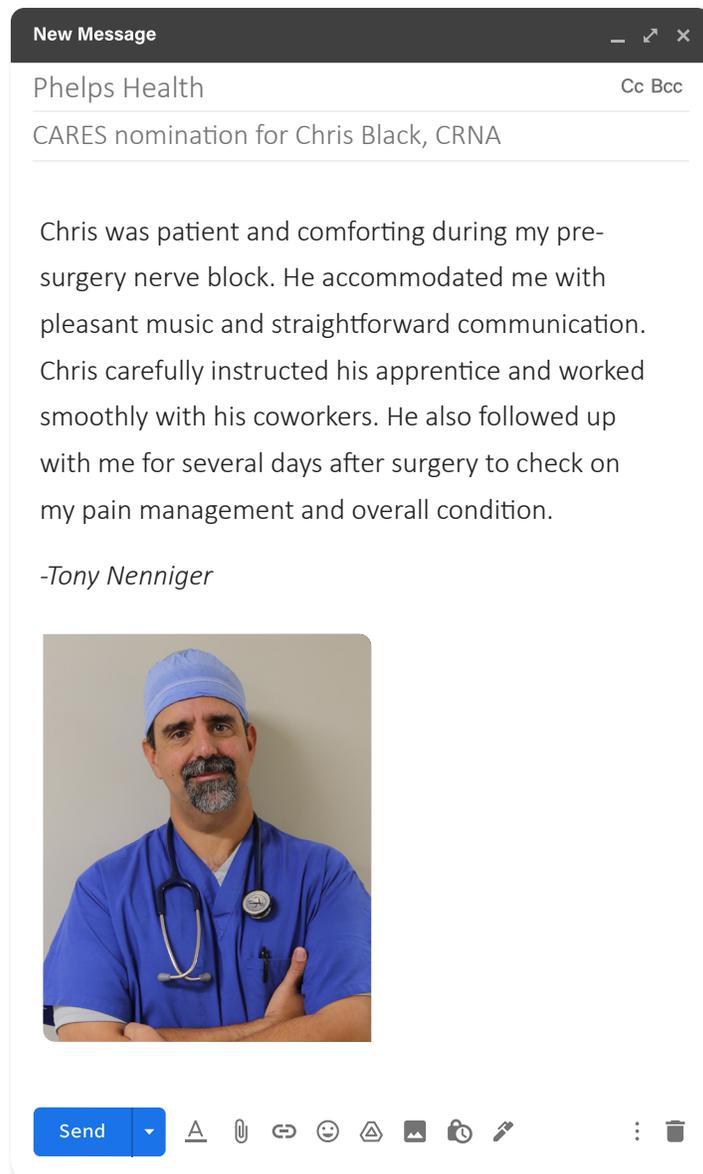
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AT PHELPS HEALTH, WE LOVE HEARING FROM OUR PATIENTS AND VISITORS.



These letters, which were edited for length and clarity, were sent from patients and visitors about their experience at Phelps Health.

If you would like to nominate a Phelps Health employee who made a difference, visit bit.ly/3Tm2d7K or scan the QR code.



ASK A PROVIDER

What You Should Know About Advance Directives

What is an advance directive? Why is it so important?

An advance directive is a legal document that outlines a person's wishes regarding medical treatment if they become unable to communicate or make decisions for themselves. Advance care planning can also help you appoint who you want to be involved in your care. An advance directive is essentially a gift to your family, taking the guesswork out of an already difficult time.

What do advance directives do?

Advance directives do the following:

- Communicate your healthcare preferences when you lose the ability to make your wishes known
- Ease your family's responsibility and stress by making difficult decisions ahead of time
- Assist your healthcare provider by providing guidelines for your care
- Specify decisions on withholding or withdrawing life-sustaining treatment, including food or water

What are the different types of advance directives?

