

*Your Health. Our Mission.*

*Spring 2023*

# BALANCE

## SEE WHAT'S INSIDE

MEET OUR NEW  
THERAPY DOGS

TIPS FOR VISITING  
THE DOCTOR

A BREATH OF  
FRESH AIR

# GOING THE EXTRA MILE

When you and your family need healthcare, we want to be there. Whether it's ensuring you get the treatments or procedures you need to get better or offering tests and screenings to keep you healthy, we strive to provide high-quality, accessible healthcare.

In addition to meeting your physical health needs, we want to take care of your emotional and mental needs. Providing a little something extra to make sure that our patients have a positive experience is our goal at Phelps Health.

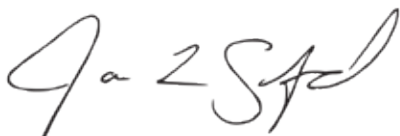
In this spring issue, read about heart attack patient Chet Saladin, who shares his story on page 3. From the ambulance to the cardiac catheterization lab to cardiac rehab, Chet said he felt confident in the care he was receiving. Chet was impressed by the bedside manner, professionalism and TLC from his care team.

On page 9, another patient, Ian McLendon, talks about how the Pulmonary Rehab staff at Phelps Health went the extra mile. Ian said employees took care of both his physical and emotional needs.

Finally, if you've been to Phelps Health recently, you may have noticed our new four-legged volunteers making their rounds. On page 7, learn how therapy dogs are creating a calming and comforting atmosphere at Phelps Health. These friendly dogs are one more way we can provide extra care.

Please enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, President and CEO



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

Thank you all so much for the care and attention to detail, keeping close watch on my blood pressure and taking care of my pain, and above all for keeping me alive when my blood pressure dropped so low.

-Terry Reed

After struggling with severe anemia for several months, I made the decision to have a laparoscopic hysterectomy in December. It was not a decision I took lightly, and my surgeon, Dr. Nathan Ratchford, was extremely detailed in educating me on my different options. He didn't push me in a certain direction, but rather let me, the patient, make the best decision for me. On the day of my surgery, he was calm and reassuring. I appreciated his kind bedside manner, as I was understandably nervous. He joked around with Mary, my pre-op nurse, and she assured me I was in great hands. I am now several weeks out and recovering well. Dr. Ratchford was very thorough at my post-op appointment, as well. He never acts rushed or hurried, which I really appreciate. I'm looking forward to an improved quality of life.

-Stefanie van Wyk

As an MRI patient, I was taken in quickly. The staff was very considerate of my age.

-Mary Stewart

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

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

**Phelps Health**  
1000 West 10th Street  
Rolla, MO 65401



Fawad Virk, MD, FACC

# Ask a Doctor

## Learn the Signs of Heart Attacks and How to Prevent Them

### Q What is a heart attack?

**A** A heart attack occurs when the flow of blood in arteries to the heart is clogged. This blockage can lead to heart muscle damage. If left untreated, the heart muscle becomes weak and cannot pump blood to the rest of the body. Not all heart attacks are fatal.

### Q What are the most common heart attack symptoms?

**A** Signs of heart attacks typically include the following:

- Chest discomfort/pain/tightness/burning
- Shortness of breath
- Pain in the neck, jaw or arm (usually on the left side)
- Dizziness
- Nausea and/or vomiting
- Excessive sweating

### Q Do heart attack symptoms differ between men and women?

**A** For both men and women, the most common heart attack symptom is chest pain or discomfort. Women, however, also may have shortness of breath, nausea and vomiting, and back or jaw pain.

### Q What steps can I take to prevent a heart attack?

**A** To lower your risk for a heart attack, consider these healthy lifestyle habits:

- Quit smoking
- Eat a healthy, balanced diet
- Stay active: get plenty of exercise
- Get a good night's sleep (7-9 hours per night)
- Maintain healthy cholesterol levels, blood pressure and weight
- Avoid – and learn how to – manage stress

### Q What procedures for a heart attack are performed at Phelps Health?

**A** In the event of a heart attack, Phelps Health cardiologists can perform a heart catheterization, where we place stents (small, wire mesh tubes) in the artery/arteries to open any blockage(s). If someone is having a major heart attack and is in cardiogenic shock (where the heart cannot pump enough blood and oxygen to the brain and other vital organs), we can place an artificial heart pump. We also have a device called a penumbra, which helps us remove clot clots from arteries. If a patient needs an emergent pacemaker, we can place those devices, as well.

## DON'T DELAY CARE

If you or a loved one has chest discomfort, especially with one or more of the other signs of a heart attack, call 911 or seek emergency care immediately. For nonemergent heart concerns, call the Phelps Health Heart and Vascular Center at (573) 308-1301.



# ROLLA MAN BACK ON COURSE AFTER HEART ATTACK

By Paul Hackbarth

Chet Saladin remembers one day he was playing golf when he suffered a heart attack.

