

BALANCE

Our Family Caring for Yours
Winter 2020



SEE WHAT'S INSIDE:

A New Radiology Partnership

Dr. Guerrero-Garcia Joins Phelps Health

Why Andrew Miller Gives Back

DONATING TIME AND TALENT

Phelps Health is where cutting-edge technologies, talented providers and innovative treatments come together to form the best possible outcomes for our patients. We are fortunate our health system offers all of these benefits, close to home.

One part of ensuring our patients receive ideal healthcare is through the recruitment of exceptional providers to our area. You can read about one of our newest physicians to the Phelps Health Delbert Day Cancer Institute, Medical Oncologist and Hematologist Thomas Guerrero-Garcia, MD, on page 5. Then, learn more on page 9 about how our organization is collaborating with Mallinckrodt Institute of Radiology (MIR), a group located at Washington University School of Medicine in St. Louis, MO. Radiologists from MIR are located on-site at Phelps Health and St. Louis and read patient studies each day.

Another area we are expanding is our Medical Research Department. We continue to increase participation in medical research studies and clinical trials, where each study attempts to answer specific questions with the objective of improving our health. A pilot project, conducted by Mike Burns, DNAP, CRNA, director of Anesthesia Services, along with medical students from Webster University, seeks to help mothers who have a dependency on opioids deliver healthy babies at Phelps Health. You can read more about this exciting research study on page 3.

While we continue to advance our healthcare access points, services and treatments, we would not be the health system we are today without the assistance from our volunteers and community members. Our Phelps Health volunteers donate their time and talents to optimize the experience our patients have while they are here. Meet one of our college volunteers, Tanner Powley, on page 7 and learn why he believes in donating his time. Similarly, not only do we believe in donating our time to help others, but we believe in the importance of philanthropy to help our local patients in need. Phelps Health Foundation helps numerous patients and their families receive assistance when they need it the most. You can read about Andrew Miller, a Foundation donor, on page 2 and learn why he believes in giving back.

Sincerely,



Edward J. Clayton, CEO



Phelps Health *Balance* is a quarterly publication of Phelps Health printed and distributed by Missouri S&T Printing and Mail Services, G8 Campus Support Facility, 1201 North State Street, Rolla, MO 65409. 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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IN THIS ISSUE

01 UPCOMING EVENTS

02 ASK A DONOR

03 REDUCING OPIOID USE

05 MEET DR. GUERRERO-GARCIA

07 VOLUNTEER PROFILE: TANNER POWLEY

09 COLLABORATION WITH MALLINCKRODT

11 AROUND PHELPS HEALTH

15 RECIPE

JANUARY

15 *Community Blood Center of the Ozarks Blood Drive*

When: 10:00 AM-3:00 PM
Where: Phelps Health Waynesville Medical Plaza
Cost: Free
Contact: (800) 280-5337



FEBRUARY

07 *Community Blood Center of the Ozarks Blood Drive*

When: 8:00 AM-1:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (800) 280-5337

11 *Prenatal Education Class**

When: 5:30-7:30 PM
Where: Private Dining Room 2, Phelps Health Hospital

Cost: Free
Contact: (573) 458-7353
*Two-part evening class, participants will be scheduled for both classes

15 *35th Annual Cancer Gala*

When: 5:30 PM
Where: Havener Center, Missouri S&T
Cost: \$100 for individual ticket
Contact: (573) 465-0101

26 *Silver Eagles Educational Session: Area Agency on Aging*

When: 1:30-2:30 PM
Where: Shirley Day Conference Center, Phelps Health DDCI
Cost: Free
Contact: (573) 458-7759

MARCH

12 *Prenatal Education Class*

When: 9:00 AM-3:00 PM
Where: Community Room, Phelps Health Waynesville Medical Plaza
Cost: Free
Contact: (573) 458-7353

25 *Silver Eagles Educational Session: Vein Problems*

When: 1:30-2:30 PM
Where: Shirley Day Conference Center, Phelps Health DDCI
Cost: Free
Contact: (573) 458-7759



SUPPORT GROUPS

Cancer Support Group

When: Every Wednesday from 5:00-7:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: (573) 458-7500

Women's Breast Cancer Support Group

When: Second Wednesday of each month from 1:00-2:00 PM
Where: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute
Cost: Free
Contact: Jennifer Gerlemann at (573) 458-7164 or Tiffany Henry at (573) 458-3108

*Diabetes Support Group**

When: First Saturday of each month from 10:00 AM-Noon
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7314

*No classes in January, July or September

ASK A DONOR

Andrew Miller Explains Why He Gives Back



Q How did you first get involved with Phelps Health Foundation?