Below are three types of advance directives for anyone 18 or older who is legally competent to make their own decisions:

- **Statutory Living Will:** This document directs that "death-prolonging" procedures should not be used to sustain life when a terminal condition is present.
- **Healthcare Directives:** These documents direct what conditions - medical or otherwise - under which certain treatments, including food or water, should be given or withheld. Clear instructions are required, and this document provides more flexibility in expressing your wishes.
- **Durable Power of Attorney (POA) for Healthcare Decisions:** This document appoints an agent to make decisions and describes the agent's authority. When choosing a durable POA, make sure that person clearly understands your wishes. Have those important conversations before it's too late.



Amber Cook, DNP, ACHPN

How can I create an advance directive?

If you would like more information or help in creating an advance directive, please contact our Care Management Team at **(573) 458-7383**. You can also speak with any of our healthcare providers or patient service representatives to start the process. Be sure to discuss your wishes with your family and healthcare provider. Putting your wishes in writing is the only legal way to ensure they are respected.

Please note that this document will need to be notarized, which can be completed at the Hospital or your local bank. When finalized, keep a copy of your advance directive with you and present the document to your provider and at any hospital visit.

BEGIN THE PROCESS



Scan this QR code to save and print an advance directive form from the comfort of your home.



A NEW CHAPTER IN OUR HEALTH: PHELPS HEALTH OPENS WEIGHT LOSS AND BARIATRIC CENTER, WELCOMES DR. DONNY ROSHAN

By Sarah Potter

As fall rolls in, Phelps Health is opening the doors to a new Weight Loss and Bariatric Center in Rolla, Missouri. This innovative center is a beacon of hope for the region. It offers comprehensive services to help residents achieve and maintain a healthy weight while reducing their risk for heart disease, diabetes, cancer and more.

The new center will be located at 1201 Hauck Drive in Rolla, where the Phelps Health Medical Group – Bass Clinic was previously located. The space is currently being renovated to accommodate the needs of the Weight Loss and Bariatric Center. In the interim, Dr. Roshan is meeting with patients on the second floor of the Phelps Health Delbert Day Cancer Institute in General Surgery to ensure that care is available without interruption.

At the helm of this transformative center is Donald “Donny” Roshan, DO, a Rolla native with a deep commitment to his community. Dr. Roshan’s journey back to Rolla is more than just a homecoming; it’s the realization of a lifelong dream.

“Helping people in my hometown achieve their health goals is a dream come true,” he said. “Our team is dedicated to providing compassionate, comprehensive care tailored to each patient’s unique needs.”

“HELPING PEOPLE IN MY HOMETOWN ACHIEVE THEIR HEALTH GOALS IS A DREAM COME TRUE.”

With a bachelor’s degree in biological sciences from Missouri University of Science and Technology (Missouri S&T) and a medical degree from A.T. Still University-Kirkville College of Osteopathic Medicine, Dr. Roshan brings a wealth of knowledge and experience to his new role. He completed his residency at Midwestern University in Glendale, Arizona, and has since gained extensive experience in both general and bariatric surgery.





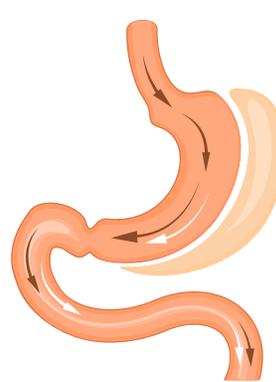
The center's opening comes at a crucial time. Phelps Health's latest Community Health Needs Assessment revealed that obesity is a growing concern across all six counties that the system serves. Obesity rates in Missouri are among the highest in the nation, with over 37% of adults classified as obese. This alarming statistic underscores the urgent need for effective weight management solutions. Obesity is linked to various health issues, including heart disease, diabetes, high cholesterol, elevated blood pressure and more.

The Phelps Health Weight Loss and Bariatric Center is poised to help patients live healthier lives by offering a range of services including surgical and nonsurgical weight loss options, personalized nutritional counseling and ongoing support for patients. Patients will have access to the latest advancements in bariatric medicine, including gastric bypass and gastric sleeve procedures. The center is also one of the few in the region to offer the SADI-S, a minimally invasive procedure that has shown promising results.