“I was on the 16th green...and I started not feeling very good,” said Chet, a 77-year-old avid golfer who lives in Rolla.

When he didn’t think he could finish the game, Chet told his fellow golfing buddies that he was going back to his house nearby.

One of the golf course superintendents, who happened to be on his way to see Chet, found him in his driveway, about halfway to the front door.

“I went down, and he was there to catch me,” Chet said. “He said that I passed out for a while.”

When Chet woke up, he figured he had heat exhaustion because it was extremely hot that day. The golf course superintendent carried Chet to his house, where he cooled down and started feeling better.

Chet called his son, Chad, who came over. His son was looking up symptoms of heart attacks, which include chest pain, lightheadedness, jaw pain, shortness of breath and arm pain. Chet said he was feeling discomfort in his arm.

While Chet initially didn’t want his son to call 911, when the two walked to the car, Chet fell again in his driveway. For a moment, Chad thought he had lost his dad.

“He’s holding my head in his lap,” Chet said of his son. “He said he thought that I had passed on. He was beside himself, with tears streaming down his face.”

After Chet assured Chad he would be OK, Chad quickly called for an ambulance.

Chet’s wife, Donna, was in Iowa when she heard the alarming news.

“She threw some clothes in her vehicle and was on the road before the ambulance was ever called,”

Chet said. When some truckers saw her, they kindly pulled together and escorted Donna back to Rolla, so she could be with her husband.

Before his heart attack, the only other heart condition Chet had was arrhythmia (an irregular beating of the heart). Phelps Health Cardiologist Tim Martin, MD, FACC, put a pacemaker in for the arrhythmia.

When Chet was looking for heart care, going to Phelps Health just made sense.

“I never thought of going any place else,” he said.

Besides Chet’s father, who had a stroke, Chet said he has no family history of heart disease.

Chet fondly remembers the EMS crews who put him on a stretcher and into the ambulance.

“The young man who rode with me in the ambulance talked to me the whole time, checked me out and said, ‘Yes, you’re 100% having a heart attack,’” Chet said.

Later, he learned that one of his arteries – the biggest in his heart known as the left anterior descending (LAD) artery, or “widow maker” – was 99% blocked.



Chet Saladin sees Phelps Health Cardiologist Tim Martin, MD, FACC, for heart care.



Patient Chet Saladin recommends the Phelps Health Heart and Vascular Center, noting, “It’s a wonderful facility that we are fortunate to have in our community.”

“Somebody...I like to think our Heavenly Father, was right there with me through the whole thing,” Chet said.

Chet was taken to the Phelps Health Emergency Department, a place he said he has been several times.

“They’ve always been great, and they’ve always taken care of my problems, so I would certainly recommend them,” he said.

Chet remembered Phelps Health Cardiologist Fawad Virk, MD, FACC, placed a stent in his artery to restore the blood flow. Stents are small, wire mesh tubes placed in a person’s artery to keep them open.

“Everything was super smooth, and everybody...knew what they were doing,” Chet said. In addition to Dr. Virk, he said Dr. Martin also was by his side the whole time.

After the stent procedure, Chet was released from the hospital the day after and later went to cardiac rehabilitation at Phelps Health. He complimented the cardiac rehab staff’s bedside manner and professionalism.

“If you want some TLC, tender loving care, I suggest you go to [cardiac] rehab [at Phelps Health] because they can give it to you,” he said.

After 36 treatments, Chet recently finished rehab in January.

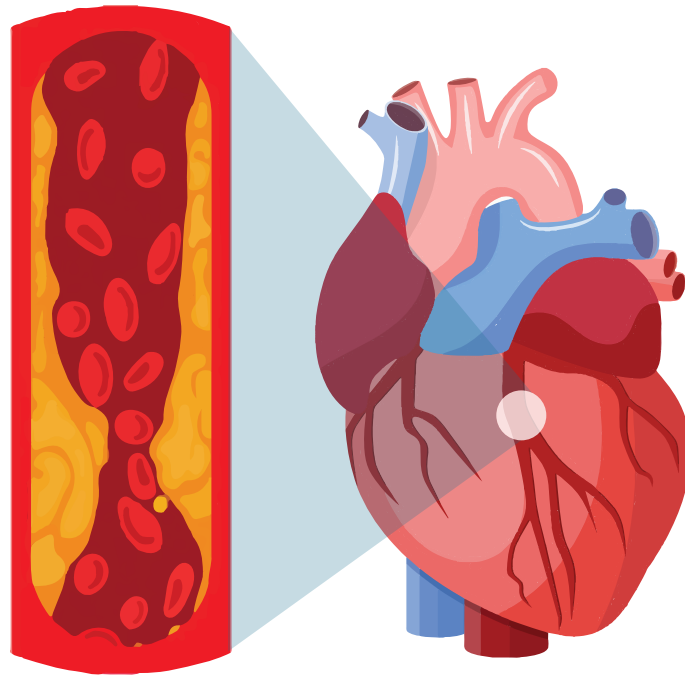
Since then, he has had no other issues with his heart. Chet said he can do everything he was doing before his heart attack.

