

BALANCE

*Our Family Caring for Yours
Spring 2020*

SEE WHAT'S INSIDE:

— Ask a Pediatrician

— Hala Samman, MD, Joins Phelps Health

— General Surgery Clinic on the Move



PHELPSHEALTH.ORG



A HEART FOR HELPING OTHERS

At Phelps Health, we take great pride in our exceptional workforce. We know our physicians, employees, staff and volunteers could choose to employ their talents at other places, and we are fortunate they continue to choose Phelps Health. One of our most valued resources is our Auxiliary volunteers, who donate countless hours of their time to benefit our patients and visitors. The motives for why our Auxiliary members elect to volunteer at Phelps Health vary, but one thing is consistent—these individuals all have a heart for helping other people. Read more about why five of our Auxiliary members volunteer on page 7.

We also continue to work toward providing our community with needed healthcare resources, which includes recruiting new providers and allowing for the future growth of our service lines. One area that is being expanded is the General Surgery clinic, which will relocate in late April to the second floor of the building that houses the Delbert Day Cancer Institute (DDCI). You can learn more about the new General Surgery clinic on page 9. Then, meet one of our newest physicians, Hala Samman, MD, who specializes in neurology and sleep medicine on page 5.

Our patients are the reason Phelps Health exists, and we make every effort to ensure they are receiving cutting-edge healthcare with the compassion they deserve. You can read more about Brian Jungferman, a colon cancer patient receiving treatment at the DDCI on page 3. Brian shares his story and tells about the exceptional care he and his family have received while at Phelps Health.

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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Please visit phelpshealth.org or the Phelps Health Facebook page if any events mentioned in this issue are cancelled.

APRIL

16 Prenatal Education Class
When: 9:00 AM-3:00 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353

25 Prescription Take Back Day
When: 10:00 AM-2:00 PM
Where: Phelps Health Green Parking Lot
Cost: Free
Contact: (573) 458-3771

27 Hospice Spring Memorial Service
When: 6:00 PM
Where: Shirley Day Conference Center, Phelps Health DDCI
Cost: Free
Contact: (573) 364-2425



MAY

05 and 12 Prenatal Education Class*
When: 5:30-7:30 PM
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7353
 * Two-part evening class, participants will be scheduled for both classes



JUNE

06 National Cancer Survivors Day
When: 8:00-10:00 AM
Where: Greentree Christian Church, Rolla
Cost: Free
Contact: (573) 458-3324

08 Phelps Health Golf Classic
When: 6:30 AM-7:00PM
Where: Oak Meadow Country Club, Rolla
Contact: (573) 458-7249

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

13 Phelps Health Butterfly Release Celebration
When: 9:00-11:00 AM
Where: Huffman's Flowers of the Field Garden Center, St. James
Cost: \$30 to reserve a butterfly*
 *Sponsorship levels vary
Contact: (573) 458-7143

SUPPORT GROUPS

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

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

Diabetes Support Group*
When: First Saturday of each month from 10:00 AM-Noon
Where: Private Dining Room 2, Phelps Health Hospital
Cost: Free
Contact: (573) 458-7314
 *No classes in January, July or September

ASK A DOCTOR

Answering Questions about Common Pediatric Concerns

Q What is constipation? **A** How is it treated in kids?

Constipation is simply stools that are painful or difficult to pass, according to Shawna Gifford, MD, a pediatrician with the Phelps Health Medical Group. Constipation can be a problem for toddlers and young children while potty training or learning to use the bathroom by themselves. Infants less than 6 months old who are constipated should see a doctor.

To treat constipation, start by giving your child more fiber (try whole-grain bread, fiber bars or gummies) and water. “If your child continues having trouble, you may start them on MiraLAX per the instructions on the label,” Dr. Gifford said. “If this does not work or your child is having trouble passing stool, please see your pediatrician.”

Q What if my child has repeated ear infections?

Ear infections are often related to Eustachian tube dysfunction. “The Eustachian tube is the tube that runs from behind the eardrum to the nose and equalizes pressure behind the eardrum,” Dr. Gifford explained. Allergies and colds can cause fluid buildup, and bacteria may form, causing an infection.

