

BALANCE



SEE WHAT'S INSIDE

"Epic" Changes at
Phelps Health

Volunteer Makes
Over 300 Masks

No Greater Gift:
Organ Donation

CONNECTING WITH YOU

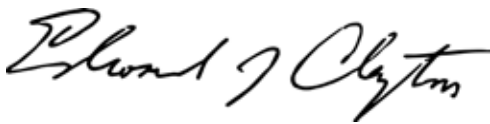
Our primary focus at Phelps Health is on you, our patients. We hope that when you leave here, you have had a positive experience and are back on your way to staying healthy and well. Our healthcare organization remains open, safe and ready to care for you and your loved ones.

This year, we made some innovative changes to increase patient satisfaction, convenience and safety. One of those changes was the implementation of Epic, our new electronic health record (EHR). Phelps Health MyChart is a feature of this new EHR, which houses all of your medical information in one place. MyChart allows you to schedule appointments, send secure messages to your care team, request prescription refills, pay bills and more—all from your smartphone, tablet or computer. We are excited for you to learn more about how MyChart can increase connection with your care team on page 3.

Our Auxiliary and Volunteer Services Department members are as busy as ever completing numerous projects to help better serve our patients. One of the jobs they took on this year was sewing handmade masks for our patients, employees and community members. Read more about one volunteer's story on page 7.

The need for registered organ donors continues to be a top priority. Each year, the number of people waiting for life-saving transplants outweighs the number of registered donors. On page 5, you can learn more about the importance of organ donation and how Phelps Health recently implemented The Hall of Honor to recognize our patients who gave the ultimate gift to another individual: the gift of life.

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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Due to precautionary measures and guidelines for social distancing recommended by the Centers for Disease Control and Prevention (CDC) regarding COVID-19, events and support groups at all Phelps Health facilities have been temporarily canceled at this time. Please visit phelpshealth.org or check Phelps Health's social media pages for the latest information and updates about classes and events.

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

I don't much like hospitals, but I must say that I was treated royally while here [at Phelps Health Hospital]. Everyone did a superb job making my stay as comfortable as possible. The food was good and everything was just great. Thank you to everyone who had a part in my stay. Again, thank you to all.

Bob Gargus

Cuba, MO

I just left the drive-through COVID-19 test site to get tested from a possible exposure as a firefighter for the City of Rolla Fire Department. From start to finish, the staff who was there was top-notch, 110% professional.

As a fellow first responder and frontline worker, I know the past few months have been extremely challenging and very difficult. The staff today definitely made me feel at ease, explained every aspect of the testing and had answers for every question.

I wish I had remembered all their names, but the ones who were there today, June 30, around 11:00 AM are true professionals and definitely represent Phelps Health in a positive light. They are what every frontline worker and first responder should strive to be. Please pass on my compliments to these amazing people and thank you for all you do.

Scott Proffitt

Firefighter/EMT

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 to Phelps Health, 1000 West 10th Street, Rolla, MO 65401.

ASK AN EXPERT

Diabetes Education Specialists Discuss Diabetes

Q What is the difference between type 1 and type 2 diabetes?

A Both type 1 and type 2 diabetes are chronic conditions in which the body cannot properly store and use glucose for energy, according to Jessica Fisher, diabetic educator, and Pati Cox, certified diabetes care and education specialist at Phelps Health. In type 1 diabetes, the immune system attacks the cells that produce insulin in the pancreas. A person with type 1 diabetes must take insulin to survive. In type 2 diabetes, the pancreas makes insulin, but the body has a hard time processing it. This is called insulin resistance.

Q What is prediabetes?

A Prediabetes can begin with no clear symptoms. Typically a person's blood sugars are higher than normal but not yet high enough to be diagnosed with diabetes.

Q What are symptoms of diabetes?

A Someone with diabetes may not have any symptoms at all in the beginning, and no two people are alike. Symptoms of high blood sugar, or hyperglycemia, may include feeling tired and sleepy, having to urinate frequently or being very thirsty, as well as blurred vision, a delay in wound healing or unexplained weight loss. Symptoms of low blood sugar, or hypoglycemia, may include feeling shaky or dizzy, sweating, feeling lightheaded, extreme hunger and confusion.

Q What factors increase the likelihood of developing diabetes?