A My wife and I moved to Rolla, MO, in 2016, when she was hired at Phelps Health. She was introduced to Phelps Health during a rotation while in graduate school. She discovered a passion for this community and the importance of providing excellent healthcare here. Her passion brought us to this area and inspires my passion for the Foundation's mission. I am passionate about healthcare being available in our community, so I have attended many Phelps Health Foundation events.

Q What made you first start donating to the Foundation?

A I prefer to support local charities so that I can directly see their impact in our community. As the largest employer in the area and the local source for high-quality healthcare in our community, Phelps Health is a crucial public institution to support, and Phelps Health Foundation allows me to do so.

Q What do you think the Foundation has done that is inspiring?

A As I started to learn more about the Foundation, I realized there are dozens of programs that provide key resources and support for members of our community when they need it most. Many of these programs and the people involved work every day with little public recognition to improve the lives of the people they help. To me, that is the most incredible and powerful impact the Foundation has on the community.

Q What do you wish other people knew about Phelps Health Foundation?

A Philanthropy and community engagement do not have to be about money. Everyone has skills and time, which can be invaluable to the Foundation and the community. My involvement with the Foundation started when I asked someone from the Foundation how I could help. I would encourage everyone to look for the ways that your specific talents can help our community. Creating a better tomorrow takes everyone working together to make an impact.

Q Why do you think interest in the Foundation seems to be growing?

A In the Rolla community, you can see the direct impact that giving has. Giving to local organizations like Phelps Health makes a tangible difference in our community for individuals that we work with, see in the grocery store or sit with at T-ball games.

Q What does philanthropy mean to you? How do you put it into action?

A To me, philanthropy is responding generously to the needs of our community to share the opportunities and blessings that I have been given. My family instilled in me the importance of philanthropy and, like most families, there are times when we benefit from the philanthropy of others and times when we are able to give back. Whether you have time, talent or money, you can find a way to use your gifts to help others.

LEARN MORE

For more information about Phelps Health Foundation, visit phelpshealthfoundation.org or call (573) 458-7946.

OPIOID RESEARCH

Research Aims to Help Mothers with Opioid Use Disorders Deliver Healthy Babies at Phelps Health

Opioid abuse has become an epidemic in the United States, with more than 11 million people reporting they had personally misused prescription opioids in 2015, according to the Substance Abuse and Mental Health Services Administration (SAMHSA).

Like other substance abuse disorders, the Centers for Disease Control and Prevention (CDC) has defined opioid use disorder (OUD) as a “problematic pattern of opioid use leading to clinically significant impairment or distress.”

Pregnant women and their unborn babies are particularly at risk for opioid addiction. According to SAMHSA, about 6.5 out of every 100 pregnant women abused opioids in 2014.

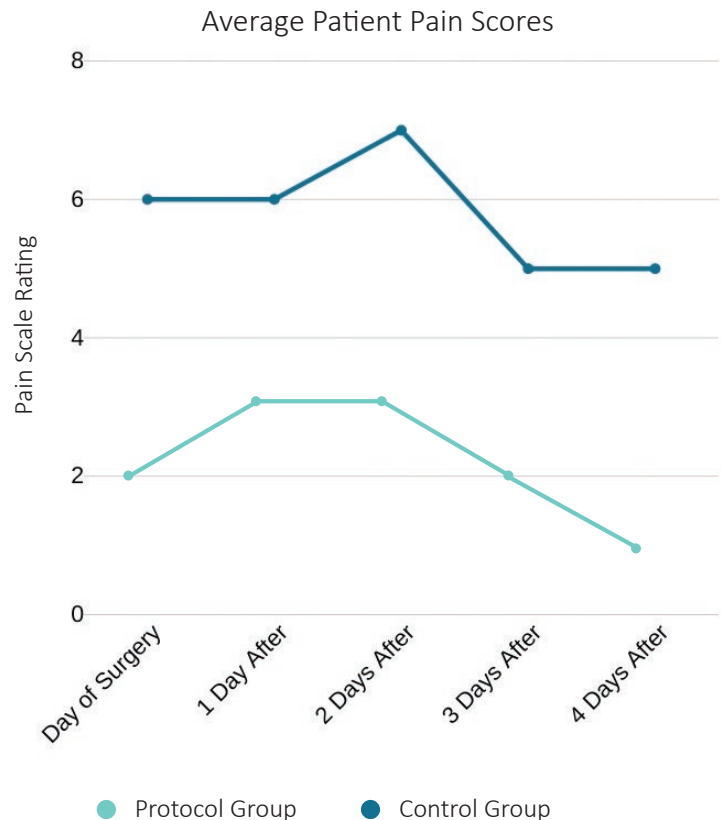
However, specialized care is generally needed for these women with OUDs because women are often prescribed opioids to help with pain management during and after their delivery, especially those women who deliver via cesarean sections (C-sections).