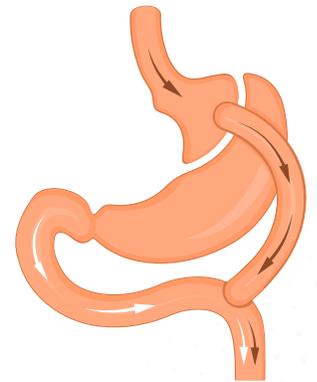
Dr. Roshan's passion for bariatric surgery was sparked during his residency when he witnessed the life-changing impact it had on patients.

"Seeing people go from struggling with chronic health issues to living vibrant, healthy lives was incredibly inspiring," he recalls. "I knew then that I wanted to dedicate my career to helping others achieve similar transformations."

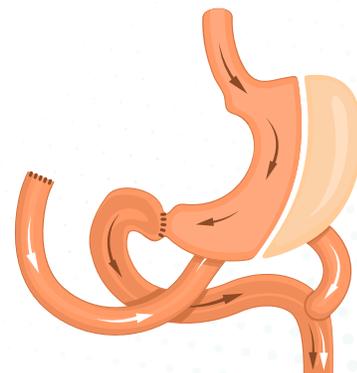
Phelps Health Weight Loss and Bariatric Center offers three surgical options:



Gastric Sleeve



Gastric Bypass



Single Anastomosis Duodenal-Ileal Bypass with Sleeve (SADI-S)

But Dr. Roshan understands that surgery is just one piece of the puzzle. “Weight loss surgery is a tool, not a cure,” he emphasizes. “Our goal is to support patients through their entire journey, from the initial consultation to long-term follow-up care. We want to ensure they have the tools and resources they need to succeed.”

Outside of his professional life, Dr. Roshan is a family man who enjoys the great outdoors. He and his wife, a personal trainer and nutrition coach, are excited to raise their two young boys in the community they love. Whether hunting,

fishing, kayaking or cheering for the St. Louis Cardinals and Kansas City Chiefs, Dr. Roshan is eager to embrace the Rolla lifestyle once again.

As Phelps Health welcomes its first patients to the Weight Loss and Bariatric Center, the future looks promising for those seeking a healthier, more active life. With Dr. Roshan at the helm, the center is set to make a significant impact on the health and well-being of the Rolla community and beyond.





ARE YOU A CANDIDATE FOR WEIGHT LOSS SURGERY?

Scan this QR code to take our 60-second assessment. For more information, or to schedule an appointment with Dr. Roshan, visit PhelpsHealthWeightLoss.org.



AN INTERVENTIONAL TREATMENT

By Stefanie Van Wyk

Bill Kuerzinger's family share a sobering fact: his mother, father, grandmother and brother all passed away from heart attacks. Bill wants to break this cycle through lifestyle changes and medical intervention.