- A**
- Age 45 and older
 - Overweight
 - Family history of diabetes
 - Lack of or changes to physical activity
 - High total cholesterol and high triglycerides
 - Women with polycystic ovarian syndrome
 - History of a heart attack, stroke, high blood pressure or chest pain
 - Blood glucose (sugar) levels outside of the normal range
 - Smoking

Q How can someone reduce their risk of diabetes?

- A**
- Eat a well-balanced diet
 - Increase your activity or movement
 - Take your medications as prescribed
 - Talk with your primary care provider
 - Know your family medical history
 - If you smoke, consider enrolling in a smoking cessation class

Q Am I at greater risk for other medical conditions if I have diabetes?

A Yes, you are at greater risk for developing heart disease, high blood pressure, stroke, chronic kidney disease, complications of the eye such as blindness, depression, skin and sexual disorders, foot complications and numbness or weakness caused by nerve damage.

NEED A REFERRAL?

Phelps Health diabetes educators can accept a referral from any primary care provider, internal medicine doctor or endocrinologist and can be reached at (573) 458-7314. Visit phelpshealth.org to learn more about diabetes.

AN EPIC CHANGE

New Patient Portal: Phelps Health MyChart

By Paul Hackbarth

On October 1, 2020, Phelps Health launched Epic, the most widely-used and comprehensive health record in the United States, to support doctors and staff in improving the health and wellness of people in our region.

Whether patients visit any of Phelps Health's clinics or providers' offices, need to go to the emergency department, get lab work or medical imaging services, or are admitted to the hospital, they will now have all of their health information in a single electronic health record with Epic.

"We are proud to work with Epic, which is providing a platform that allows for enhanced care and a better patient experience," said Phelps Health President and CEO Ed Clayton. "This new electronic health record represents a major investment in our healthcare system."

As part of the transition to Epic, Phelps Health patients and their designated caregivers can access their health information 24/7 in MyChart, Epic's patient-facing app, on their phone, tablet or computer.

Phelps Health staff are helping patients sign up for the new patient portal during their appointments and in other care settings.

WHAT CAN YOU DO WITH MYCHART?

- Schedule appointments
- View test results
- Send messages to your provider and care team
- Request prescription refills
- Pay bills
- Take care of children and other family members
- And much more

The launch of Epic at Phelps Health comes after more than a year of preparation, which included months of building and testing the new system as well as extensive training of providers, nurses and staff. Epic staff worked closely with Phelps Health throughout the project and will continue to provide support through go-live and beyond.

“Implementing this new electronic health record was a large undertaking for our organization, but the end result has offered a tremendous opportunity to deliver integrated care across our health system,” said Phelps Health Senior Vice President and Chief Operating Officer Jason Shenefield.

“We are pleased to offer Epic and MyChart to the communities we serve,” said Lacie Schultz, Epic program director at Phelps Health. “Epic lets us provide patients with a more convenient experience and give our providers and staff reliable tools to make it easier to care for their patients.”

A majority of U.S. News and World Report’s top-ranked hospitals and medical schools use Epic, and more than 250 million people around the world have a current electronic record in Epic.



DISCOVER THE MAGIC OF MYCHART

Visit phelpshealth.org/mychart for more information.

NO GREAT

By Somer Overshon

The numbers are staggering: more than 112,000 men, women and children in the United States are registered on the national organ transplant list awaiting life-saving transplants. In Missouri alone, nearly 2,000 people are waiting.

Organ donation remains an important issue because thousands of people die each year waiting for a transplant. Unfortunately, each year the number of people waiting for transplants outweighs the number of available donors.

REASONS TO DONATE

For Cindy Butler, administrative director of patient care services at Phelps Health, educating people about the importance of organ donation is a passion. “The gift of life is such a generous offer to individuals. It’s an opportunity to allow your legacy to live on through someone else, and it’s the most selfless thing that anyone can do,” Butler said. “Many lives have been enhanced or saved through the act of donation here at Phelps Health.”

One organ donor can save up to eight people’s lives and improve the lives of up to 75 others. The list of organs and tissues that can be donated continues to grow, and anyone can register to become a donor.