“If your little one has had four ear infections in the last six months or six in the last year, they may qualify to have a short plastic tube placed in the eardrum that equalizes the pressure and allows fluid to drain,” Dr. Gifford said. “This can improve hearing and decrease ear infections.”

Q How are allergies treated in kids?

Children age 2 and under with allergies should be seen by a doctor. Older kids can take the children’s version of Cetirizine or Loratadine to help relieve allergy symptoms, Dr. Gifford said. Local honey can help with allergies in kids over age 1. Phelps Health offers allergy testing and immunotherapy (allergy shots or drops) for kids age 5 or older.

Q What is RSV? **A** How is the virus treated?

Respiratory syncytial virus (RSV) is the most common cause of lower respiratory infections in kids under age 2. In older kids and adults, RSV presents more like a common cold, but in infants and toddlers, the virus can cause trouble breathing and difficulty feeding. “Good handwashing and avoiding those who are sick are the best ways to prevent the spread of RSV,” Dr. Gifford said.

If you think your infant who is less than 6 weeks old may have RSV, see a doctor. “If your child tests positive for RSV or you are worried they might have RSV, monitor their breathing and oral intake,” Dr. Gifford said. To help with breathing and feeding, put a couple of drops of saline in each side of the nose and then suction the saline out with a bulb syringe.

RSV usually gets worse on day four or five of the illness, and then improves, usually ending around days 10 through 14. “The cough can linger for about three weeks before it stops completely,” Dr. Gifford said.

FIND A PEDIATRICIAN

To establish care with a Phelps Health pediatrician, call (573) 364-9000. Visit [phelpshealth.org](https://www.phelpshealth.org) to learn more about Phelps Health pediatricians.

DIFFICULT DIAGNOSIS INSPIRES CANCER PATIENT TO EMPOWER OTHERS

By Paige Marsolais-Heitman

When Brian Jungferman was diagnosed with stage IV colon cancer at age 36, the journey ahead of him looked frightening and difficult. However, with comprehensive care and support from a team of experts at the Phelps Health Delbert Day Cancer Institute (DDCI), Jungferman was determined to create a positive outlook for himself since he began treatments in May 2019.

Prior to his diagnosis, Jungferman experienced periods where he would black out, which raised questions about his health. His provider recommended a colonoscopy to determine the root cause of his symptoms. Normally recommended for people age 45 and older, a colonoscopy is a screening test for colon and rectal cancer. Through this procedure and combined with further testing, Jungferman received a life-altering diagnosis of stage IV colon cancer.

“Finding out that I had stage IV colon cancer was shocking,” Jungferman said. “There is no history of cancer in my family, and I had been healthy my whole life up until my diagnosis.”

After learning that he had stage IV colon cancer, Jungferman underwent surgery to remove part of his colon and several lymph nodes. In May of 2019, he began treatment at the DDCI under the care of medical oncologist and hematologist Kan Huang, MD, PhD, and Becky Witham, FNP-C, AOCNP.

“I’ve responded well to my treatments,” said Jungferman. “After the first round, the cancer shrunk by 50% and has only continued to decrease with each additional treatment.”

A native of Rolla, MO, Jungferman and his wife Ashley have been impressed by the quality of care their family has received at the DDCI.

“Susan Buhr, an oncology social worker, was one of the first staff I interacted with at the Phelps Health DDCI. I could not have done any of this without her,” he said, noting that Buhr was able to make a terrible situation manageable. “She walked me through every step of my diagnosis and answered every question I had.”

Receiving care close to home made a positive impact on Jungferman and his family, who have been able to spend more time together and less time traveling to receive treatment.

“After visiting other hospitals in larger cities, it was easy to choose Phelps Health as my cancer treatment center, and I am so glad that I did,” said Jungferman. “My care team here provides the same level of treatment as anywhere else.”

Jungferman’s experience at the DDCI continues to be a positive one, with an integrated care team of

physicians, nurses and staff to support him every step of the way.

“I would absolutely recommend the Phelps Health DDCI to anyone who is battling cancer. Every person who I have interacted with here has made me feel like I matter and that I am important to them. You can’t replicate that,” said Jungferman. “Since day one, every single member of my care team has been there for me and my family.”