Without this specialized care, some women may become dependent on opioids or develop an addiction following their delivery.

Reducing the amount of opioids patients consume, especially after surgeries or procedures, is a priority for healthcare professionals.

Last year, Phelps Health in Rolla, MO, conducted a pilot study to develop new ways to reduce opioid consumption in young mothers with an OUD who were planning on having a C-section.

Phelps Health Director of Anesthesia Services Mike Burns, DNAP, CRNA, helped lead the research project, which studied a medication-assisted therapy (MAT) protocol he developed. The study tracked the opioid consumption of women receiving this specialized treatment, their pain and the health of their new babies.



Only 16% of mothers in the protocol group required "rescue" opioids, compared to 100% of those in the control group.

The study involved the use of buprenorphine to help manage pain during labor and delivery without the risk of forming an opioid addiction. Buprenorphine works differently from other opioids, and as a result, buprenorphine carries less risk of addiction and is used primarily to treat opioid addictions.

Two Webster University students, Edina Ademovic and India Johnson, assisted Burns with the study. Burns chairs several research projects each year, and this study involving caring for pregnant women with OUD was one of his studies conducted in 2019.

A total of 42 participants (21 women and each of their babies) took part in the study. Six of the mothers had a known OUD and delivered their babies via C-section using Burns's protocol at Phelps Health between October 2018 and October 2019.

The health of these six mothers and their babies were then compared to a control group that included the 15 other mothers with OUDs and their babies. This control group also delivered via C-sections at Phelps Health between 2017 and 2019 but were not given any MAT.

"We wanted them to not receive additional opioids in the hospital, and we wanted them to not have to receive a prescription for opioids before going home," Burns said of the six mothers given MAT.

Instead of giving them opioids for pain management, Burns said regional anesthesia and multi-modal drug therapies not involving opioids were used to help these mothers control pain during and after their C-sections.

The study found that both the mothers and babies who were on a MAT protocol had better outcomes than the control group.

Burns said overall, the mothers receiving buprenorphine experienced less pain and their babies were healthier than those who conventionally delivered their babies. Moreover, the babies of the six mothers were more likely to breastfeed and go home sooner with their mother(s).

Burns added that the MAT protocol has not only been effective for women with OUD who have C-sections. A similar protocol was successfully used on a patient at Phelps Health who had a total knee replacement surgery, he said.

In the future, Burns said he would like to see an integrated approach to opioid therapy at Phelps Health.

"This study is one of the many exciting research projects we have available at Phelps Health," said Phelps Health Director of Medical Research Casey Burton, PhD. He added that advancing healthcare through innovative research is one way Phelps Health strives to deliver the best possible care to the community.

Currently, Phelps Health offers its patients opportunities to participate in over 100 research studies and clinical trials.



AN OPPORTUNITY TO HELP OTHERS

*Thomas Guerrero-Garcia, MD, Assists Patients
at the Delbert Day Cancer Institute* By Paul Hackbarth



A moment of inspiration while meditating years ago led Thomas Guerrero-Garcia, MD, to choose healthcare as his career path, and to this day, he is glad he made that decision.

One day in high school, he began meditating, which was something he had never done before. He thought about what he wanted to do in life and what he enjoyed.

“I like to help others, and with medicine, and especially cancer care, you get to help others,” Dr. Guerrero-Garcia said. “So, I thought I’d give it a try.”

He did well in his anatomy and biology classes, and he credits a talented teacher as to why he became interested in science.

Except for one relative who is a psychiatrist, Dr. Guerrero-Garcia is the only person in his family who works in the healthcare field.

“I originally thought I was going to be a pathologist (a doctor who specializes in the causes and effects of diseases),” Dr. Guerrero-Garcia said. Instead, he decided to pursue his passion of caring for cancer patients.