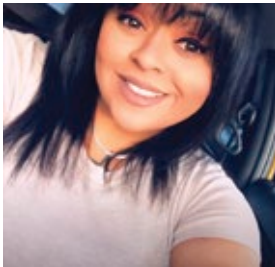
A PERSONAL EXPERIENCE

In 1994, Butler’s father unexpectedly passed away. This experience prompted her to understand the importance of organ donation. At that time, Butler said she was unwilling to allow her father to become an organ donor. “The timing was bad, because we were hurt and we didn’t expect it [his death],” she said. “We had never talked about organ donation in our family, and now it’s a struggle for me to know I was so negative about something so wonderful. I wish I could rewind time and say, ‘absolutely—give everything you can give,’ because he [her father] was a giving man.”

Now, the topic of organ donation is discussed frequently in Butler’s family. “What greater gift could I give than to give a young mother the ability to chase her children? Or the ability for someone to hear or see?” she said. “I want to be able to leave that legacy, and I want to make sure that everyone around me knows they have an opportunity to leave that legacy as well. This is what organ donation is all about – loving each other, giving the gift of life and allowing others the opportunity to live their lives to the fullest.”

1 ORGAN DONOR CAN SAVE UP TO 8 PEOPLE’S LIVES

ERGIAT



Latasha Sue Parker was the first Phelps Health patient to be recognized with the Hall of Honor. Her donated organs saved four lives and enhanced the lives of up to 75 others.

THE HALL OF HONOR

Butler was integral in the 2019 implementation of The Hall of Honor, an event honoring the patients at Phelps Health who become organ donors. “Our organ donors are honored by an overhead page heard throughout Phelps Health Hospital, which allows staff to come and line the halls in silence to honor the individual’s departure,” said Butler. “The Hall of Honor is a glorious send-off for an individual who chose to give someone else the gift of life.”

The Hall of Honor allows the donor’s family to see how much the act of donation and the gift of life means to the staff at Phelps Health. The response has been tremendous so far, with countless people lining the halls. “Tears have been shed—both in despair and in joy—over seeing an individual leave to become that legacy,” said Butler. “The experience leaves you with an awesome feeling.”

READY TO SAVE LIVES?

Take the first step and register today to become an organ donor. Donors should have conversations with their families about organ donation so their loved ones know their wishes ahead of time.

To register on the Missouri donor site, visit donatelifemissouri.org.





Sewing for a Cause

Phelps Health Volunteer Makes Over 300 Masks

By Paige Marsolais-Heitman

Before the COVID-19 pandemic began, Roberta Snyder came in once a week to work in the sewing room for the Phelps Health Auxiliary and Volunteer Services. She and her fellow Auxiliary members would sew pillows, children's surgical hats, teddy bears, mice and more. "I like to help people," said Snyder, who has been a volunteer for three years at Phelps Health. "It is comforting to know that I can make a difference in the care of patients."

To protect patients and staff from the threat of COVID-19, Auxiliary members were asked to sew cloth face masks for distribution. Every volunteer who chose to participate in sewing cloth face masks was provided as many sewing kits as they wanted from Phelps Health.

"Everyone jumped right in and took multiple kits," said Snyder. "I would finish my kits and bring them to the hospital to get new ones. I've made over 300 masks since I started."


Snyder said that she wanted to make cloth face masks because it was something that she was good at that also would help the community. She previously taught sewing for a 4-H club in Pennsylvania

before moving to Rolla, MO, with her daughter, son-in-law and their two children.

For Phelps Health, Snyder said she was given instructions on how to sew the cloth face masks. Each mask takes about 10 minutes to make and is two layers, with flannel and cotton.

The flannel is placed on the inside of the mask for an additional layer of protection and finished off with elastic loops for the ears and pleats. While making masks for Phelps Health, Snyder was tasked with sewing 80 cloth face masks for the hospital volunteers and shared about what that experience was like.

"I made 80 masks for the volunteers in one weekend. It was a funny story because on the day I went to drop off the masks, I also had a procedure scheduled. During my procedure, I noticed one of the staff members had a mask that kept falling off. So, I took one of the masks out of my bag and gave her a new one. I wound up only giving 79 masks to the volunteers at Phelps Health, but it was for a good cause."



Snyder said she feels excited and a sense of pride when she sees patients or staff wearing one of her masks because she knows she is making a difference in keeping the community safe.

“When I see patients and staff wearing masks, it makes me feel safe,” she said. “They are wearing masks not to protect themselves, but to protect me. At Phelps Health, I feel protected.”

