

BALANCE



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SEE WHAT'S INSIDE

A NEW HOME
FOR EMS

FINDING A
LUMP

THE COST
OF CARE

NEW JOURNEYS

Starting a new journey doesn't have to be scary. In fact, new beginnings can mean a world of possibilities for the future, from breaking ground on a new facility to starting a journey as a cancer survivor to making better decisions about your healthcare by knowing what to expect.

In this winter issue, follow along as we explore a few different healthcare journeys. On page 3, read about the groundbreaking held for our new Emergency Medical Services (EMS) base and second helipad. In 2021 alone, our EMS crews responded to over 8,000 calls. This much-needed and long-awaited project will benefit the communities we serve in so many ways.

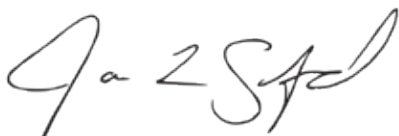
Then, on page 5, meet Sarah Snelson, a 29-year-old breast cancer survivor. Sarah speaks candidly about her experience with breast cancer and how she found more than just high-quality care at the Phelps Health Delbert Day Cancer Institute.

Finally, at Phelps Health, we want to make healthcare cost information readily available to you, our patients. By understanding the financial information surrounding your medical care, you can make more informed healthcare decisions. On page 9, we simplify healthcare costs.

Whatever journey you may be on, Phelps Health is here for you, every step of the way.

Please enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, President and CEO



Phelps Health *Balance* is a quarterly publication of Phelps Health printed and distributed by Missouri S&T Printing and Mail Services, 209 East 8th Street, Suite 150, Rolla, Missouri, 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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AT PHELPS HEALTH, WE LOVE HEARING FROM OUR PATIENTS AND VISITORS.

Our total experience, from pre-op to discharge, has been pleasurable, to say the least. From patient to family, we have all felt very informed of the patient's (my father's) status and the overall process of what was being done. My father mentioned he never felt as though he (didn't receive enough care) or (was) left waiting for help. This has, by far, been our best experience at Phelps Health since our move to the area in 1987. Great work on the improvements made. Keep up the good work!

-Ray

To the Telemetry Unit, thank you! We would like to thank you for all the cards, flowers and kind expressions of sympathy shown following (my dad's) passing. Your support at this heartbreaking time was a great comfort to all of the family. Thank you for the wonderful care all of you gave my dad until his death. You all were his angels on Earth.

-Loretta Maples

These letters were sent from patients and visitors about their experience at Phelps Health.

If you would like to share your experience, write us a letter and mail it to us at:

Phelps Health
1000 West 10th Street
Rolla, MO 65401



Wes Harden, MD, FACOG

Ask a Doctor

What You Should Know About Cervical Cancer

Q What are the different types of cervical cancer?

A Cervical cancer is a cancer that forms in the cervix – at the entry to the uterus, or womb. About 90% of cervical cancers start as pre-cancers, or cervical dysplasia, where the squamous cells of the vagina meet the glandular cells of the cervical canal. This type of cancer is known as squamous cell carcinoma of the cervix. Another type of cervical cancer is adenocarcinoma of the cervix, which is formed in the glandular cells in the cervical canal.

The human papillomavirus (HPV), a sexually transmitted infection (STI), causes both squamous cell carcinoma and adenocarcinoma.

Q Is cervical cancer preventable?

A Because HPV infections can lead to cervical cancer, children ages 11 to 12 should receive two doses of the HPV vaccine. Anyone who hasn't received both doses of the vaccine by those ages can receive three doses until they turn 26 years old.

Women between the ages of 27 and 45 should talk to their healthcare provider about the benefits and risks of getting the HPV vaccine.

Q What are cervical cancer symptoms?

A Oftentimes, women who have early cervical cancer or pre-cancer have no symptoms. If the cancer grows, women may notice menstrual abnormalities, bleeding after intercourse or pelvic pain.

Q What are cervical cancer screening recommendations?

A All women should follow the standard cervical cancer screening guidelines, unless they have been advised by their healthcare provider to be screened more frequently.