Last year, Dr. Guerrero-Garcia joined the Phelps Health Medi-

cal Group as a medical oncologist/hematologist. In this role, he helps adult cancer patients at the Delbert Day Cancer Institute (DDCI) in Rolla, MO.

A medical oncologist usually treats cancer using chemotherapy, immunotherapy or other medications, whereas a radiation oncologist uses radiation therapy to treat cancer. Hematologists are doctors who specialize in blood disorders.

This combination of medical oncology and hematology is ideal for Dr. Guerrero-Garcia since his special interests include general oncology and blood cancers. He is board-certified in internal medicine and medical oncology.

Originally from Ecuador, Dr. Guerrero-Garcia completed his medical training at the Medical School of the University of Guayaquil in Guayaquil, Ecuador, which involved spending some time studying at the University of Miami in Florida.

His residency training took place at Memorial Hospital of Rhode Island at the Warren Alpert Medical School of Brown University in Pawtucket, Rhode Island.

In addition, Dr. Guerrero-Gar-

cia completed a hematology/oncology fellowship at St. Elizabeth’s Medical Center at Tufts University School of Medicine in Boston, Massachusetts.

He also finished an advanced fellowship focusing on blood cancers -- such as multiple myeloma -- at the Jerome Lipper Multiple Myeloma Center/Dana-Farber Cancer Institute at Harvard Medical School in Boston, Massachusetts.

Communicating with patients and their families as well as interacting with people at Phelps Health are two things he enjoys most about being a physician. “You really get to know the patients,” he said.

While some may consider Rolla, MO, a small town, Dr. Guerrero-Garcia said he was impressed with the DDCI when he interviewed at Phelps Health. The cancer center is a hub for several research projects, he noted.

In addition, he said Phelps Health’s partnership with Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, MO, is a great benefit to local patients.

LEARN MORE

Dr. Guerrero-Garcia is accepting new patients. To learn more about Dr. Guerrero-Garcia or the Phelps Health Delbert Day Cancer Institute, visit phelpshealth.org or call (573) 458-3324.

IMPACTING A *community*

Tanner Powley Shares His Experience Volunteering at Phelps Health

By Paige Marsolais-Heitman

Tanner Powley began volunteering at Phelps Health two semesters ago as a member of the Auxiliary and Volunteer Services' Safe Send-Off Program.

A junior biochemical engineering student at Missouri University of Science and Technology in Rolla, MO, he wanted to find a way to make a meaningful contribution to the local community and gain technical experience in a hospital setting.

Under the general supervision of the director of Auxiliary and Volunteer Services, and in collaboration with the Phelps Health Nursing Administration Office, volunteers of the Safe Send-Off Program provide non-nursing assistance to Phelps Health patients who are discharged.

Volunteers like Powley are trained on proper wheelchair procedures to provide quality care. They work shifts that last three to four hours. During shifts, they assist staff by escorting patients throughout the hospital.

"Volunteering is one of the greatest ways that I have found to give back," said Powley. "So many of the people who I've met at Phelps Health are motivated and want to learn how to improve the patient experience."

One of Powley's favorite areas to work in has been Transportation Services because of the wide array of patients who he has met. He also enjoys working with nurses at Phelps Health because they have taught him processes and procedures for interacting with and caring for patients who have a variety of different needs.

Powley is one of the many volunteers whose life has been positively impacted by giving his time and resources to help others in the community.



Volunteering at Phelps Health has helped him view healthcare as a way to serve others and see patients in a new light. “When it comes to patients,” Powley said, “I see each one as an opportunity to make a difference.”

Each day at Phelps Health, Powley witnesses different parts of the patient experience, from admission at the main entrance through post-operation, that prove invaluable to his career aspirations of providing healthcare in rural communities.

“I’ve seen a disparity in physicians who practice in rural communities, and I want to help fill that gap,” said Powley. “There are many cases of repeated illnesses seen in rural communities. I want to be able to meet with those patients and help transform the quality of care they receive to improve their lives.”

Growing up, Powley first experienced the joy of volunteering with his mother, an occupational therapist who would take Powley and his siblings to volunteer at nursing homes in their hometown of Nixa, MO.

Being a volunteer has played a major role throughout Powley’s life and has grounded him as an individual. “I believe that if you can give a resource without consuming one, you should,” said Powley.

In his spare time, Powley is part of Missouri S&T’s Symphonic Band and SCRUBS Club. He serves as a resident assistant on campus and also enjoys outdoor activities, such as hunting and fishing.