“Every person who I have interacted with here has made *me feel like I matter.*”

Visit phelpshealth.org to watch a video of Brian Jungferman’s experience at Phelps Health.



NOT GETTING ENOUGH ZZZ'S?

Phelps Health Sleep Medicine Specialist Hala Samman, MD, Can Help

By Paul Hackbarth

People spend about one-third of their lives sleeping, but the exact reasons why individuals sleep are still a mystery.

“We do know that getting a good night’s sleep is important for our nervous system, our immune system, our endocrine system and our skeletal and muscular systems,” said Hala Samman, MD, a sleep medicine physician and neurologist who joined the Phelps Health Medical Group in December 2019.

“We also know that not getting enough sleep leads to an increased risk for heart disease, diabetes, obesity, dementia and depression,” Dr. Samman said.

The importance of sleep to people’s overall health and well-being is what led Dr. Samman to pursue a career in healthcare.

“I have wanted to become a doctor since I was in elementary school,” said Dr. Samman. As a child, she made makeshift hospitals out of shoeboxes for injured bugs around her neighborhood.

“I couldn’t stand to even see bugs suffer, so naturally I decided my true calling was to be in a profession dedicated to caring for others,” she said.

After receiving her medical degree from Ross University School of Medicine, Dr. Samman completed residency training in neurology at the

University of Kansas Medical Center in Kansas City, Kansas. In addition, she completed a sleep medicine fellowship at the Mayo Clinic in Rochester, Minnesota.

Sleep medicine is a specialty devoted to the diagnosis and therapy of sleep disturbances and disorders.

“What I love about my field is that fixing people’s underlying sleep problem can help them feel so much better, and then they can go on to lead happier, healthier lives,” Dr. Samman said. “I also love interacting with people on a day-to-day basis.”

As a sleep medicine specialist, Dr. Samman has special interests in and can help patients with the following conditions:

- Sleep apnea
 - Snoring
 - Insomnia or difficulty falling and staying asleep
 - Restless leg syndrome
 - Narcolepsy (excessive, uncontrollable daytime sleepiness)
 - Hypersomnia (excessive sleepiness)
 - Parasomnias (sleepwalking, sleep talking, sleep eating)
 - REM (rapid eye movement) sleep behavior disorder
 - Other general sleep disorders
-

Dr. Samman works closely with the Phelps Health Sleep Center, with locations in Rolla and Waynesville, MO. Dr. Samman and staff at the Sleep Center can conduct diagnostic tests, including baseline sleep studies (polysomnography) and PAP (positive airway pressure) titration sleep studies, which help determine the type of device and level of air pressure a person needs.

Also offered at the Sleep Center are nap tests, or multiple sleep latency tests (MSLT), which help determine how quickly a person can fall asleep, as well as maintenance of wakefulness tests (MWT), which measure someone's ability to stay awake and alert during the day.

Sleep studies, which require a physician referral, are conducted Mondays through Fridays at the Phelps Health Sleep Center.

Dr. Samman and the Phelps Health Sleep Center can also work with patients to create individualized treatment plans, which may include one or more of the following:

- CPAP (continuous positive airway pressure)
- BiPAP (bilevel positive airway pressure)
- ASV (Adaptive servo-ventilation)
- Various medications
- Nighttime oxygen

Taking care of a person's sleep health is an important part of maintaining good general health, Dr. Samman said.

"There is so much we can do from a sleep medicine standpoint to help prevent and/or minimize the risk for many diseases," she said.

Getting enough sleep can improve brain function and memory as well as maintain strong and healthy muscles and bones.



GET TO KNOW HALA SAMMAN, MD

- Dr. Hala Samman grew up in Ohio.
- Her husband is a cardiologist.
- Her hobbies include playing tennis, yoga and paddle boarding.

LEARN MORE

Dr. Samman is currently accepting new adult patients at the Phelps Health Medical Office Building in Rolla, MO. To learn more about Dr. Samman or sleep medicine, visit phelpshealth.org or call (573) 458-3350.

5 *Volunteers Share Their Phelps Health Experience*

By Paige Marsolais-Heitman

Volunteers with the Phelps Health Auxiliary and Volunteer Services wear many hats. They help transport patients, visit with and talk to the elderly, greet visitors, run the gift shop and assist in meal delivery. Depending on the department needs, they can help in most areas. There are several reasons why people volunteer at Phelps Health.