Women ages 21 to 65 should receive a Pap test every 3 years. A pelvic exam can be done with or without a Pap test. Alternatively, women ages 30 to 65 can receive a Pap test every 3 years, HPV testing and Pap test every 5 years, or HPV testing alone every 5 years.



To learn more about cervical cancer, scan the QR code to the left with your smartphone.

GET SCREENED FOR CERVICAL CANCER

Schedule your Pap or HPV test with a Phelps Health OB/GYN or women's health provider.
Call the Phelps Health Women's Health Center and Maternity at (573) 426-2229.

PAVING THE WAY: PHELPS HEALTH BREAKS GROUND ON NEW EMS BASE AND HELIPAD

By Paige Marsolais-Heitman

Phelps Health held a groundbreaking ceremony for its new Emergency Medical Services (EMS) base and second helipad on October 12, 2022. The groundbreaking took place near the intersection of 13th and Powell Streets in Rolla, next to the Phelps Health main campus.



Rendering of the new EMS base

During this event, the public heard from local and state dignitaries about the project and the ways in which the base and helipad will benefit the community.

“The new EMS base will replace our current facility on 18th Street,” said Phelps Health President and CEO Jason Shenefield. “Our EMS crew has outgrown their current ambulance base, and the facility requires updates to accommodate the growing needs of the community.”

In 2021 alone, Phelps Health EMS crews responded to over 8,000 calls. Additionally, Phelps Air averages one transport per day.

Missouri Senator Justin Brown, of the 16th Senate District, and Missouri Representative Don Mayhew, of the 121st House District, spoke to attendees about the value rural hospitals have to the health and well-being of Missouri’s communities.

“Community hospitals are the cornerstone of health and wellness in Missouri,” said Senator Brown. “These hospitals are working not just to deliver quality care, but to improve the patient experience and the health of our population. I am thankful for Phelps Health and their services offered.”

Phelps Health Board of Trustees Chair Annie Bass and Phelps Health Senior Vice President/Chief Operating Officer/Chief Nursing Officer Keri Brookshire-Heavin also spoke at the groundbreaking.



Phelps Health Board of Trustees Chair Annie Bass

“This project symbolizes Phelps Health’s commitment to meeting the emergency medical needs of this community,” said Bass. “I’m excited to see the progress of this facility



“COMMUNITY HOSPITALS ARE THE CORNERSTONE OF HEALTH AND WELLNESS IN MISSOURI.”

- Missouri Senator Justin Brown

and look forward to watching our health system grow to support the needs of the communities we serve.”

The estimated total cost of the new EMS base and helipad is \$5.4 million. Phelps Health will receive \$4 million in funding for this project from the state of Missouri.

The Missouri General Assembly and Governor Mike Parson approved the \$4 million through House Bill 3020, an appropriations bill for the state’s American Rescue Plan Act (ARPA)

funds. Missouri received approximately \$2.7 billion in State Fiscal Recovery Funds under the act.

The new EMS base will include eight ambulance bays, 12 bunkrooms for EMS crews, four bunkrooms for Phelps Air crews, offices for staff, kitchens, dayrooms, multiple restrooms and showers, a conference room and additional storage space.

At 17,500 square feet, the new base will be a two-story facility for Phelps Health EMS and Phelps Air crews. The second helipad being built as part of this project will allow for quicker response to emergencies and allow crews to safely move their aircraft if another helicopter is flying into Phelps Health.

Construction is tentatively scheduled to be completed in late 2023.

To learn more about Phelps Health’s Emergency Department, visit phelpshealth.org.



THE GENERAL CONTRACTOR FOR THE PROJECT, SCHEDULED TO BE COMPLETED IN LATE 2023, IS MCCARTHY BUILDING COMPANIES, INC.

'Don't Doubt It' WOMAN DIAGNOSED WITH BREAST CANCER AFTER FINDING LUMP WHILE BREASTFEEDING

By Paul Hackbarth

Stories of breast cancer usually start the same way: with a lump.

That was unfortunately the case for Sarah Snelson, of St. James, Missouri, who discovered a lump and other concerning symptoms while breastfeeding her youngest son.