“ I SEE EACH
[PATIENT]
AS AN
opportunity
TO MAKE A
difference. ”

ARE YOU A COLLEGE STUDENT LOOKING FOR VOLUNTEER OPPORTUNITIES?

Learn more about the Phelps Health Auxiliary and Volunteer Services by calling Phil Cox at (573) 458-7935 or Crystal Lorah at (573) 458-7947 or by visiting phelpshealth.org.

Phelps Health collaborates with Mid-Missouri Area Health Education Centers (Mid-MO AHEC) for student volunteer services. Learn more by calling Franz Kindel at (573) 458-7553.

PARTNERS IN R

Mallinckrodt Institute of Radiology Offers Medical Imaging

By Paul Hackbarth

A partnership between Phelps Health and Mallinckrodt Institute of Radiology (MIR) is benefiting patients who need medical imaging in a variety of ways.

MIR, which is based at Washington University School of Medicine in St. Louis, MO, signed on to provide radiology services for Phelps Health beginning December 24, 2018.

“This collaboration between Phelps Health and Mallinckrodt Institute of Radiology is greatly enhancing our medical imaging services here in Rolla, MO,” said Phelps Health Senior Vice President and Chief Operating Officer Jason Shenefield.

As part of the agreement, MIR has radiologists both on-site at Phelps Health and in St. Louis who read studies daily. A radiologist is a medical doctor who specializes in diagnosing and treating injuries and diseases using medical imaging tests and exams.



MIR offers the following radiology interpretation services to patients at Phelps Health:

- X-rays
- Ultrasounds
- MRI (magnetic resonance imaging)
- CT (computed tomography)
- PET (positron emission tomography)
- Nuclear medicine
- Mammography
- Other specialty procedures



Radiologists with MIR and Washington University also can perform bone marrow biopsies, intrathecal chemotherapy (used to treat cancer in the fluid around the brain and spinal cord) and stereotactic breast biopsies (that aid in the diagnosis of breast cancer).

“With Mallinckrodt, we are growing our radiology services, which in turn is leading to improved surgical and cancer care services at Phelps Health,” said Phelps Health Administrative Director of Ancillary and Surgical Services Shawn Hodges.

With MIR, radiology patients at Phelps Health can receive exceptional clinical care from Washington University physicians.

Michael Penney, MD, who serves as chief of radiology at Barnes St. Peters and Progress West, also leads clinical operations and coordination of radiology services provided by MIR at Phelps Health.

MIR recruited two experienced radiologists who are providing “excellent, stable on-site coverage,” said Dr. Penney, “and remote subspecialty coverage by MIR radiologists, which is critical, is working seamlessly.”

In addition to Dr. Penney, patients who have special radiology procedures will likely see and interact with many radiologists around Phelps Health, including Marc Clemente, MD, who specializes in interventional radiology, and Bruce Hedgepeth, MD, who specializes in breast imaging.