Ron Mills – 11 years

A native of Rolla, MO, Ron Mills has been volunteering at Phelps Health for 11 years. “Before I started volunteering, I had a terrible accident and was brought to Phelps Health, where I stayed for almost two weeks,” said Mills. “I had the most incredible nurses and doctors caring for me every day during my stay. They made a difference in my recovery and inspired me to want to get better.”

After being released, Mills immediately applied and was accepted to become a volunteer for the Phelps Health Auxiliary and Volunteer Services. As a volunteer, Mills walks patients to different areas throughout the hospital for appointments. “The friends you make and the people you help become a community,” Mills said.

Mabel Godfrey - 20 years

With two decades of experience, Mabel Godfrey is a seasoned volunteer. “I help out with the Lily Pad Gift Shop and love every minute of it,” said Godfrey. “I had to learn a new computer system when the gift shop expanded, but I’ve gotten to meet so many interesting people and form great friendships. People come in to buy gifts they can’t buy anywhere else in town, but sometimes they also just want someone to visit with when someone they love is getting care at the hospital.”

For Godfrey, being able to volunteer at Phelps Health has helped her meet new people, make a difference in her community and learn new skills.

Godfrey moved to Rolla, MO, 50 years ago. When she is not volunteering at Phelps Health, she participates in Club TEAC, the Club To End All Clubs.

Ron McClanahan – 3 years

A three-year volunteer, Ron McClanahan believes in going where the need is. “When I first started volunteering, I just wanted to help and went wherever the need was,” said McClanahan. He volunteers at the Phelps Health Delbert Day Cancer Institute, handing out care items and lunches to patients.

“Hurting isn’t always visible. With patients who are receiving cancer treatments, you get a chance as a volunteer to show them that you care and that they matter.”

Being a volunteer has made McClanahan more compassionate and sympathetic to what others may be struggling with. “I’ve become more aware of others around me since I started volunteering. It’s a really beautiful thing to help others because it makes you feel good.”

Sherry Elliot – 6 years

Sherry Elliott has always loved helping others. From an early age, she knew she wanted to pursue a career where she could give back to others and became an early childhood educator. After teaching in San Diego, CA, for 35 years, Sherry and her husband relocated to Rolla, MO, in 2001.

Elliott has been a volunteer for six years and helps out at the Lily Pad Gift Shop and with special events, such as book fairs and blood drives.

“Working in the Lily Pad Gift Shop, you get to meet people at some of the most vulnerable moments of their lives and make a positive impact,” said Elliott. “One woman had a husband who was undergoing surgery at Phelps Health and was very distraught. I was able to put my arm around her, listen to her story and encourage her that day.”

Julie Schmidt – 14 years

Julie Schmidt became a volunteer 14 years ago to keep busy after retirement. “I always want to be doing something,” Schmidt said. “As a cancer survivor, I want to give back to those who have given so much to me.”

Schmidt stocks and folds rack cards for mailings and delivery throughout the hospital, among other volunteer work. Originally from Harvey, ND, Julie and her husband Pete moved to Rolla, MO, in 1983.

Volunteering has made a positive impact in Schmidt’s life, and she encourages everyone to volunteer in some capacity. “Volunteering is lots of laughs and fun,” said Schmidt. “You feel loved and you get to give back to your community.”



ARE YOU LOOKING FOR VOLUNTEER OPPORTUNITIES?

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

ON THE

MOVE

General Surgery Clinic Relocating to Delbert Day Cancer Institute

By Paul Hackbarth

This spring, Phelps Health's General Surgery clinic will move to a new, larger space to better serve patients in south-central Missouri.

The General Surgery clinic, located on the fourth floor of the Medical Office Building on the main Phelps Health campus in Rolla, MO, will be relocating to the second floor of the building that houses the Delbert Day Cancer Institute (DDCI) at 1060 West 10th Street.