"I just had a baby, so I wasn't really sure what to expect, but I was losing a lot of weight," she said. "I was starting to feel sick a little bit but [I thought it was mostly from] having a baby."

After visiting her doctor, Sarah was referred to the Phelps Health Comprehensive Breast Center, where she underwent an ultrasound and a mammogram. "They [Breast Center staff] were very easy to work with," she recalled.

Sarah, who was 28 at the time, returned the next day for a biopsy, and a sample of the lump was taken for testing. Soon afterwards, she received the news that not only had she tested positive for stage 3 breast cancer, but the cancer had spread to her lymph nodes.

A cancer diagnosis is a life-altering experience. "Having to say you have cancer is very hard," she said.

One in eight chance

According to the American Cancer Society, one in eight women will develop breast cancer during her lifetime. In fact, breast cancer is the most common cancer in women in the US after skin cancer.

Breast cancer can be hereditary as gene changes or mutations passed on from a parent can place a woman at higher risk for developing the disease.

After a blood test, Sarah learned that she has an inherited mutation to the breast cancer gene, BRCA, which she believes came from her father's side of the family.

Her grandmother (her dad's mother) lost her battle with breast cancer in her 30s. In addition, Sarah's aunt also



passed away from metastatic breast cancer (cancer that has spread to other parts of the body).

Despite her family history, Sarah said she didn't think she would get breast cancer at a young age. Most cases of breast cancer are found in women ages 55 and older.

Quality cancer care, close to home

After learning of her diagnosis, Sarah decided to receive care at the Phelps Health Delbert Day Cancer Institute (DDCI) in Rolla, Missouri.

Not only did she want to stay local, Sarah also wanted a caring doctor who would answer her questions. "I found that here at Phelps Health," she said.

Sarah received care from the following oncologists:

- **Christopher Spencer, MD, MS, DABR**, medical director of the DDCI and medical director of radiation oncology at Phelps Health
- **Kan Huang, MD, PhD, MS**, a medical oncologist and hematologist and medical director of the DDCI Infusion Center; and
- **Logan Shockley, FNP-C**, a certified family nurse practitioner who specializes in medical oncology and hematology

"I had Dr. Huang, and she was incredible. She was full of knowledge and just made me feel like I was going to be OK. And Logan Shockley helped me through all the treatments and [answered] all my questions," Sarah said.

GET SCREENED

To schedule a mammogram at the Phelps Health Comprehensive Breast Center, call Centralized Scheduling at (573) 458-7737.



In addition, Sarah mentioned receiving exceptional care from nurses Hillary Black and Tiffany Williams. “All of them have been amazing,” she said.

Treatment

Sarah first needed 5 months of chemotherapy. After the first two chemo sessions, her tumor shrank.

To make sure the breast cancer didn’t spread, she underwent a double mastectomy (surgical removal of both breasts) followed by around 6 weeks of radiation therapy. Sarah said the tumor was too big to perform a lumpectomy, where only a portion of the breast is removed.

These treatments took a toll on Sarah, who noted that recovering from the treatments’ side effects has been a struggle both physically and mentally.

“When I started treatment, I tried to power through it all, but [chemo] definitely knocks you down,” Sarah said, noting that chemotherapy drugs have strong effects.

Sarah said she was active before her cancer diagnosis. However, after treatments, she found it hard to lift a 5-pound bucket or a 30-pound child. She remembers not having any energy to hold her children and having to rely on the help of her and her husband’s parents.

In remission

According to her latest scans, Sarah is cancer-free.

“I’m just taking medication to hopefully never have to go through this again. It’s been nice to not have an IV hooked into my body every week,” Sarah said.

Since being in remission, Sarah said she has done her best to return to her normal activities. She helps her husband, Casey, on the family farm and enjoys spending time with her two boys, watching them grow up.

Sarah said her youngest son – the one she was breastfeeding when she discovered the lump – has been called a lifesaver.

“I ate healthy. I exercised. I just never thought I would have something in my body trying to kill me, but I did. I do not think I would have found it [lump] if I was not breastfeeding,” she said.

Even after finding the lump, Sarah initially ignored it for a few weeks.