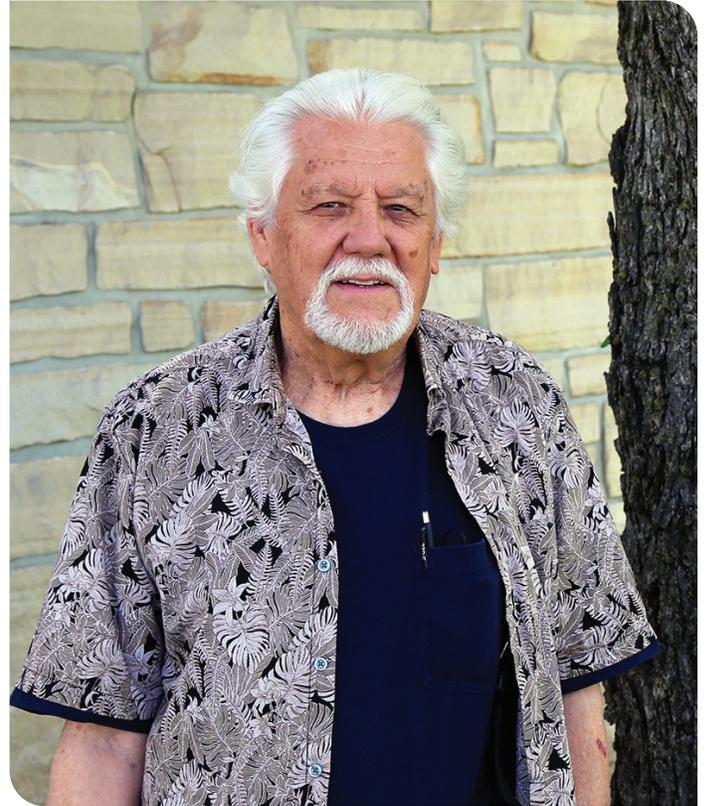
In May, the 75-year-old Rolla man had a cardiac (heart) catheterization procedure at Phelps Health. This procedure helps check for heart or blood vessel problems, like clogged arteries or irregular heartbeats. A thin hollow tube called a catheter is guided through a blood vessel to the heart. Cardiac catheterization provides important information about the heart muscle, valves and blood vessels.

Phelps Health has two state-of-the-art cardiac catheterization labs. These are specialized rooms where tests and procedures for heart disease are done. Cardiac surgeons use cardiac catheterization labs to diagnose and treat cardiovascular diseases (diseases involving the heart and blood vessels).

Bill had heart bypass surgery before, but he felt something was wrong with his heart again. Fawad Virk, MD, FACC, his interventional cardiologist at Phelps Health, recommended the catheterization because of his history.

Before the procedure, Bill was given a mild sedative and doesn't remember any pain. He did share a helpful tip: "Be sure to drink plenty of water the day before, so that your care team can quickly get your IV started."

During the procedure, Dr. Virk found a heart blockage and placed a stent. A stent is a small, wire mesh tube that keeps the artery open and restores blood flow. For Bill, the stent has helped alleviate his shortness of breath.