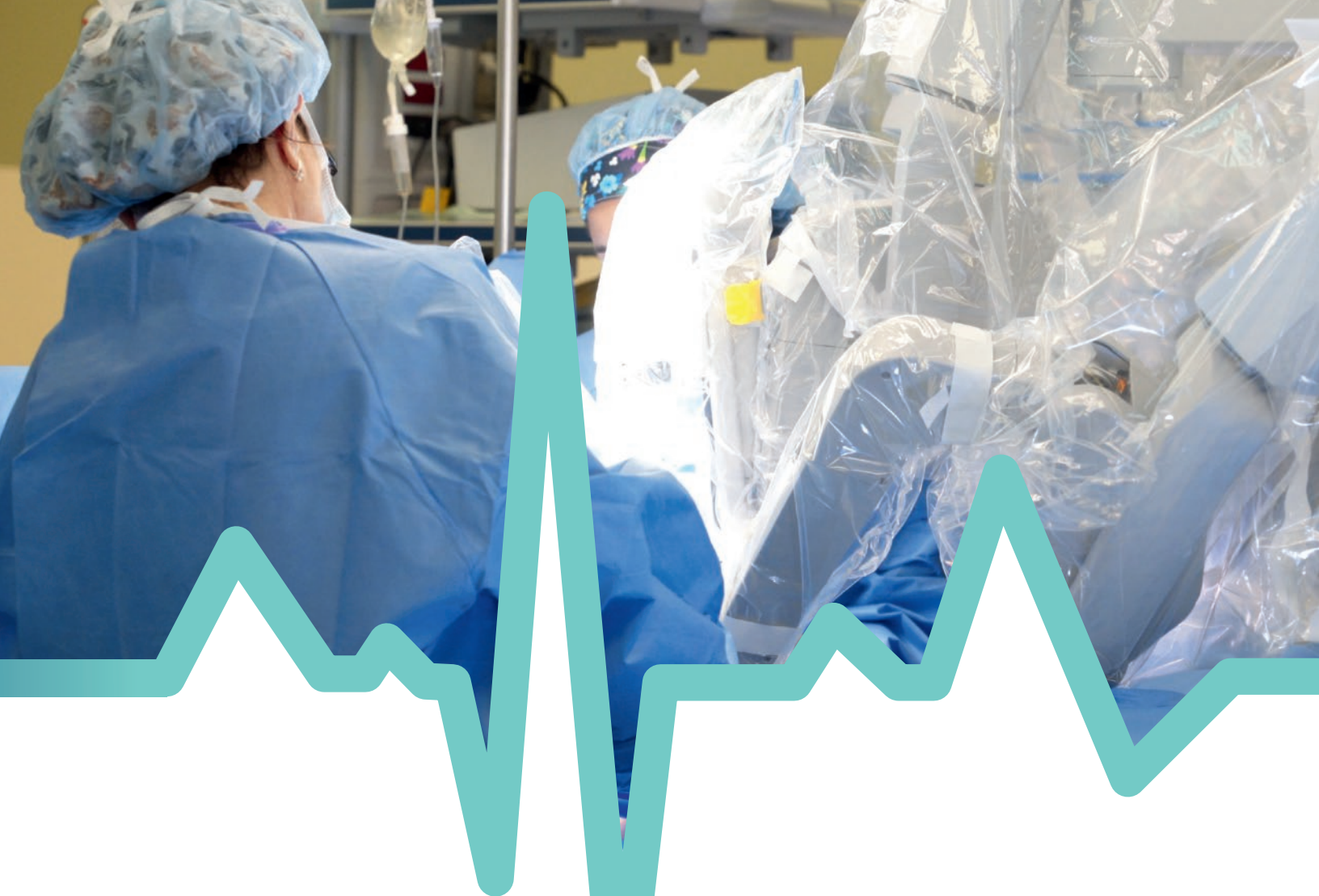
The new General Surgery clinic is scheduled to open on April 27, 2020. Starting on this date, patients who see Phelps Health's General Surgery providers will meet for their appointments and exams in a new space in the DDCI.

The General Surgery clinic is currently located

in Suite 400 of the Medical Office Building, with limited space for growth.

"The General Surgery clinic is a busy practice, and to allow for future growth in this service, we decided to move our General Surgery clinic to a bigger area," said Jason Shenefield, senior vice president and chief operating officer at Phelps Health. "Relocating the clinic provides General Surgery with room to expand and grow."