“I wish I didn’t because I wondered if it [cancer] would have been stage 1 or stage 2. Mine was an aggressive cancer, and it was just growing very fast,” she said.

Sarah offered the following advice for others: Don’t ignore anything, no matter your age.

“If you think something’s wrong, don’t doubt it,” Sarah said. “Just go get checked out because if I were to give it another week or two, who would have known [what the outcome would be?]”

The best prevention is early detection. Get screened. The American College of Radiology recommends yearly mammograms starting at age 40 or earlier if you have an immediate family history of breast cancer.



Giving the Gift of Time:

22 Years and Counting

By Stefanie Van Wyk

At age 91, Mabel Godfrey is now in her 22nd year of volunteering at The Phelps Health Lily Pad Gift Shop. You can find the longtime Rolla resident there like clockwork on Thursday mornings and on Saturdays.

“I especially enjoy volunteering on Saturdays,” Mabel said. “This way, employees who work the weekends also have a chance to shop at our gift shop.”

In fact, Mabel has a following of sorts.

“She has her regulars on Saturdays, people who come in just to see her,” said Deanna Brown, gift shop merchandiser at Phelps Health. “We love having her here.”

Mabel has called Rolla home now for 52 years, but before putting her roots down in south-central Missouri, she called 18 different places “home.” Mabel grew up just west of Enid, Oklahoma, and met her late husband, Riley, at an Air Force base in Enid.

“We actually grew up just 40 miles apart but didn’t know each other in our younger years,” Mabel said.

Riley served as a pilot in the US Air Force for 22 years and was a part of 141 combat missions, including the Vietnam War. This meant the family, which included their son, Dennis, and daughter, Debbie, would move several times. Over the years, home included Texas (multiple times), Georgia, South Dakota, New York, Maine, Florida, Iran and Okinawa, Japan.

While living in Okinawa for 3 years, Mabel first experienced working in a gift shop.

“I loved living in Okinawa and working in the gift shop, which was ran by the officers’ wives club,” Mabel said. After her husband retired from the Air Force, the family

settled down on a farm outside of Rolla, where they raised cattle, soybeans and corn. Farm life kept Mabel busy, as well as making trips to Oklahoma to help care for her ailing mother. When her mother passed away, however, and family was not close by, Mabel looked for something to occupy her time, to fill this new void.

“I knew I wanted to volunteer, and I’ve always admired Phelps Health,” said Mabel, who is a survivor of breast and uterine cancer and has experienced great care at the healthcare organization.

Phelps Health volunteer Mabel Godfrey loves seeing the merchandise that comes into The Lily Pad Gift Shop.



*“When they leave, I hope
I’ve made their day a
little more pleasant.”*

- Mabel Godfrey

Volunteering at The Lily Pad, in particular, has many benefits.

“It’s a great way to serve and to meet people, and it gets me out of the house,” said Mabel, who lost her husband in 2012. “Before having children, I worked at a bank, so I also enjoy the opportunity to handle money at the cash register.”

Even breaking her hip last year hasn’t deterred her from helping.

“I broke my hip while getting the mail,” Mabel said. “Thankfully, I was able to get in the next day, and [Phelps Health Orthopedic Surgeon] Dr. [Sylvester] Youlo did my surgery. The surgery and the physical therapy both went remarkably well.”

After receiving clearance from her doctor, Mabel knew she wanted to return to the gift shop.

“The Auxiliary team was kind enough to let me come back, even with my walker,” Mabel said. “Deanna, Crystal [Lorah, director of Auxiliary and Volunteer Services] and Neal [Fallesen, Auxiliary and Volunteer Services specialist] have been great to work with.”

Mabel has seen several changes in her 22 years of volunteering.

“When I first started, the gift shop was half the size that it is now,” she said. “It doubled in size in 2011. I love the variety of items we have. The selection is always changing, and we have sales quite often.”

“Volunteering here has really enriched my life,” Mabel added. “You never know what customers are going through, but I do my best to smile and listen. When they leave, I hope I’ve made their day a little more pleasant.”