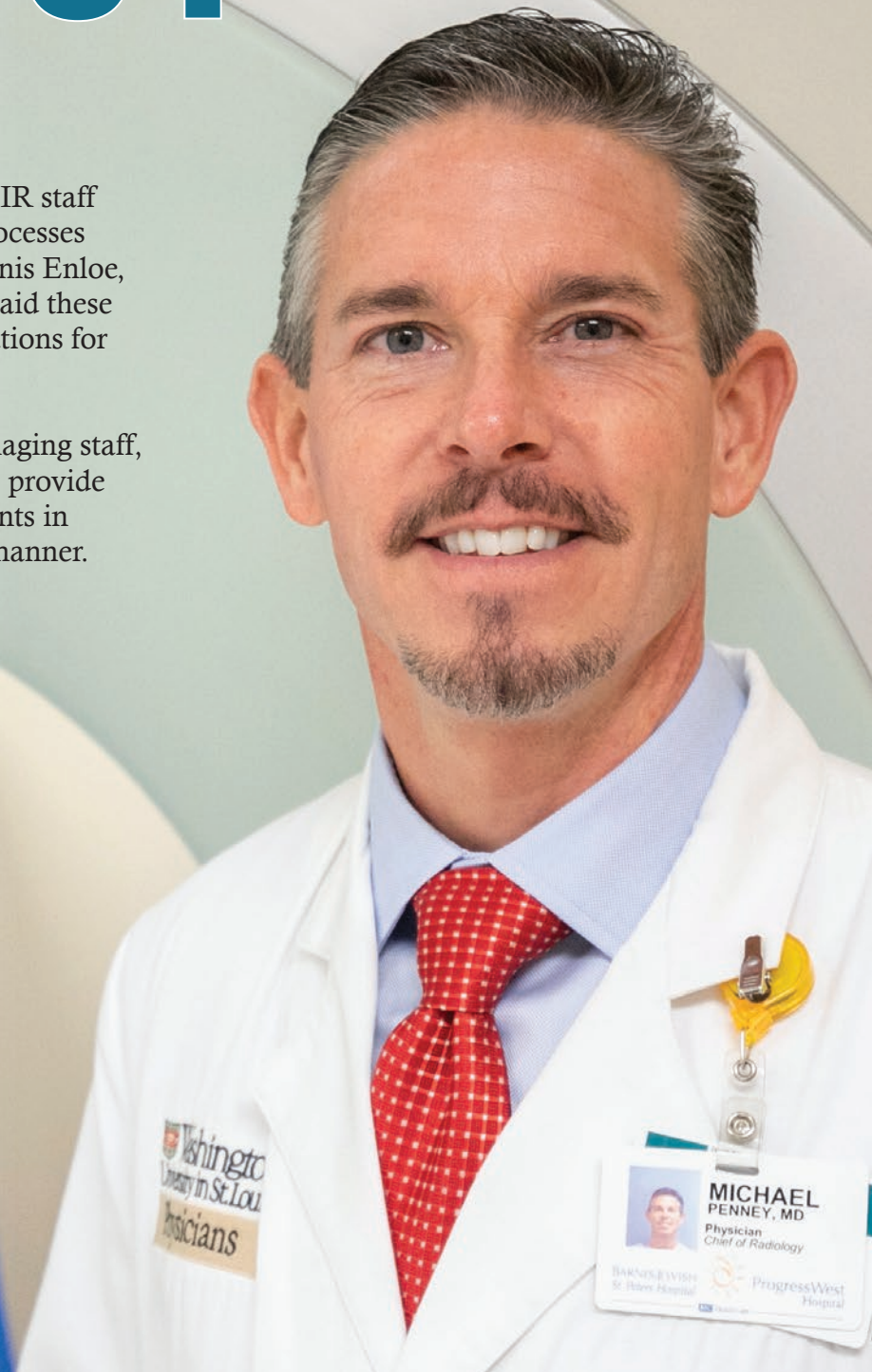
With MIR and Washington University physicians, patients at Phelps Health have access to radiologists who specialize in brain scans, chest and abdomen scans as well as other areas of the body.

RADIOLOGY

Services at Phelps Health

One of the benefits of this partnership is that MIR staff worked directly with Phelps Health to create processes and procedures between the organizations. Dennis Enloe, director of Medical Imaging at Phelps Health, said these protocols are designed to improve clinical operations for the department.

With highly-trained radiologists and medical imaging staff, MIR and Phelps Health are working together to provide exceptional radiology services to diagnose patients in south-central Missouri in a quick and efficient manner.



Visit phelpshealth.org to learn about medical imaging services available at Phelps Health.



SEE WHAT'S HAPPENING *Around* Phelps Health

Learn about activities, programs and other exciting events happening at Phelps Health



PATIENT EXPERIENCE AWARD WINNERS

Congratulations to Phelps Health employees Alicia Chambers, RN, and Andrea Brown, RN, who both work in Obstetrics and Nursery, as well as Maria Martinez, who works in Environmental Services, for receiving recent Patient Experience Awards.

Chambers, Brown and Martinez were recognized for displaying philanthropy. At Phelps Health, philanthropy is defined as “believing in being good stewards of the gift of time, deeds and resources of our employees and community.”

Also, congratulations to Erik AuBuchon, DO, a Phelps Health internal medicine physician, for receiving a recent Patient Experience Award. Dr. AuBuchon was recognized for displaying compassion. At Phelps Health, compassion is defined as “believing in acting on the empathy felt toward the needs of patients and families.”

Phelps Health patients and their families as well as Phelps Health employees can nominate a staff member who consistently displays one of Phelps Health’s organizational values – integrity, compassion, innovation and philanthropy.

CINDY BUTLER RECEIVES MRPC AWARD

Cindy Butler, administrative director of patient care services at Phelps Health, was one of 13 individuals honored for outstanding community service by the Meramec Regional Planning Commission (MRPC). Butler was recognized during MRPC's annual dinner held in October 2019 in Waynesville, MO. Vic Stratman, Maries County presiding commissioner and MRPC board member, nominated Butler for the award.