Now that Phelps Health has a sufficient supply and stockpile of masks for patient and staff needs, Snyder is back to working one day a week as a volunteer at the hospital.



Auxiliary members Roberta Snyder (left) and Jean Bradshaw (right)

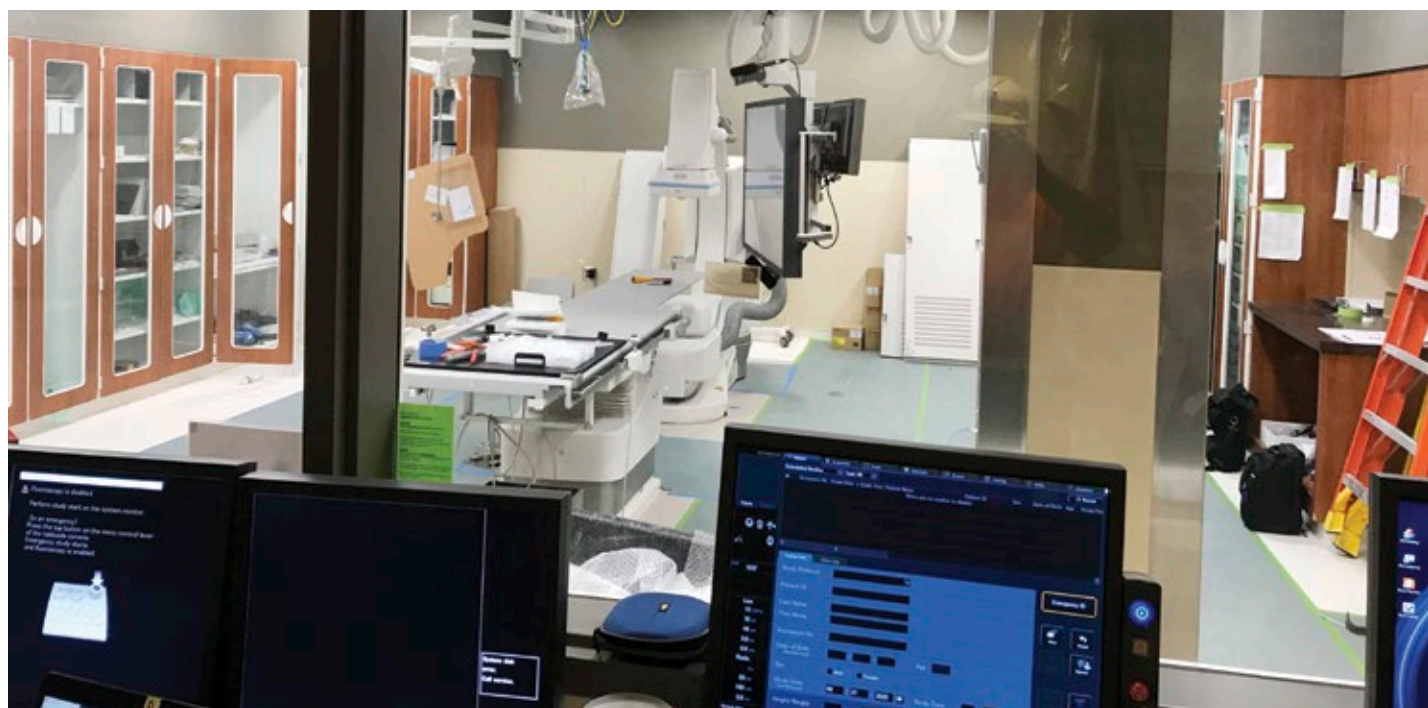
LOOKING TO VOLUNTEER?

Learn more about the Phelps Health Auxiliary and Volunteer Services by calling Phil Cox at (573) 458-7935 or Crystal Lora at (573) 458-7947 or by visiting [phelpshealth.org](https://www.phelpshealth.org).

CARDIAC C

Phelps Health's New Procedure Area Will Better Serve Heart Patients

By Paul Hackbarth



In an effort to better serve patients in south-central Missouri, especially people with heart problems, Phelps Health opened a second cardiac catheterization lab in September.

A cardiac catheterization lab, also known as a cardiac cath lab, is a specialized room where minimally invasive tests and procedures are performed to diagnose and treat cardiovascular diseases involving the heart and blood vessels.