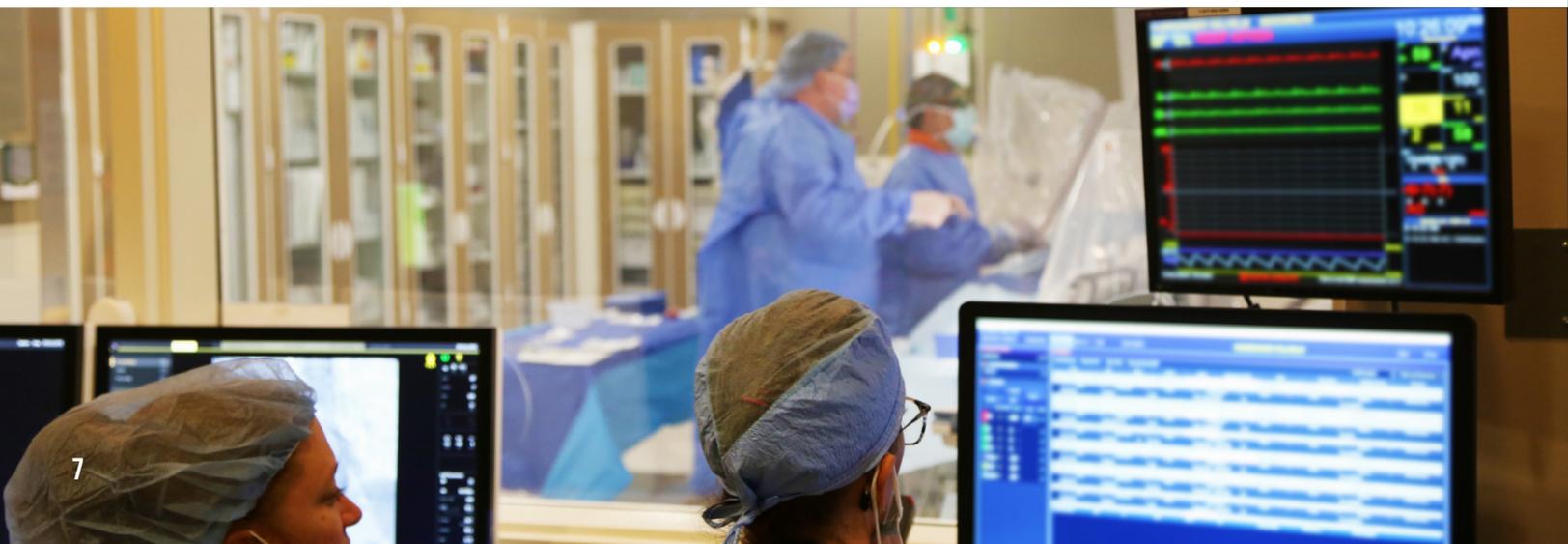


Bill also started going to cardiac rehabilitation (rehab) at Phelps Health again.

"Dr. Virk put me back into the program," he said. "I go three times a week, and you couldn't ask for better staff. They are very attentive."

Dr. Virk also sees Bill for regular check-ups to monitor his medications and bloodwork.

"We try to stay on top of it so that I don't have any more major problems," Bill said.





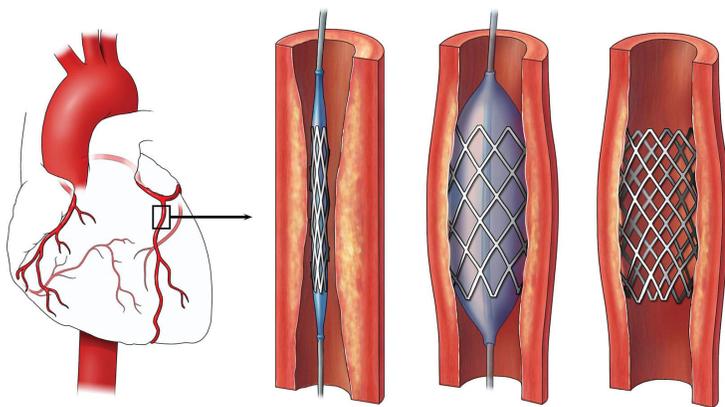
In May, Bill Kuerzinger underwent a heart catheterization procedure at Phelps Health.

Bill appreciates the MyChart patient portal from Phelps Health.

“I get my lab results before my doctor does,” Bill said. “And then if I have questions, I can use MyChart to message my doctor or care team, and they’ll typically get back to me within a few hours. It’s an excellent app.”

Dr. Virk is one of three interventional cardiologists at Phelps Health.

“He’s an excellent doctor, and he’s very thorough,” said Bill of Dr. Virk. “He explains everything. He doesn’t cover anything up. He gives you your options, and he makes sure that you follow a routine. My brother-in-law and a couple of my friends are patients, too. I’d recommend Phelps Health to anybody who needs anything done with their heart.”



Cardiac balloon stent

TIME IS KEY

Did you know? Phelps Health now offers 24/7 care for STEMI heart attacks, the most severe kind of heart attack. Previously, area residents had to travel up to 2 hours for this care, delaying treatment and potentially causing more heart damage. This new program provides quicker diagnosis and treatment, improving patient outcomes and potentially saving lives. Learn more by visiting phelpshealth.org/conditions-treatments/cardiology or scanning this QR code.



To schedule a cardiology appointment at the Phelps Health Heart and Vascular Center, call **(573) 308-1301** today.

MEET OUR NEW PHYSICIANS AND PROVIDERS

Please help us welcome our new providers to Phelps Health:



Donny Roshan, DO
General and Bariatric Surgery



Andrea Phinney, MD
Orthopedics



Katie Allen, FNP-C
Family Medicine



Kristin Knetzer, FNP-C
Pain Management



THESE PROVIDERS ARE ACCEPTING NEW PATIENTS!

