

Our Family Caring for Yours

Winter 2021

BALANCE



SEE WHAT'S INSIDE

5 Reasons to Get a
Mammogram

Infection Prevention
During COVID-19

Honoring Longtime
Volunteers

APPRECIATION FOR EMPLOYEES

The past couple of years has been a long, hard road in healthcare. The pandemic completely changed the delivery of care, created shortages in staffing and supplies, and caused many of our employees to deal with the pain and trauma of losing patients and loved ones. Regardless of how trying the last several months have been, our staff refused to give up. They continued to come to work every day and do the job they were called to do: care for others.

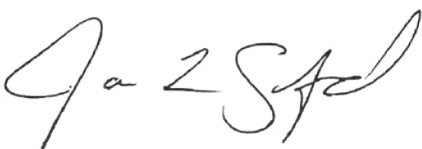
To thank our employees for their courage and persistence in caring for our patients and community members throughout the pandemic seems inadequate. However, they deserve our sincere appreciation and recognition.

Without them, our patients would not have access to exceptional services, both during times of crisis and stability. Our employees love what they do, and they believe in Phelps Health. Most importantly, however, they love helping people. If you have a chance to thank a healthcare worker, please do. The kind words you offer may help us at a time when we really need it.

We are grateful you choose us to meet your care needs. As we continue to navigate through the pandemic, we promise you that our priority will always remain the same: to bring high-quality, accessible healthcare to the people living in and around our local communities.

I hope you enjoy this issue of *Balance*.

Sincerely,



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

Dr. Kriete, Ashlea and Caroline are the best. It is too bad everyone doesn't get to experience their care. The whole Rolla hospital is terrific. Karen, in housekeeping, is a very sweet lady, and I was impressed she remembered me from my other stays. Thanks to all at the Rolla hospital! Much care is given to everyone!

Elizabeth L. Holt

During my stay here at Phelps Health, I experienced some of the most pleasant staff I have ever encountered. Some notable nurses I'd like to give recognition to are Brenda and Fendy on night shift and Dana and Jamee on day shift. Jamee was especially attentive and vigilant over my care and needs. She went above and beyond to accommodate me and make sure I was comfortable and had what I needed. I would recommend Phelps Health to anyone seeking care in this area. I am new to the area myself and am so grateful to have found Phelps Health to meet my healthcare needs. Thank you for all you've done and for a great experience at your health-care facility.

Carol A. Gaulden

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 A PROVIDER

Five Reasons to Get a Mammogram

By Jinna Lisenbe, AGPCNP-BC, who specializes in radiation oncology at Phelps Health

1 Mammograms lower your risk of dying from breast cancer.

Mammograms do not prevent breast cancer but can often detect small areas of cancer that cannot be felt during an exam. Mammograms may detect cancer about three to five years before you are able to feel a lump. Early detection of breast cancer allows for more treatment options and better long-term survival.

2 Mammograms are safe, and radiation exposure is minimal.

During a mammogram, patients are exposed to only a small amount of radiation. The amount of radiation exposure during the procedure is less than that of a standard chest X-ray. The benefits of regular mammograms outweigh the potential risk of this exposure.

3 Most insurance plans and Medicare cover the costs of mammograms.

Federal law requires that all private insurance plans and Medicare cover the cost of annual screening mammograms.

If you do not have insurance, community resources may be available to help cover the cost of your mammogram. Each October, Phelps Health offers 50 free mammograms for uninsured women. The Phelps Health Foundation Breast Center Mammography Program can help patients without necessary financial resources get a mammogram.

4 The risk factors for breast cancer are numerous.

About 85% of women diagnosed with breast cancer have no family history of breast cancer.

Factors that may increase your risk of breast cancer include the following:

- Getting older
- Genetic mutations, such as BRCA1 and BRCA2
- Early menstrual periods or late menopause
- Having dense breasts
- Personal history of breast cancer
- Previous radiation therapy to the chest or breasts
- Not being physically active
- Being overweight
- Taking hormones
- Reproductive history
- Drinking alcohol

If you have a personal or family history of breast cancer or another high risk factor, talk with your healthcare provider about when you should begin screening mammograms.

5 Professionals across the board recommend mammograms.

The following medical associations all agree that women should begin yearly mammograms at age 40:

- American Cancer Society
- American Medical Association
- American College of Radiology
- American College of Obstetricians and Gynecologists
- National Cancer Institute
- National Comprehensive Cancer Network

Talk with your healthcare provider if you have questions about when or how to begin your mammogram screening.

SCHEDULE A MAMMOGRAM TODAY

You do not need a physician referral for a screening mammogram at the Phelps Health Comprehensive Breast Center. To make an appointment, please call Centralized Scheduling at (573) 458-7737.

STOPPING THE COVID-19 Pandemic Elevates Role of



By Paul Hackbarth

The role of infection prevention departments at hospitals and healthcare facilities has come into the spotlight during the COVID-19 pandemic.

Making sure employees are properly wearing PPE (personal protective equipment) and following appropriate hand hygiene measures to keep them safe are among the responsibilities of infection prevention and control departments in the healthcare field.

However, these responsibilities are nothing new to the Infection Prevention team at Phelps Health, according to Quality and Infection Prevention Executive Director Linde Merrow, RN. Infection prevention nurses have been protecting staff and patients for years.