“We had one cardiac cath lab, and the growth we had seen in our first lab necessitated having a second one to meet the needs of our community,” said Phelps Health Administrative Director of Ancillary and Surgical Services Shawn Hodges.

“We have seen substantial growth in the number of procedures we are performing,” Hodges said.

In 2019, Phelps Health cardiologists (doctors who treat problems of the heart and blood vessels) and staff performed catheterization procedures on more than 1,000 patients. In Missouri, hospitals are required to perform at least 750 procedures per year in their current lab before they can ask the state for approval of a second cardiac cath lab.

Cardiac catheterization involves small, flexible catheters (or tubes) placed into a blood vessel and then into the heart. Usually, an artery in a patient’s wrist or groin area is used to move the catheters to the heart.

ATH LAB

Once the catheter is in the heart, a doctor can inject dye into the coronary arteries and look for blockages. If a blockage is found, then the doctor will use small, specialized materials to open the artery again.

Cardiologists also use cardiac catheterization to look at different arteries and veins throughout the body, including searching for blockages in a patient's legs, kidneys and arms.

Another common procedure done in a cardiac cath lab is the insertion of pacemakers and defibrillators (devices that help the heart beat in a regular rhythm).

In addition to keeping up with the growing demand, a second cardiac cath lab at Phelps Health provides several other benefits.

“Having a second lab helps with recruiting more physicians and improves our current workflow,” Hodges said. “This new lab gives us the ability to keep growing while making it easier to accommodate heart attack patients in a timely manner.”

Phelps Health currently has one full-time and one part-time interventional cardiologist who diagnose and treat patients in the cardiac cath labs. Phelps Health continues to actively recruit more interventional cardiologists.

After the second cardiac cath lab opened, operational hours were extended. Hodges said Phelps Health is working toward a goal of eventually offering around-the-clock care, seven days a week, for patients who experience STEMI (ST-elevation myocardial infarction) – a serious type of heart attack.

McCarthy Building Companies, Inc. served as the general contractor for this approximate \$3.5 million cardiac cath lab project.

The new lab, which is about 900 square feet, is located in the same area as the first lab – on the first floor of Phelps Health Hospital. The second lab has the same capabilities as the first lab.

“When the first lab was built in the area it is now, we planned for the need of a second cardiac cath lab at that time,” Hodges said. Phelps Health's first cardiac cath lab was built in the 1990s.



Visit phelpshealth.org to learn more about Phelps Health's cardiac cath labs and heart care.



SEE WHAT'S HAPPENING *Around* Phelps Health

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



D.I.C.E. AWARD WINNERS

Two 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. Congratulations to Jewellene Shortell (left), patient care assistant in the Surgical Orthopedics unit, and Susan Walls (right), patient care assistant in the Medical Oncology unit.



MARKETING AWARDS

Congratulations to the Phelps Health Marketing and Public Relations Department, which received recognition for excellence in advertising and marketing efforts in state and national competitions. Phelps Health's Marketing Department earned five Aster Awards in a national competition hosted by Creative Images, Inc. and received five Show-Me Excellence Awards from the Missouri Association for Healthcare Public Relations and Marketing (MAHPRM).

BOND BUILDING MEMORIAL GARDEN

This past summer, for an Eagle Scout project, Wilhelm “Wil” Baur, a 15-year-old Scout with Troop 81 of Rolla and son of Stuart and Martina Baur, completed a restoration of the Bond Building Memorial Garden located at Phelps Health Medical Group-600 Blues Lake Parkway in Rolla.

Phelps Health sponsored this Eagle Scout project, and Thrivent, a not-for-profit financial services organization, provided an action grant for the work. Scout leaders and Phelps Health staff met at the memorial garden in September to celebrate Wil’s achievement. Wil was presented with a plaque honoring his work.



HEART ATTACK PATIENT THANKFUL FOR PHELPS HEALTH CARDIOLOGY CARE

Don Johnson suffered a heart attack in 2000. After being treated in a St. Louis area hospital, he later came back to Rolla and began receiving care at the Phelps Health Heart and Vascular Center.

Since his heart attack, Johnson has had two stents placed, and earlier this year, his cardiologist, Tim Martin, MD, and his care team recommended that Johnson get a pacemaker to help with an irregular heartbeat.