Scan the QR code to read their bios, discover their areas of expertise, see their clinic locations and more.



PHELPS HEALTH SUPPORT GROUPS

Diabetes Support Group

Second Tuesday of each month | 4:00-5:00 PM
Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 458-7314

Parkinson's and Caregivers Support Group

Third Tuesday of each month | 2:30-4:00 PM
Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 458-3007

COLD PLUNGING: WHAT TO CONSIDER BEFORE YOU DIVE IN



Cold plunging has become a hot trend in wellness. From medical journals to TikTok, this frigid trend is making waves, attracting headlines and inspiring hashtags. What's the buzz all about?



Abby Blanc, a board-certified family nurse practitioner at Phelps Health, looks at the cold plunge trend: the facts, the questions and how to decide if it's for you.

"Let's begin with a basic definition," Abby said. "Cold plunging is submerging your body in cold water for a short period of time."

associated with pleasure) as well as decrease cortisol levels (the stress hormone) for up to 3 hours afterward," said Abby. "It can create a feeling of euphoria, which can decrease depressive and anxious symptoms. It also alerts your parasympathetic and sympathetic nervous systems, which can reduce stress and increase alertness and mental clarity."

Among the physical benefits of cold plunging, weight loss and blood sugar may also be affected.

"Cold plunging does not contribute directly to weight loss," Abby explained. "But cold water can help your body burn fat more quickly and increase metabolism. It can turn 'white fat' into 'brown fat,' which helps break down sugars and fats, and provides thermoregulation (how the body maintains its temperature)."

While more research is needed, preliminary studies show that cold plunging may also reduce insulin resistance and improve insulin sensitivity.

ATHLETES HAVE USED COLD WATER THERAPY FOR YEARS

"Originally you saw athletes cold plunging to reduce muscle damage after working out or after a big game," Abby said. "Research suggests that cold plunging decreases inflammation and soreness, improving recovery time. It also helps improve circulation throughout the body, which is especially important after an injury."

Today, the practice of cold plunging has expanded beyond athletic training facilities to homes, health clubs and spas. Many people report physical and mental health benefits.

"Cold water plunging has been shown to increase levels of dopamine and endorphins (chemical messengers

NEWCOMERS TO COLD PLUNGING SHOULD PACE THEMSELVES

Abby emphasizes that individuals new to this practice should take it slowly. She suggests starting by adjusting the water temperature while showering, gradually lowering it below 60 degrees F. Then, if you're ready to take a plunge, Abby recommends starting with 30 seconds and working up to a maximum of 5-10 minutes.

"You don't need special equipment—you can cold plunge in your bathtub by adding ice or just using cold water right out of the faucet," said Abby, emphasizing that individuals should talk with their healthcare providers before trying it.

“The biggest risks are present for individuals with cardiovascular disease, respiratory diseases or any type of decreased circulation,” Abby cautioned. **“The American Heart Association strongly cautions against cold plunges for people with heart conditions.”**

KNOW THE RISKS BEFORE YOU PLUNGE

Research shows that cold water immersion causes the heart to work harder, which can lead to an elevated heart rate, higher blood pressure, shortness of breath and an increased risk of abnormal heart rhythms.

While the potential dangers of cold plunging for those with heart conditions are well known, Abby says drowning and hypothermia are also risks.

“Common sense safety is important any time you’re around water,” said Abby. “There are added risks in cold water because the rapid loss of heat can lead to hypothermia. Water takes heat away from the body 25 times faster than air. Finally, never plunge into icy waters that have a current, such as a river, to avoid being swept downstream or trapped under ice.”



TEMPTED TO TRY A TREND?



Don't take chances: Speak with your doctor or provider before diving in to any new healthcare trend. If you don't have a primary care provider, visit phelpshealth.org or call (573) 364-9000 to establish care today.