The DDCI is one of the newest buildings on the main Phelps Health campus. During construction, the cancer center was built with room to allow expansion of Phelps Health service lines.



McCarthy Building Company Inc. was the general contractor on the project. Phelps Health has worked with McCarthy on several construction projects over the last several years, including building the DDCI.

Construction of the new General Surgery clinic at the DDCI began in December 2019. The new clinic, which is about 10,455 square feet, will be almost double the size of the current General Surgery clinic in the Medical Office Building.

There will be 16 exam rooms in the new space, compared to nine exam rooms in the current General Surgery clinic. The new clinic space also will have two procedure rooms and a dedicated space to schedule patients' surgical procedures.

While the General Surgery clinic will have a new location, the clinic's phone number (573) 426-6239, will remain the same.

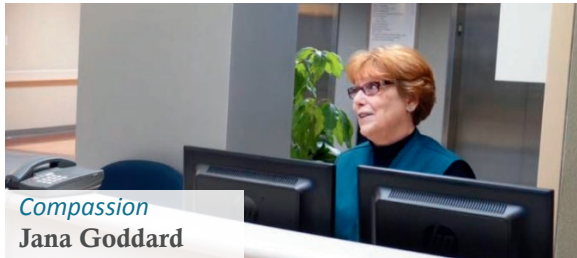
Visit phelpshealth.org to learn more about General Surgery and Surgical Services at Phelps Health.



SEE WHAT'S HAPPENING

Around Phelps Health

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



Compassion
Jana Goddard

PATIENT EXPERIENCE AWARD WINNER

Congratulations to Phelps Health volunteer Jana Goddard for receiving a recent Patient Experience Award. Goddard was recognized for displaying compassion. At Phelps Health, compassion is defined as “believing in acting on the empathy felt toward the needs of patients and families.”

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



Thank you, nurses!

Phelps Health nurses provide exceptional healthcare in multiple specialty areas to patients of all ages. Join Phelps Health during National Nurses Week, May 6-12, as we recognize our nurses for the high-quality, dedicated care they provide. Phelps Health nurses consistently deliver outstanding, personalized and patient-centered care to patients throughout our health organization. Check out Phelps Health’s current nursing job openings at phelpshealth.org/careers.

For more information about nursing opportunities at Phelps Health, contact Jessica Fisher, nurse recruiter, at (573) 458-7166 or nurserecruiter@phelpshealth.org.

APRIL IS DONATE LIFE MONTH

Below are three things to know about organ, eye and tissue donation:

Who can donate?

People of all ages can be an organ or tissue donor. A donor's medical state at the time of death, not age or illness, will decide what organs and tissues can be given. Medical staff reviews the chance for donation on a case-by-case basis at the time of death.

How do I make my decision to donate known?

Inform your family. Sign up on Missouri's donor registry at your local motor vehicle or license office, include your decision in your advance healthcare directive or register online at donatelifemissouri.org.

Why is donation important?

Thousands of people die or suffer each day due to a lack of organ and tissue donors. One donor can save the lives of up to eight people and enhance the lives of up to 75.



AUXILIARY VOLUNTEEN PROGRAM DEADLINE

The deadline for local youth to apply to participate in the Phelps Health Auxiliary and Volunteer Services VolunTEEN program this summer is May 15, 2020. This program is open to junior high and high school students ages 14-18. This year's VolunTEEN program will take place from June 1-25, 2020. For more information, visit phelpshealth.org or contact Crystal Lorah, Auxiliary and Volunteer Services manager, at (573) 458-7947 or clorah@phelpshealth.org.

HEALTH CAREER CAMPS OFFERED IN JULY

The Phelps Health Auxiliary and Volunteer Services and Mid-Missouri Area Health Education Centers (Mid-MO AHEC) will offer health career camps this summer.

The first camp for youth ages 13-15 is scheduled for July 8-10, 2020, from 9:00 AM to 5:00 PM. The deadline to apply for this camp is June 26, 2020.

The second camp for youth ages 16-19 is scheduled for July 27-31, 2020, from 9:00 AM to 5:00 PM. The deadline to apply for this camp is July 13, 2020.