“I try to play [golf] every morning with a group of good guys. We call [ourselves] the ORFs, old retired fellas,” he said.

Chet said he would recommend the Phelps Health Heart and Vascular Center for heart care.

“It’s a wonderful facility that we are very fortunate to have in our community,” he said, adding that the doctors, nurses and staff are knowledgeable.

“After you’ve seen them awhile, they cease to be your doctor,” Chet said. “They become a friend.”



*LAD artery blockage diagram*

## TAKE CARE OF YOUR HEART

From an irregular heartbeat to blocked arteries, Phelps Health cardiologists are here to keep your heart healthy. Find a heart care specialist today at [phelpshealth.org](http://phelpshealth.org).



# ESSENTIAL TIPS FOR ANYONE WHO VISITS THE DOCTOR

By Paige Marsolais-Heitman

Do you know what questions to ask your doctor at your next appointment? Do you know how much your next surgery will cost? What's your plan for taking care of your mental health?

Whether you are trying to decide on a new health plan or want to be more aware of your healthcare choices, being a wise healthcare consumer can make all the difference.

## HERE ARE TIPS FROM PHELPS HEALTH ON HOW TO BECOME A WISER HEALTHCARE CONSUMER:

- 1** Take your time choosing a physician or provider to ensure they are a good fit for your healthcare needs. Visit [pelpshealth.org/doctors](https://pelpshealth.org/doctors) to view our providers.
- 2** Practice preventive care to help determine your risk for conditions like diabetes, cancer or heart disease. Your primary care provider can tell you which screenings to get and when to get them.
- 3** Prepare for your doctor appointments. Make a list of questions and concerns you want to discuss with your doctor ahead of time and bring the list to your next appointment. If possible, bring a family member, caregiver or loved one with you to your appointments, so they can help you remember to ask questions and recall what your doctor said.
- 4** Understand your medications and take them as prescribed. You also can ask your doctor or pharmacy about generics to see if you can save money by switching to a generic brand of your prescription.
- 5** Remember to take care of your mental health. Mental health is essential to your overall health and quality of life, according to the National Institute of Mental Health. Taking time to relax, set goals, eat healthy and exercise all work together to impact your overall mental health.

**6** Understand your healthcare plan and costs associated with care. Whether you have Medicare/Medicaid, insurance through your workplace or through the Affordable Care Act/Health Insurance Marketplace, knowing your benefits can help save you money. Phelps Health's Financial Navigator Department can assist you with navigating your healthcare costs. To learn more, call (573) 458-8980.

**7** Get a price estimate. To determine the costs of procedures ahead of time, use the Phelps Health price estimator tool. And to ensure there are no surprises, familiarize yourself with your insurance plan, so you know what your financial responsibility will be.

You can view price estimates by logging into your MyChart account at [mychart.pelpshealth.org](https://mychart.pelpshealth.org). If you have billing questions, contact Phelps Health Patient Financial Services at (573) 458-7715.



## STAY IN THE KNOW

Learn more about preparing for your next doctor's visit at [pelpshealth.org](https://pelpshealth.org).



# YOUR DISEASE RISK

*Are you at risk for cancer, heart disease or diabetes?*



With **Your Disease Risk**, the source on prevention, **find out your risk of 12 different cancers and other chronic diseases**. Answer some simple questions and check your risk for the following diseases:

- Bladder cancer
- Breast cancer
- Bronchitis
- Cervical cancer
- Colon cancer
- Diabetes
- Emphysema
- Heart disease
- Kidney cancer
- Lung cancer
- Melanoma (skin cancer)
- Osteoporosis
- Ovarian cancer
- Pancreatic cancer
- Prostate cancer
- Stomach cancer
- Stroke
- Uterine cancer

You also can get personalized tips for preventing these diseases.

Visit [phelpshealth.org/your-disease-risk](https://phelpshealth.org/your-disease-risk) to get started.



# INTRODUCING PET PALS

## Meet Phelps Health's New Four-Legged, Furry Volunteers

By Stefanie Van Wyk

If you haven't already, you may soon notice new volunteers rounding at Phelps Health. These volunteers are of the four-legged variety.

Crystal Lorah, director of the Phelps Health Auxiliary and Volunteer Services, is pleased to announce the arrival of therapy dogs to the healthcare organization.

"This new program has been met with great excitement," Crystal said.

The Phelps Health Pet Pals program's main goals are to increase patient satisfaction and improve employee morale. Research has shown that animals can have a calming effect, reduce anxiety, and provide comfort and support when it is needed most.

Before entering a patient's room or employee area, the handler will ask if it is OK to visit and ensure that no one is allergic to dogs. The handler also will hold onto their dog's leash at all times.