When she’s not behind the cash register, Mabel enjoys traveling to see family and going on river cruises with her daughter. Past cruises have included Alaska; Amsterdam and Belgium; Haiti and Jamaica; and most recently, Puget Sound.

Phelps Health Gift Shop Merchandiser Deanna Brown, right, appreciates volunteer Mabel Godfrey’s gift of time and service to The Lily Pad Gift Shop.



LOOKING FOR A WAY TO GIVE BACK?

The Phelps Health Auxiliary and Volunteer Services team is always in search of new volunteers. If you are interested in serving, please contact Crystal Lorah at clorah@phelpshealth.org or (573) 458-7947.

UNDERSTANDING HEALTHCARE COSTS

Many Tools Available to Estimate Costs, Pay Bills and More

By Paul Hackbarth

Choosing where to receive healthcare services is an important decision. With so many options available, the choice can sometimes feel overwhelming.

Many factors should be considered when deciding where to get medical care.

The types of treatments and procedures available at different hospitals and healthcare systems should be taken into account, as should the quality of care, patient safety and medical excellence.

Many patients, however, simply – and understandably – want to know, “How much will this cost me?”

Knowing the cost of your care is important. By understanding the financial information surrounding your medical care, including health insurance and out-of-pocket expenses, you can make more informed healthcare decisions.

At Phelps Health, many tools are available to patients, from getting price estimates to finding a health insurance plan that fits your needs to applying for financial assistance to help with medical bills.

Here’s a breakdown of resources for understanding healthcare costs.



ESTIMATE YOUR HEALTHCARE COST

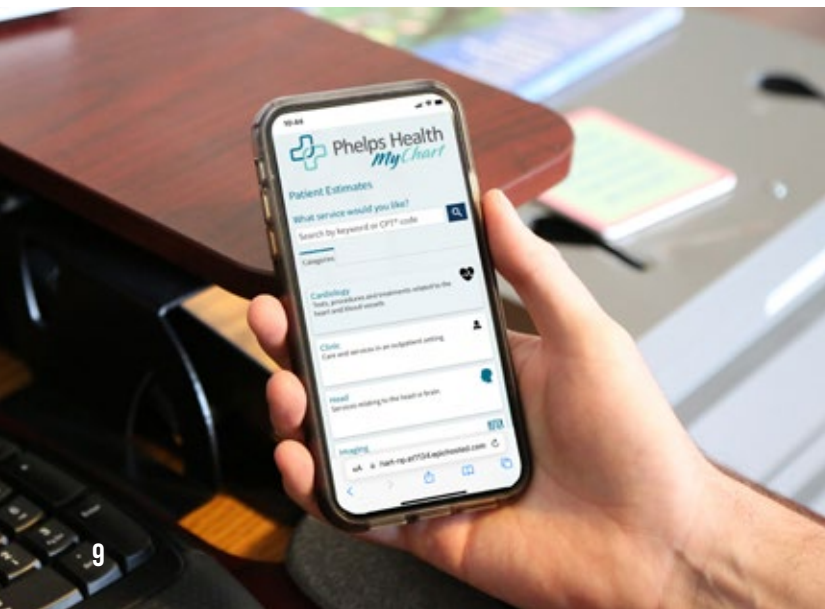
With the price estimator tool on Phelps Health MyChart, you can be better informed about your healthcare costs and estimate your out-of-pocket expenses for a variety of services available at Phelps Health.

To ensure the most accurate cost estimate for you or your loved one’s care, make sure you have the following specific information:

- Patient’s personal information
- Insurance information (including insurance card)
- Current Procedural Terminology (CPT) code (a unique number assigned to specific medical services or procedures)

Remember, every patient’s case is unique and requires different levels of care.

Please note that the cost estimate you receive could be more or less than the final bill. Certain factors, such as the actual services performed or changes in your coverage, may affect the actual amount owed.



Scan the QR code with your smartphone to visit the MyChart price estimator tool.

ENROLLU

The Phelps Health EnrollU team is available to help you with any questions about health insurance coverage.

Phelps Health's certified and licensed navigators and counselors can assist you, whether you are looking to find coverage through the Missouri Health Insurance Marketplace or have questions about Medicare.