For more information, contact Crystal Lorah, Auxiliary and Volunteer Services manager, at (573) 458-7947 or clorah@phelpshealth.org.

WE ARE HIRING

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

Around Phelps Health



DON'T TAKE OUR WORD FOR IT...

ST. JAMES AREA WOMAN'S EAR ITCH TURNS OUT TO BE PSORIASIS

For about a year, Delores Wagner had an itch in her ear that would not go away – no matter what she did. One day, she called Judyann Krenning, MD, an ear, nose and throat (ENT) physician with the Phelps Health Medical Group.

Dr. Krenning discovered that Wagner's ear itch appeared to be psoriasis. Wagner said she was given some medicine and within about one week, the itch was gone.

"It's never come back, and I've had no problems since then," Wagner said.

Wagner is quite thankful that Dr. Krenning was able to help her. "She didn't rush me," Wagner said. "She took her time with me and really paid attention to me. She treated me like I mattered."

[Read more of Wagner's story and learn about Phelps Health ENT and allergy services by visiting \[phelpshealth.org\]\(http://phelpshealth.org\).](#)



UPCOMING SILVER EAGLES EVENTS

The Phelps Health Silver Eagles, a program that promotes healthy aging, is FREE for those age 50 and above. For more information about the Silver Eagles program, call Tracy Limmer at (573) 458-7759.

April

Members-only day trip

May 27

Phelps Air

Speaker: Jim Schneider, RN, CEN, NREMT-B

Time: 1:30-2:30 PM

Location: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute, 1060 West 10th Street, Rolla, MO

June 24

Phelps Health Urology

Speakers: Joel Leon-Becerril, MD, and Geoffrey Lloyd-Smith, MD, FACS

Time: 1:30-2:30 PM

Location: Shirley Day Conference Center, Phelps Health Delbert Day Cancer Institute, 1060 West 10th Street, Rolla, MO

WHEN ARE ANTIBIOTICS NEEDED?

As you may have guessed, bacteria cause bacterial infections, and viruses cause viral infections. However, one important difference between infections caused by bacteria and viruses is that antibiotics can kill bacteria, but they cannot kill viruses.

“Antibiotics do not work for viral infections. Antibiotics are primarily for bacterial infections,” says Cory Offutt, MD, a family medicine doctor with the Phelps Health Medical Group. “There are very few viruses that can be treated with antiviral medications.”

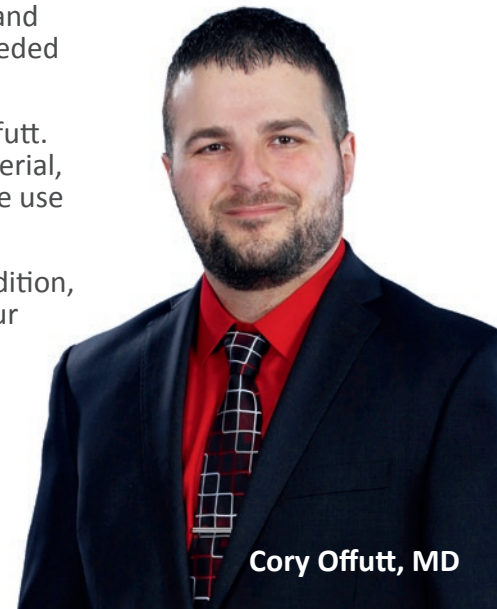
Certain conditions like strep throat and urinary tract infections, which are caused by bacteria, can be treated with antibiotics. Antibiotics will not help with diseases caused by viruses, such as common colds, chicken pox and influenza.

Certain health issues, like sinus infections, middle ear infections, pneumonia and meningitis, can be caused by either bacteria or viruses. Antibiotics may be needed in these cases, if bacteria is the cause.

“Bronchitis is one illness for which antibiotics are overprescribed,” says Dr. Offutt. “A large majority of bronchitis cases are viral, and even the ones that are bacterial, the Centers for Disease Control and Prevention (CDC) recommends against the use of antibiotics.”

If your healthcare provider does not prescribe an antibiotic drug for your condition, a virus may be to blame. Talk with your doctor about ways you can relieve your symptoms and feel better without antibiotics.