In November, the dogs made their first appearance at Phelps Health, visiting employees. At the beginning of the year, they added patient rooms to their weekly rounding.

Read on, to meet four new furry volunteers – and their handlers – making a difference at Phelps Health.

### Meet Ryder

Susan Hinkle has been a volunteer with the Alliance of Therapy Dogs for over 20 years. Ryder, a people-pleasing, 3-year-old golden retriever, is her fifth therapy dog.



A graduate of several obedience classes, including Canine Good Citizen, an American Kennel Club program, Ryder visited nursing homes, different schools in Rolla, and parole and

probation officers before volunteering at the hospital. Ryder and his handler enjoy bringing love to people. His hobbies include swimming, playing ball, napping and of course, eating.

"Ryder is extremely food motivated," Susan said, laughing. "He loves to clean my fridge out but can't right now. Our vet says he's supposed to be on a diet."

Susan is a dog handler and is certified to test therapy dogs. She has approved all of the dogs involved in the Phelps Health program.

### Meet Luke Skybarker

About 8 years ago, Audrey Vail, the wife of Phelps Health Internal Medicine Physician Chad Vail, DO, FACOI, was in a car crash that landed her in the Phelps Health Acute Rehab Unit for 8 weeks.

Insert Jack, an aptly-named Jack Russell terrier, who visited Audrey in rehab as she recovered physically and emotionally. This positive experience inspired Audrey, who also teaches nursing classes at Phelps Health, to one day have her own therapy dog.

Fast forward to 2023, and Audrey and Luke Skybarker are now making the rounds at Phelps Health, visiting patients and employees. Luke is a 3-year-old white Labrador retriever, who – after completing extensive training – was tested and approved by Susan to be a therapy dog. In fact, Susan handpicked Luke for Audrey.

Before volunteering at Phelps Health, Luke visited students at Missouri University of Science and Technology in Rolla. He is proud to show off his bag of tricks, including high-fives, and rolling over and playing dead when his handler says, "Pew, pew!"



When he's not socializing, Luke's favorite pastime is taking naps and playing Frisbee. He also enjoys playing with his little sister and fellow white Lab, Rey Skybarker.

"Luke's favorite meal is his next one," Audrey said. "He loves everything except for vegetables, which are a hard pass."

## Meet Sophia

Joan Murray adopted her dog, Sophia, who is part black Lab and part Rottweiler, about 4 years ago. Sophia, who is now 8 years old, was certified as a therapy dog in 2019.

A teacher at Rolla Middle School, Joan is retired from the military. She heard about the Pet Pals program through Susan.

"If there was ever a dog meant to be a therapy dog, it was Sophia," Joan said.

Sophia has received the Therapy Dog Excellence Award for completing 200 safe visits. Before the pandemic, Joan and Sophia would visit the Missouri Veterans Home in St. James as well as local hospice care and assisted living facilities.

To become a certified therapy dog, Joan and Sophia had to complete 21 hours of training at the K-9 Academy in Rolla. Sophia also graduated from obedience classes, including the Canine Good Citizen class.

"Her favorite thing is people. She honestly loves people," Joan said of Sophia, who knows how to shake paws and spread lots of smiles.

**"STRESS LEVELS RUN HIGH IN HEALTHCARE, AND THERAPY DOGS PROVIDE A WELCOME REPRIEVE."**

*-Mary Jane Aufdengarten*



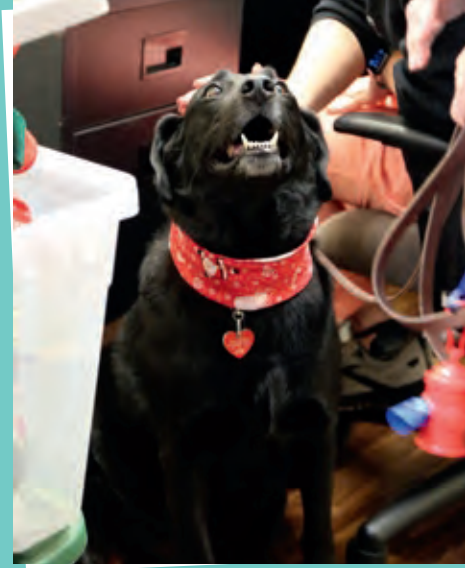
## Meet Jethro

Leroy Jethro Gibbs, named after the "NCIS" character, is a seasoned therapy dog with 5 years of experience under his collar. Prior to beginning his duties at Phelps Health, the 8-year-old black Labrador retriever mix has visited with elementary school children, residents at assisted living and memory care facilities, and residents at the Gingerbread House in Rolla.

His owner, Mary Jane Aufdengarten, met Jethro as a rescue dog when he was just 6 months old. Susan saw potential for Jethro to be a therapy dog, and he went on to complete Canine Good Citizen training at Canine Connections.