Johnson is doing well since getting his pacemaker, and he is appreciative of his care team at Phelps Health for all they have done to improve his quality of life.

“When you come through the front door, you are always greeted by friendly faces,” Johnson said. “The staff at Phelps Health really cares about their patients, and that’s why I continue to go back.”

[Read more about Johnson’s story at phelpshealth.org.](https://phelpshealth.org)

WE ARE HIRING

Join the Phelps Health family.
Over 1,900 strong.
phelpshealth.org/careers

Around Phelps Health



INPATIENT INFUSION CENTER INITIATIVE UPDATE

Thank you for your continued support. Because of your generous contributions, we at the Phelps Health Foundation have met our goal to construct the new Inpatient Infusion Center at Phelps Health Hospital. We planned to have this project under construction at this time. Unfortunately, the project has been delayed due to COVID-19. The infusion center area is currently being used for COVID-19-related treatment. We plan to start construction on the new infusion center as soon as possible and will keep you updated with the progress. Together, we will support our mission of improving the health and wellness of people in our region. Thank you for making this initiative possible.

LEAVE A LASTING LEGACY THROUGH PHELPS HEALTH FOUNDATION

In these uncertain times, many are starting to think about year-end, tax-saving strategies, including the long-standing benefits of charitable contributions. Did you know you can become a legacy member today, without giving a penny? Request our complimentary guide, “Six Financial Issues You May Be Facing - And How to Turn Them Into Gift Opportunities.” Ask how to be connected to one of our area’s professionals on our Planned Giving Advisory Council. Learn more about the Endowment Fund by contacting Marsha Rana Wayman, CFRE, at mwayman@phelpshealth.org or (573) 458-7946.

TREE OF HOPE COMING SOON

The Phelps Health Foundation will present the Tree of Hope campaign this holiday season. In recognition of friends, family and loved ones, you are invited to purchase an ornament to hang on the trees that are decorated inside Phelps Health. Your gift will help support the initiatives of Phelps Health, which include development of the hospital, patient care and patient treatment in order to support Phelps Health’s mission to improve the health and wellness of people in our region.

For the opportunity to show your support, spread awareness of a disease or disorder, honor a loved one by purchasing an ornament, or to learn more about sponsorship opportunities, please contact Katy Vaughn at kvaughn@phelpshealth.org or call (573) 458-7249.

Please like the Phelps Health Facebook page for a video that will showcase the Tree of Hope lighting service in December. Please join us to spread hope and light to our friends, family and loved ones this holiday season.

WHY SHOULD YOU WEAR A MASK?

COVID-19 CAN BE SPREAD BY PEOPLE WHO DO NOT HAVE SYMPTOMS AND DO NOT KNOW THAT THEY ARE INFECTED.



FACE COVERINGS PROVIDE A BARRIER TO PREVENT RESPIRATORY DROPLETS FROM TRAVELING INTO THE AIR AND INFECTING ANOTHER PERSON.



PROTECT PEOPLE WHO CAN'T WEAR FACE COVERINGS.

This may include children under 2 or people with health conditions affecting their ability to breathe.



BEEFLESS VEGAN TACOS

Makes 4 Servings

INGREDIENTS

- 1 (16-ounce) package extra-firm tofu, drained, crumbled and patted dry
- 2 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 tablespoon extra-virgin olive oil
- 1 ripe avocado
- 1 tablespoon vegan mayonnaise
- 1 teaspoon lime juice
- Pinch of salt
- ½ cup fresh salsa or pico de gallo
- 2 cups shredded iceberg lettuce
- 8 corn or flour tortillas, warmed
- Pickled radishes for garnish

PREPARATION

1. Combine tofu, tamari (or soy sauce), chili powder, garlic powder and onion powder in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tofu mixture and cook, stirring occasionally, until nicely browned, 8 to 10 minutes.
2. Meanwhile, mash avocado, mayonnaise, lime juice and salt in a small bowl until smooth.
3. Serve the taco “meat” with the avocado crema, salsa (or pico de gallo) and lettuce in tortillas. Serve topped with pickled radishes, if desired.