For the past 12 years, Butler has been president of the Ya Yas of Belle, a not-for-profit group of women who has raised over \$220,000 for those in need in the Belle and Bland, MO, areas. Butler also serves as president of the Ozark Central Ambulance Board of Directors and volunteers at the Belle Fair.

In addition, she is a fund administrator for the Greatest Needs Fund and Patient Transportation Fund through Phelps Health Foundation. Butler is a leading advocate for organ and tissue donation at Phelps Health, as well. A registered nurse (RN), Butler has worked for Phelps Health since 2000.



NEW MRI SYSTEM AVAILABLE AT PHELPS HEALTH



A new MRI (magnetic resonance imaging) system at Phelps Health aims to make patients who need scans feel more comfortable.

The Philips' Ingenia Ambition 1.5T MR (magnetic resonance) system was released for use at Phelps Health in November 2019. Phelps Health is the first healthcare system in Missouri to offer this specific type of MRI scanner.

The Ingenia Ambition MRI scanner is designed to provide high-resolution scans, which in turn leads to a better ability to make a diagnosis and decrease the number of rescans. In some cases, this MRI machine can lessen the amount of time some patients hold their breath during the scan.

Patients can enter headfirst or feetfirst into the machine, and exam times can be much shorter for many patients. This scanner also has wider openings at the ends to benefit patients who fear being in enclosed spaces.

To learn more about MRI and medical imaging services offered at Phelps Health, visit phelpshealth.org.

Around Phelps Health



DEFINE YOUR SHINE

Define Your Shine is a free program exclusively for patients of the Phelps Health Delbert Day Cancer Institute. In this class, participants will learn about ways to help manage side effects related to their appearance from cancer treatments. Class topics include tips for makeup, skin care, wigs, head coverings and more.

The classes are held on the first Monday of each month. Attendees will receive a complimentary kit filled with beauty and skin care products to help them look and feel their best.

For more information about Define Your Shine, call Jennifer Gerlemann, nurse navigator at the Phelps Health Delbert Day Cancer Institute, at (573) 458-7164.

D.I.C.E. AWARD WINNERS

Three Phelps Health employees were recently named D.I.C.E. Award winners. D.I.C.E. stands for Doing Incredible Care Everyday and is for non-nursing staff such as aides, techs and secretaries. The Phelps Health Auxiliary and Volunteer Services, in conjunction with the Nursing Administration Office, sponsor this award.

AJ Breen, who works in the Transitional Care Facility, was the September winner. Lindsey Camenisch, who works with Phelps Health Homecare, was the October winner. Kayla Patterson, who works in Behavioral Health, was the November winner.



AJ Breen



Lindsey Camenisch



Kayla Patterson

Six Tips for WINTER WELLNESS



Your health is important during all stages of life and throughout the year. Phelps Health Family Nurse Practitioner Ariella Martin, who specializes in family medicine, offers six behaviors that can go a long way to help you achieve wellness and fight illnesses, such as the flu, during the winter months.

1 Get your flu shot to reduce your chances of getting the flu and help you fight off or recover from the flu if you were to catch the virus.

2 Stay home if you are sick to protect yourself and help others around you stay healthy.

3 Practice good hand hygiene.

4 Stay active.

5 Stay hydrated by drinking enough water and eating a well-balanced, healthy diet.

6 Allow your body to get enough rest and sleep.

Visit phelpshealth.org to learn more about winter wellness.

Do you need an appointment?

CALL (573) 364-9000 FOR A SAME-DAY OR NEXT-BUSINESS DAY APPOINTMENT.

BEAN AND VEGGIE CHILI

This have-it-your-way chili can be made vegetarian, with ground turkey or with ground beef. Enjoy the slightly sweet flavor added by the carrot.



INGREDIENTS

- 2 teaspoons canola oil
- 1 pound extra-lean ground beef or extra-lean ground turkey, or 1 10-ounce package frozen meatless crumbles, thawed
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 ribs celery, chopped
- 1 medium-size green bell pepper, chopped
- 1 medium-size red bell pepper, chopped
- 1 carrot, scrubbed and sliced thinly
- 1 15½-ounce can dark or light kidney beans, drained and rinsed
- 2 14½-ounce cans diced tomatoes
- 1 6-ounce can no-salt-added tomato paste
- 2 tablespoons chili powder
- 1 teaspoon ground oregano
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 3 green onions, sliced thinly, optional
- ½ cup chopped fresh cilantro, optional
- ½ cup fat-free sour cream

PREPARATION

1. Combine the oil, meat (or turkey or meatless crumbles), onion and garlic in a large pot over medium heat.
2. Cook and stir until the onion is wilted and the meat is lightly browned, about 6 to 8 minutes.
3. Add the remaining ingredients except the optional ones and the sour cream. Stir well, cover and reduce heat; simmer gently for 20 minutes. Adjust the chili powder, oregano and black pepper to taste.
4. Serve with green onions, cilantro and/or sour cream.