Jethro "loves to be loved," said Mary Jane, who sees the Pet Pals program as a great opportunity for Phelps Health. "Stress levels run high in healthcare, and therapy dogs provide a welcome reprieve."

*Paul Hackbarth contributed to this story.*



# MAKING A PAW-SITIVE DIFFERENCE

*Want to learn more about the Pet Pals program? Contact Crystal Lorah at [clorah@phelpshealth.org](mailto:clorah@phelpshealth.org) or (573) 458-7947.*





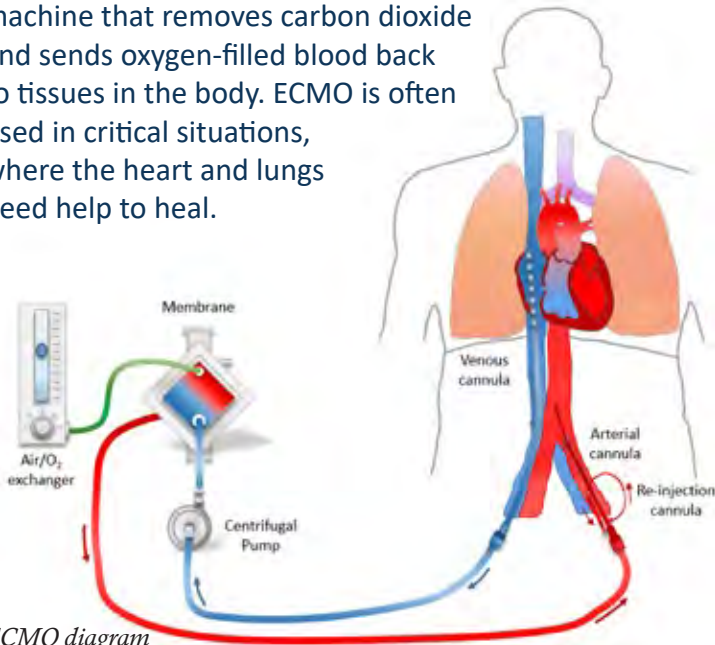
# CARDIOPULMONARY REHABILITATION PROGRAM IS A BREATH OF FRESH AIR FOR DIXON MAN

By Stefanie Van Wyk

In December of 2021, life – as he knew it – changed for Ian McLendon. A severe case of COVID-19 landed the 28-year-old Dixon, Missouri, man in the hospital at Phelps Health.

“I had blood clots in my legs and a serious case of pneumonia,” said Ian, who had been otherwise healthy up to this point. “Everything kind of happened at once. I was hospitalized here [at Phelps Health] for 3 days. On day 3, I was intubated on one form of life support. I was flown out to SSM Health Saint Louis University Hospital on December 12. And I spent roughly 4 months on ECMO in the hospital when I got to St. Louis.”

With ECMO, or extracorporeal membrane oxygenation, blood is pumped outside of the body to a heart-lung machine that removes carbon dioxide and sends oxygen-filled blood back to tissues in the body. ECMO is often used in critical situations, where the heart and lungs need help to heal.



ECMO diagram

During these 4 months, Ian was in a medically-induced coma and largely unaware of his body’s battle to survive.

“I had a G-tube (gastrostomy or feeding tube) in my stomach,” Ian said. “I also had a trach (or tracheotomy, the surgical formation of an opening into the trachea through the neck to allow the passage of air), several other forms of life support, lots of medication and lots of IVs...Between the medication and the illness, I wasn’t aware of what was going on. I would wake up randomly in certain areas, not knowing where I was, scared. But for the majority of those months, I was asleep.”

## AWAKE, BUT NOT OUT OF THE WOODS

“I think it was March when I finally woke up, and I started feeling a little better,” Ian said. “I started therapy, trying to get up. Just to get up out of bed was a challenge.”

However, Ian’s journey back to health was far from over.

“I was told that my lungs hadn’t really recovered that well,” Ian remembered. “I was still on a ventilator. Just because I was awake didn’t mean I was going to make it. I was still unstable, and I wasn’t doing well. [My care team at Saint Louis University Hospital] determined that I was probably going to need a lung transplant.”

Lung transplants aren’t performed at Saint Louis University Hospital, so a transplant coordinator started sending out referrals to different hospitals in the area. A hospital in Chicago, Illinois, was looking like it might be Ian’s best hope.

“Chicago called at 2:00 AM and said there was a bed open for me,” Ian said. “By 5:00 AM that same morning, they had retracted the offer and said they didn’t have one.”

After this latest blow, Ian was thankful to get an offer closer to home.



Ian McClendon walks on the treadmill for 30 minutes at the Phelps Health Cardiac and Pulmonary Rehab gym.



Patient Ian McClendon said the Pulmonary Rehab program at Phelps Health has resulted in an improved quality of life.

“Barnes-Jewish Hospital [in St. Louis] contacted me and said they were waiting for one more doctor to make the decision to move me there, so we could go ahead with the lung transplant. I ended up getting accepted and moved within that week.”