You do not have to be a Phelps Health patient to use EnrollU services. For free, local assistance or for more information about finding affordable health insurance, please email EnrollU@phelpshealth.org or call (573) 458-3676.

ZERO-INTEREST PAYMENT OPTIONS

Unfortunately, due to various reasons and circumstances, not all patients are able to pay their out-of-pocket medical expenses.

If you need help paying your bill, Phelps Health partners with Commerce Bank to offer patients and

families HSF® (Health Services Financing) accounts to help pay outstanding balances. An HSF is similar to a loan, with one monthly payment and a 0% (interest-free) rate.



Scan the QR code with your smartphone to sign up for an HSF today, or visit phelpshealth.org to learn more.

FINANCIAL ASSISTANCE

Phelps Health provides medically necessary services to all patients without regard to their financial ability to pay. If you are unable to pay your bill, you may be eligible for financial assistance.

To apply for financial assistance, call (573) 458-7715 and ask for a financial assistance packet to be sent to you. Packets are available online at phelpshealth.org or can be picked up at the Cashier's Office located near the Main Entrance of Phelps Health Hospital.



CONCERNED ABOUT THE COST OF YOUR CARE?

Visit phelpshealth.org to learn more about billing, insurance and financial assistance.



QUICK READS

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

MEET OUR NEW PROVIDERS

Please help us welcome the following new providers to Phelps Health:

David Moravec, MD
General Surgery



Shannon Robinson, MD
Behavioral Health



Hye-Jung (Rachel) Jang, FNP-C
Family Medicine



Jordan Priest, DNP, FNP-BC
Family Medicine



PHELPS HEALTH DDCI AWARDED TRANSPORTATION GRANT

The American Cancer Society recently awarded a \$10,000 transportation grant to the Phelps Health Delbert Day Cancer Institute (DDCI) to alleviate the financial burden of transportation costs for patients with cancer.

For patients with cancer, transportation challenges can create barriers to receiving the treatment they need. Many people need daily or weekly treatment, often for several months. Family and friends may help, but they may not always have the time or resources to provide every ride.

“We are incredibly grateful to be awarded this grant from the American Cancer Society,” said Rhonda Teague, director of the Phelps Health DDCI. “This grant will help ensure our patients can access the cancer care services they need, in addition to easing their concerns about how to get to their appointments.” Visit phelpshealth.org to read more.

Visit phelpshealth.org to nominate a Phelps Health employee for an award today.



Kari Henkelman, DNAP, CRNA

Phelps Health Offers Leadless Pacemakers

Phelps Health offers the world's smallest pacemakers, the Micra™ VR and Micra™ AV Transcatheter Pacing Systems (TPS), to patients in south-central Missouri. The first procedure was performed by Timothy J. Martin, MD, FACC, on August 9, 2022.

Micra TPS is a leadless pacemaker option for patients who only require pacing in the right ventricle. Comparable in size to a large vitamin, Micra is less than one-tenth the size of traditional pacemakers yet delivers advanced pacing technology to patients via a minimally invasive approach.

During the implant procedure, the device is attached to the heart with small tines and delivers electrical impulses that pace the heart through an electrode at the end of the device. Unlike traditional pacemakers, Micra does not require leads or a surgical "pocket" under the skin, so potential sources of complications related to leads and pockets are eliminated.

"The Micra implant is new technology we are now offering to patients who meet the criteria. This prevents surgical incisions in the chest," Dr. Martin said. "We are excited to offer this to our community." Check out phelpshealth.org for more information.

DAISY AWARD WINNER

Congratulations to Kari Henkelman, DNAP, CRNA, who works in Anesthesia Services, for being a recent DAISY Award winner.

The DAISY Award at Phelps Health is sponsored by the family of Vicki B. Allen through their philanthropic gift to the Phelps Health Foundation.

CARES AWARD WINNERS

The Phelps Health CARES Award is presented to employees and departments who embody the Phelps Health values of CARES (Compassion, Accountability, Respect, Excellence, Service). Congratulations to all of our winners! You are outstanding role models for Phelps Health staff and patients.