DR. JAMES J. BASS: A LEGACY OF COMPASSIONATE CARE



By Michelle Prince

After four decades of practicing medicine, James J. Bass, MD, met with his last patient on August 30, 2024. Known for his compassion and commitment, Dr. Bass reflected on his over 40-year career and his 11 years of service at Phelps Health.

“I notified my patients in May and personally met with other Phelps Health physicians so I could better guide patients seeking a recommendation,” Dr. Bass said. “I also wrote a summary of care for every patient I’ve treated since April. My patients’ new doctors can access my notes for accuracy during the transition.”

Originally from Salem, Missouri, Dr. Bass has called Rolla home since 1983. In 2013, Dr. Bass joined the Phelps Health Medical Group and continued to see patients at the Phelps Health Medical Group – Bass Clinic in Rolla.

“I started in emergency medicine but switched to family medicine, where I have the opportunity to build lifelong relationships with my patients and their families,” he said. “I get to know them, and they get to know me. I love that

“IT’S A BLESSING TO KNOW THAT MY PATIENTS WILL BE IN GREAT HANDS WITH THE PHYSICIANS AND PROVIDERS AT PHELPS HEALTH.”

family medicine is relationship-based.”

Dr. Bass considers Phelps Health a shining star in the community.

“We’re fortunate to have such a great hospital in a rural area,” he said. “It’s a blessing to know that my patients will be in great hands with the physicians and providers at Phelps Health.”

As he steps into retirement, Dr. Bass is excited about the future.

“I no longer have to iron five shirts on Sunday so that I’m ready for the week!” he said. “Annie and I will be traveling to see the boys in Chicago and Denver. She’ll keep working, because one of us needs to make money now that I don’t have a salary!”

Dr. Bass leaves behind a legacy of dedication and compassion at Phelps Health.

“I’ll miss seeing my patients and staff,” he said. “They’re family and friends. I look forward to seeing them when I’m out and about in Rolla.”



On September 6, Dr. Bass celebrated his 40-plus-year career with his colleagues, family and friends.

PHELPS HEALTH CELEBRATES BOND BUILDING RENOVATION WITH OPEN HOUSE



By Stefanie Van Wyk

On September 20, Phelps Health hosted an open house for the community to tour the extensive renovation at the Bond Building, located at 600 Blues Lake Parkway in Rolla. The primary care clinic, founded by retired physicians Joe Bond, DO; Cathy Bond, DO; Ed Bruns, DO; and the late Mary Bruns, DO, was built in 1998. In 2010, the practice transitioned to a Phelps Health clinic.

The public was invited to an open house to celebrate the renovation, featuring guided tours, refreshments and a ribbon cutting by the Rolla Area Chamber of Commerce.



“The renovation included a complete overhaul of the reception area and 16 former patient exam rooms, for improved patient care,” said Richard Krenning, executive director of primary care. “The former chemotherapy infusion center was also repurposed into a new family practice suite with eight new exam rooms, offices and a nurses’ station, allowing the clinic to provide primary care for all ages.” (Chemotherapy services continue to be provided exclusively at the Phelps Health Delbert Day Cancer Institute.)

The clinic recently welcomed new providers, Family Medicine Physician and Obstetrician Mylhan Myers, DO; and Family Medicine Physician Rebecca Fryer, DO; alongside established providers Matthew Hurley, MD; Cory Offutt, MD; and Abby Blanc, FNP-C.

IMPROVING THE PATIENT EXPERIENCE

Following a facelift, the clinic waiting rooms are now more open and spacious. With improved access to registration and additional seating, patients can enjoy a more pleasant and efficient experience. Lower counters were added to the desks for patients using assistive devices, such as wheelchairs. Additionally, the renovation has improved patient accessibility by consolidating all family practice services, including lab and X-ray, on the upper level, and widening clinic aisles. A separate room for minor procedures finishes out the updates.