Once at Barnes, the hard work began for Ian.

“We had a lot of goals,” said Ian, on his entry to the ICU (Intensive Care Unit) at Barnes-Jewish Hospital. “I was still doing therapy. I had to meet a certain physical fitness requirement and walk a certain amount of feet before I could even be considered [for a lung transplant].”

## THE ROLLER COASTER CONTINUES

Enter two more setbacks, followed by a positive turn of events.

“I had an infection that wasn’t going to allow me to have the transplant until it cleared up,” remembered Ian. “My wife and I are at Barnes, waiting to see what’s going to happen. And then, just 2 days after I get to Barnes, I have an anaphylactic reaction (a severe, life-threatening allergic reaction) to one of the antibiotics they had given me for the infection. I went into anaphylactic shock, and I coded (went into cardiopulmonary arrest). Heart stopped. Airway closed. I’m not sure how long I was out of it.

“I woke up, and I was OK, but that set me back a little further. I could still get up and move, so I kept working. I worked harder and harder. I didn’t want to quit. I didn’t know what was coming down the pipe. I figured I was going to have to get the transplant, but then things slowly started to improve. I ended up getting off of ECMO and

eventually ended up on the Pulmonary Rehab floor.”

“I did not need a transplant,” confirmed Ian, who is now back at home in Dixon. “I’m still under the supervision of Barnes but am no longer on the active transplant list.”

## ON THE MEND

To heal his lungs, Ian began rehabilitation at the Phelps Health Cardiac and Pulmonary (Cardiopulmonary) Rehabilitation program last summer and continues to go twice a week. He is thankful to be able to complete rehab close to home, in Rolla. Located on the first floor of the Phelps Health Medical Office Building, the rehab gymnasium offers exercise equipment for patients to improve their heart and lung capacity.

When Ian began rehab, he could barely tolerate 10 minutes of physical activity. Now, he completes over an hour of exercise at a time. He described his fitness regimen.

“I walk the treadmill for 30 minutes every day I’m here and every other day at home,” Ian said. “I use the NuStep (a cross trainer), elliptical and arm crank, and I lift weights. There is a lot of equipment here, and I use all of it.”

The benefits of rehab have extended beyond physical gains for Ian.

“I like the positive reinforcement,” Ian said. “And they [respiratory therapists] motivate you. It’s more than just physical therapy. They are kind of like your therapist when you are feeling grumpy. They ask you how your week went. [My team] cares about my physical and emotional needs. I’m not just another patient.”

Ultimately, rehab has resulted in an improved quality of life for Ian.

“I’ve noticed a big difference [in my lung capacity], between working at home and using the equipment here [at Phelps Health],” Ian said. “I enjoy working with the team here. I’ve definitely had a lot of improvement since I got out of the hospital, and I don’t think it’s stopping here.”

## BREATHE EASIER

*Are you struggling with the aftereffects of COVID-19 and think you might benefit from the Phelps Health Cardiac and Pulmonary Rehab program? For this and other lung-related conditions, talk to your primary care provider about a referral to this program.*





# 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:*



**Arun Gautam, MD | Pulmonology/Critical Care**

“Modern medicine is understandably complicated, and this often confuses patients. I strive to be an advocate for my patients, to help them understand the different procedures they may undergo and the specialists they may need to see.”



**Nathan Crawshaw, PA-C | Family Medicine**

“As a PA (physician assistant), provider-patient teamwork is essential. We need to work together to manage medical conditions and to meet wellness goals. I consider myself a good listener and strive to ensure my patients are being heard.”



**Jennie Orlando, FNP-C | Immediate Care**

“As a provider, my golden rule is to listen to my patients. I have a hard and fast rule to never talk over my patients. They know themselves best, and I want to be their advocate. Having been a nurse since 2004, I bring a good deal of patient experience to Immediate Care.”



Visit [phelpshealth.org](http://phelpshealth.org) to nominate a Phelps Health employee for an award today.



## THANK YOU FOR SUPPORTING BREAST CANCER AWARENESS

Thank you to the Stars and Pearls Social Club and the Waynesville community for their gift of \$500 to the Phelps Health Foundation Mission Fund. A check presentation was held in February at the Phelps Health Waynesville Medical Plaza.

The group hosts an annual breast cancer awareness march and fundraiser each fall. These events help raise awareness in the Waynesville area and support free mammograms for women who qualify at Phelps Health each October.

Last year, 33 women were screened and received additional diagnostic services during the 50 Free Mammograms Day in October. Women who qualified for Medicaid or other forms of insurance also were assisted.