July

CARES Award: Justin Davis, Public Safety

We Caught You Caring Award: Dr. Mary Doellman, ENT/Allergy

Department Award: Waynesville Medical Plaza

August

CARES Award: Rachel Purcell, Nursing Services

We Caught You Caring Award: Terry Storie, Pharmacy

Department Award: Outside Transport

September

CARES Award: Robin Rosenburg, Environmental Services

We Caught You Caring Award: Elaine Smith, Intensive Care Unit

Department Award: Plant Operations

To nominate an employee who demonstrates our CARES values, scan the QR code with your smartphone.



QUICK READS



INPATIENT INFUSION CENTER INITIATIVE UPDATE

We are excited to announce that the construction of the Inpatient Infusion Center is underway and is scheduled to be completed in late 2023. Over \$870,000 was raised for this initiative during 2018 and 2019, but the 2020 pandemic delayed construction.

Thank you to the individuals and organizations who contributed to support this much-needed upgrade to our infusion and transfusion facility on the fourth floor at the hospital. A special thank you to Cancer Gala and Co. for designating proceeds from the 2018 and 2019 events to go toward this initiative.

To learn more about the progress of this project, or to learn about future initiatives, contact Marsha Wayman, CFRE, director of philanthropy for the Phelps Health Foundation, at (573) 458-7946.

Year-End Giving

The year is quickly coming to a close, but there is still time to make a charitable gift to the Phelps Health Foundation's Mission Fund. Your support helps fund important programs like the lung cancer screening program and 50 Free Mammograms Day. A contribution on behalf of a loved one makes a great gift this holiday season, and we will even notify your loved one of your gift with a card.

The Planned Giving program provides an avenue to leave a legacy gift to build our future endowment and ensure sustainable funding for emerging healthcare needs of our community. Updating your estate plan for charitable giving can provide tax-saving strategies. Contact us to receive a copy of our brochure, "Smart Charitable Planning for Uncertain Times." Already committed to supporting the Phelps Health Foundation? Make sure to request and complete an Intent Form to ensure proper stewardship of your future gift.

Giving is easy! Go online to phelpshealth.org/foundation/donate, or simply use the convenient donation envelope in this magazine to mail your gift. Interested in a personal meeting to discuss giving options or to make your gift in person? Contact Marsha Wayman at (573) 458-7946 or mwayman@phelpshealth.org to schedule a session.



LEADERSHIP

Spotlight

Each issue, we highlight a Phelps Health leader.

Thad Leach, Senior Vice President,
Chief Legal Officer of the Hospital

FUN FACTS ABOUT THAD LEACH

- *I helped my wife deliver one of our kids at home – unplanned. I didn't enjoy it.*
- *As far as I can discern from research, all of my ancestors were in America before the Revolutionary War.*
- *I helped a client in a pinch by aiding in the edits of a feature-length movie starring a well-known cast at a studio in Hollywood. You probably haven't seen it. (Editor's note: check out "She Loves Me Not" starring Cary Elwes.)*
- *I had the fastest car in high school, a yellow 1968 Plymouth GTX.*
- *I knew I wanted to marry my wife before we even dated.*



PHELPS HEALTH SUPPORT GROUPS

Stroke Survivors Support Group

First Tuesday of each month | 2:30-4:00 PM

Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 426-3034

Ostomy Support Group

Second Wednesday of each month | 3:00-4:00 PM

Phelps Health Wound Ostomy Center - East Entrance
1000 West 10th Street, Rolla, MO
Call (573) 426-2214 or email
ostomysupport@phelpshealth.org

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

**No meeting in December*

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) 426-3034

SALMON STREET TACOS

*Makes one serving**

INGREDIENTS

- Small flour tortilla
- Greek yogurt
- 1/4 cup of diced grilled salmon
- 1 sweet red pepper, sliced
- 1 tablespoon feta cheese
- Cilantro to taste

PREPARATION

1. Grill the salmon for about 10 minutes on medium heat. You also can bake the salmon in the oven, if needed, for about 12 minutes at 450 degrees F (until the thickest portion of the fillet reaches 120 degrees).
2. Spread 1 tablespoon of plain Greek yogurt on a small tortilla.
3. Add grilled salmon.
4. Top with sliced sweet red pepper, feta cheese and cilantro.