NUTRITION INFORMATION (per serving)

Serving Size: 2 tacos
360 calories
20.9 g total fat
610 mg sodium
32.6 g carbohydrates
7.9 g fiber
4 g sugar
16.6 g protein

Recipe Source: *EatingWell.com*, March 2019

Photo Credit: *NoraCooks*

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.

FOR YOUR HEALTH: GETTING A FLU SHOT IS MORE IMPORTANT THAN EVER

By Dr. Graham A. Colditz
Siteman Cancer Center

With the coronavirus outbreak ongoing, and the height of flu season just around the corner, getting the flu vaccine is more key than ever. And it's not just important for personal health; it's also important for the health of our neighbors and a health-care system overtaxed from a pandemic.

So far, more than 7 million Americans have been infected with COVID-19, and more than 200,000 have died. And in recent seasons, the flu has led to millions of illnesses and thousands of deaths. Until we have a coronavirus vaccine, getting a flu shot will be one of the best and easiest ways we can soften the combined impact of these two diseases.

The flu vaccine is extremely safe, and although it doesn't 100 percent protect against the flu, it does lower the risk of contracting it. The vaccine also can make the flu less severe if you do get it. On top of this, the flu vaccine helps protect others by making it less likely you'll get the flu and then pass it on to family, friends, co-workers or others.

Keeping flu numbers lower in a community helps reduce strain on hospitals and healthcare providers, which is especially important as cases of both COVID-19 and flu are likely to increase the further into fall and winter we move. In the 2018-2019 season alone, the flu vaccine prevented more than 2 million flu-related doctors' visits and nearly 60,000 hospitalizations.

If more people get vaccinated, fewer people overall will need medical care. Plus, fewer people will arrive at doctors' offices and medical centers who need to be tested to rule out COVID-19, since the two illnesses share some similar symptoms, like fever, chills, headache, cough and fatigue.

The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot for almost everyone age 6 months and up. And, for most people, the vaccine is pretty easy to get. It's available at many doctors' offices, pharmacies, workplaces and local health departments. Some facilities even offer drive-through

clinics. Depending on where you live, though, children may need to be vaccinated at a healthcare provider's office.

Most shots are free if you have insurance. Without insurance, they can cost about \$30-\$40, with some types being more expensive. Contact your state or local health department for information on flu shot locations and affordability. Vaccinefinder.org is another good tool for finding flu shots near you.

With so much focus on COVID-19, it's easy to forget about the flu since we deal with it year after year. But the reality is, because of the pandemic, it's very important to do what we can to make this as quiet a flu season as possible.

So, whether you get a flu shot every year, or you've never had one, make it a real priority this fall. Let's all just roll up our sleeves and get it done.

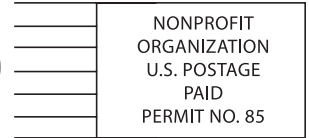
IT'S YOUR HEALTH. TAKE CONTROL.

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.



COVID-19 AND OLDER ADULTS: A Q&A WITH “DR. DAN”

Bohdan Lebedowicz, MD, CMD – also known as “Dr. Dan” – a senior care and internal medicine physician with the Phelps Health Medical Group, answers some common questions about COVID-19 and older adults.

Q Who is at higher risk for serious illness from COVID-19?

A The risk for severe illness from COVID-19 increases with your age, with the greatest risk among those age 85 or older. Additionally, people are at greater risk for serious illness from COVID-19 if they have any of the following medical conditions (this is not a complete list):

- Obesity (a body mass index, or BMI, over 30)
- Diabetes
- Liver disease
- Chronic kidney disease
- Immunocompromised (having a weakened immune system) from HIV or other causes

If you have any of the above or certain other underlying medical conditions, your ability to fight any type of infection, not just COVID-19, decreases.

Q Why are older adults or seniors more at risk for serious illness from COVID-19?

A With advanced age comes the increased chance of having more risk factors for becoming seriously ill from COVID-19. Additionally, as people age, their immune systems do not work as well when fighting diseases, so they are more likely to develop certain medical conditions.

Q What can older adults or seniors do to reduce their risk of getting COVID-19?

A To reduce their risk of getting COVID-19 or becoming seriously ill, older adults can follow several precautions, such as the following:

- Avoid activities where large crowds are gathering
- Wear a mask or face covering
- Practice social distancing
- Wash your hands or use hand sanitizers with at least 60% alcohol
- Limit contact with commonly touched surfaces