NUTRITION INFORMATION

Serving size: 1½ cups	Sodium: 540mg
Calories: 300	Carbohydrate: 28g
Total fat: 12g	Dietary fiber: 8g
Saturated fat: 4.5g	Protein: 23g
Cholesterol: 35mg	

Information collected from the Academy of Nutrition and Dietetics

Fiber Tips

Increasing fiber in your diet can improve your health. Fiber has an important role in digestive health. Fiber can be found in foods like fruits, vegetables, whole grains, legumes, and nuts or seeds. Eating a diet with enough fiber can prevent disease (like cancer and diabetes) from developing. Fiber can also maintain bowel regularity and get rid of constipation. Adding fiber to your diet may also help you maintain a healthy weight.

FOR YOUR HEALTH: GETTING HELP FOR SEASONAL AFFECTIVE DISORDER

By Dr. Graham A. Colditz
Siteman Cancer Center

For all its holidays and celebrations, winter can be a tough time for many people. The long nights and cold, gray days can knock us off our regular routines and leave us feeling a bit down. And that's to be expected from time to time. For some people, the changes in mood they experience in winter can be more severe and lasting, pointing to a serious condition called seasonal affective disorder.

Seasonal affective disorder, or SAD, is an illness that is tied to other mood disorders, such as depression and bipolar disorder, and it can significantly impair daily living. As the name implies, it has a pattern of coming on and then going away during specific seasons. "The most common form of seasonal affective disorder is major depressive disorder with a major depressive episode in winter," said Dr. Emily Mukherji, adult psychiatry clinic director at Washington University School of Medicine in St. Louis.

About 1% to 3% of people in the United States will at some point experience an episode of SAD. Symptoms for the condition most often mimic those for depression, including decreased mood, lack of interest or pleasure in activities, difficulty concentrating or thoughts of suicide. Some symptoms, though, can be more specific to seasonal affective disorder, such as lower energy levels, an increased appetite with carbohydrate cravings and an increased need for sleep.

"It's almost like a form of hibernation in the winter months," Mukherji said.

The good news, though, is that seasonal affective disorder can be treated. So, it's important to talk to a healthcare provider if you're concerned about how you're feeling. "Anyone at imminent risk of hurting themselves or others should call 911 and go to an emergency room right away," said Mukherji.

Treatment for SAD most often involves a combination of antidepressant medication and light therapy, which is the use of a special lamp that simulates exposure to sunlight. Someone with only mild symptoms may use light therapy on its own, without medication.

Light therapy lamps are available online and at specialty stores and can cost around \$30 and up. Some provide continuous bright light that you can sit in front of while reading, eating breakfast or watching your favorite show. Others act more like a natural alarm clock, simulating the light of the rising sun over a 90-minute period or so.

"Most people will use light therapy from mid-October through March and will bring their lamps out every year around the same time to try to prevent a winter depressive episode," Mukherji said.

When buying a lamp, look for a bright-light lamp that provides around 10,000 lux of brightness or a dawn simulator that provides around 250 lux. Light therapy can have some side effects, like eye strain, insomnia and irritability, so it's important to follow the recommendations of a healthcare provider. In general, bright-light sessions should be kept to mornings and under 90 to 120 minutes a day.

Other steps that can help with SAD include counseling in cognitive behavioral therapy and following certain healthy behaviors, like exercising regularly, getting outside during the day, eating a healthy diet and limiting alcohol.

Whatever season it is, it's important to look after your physical and mental health. Winter, though, can bring unique health issues. And although it may seem in line with the harshness of the weather, you shouldn't feel the need to hunker down and endure through an episode of SAD on your own. You can feel better.

"SAD can be significantly impairing, but it is a very treatable illness," Mukherji said. "So please seek out help."

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Phelps Health and the Delbert Day Cancer Institute are part of the Siteman Cancer Network.



Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention.



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