**One salmon fillet yields about five tacos; a larger fillet can make up to 10.*

SUBMIT YOUR HEALTHY RECIPE

Do you have a healthy recipe to share? Submit your healthy recipe (including ingredients used and directions on how to make it) with a high-quality photo online at phelpshealth.org/balance and your recipe may appear in a future issue of the Balance magazine.



NUTRITION INFORMATION

(per serving - serving size: 1 taco)

Calories: 266

Protein: 18g

Carbohydrates: 24g

Fiber: 2g

Sugars: 5g

Fat: 9g

Sodium: 810mg

Potassium: 70mg

Recipe Submitted by:

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FOR YOUR HEALTH: SIMPLE TIPS FOR KEEPING WEIGHT IN CHECK AND IMPROVING HEALTH

By Dr. Graham A. Colditz, Siteman Cancer Center

Weight can be a tricky topic. While our weight has no bearing on who we are or how we should be viewed or treated, it can be quite important when it comes to health and well-being. And that can be very meaningful – not only to us personally but also to our family, friends and others who care about us.

Keeping weight in check can lower the risk of heart disease, stroke, diabetes, arthritis, liver disease, gallstones and 13 different cancers. It also can give a boost to quality of life and even how long we live.

Numbers, though, show what most of us already know: that keeping weight in check isn't easy. Nearly 75% of adults in the United States are at an unhealthy weight, and just over 20% of children and adolescents 6 years old and up are obese.

One reason for this is that many of us live and work in environments that can make it harder to make choices that promote healthy weight. For example, there may be few places in our neighborhoods where we can easily walk or find affordable, healthy food, or our work schedules may make it difficult to fit in exercise or get enough sleep. Efforts to improve such situations are ongoing by health professionals, policy makers and community members, but change can take time.

There are, though, helpful steps many of us can take right now toward a healthier weight. Achievable goals can have real benefits, such as keeping weight steady over time, no matter our starting weight – or losing a few pounds if overweight. Try these tips, starting with small changes and building from there:

Move your body every day – and cut back on time spent sitting

This doesn't have to mean sweating on a treadmill, unless that's what you enjoy. The important thing is just to get some type of physical activity regularly. In general, the more, the better, and even small bits of activity can add up during the day. A good goal to slowly work to is to get around 5 hours a week of activity, like walking.

Eat healthy, mostly plant-based foods

Focus on fruit, vegetables and whole grains, and limit processed and fast foods, which can be high in calories, refined grains and added sugar.

Cut back on sugary drinks

Drinks like sugary soda, energy drinks and sports drinks are a big source of extra calories and have been linked to weight gain. Try to slowly cut back, ideally getting down to zero. No-calorie fizzy water and unsweetened tea and coffee are great alternatives.

Start the day with a healthy breakfast

A healthy breakfast can help you feel energized – and avoid hunger pangs – until lunchtime. Good choices can include fruit, whole-grain bread or cereal, low-fat yogurt or an egg or two.

Help your kids develop healthy weight habits

The benefits of being at a healthy weight start early in life – and grow into adulthood. Help your kids develop good habits by doing things like going on walks as a family, preparing healthy meals and snacks together and making good sleep a priority.

Work to improve the health of your community

We can each play a role in creating communities that help promote and support healthy weight and well-being. Attend a school board meeting to ask about adding healthier snacks to after-school activities. Take part in a park or trail cleanup, or ask your local government about adding more bike lanes to roads. Efforts like these, no matter the size, can help make a difference.

We don't have to look like fitness influencers or world-class athletes to be healthy, but some doable weight goals can have a real impact on our health and well-being. Working toward those goals also may help bring our family, friends and community along with us.

IT'S YOUR HEALTH. TAKE CONTROL.

View the **8IGHT WAYS** series about reducing cancer risk at 8ightways.org.

The Phelps Health Delbert Day Cancer Institute is 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 and the creator of the free prevention tool YourDiseaseRisk.com.



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