*Learn more about supporting the Phelps Health Foundation and programs like breast cancer awareness. Contact Marsha Wayman, director of philanthropy, at [mwayman@phelpshealth.org](mailto:mwayman@phelpshealth.org) or (573) 458-7946.*



Stacy Jones, RN

## DAISY AWARD WINNER

Congratulations to Stacy Jones, RN, who works in Surgical Orthopedics, 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.*

### October

**CARES Award:** Erika Hills, Care Management

**We Caught You Caring Award:** Dr. John Garcia, Emergency Department

**Department Award:** Emergency Department

### November

**CARES Award:** Sarah Stone, Food Services

**We Caught You Caring Award:** Jennifer Moody, Medical Imaging

**Department Award:** Respiratory Therapy

### December

**CARES Award:** Brandy Parks, Clinical Quality and Measurement

**We Caught You Caring Award:** Dr. Cory Offutt, Family Medicine

**Department Award:** Patient Access/Registration

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



# QUICK READS

## Grateful Patients

“Grateful patients make grateful donors” is a phrase often heard around Phelps Health. Throughout the year, thankful community members show their support by recognizing a healthcare hero or honoring a loved one with a gift to the Phelps Health Foundation. Notes of gratitude are then displayed on the Tree of Gratitude, located at the Foundation office, 907 West 12th Street, Rolla. All gift proceeds benefit the Foundation’s Mission Fund, which supports special Phelps Health projects and individual patient needs.

In February, grateful patients recognized American Heart Month and supported heart care initiatives that advance Phelps Health’s mission to provide high-quality, accessible healthcare. Through generous donors – including a legacy gift from Dr. Robert B. Young – the Foundation bought equipment for the Cardiac and Pulmonary Rehabilitation program at Phelps Health.

“This equipment provides a safe way for patients to rebuild their strength during cardiac and pulmonary rehab,” said Helen Thomure, a Phelps Health respiratory therapist. “In 2022, we provided care to over 100 cardiac and pulmonary patients, including many post-COVID-19 pulmonary patients. This equipment will impact many people.”

In March, grateful patients can recognize their favorite healthcare provider on Doctors’ Day (March 30). Doctors’ Day is celebrated all month long and ends with the hanging of red carnations on the portraits in the Phelps Health Physicians Hall of Fame. Dr. Young will be among those honored for his 39-year career at Phelps Health and his legacy gift.



Helen Thomure, CRT, (left) and Katelyn Randolph, RN, with the Phelps Health Cardiac and Pulmonary Rehabilitation program

Donate online at <https://phelpshealth.salsalabs.org/gratefulpatient> or use the envelope in this magazine to mail your gift.

**Learn more about supporting the Phelps Health Foundation. Contact Marsha Wayman, director of philanthropy, at [mwayman@phelpshealth.org](mailto:mwayman@phelpshealth.org) or (573) 458-7946.**



## SAVE THE DATES

**MARCH 30: National Doctors’ Day**

**MAY 20: Butterfly Release Celebration\***

**JUNE 9: Phelps Health Foundation Charity Golf Tournament**

*\*To sponsor the Butterfly Release Celebration, email [foundation@phelpshealth.org](mailto:foundation@phelpshealth.org). Sponsorships close April 15, 2023.*

The Heart-2-Heart event will return in 2024!  
More information will be coming soon.

# LEADERSHIP *Spotlight*

Each issue, we highlight a Phelps Health leader.

**Jana Cook**, Senior Vice President/  
Chief Financial Officer of the Hospital

## FUN FACTS ABOUT JANA COOK

- *Disney World is the most magical place on earth, followed only by Disneyland. I love everything Disney.*
- *I love Christmas, and I put up a total of 13 Christmas trees in my house.*
- *The church caught on fire during my wedding. My husband and I were up in a hot air balloon after the ceremony, and the candelabra lit a screen on fire.*
- *I am an Olympics fanatic – gymnastics, swimming, skiing – you name it.*
- *I love playing golf, although I don't keep score.*



## PHELPS HEALTH SUPPORT GROUPS

### Stroke Survivors Support Group

First Tuesday of each month | 1:00-2:30 PM

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

### 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

### 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](mailto:ostomysupport@phelpshealth.org)

### 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





For a video on how to make this recipe, visit [pelpshealth.org](https://pelpshealth.org)

## NUTRITION INFORMATION

*Servings: 5 | Serving size: 1 4-5 oz. chicken breast (without cheese) with 3 roasted cherry tomatoes*

Calories: 135  
Fat: 2g  
Carbohydrates: 5g  
Dietary fiber: 1g  
Sugars: 2g  
Protein: 25g

*Source: Modified from [littlebroken.com](https://littlebroken.com)*

# BALSAMIC CHICKEN WITH ROASTED CHERRY TOMATOES

## INGREDIENTS

- 2 pounds skinless, boneless chicken breasts
- 8 ounces cherry tomatoes
- 1/3 cup balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon Italian seasoning
- 2 teaspoons honey
- Kosher salt and black pepper to taste
- 8 ounces mozzarella (optional)