COMMITMENT TO SUSTAINABILITY

The renovations incorporated green-building principles, reflecting Phelps Health’s commitment to environmental responsibility. The new eco-friendly HVAC system and LED lighting will reduce energy usage, and solid-surface countertops installed throughout the clinic are made from sustainable materials.

Together, these clinic updates ensure that the Bond Building is well-equipped to meet primary care needs for years to come.

MEET OUR PATIENT AND FAMILY ADVISORY COUNCIL (PFAC) COMMUNITY MEMBERS

PFAC community members have direct input and influence on the policies, programs and practices that affect the care and services provided at Phelps Health. We appreciate the time they volunteer to our organization and their invaluable feedback.



KYLE W. DARE

Superintendent, Rolla 31 School District

My PFAC Goals

To share Phelps Health programs, resources and opportunities with the school district's employees and families

My Interests

I truly enjoy seeing other people succeed. My hobbies include junking, thrifting and going to garage sales.

ANGELA FARIOLE

Owner and Reading Specialist, Uniquely Wired Consultants, LLC

My PFAC Goals

To bring the perspective of a business owner, educator and special needs mother to enhance Phelps Health's mission to provide equitable and accessible care for all community members

My Interests

My interests include community growth and development, spending quality time with my family, being active in my church and reading.



MARTINA HAHN-BAUR

Board President, Kaleidoscope Discovery Center

My PFAC Goals

To promote educational healthcare opportunities and the healthcare field to local youth

My Interests

My interests include small business entrepreneurship, real estate, regional economic development, the arts and church.

YOUR VOICE MATTERS

Phelps Health is currently looking for more community members to join PFAC. As a member, your input could potentially influence future hospital initiatives related to the patient experience. If this opportunity interests you, please contact Carlos Martinez at camartinez@phelpshealth.org or (573) 458-7878. You can also complete the form by scanning the QR code here.





BILL HARLAN

Retired Chief Deputy, Crawford County Sheriff's Department

My PFAC Goals

To offer meaningful suggestions and positive feedback, to keep Phelps Health moving forward and to make others aware of the professional providers and staff who have a vested interest in the community

My Interests

I enjoy working out and helping others. I'm a St. Louis Cardinals fan and a news junkie. I also love visiting my grandchildren and teaching them how to stay out of trouble.

TRACY JENKINS

Corporate Relations Representative, Brewer Science

My PFAC Goals

To create valuable relationships, drive positive change and promote community excellence

My Interests

My interests include anything my boys are involved in.



LORETTA PETERMAN

Retired STEM Education Manager, Brewer Science

My PFAC Goals

To deepen my understanding of Phelps Health's capabilities, serve as an ambassador, motivate employees and patients, and share positive news and improvement opportunities to support the organization's growth

My Interests

In my spare time, I enjoy visual arts, hiking, cooking, farming, listening to music and volunteering at local food distribution centers.

JON RAPP

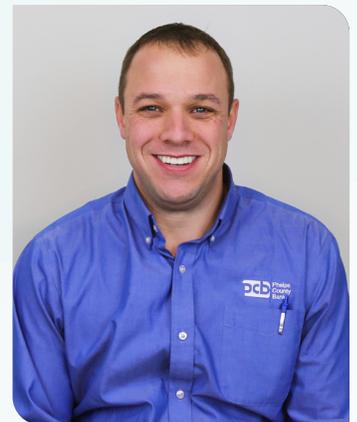
Senior Vice President, Phelps County Bank

My PFAC Goals

To promote and highlight the value of Phelps Health and its contributions to our region's growth

My Interests

I enjoy spending time with my children, sports, fishing, hunting, camping, farming and cooking.



ZELDA SHELTON

Senior Resource Liaison

My PFAC Goals

To help make Phelps Health a wonderful place for everyone in the community, and to help seniors embrace, and not fear, positive changes at Phelps Health

My Interests

My interests include hosting senior events, spending time with my family, trout fishing, playing horseshoes with my husband and getting to know new people.



Phelps Health

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