To learn more about antibiotics and the difference between viral and bacterial infections, visit phelpshealth.org/phelps-health-podcast.



Cory Offutt, MD

EARLY DETECTION IS ESSENTIAL

Prostate cancer is the most common cancer in men (not counting skin cancer) and one of the leading causes of cancer death among men.

The American Cancer Society (ACS) recommends that men have a chance to make an informed decision with their healthcare provider about whether to be screened for prostate cancer. A discussion with their healthcare provider should include uncertainties, risks and potential benefits. Men should not be screened unless they have this discussion.

WHEN SHOULD YOU BE SCREENED FOR PROSTATE CANCER?

AGE 40

AGE 45

AGE 55

Age 40 for men at an even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother or son) diagnosed with prostate cancer at an early age (younger than age 65).

Age 55 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.



HALIBUT

with

CHERRY TOMATO RELISH

Makes 2 Servings

INGREDIENTS

Fish

- 8 oz. halibut
- 1 Tbsp canola oil
- 1 tsp salt
- ½ tsp pepper

Relish

- 2 cups cherry tomatoes, quartered
- 2 small shallots, thinly sliced
- 2 Tbsp parsley, chopped
- 1 Tbsp red wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- ½ tsp freshly ground pepper

PREPARATION

Heat a skillet on high. Pat fish dry with paper towels. Add canola oil to hot pan. Season fish with salt and pepper just before placing into the pan. Turn heat down to medium and cook for 4 minutes on first side. Flip fish and cook for 2 to 4 minutes on the other side until it reaches an internal temperature of 130°F. Combine relish ingredients. Garnish cooked fish with tomato relish. Enjoy!

NUTRITION INFORMATION

Calories: 350
Fat: 23g
Sodium: 1,817mg
Carbohydrates: 9g
Fiber: 2g
Protein: 27g

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.

The above recipe was provided by Siteman Cancer Center.

FOR YOUR HEALTH: THE BOTTOM LINE ON PREVENTING COLON CANCER

By Dr. Graham A. Colditz
Siteman Cancer Center

March was National Colorectal Cancer Awareness Month, and while that may not have been the first thing that popped to mind in the month of March Madness and the first days of spring, it's worth paying attention to. Really.

Colon cancer is the third most common cancer in men and women in the United States. About 145,000 people are diagnosed each year, and a growing number are younger than 50. Yet, countering such sober statistics is the fact that colon cancer is also one of the most preventable cancers.

The most important step you can take to lower your risk? Getting screened.

"It's estimated that 75% of colon cancers could be prevented if everyone had the recommended screening tests," said Dr. Jean Wang, professor of medicine at Washington University School of Medicine in St. Louis.

Screening not only can catch colon cancer early, when it's more treat-

able, it also can help prevent it in the first place – by finding and removing growths that could turn into cancer. Screening typically starts at ages 45 to 50. Some people at increased risk, including those with a family history of cancer, may start earlier and be screened more often.

There are many effective screening tests available. Some are quick and easy but need to be done more often, like the FIT stool test. And some are more involved but need to be done less often, like a colonoscopy.

Which test a person chooses can depend on a number of different factors. These can include the cost, the distance to a screening facility and the amount of time needed to prepare for and then complete the test.

"The number of choices available for screening can sometimes be confusing, so definitely talk to your doctor about which one would be the best option for you," Wang said.

Ultimately, the best screening test is the one that gets done.

On top of screening, healthy behaviors also can play an important role in lowering your risk of colon cancer, she added. These include keeping weight in check, not smoking, exercising regularly, eating more whole grains and limiting red meat, processed meat and alcohol.

It can feel like a bit of a laundry list, but as with many of the positive habits we try to work on, they don't need to be tackled all at once. You can start small and build on your successes. Make a call to your doctor about screening. Skip the bacon on tomorrow's sandwich. Go for a 10-minute walk at lunchtime. These single steps can make a real difference, laying the foundation for further positive changes.

"Colon cancer is much more common than you think, but you can take simple steps to help prevent it, with screening being the most important," Wang said.

IT'S YOUR HEALTH. TAKE CONTROL.

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

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



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



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