## PREPARATION

*Prep time: 15 minutes | Total Time: 45 minutes*

1. In a bowl, whisk together the balsamic vinegar, honey, Dijon mustard and Italian seasoning to make the sauce. Set aside.
2. Cut the cherry tomatoes into halves.
3. Preheat oven to 400 degrees F.
4. Heat skillet to medium heat and spray with oil. Season the chicken with salt and pepper, to taste. When the pan is hot, add the chicken to the skillet in a single layer. Cook for 1-2 minutes on each side or until lightly golden brown. Transfer the chicken to a baking pan and add the balsamic sauce mixture, cherry tomatoes and (optional) mozzarella.
5. Bake uncovered for 10 minutes or until chicken is fully cooked through. Internal temperature should register at 165 degrees F. Remove from the oven and rest for 5 minutes before serving.

## 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 [pelpshealth.org/balance](https://pelpshealth.org/balance) and your recipe may appear in a future issue of the Balance magazine.

# FOR YOUR HEALTH: SHEDDING LIGHT ON FAMILY HISTORY AND CANCER RISK

By Dr. Graham A. Colditz, Siteman Cancer Center

If you ask some of your friends to name three things that increase the risk of cancer, it'd be likely that some version of "family history" would make most of their lists.

They'd be right, of course. Having a family history of cancer can increase the risk of developing the disease, sometimes significantly so. At the same time, the link between the two can be more nuanced than many people may realize.

Some types of family history may not increase cancer risk at all. Some may increase risk only moderately, and others may signify a strong family history that puts people at a higher risk of cancer and may indicate a genetic risk that runs in the family.

"Red flags of a strong family history include multiple family members with the same type of cancer or family members diagnosed with cancer at a younger age than average," said Dr. Amy Cyr, an oncologist specializing in hereditary breast cancer at Washington University School of Medicine in St. Louis. "Other red flags include unexpected cancers, like men with breast cancer, or multiple cancers in a single person."

Those who are at higher risk of cancer may need to get certain screening tests earlier and more often than most people. They also may be eligible for medications or other care that can help lower or manage their risk.

When it comes to determining risk from a family health history, cancers in parents, brothers, sisters and children – what are known as first-degree relatives – are most important, Dr. Cyr said. But cancer history in other relatives, like grandparents, cousins, aunts and uncles provide useful information as well.

The more detailed the information you have about your family history, the better. Knowing the specific type of cancer and at what age your relative was diagnosed is especially important.

Whatever the season, family gatherings around holidays can be great opportunities to fill in any blanks. But, admittedly, doing so isn't always easy, or even possible, for those who've been adopted, don't have contact with their families or simply have family members who don't like to share such things. Sometimes, the best we can do is just piece together what we can.

## When should we talk to a healthcare professional about our family history of cancer?

"I think it's reasonable for anyone with cancer in a first- or second-degree relative – parent, brother, sister, child, aunt, uncle, grandparent – to talk to their healthcare provider about how their family history impacts their risk and the need for screening. Depending on that history, the next step may be referral to a cancer specialist or genetic counselor," Dr. Cyr said.

These conversations have benefits at nearly any age but should ideally happen in early adulthood, by age 30.

Whether you have a family history or not, discussions with a provider about cancer risk also may include the importance of healthy behaviors.

"Sometimes there is so much focus on family history that we underestimate the impact of lifestyle choices on cancer risk," Dr. Cyr said. "Having a family history of breast cancer, for example, does impact a woman's risk, but it is only one component of risk."

Healthy behaviors to focus on that can help lower the risk of cancer, as well as heart disease, stroke and diabetes, include: not smoking, being physically active, keeping weight in check, eating a healthy plant-based diet and avoiding alcohol.

As the field rapidly advances, though, we're learning more and more about the ways family history and inherited genes impact the risk of cancer – as well as the steps that can help lower or manage that risk in the future. That makes it an important part of looking after our overall health and wellness.

"Not everyone with a family history of cancer needs extra screening or genetic testing, but it never hurts to talk to a healthcare provider for personalized recommendations," Dr. Cyr concluded.

## IT'S YOUR HEALTH. TAKE CONTROL.

View the **8IGHT WAYS** series about reducing cancer risk at [8ightways.org](http://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](http://YourDiseaseRisk.com).





# Phelps Health

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## LOOKING FOR A HEART-HEALTHY DIET?

*Eating healthy is an important step to preventing heart disease.*

The Mediterranean diet is a heart-healthy eating pattern based on the traditional foods and cooking styles of the countries bordering the Mediterranean Sea.

**The Mediterranean diet includes fresh, minimally processed foods that are mostly plant-based, including the following:**

- Fruits and vegetables
- Bread and other grains
- Potatoes
- Beans, nuts and seeds
- Olive oil
- Small to moderate amounts of low-fat or fat-free dairy products, eggs, fish and poultry (chicken)

Visit [phelpshealth.org](https://phelpshealth.org) to learn more about heart-healthy diets.