Their job is not only helping to prevent the spread of COVID-19, but also any other infectious diseases – such as the flu or C. diff (clostridium difficile, which causes diarrhea and an inflamed colon) – that could spread in the hospital and clinics.

“Reducing the risk of infection to our patients and staff is the most important thing,” Merrow says. “We want to make sure that we are isolating infectious patients appropriately, so that infection doesn’t go to other patients or to employees.”

Infection Prevention is responsible for reviewing all current patients and checking for infections, including any contagious or hospital-acquired infections. Staff are available to guide and coach physicians, nurses and other workers about proper infection prevention processes and procedures.

Merrow says employees undergo rigorous training and education to become infection prevention nurses. Phelps Health Director of Infection Prevention Debbie Halinar, RN, CIC, is certified in infection prevention and control.

The Infection Prevention Department also must report more than 100 infections to federal and state agencies, including the Centers for Disease Control and Prevention (CDC), US Department of Health and Human Services (HHS), the Missouri Department of Health and Senior Services (DHSS), local county health departments and others.

Additionally, Infection Prevention staff work with the Sterile Processing Department to ensure all devices used in medical procedures are clean and sterilized. The Infection Prevention Department even consults on construction projects.

Like many other departments, COVID-19 has brought changes to Phelps Health’s Infection Prevention Department.

As COVID-19 cases climbed, more reporting was required. “Since COVID-19, that reporting has increased by five times,” Merrow says.

SPREAD

Infection Prevention

Infection Prevention staff also have to keep up with the latest published scientific evidence to make sure Phelps Health employees are always maintaining proper measures to control the spread of infection.

“Our Infection Prevention Director Debbie Halinar had been watching COVID-19 in November and December of 2019 and what was happening in China. And, we actually, early on in January 2020, put a process in place to screen these individuals,” Merrow says.

As COVID-19 cases continued to rise, Infection Prevention nurses rounded more with the nursing and physician staff to make sure they understood the emerging scientific evidence.

“They were on a daily basis reviewing the evidence that was coming out of the CDC regarding COVID-19,” Merrow says. “Sometimes, the evidence was changing hourly.”

Not only was evidence changing on how to properly isolate and care for patients with COVID-19, but so was the guidance for protecting employees from getting sick.

“Our Infection Prevention team members are dedicated to preventing and controlling the spread of infections, and they take their job very seriously,” Merrow says. “The Infection Prevention staff...they really stepped up during COVID-19.”

Practice These HEALTHY HABITS

- Wash your hands regularly with soap and water, or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Cover your coughs and sneezes.
- Wear a mask over your nose and mouth while in public places and around others.
- Stay at least 6 feet away from people in public spaces, and avoid large gatherings.
- If you feel unwell, stay home.

HELPING PEOPLE GE

Thomas “Turk” Satterly III, DO, Joins Phelps Health Orthopedics Team



By Paul Hackbarth

Growing up in Missouri, Thomas “Turk” Satterly III, DO, was interested in athletics and healthcare. The combination of those two areas led him to pursue a career in medicine.

“I enjoyed training and learning about the musculoskeletal system, and it all just kind of came together,” he said about his decision to become a doctor who works with orthopedic patients.

Orthopedics is a medical specialty that focuses on injuries and diseases of the musculoskeletal system, including bones, joints, ligaments, tendons, muscles and nerves.

“A lot of people with orthopedic injuries have lost

the ability to do things they enjoy,” said Dr. Satterly, a board-certified orthopedic surgeon, who specializes in total joint replacements.

“Through things like joint replacement and arthroscopic surgery (procedures for diagnosing and treating joint problems), we’re able to give them a better quality of life,” he said.

Dr. Satterly joined the Phelps Health Medical Group this fall with 15 years of experience in orthopedics.

RAISED IN ROLLA

He grew up in Rolla, MO, and graduated from Rolla High School, where he was class valedictorian and played football. After high school, he attended Truman State University in Kirksville, MO, where he played rugby. He graduated from Truman with summa cum laude honors.

Dr. Satterly went to medical school at AT Still University in Kirksville, MO, where he graduated with his Doctor of Osteopathy (DO) degree. Dr. Satterly then completed his orthopedic residency training and an internship at St. Luke’s Des Peres Hospital in St. Louis, MO.

He chose orthopedics as his specialty because he likes making a difference in people’s lives. “I enjoy taking care of people and helping them get their life back,” he said.

Dr. Satterly also completed a fellowship in total joints at The Core Institute in Phoenix, Arizona. At The Core Institute, he received training in computer-navigated and robotic joint replacement procedures.

T THEIR LIVES BACK

LIKE FATHER, LIKE SON

He is following in the footsteps of his dad, Thomas Satterly Jr., DO, who also was an orthopedic surgeon in Rolla for about 15 years.

As an orthopedic surgeon, Dr. Satterly can help patients with hip and knee pain and take care of people with painful total joints.

Besides surgery, he can assist patients who have orthopedic injuries or concerns with other forms of treatments, such as injections, medications, physical therapy and more.

“When you come to see me in the office,” Dr. Satterly said, “I’ll give you the options and the pros and cons, and together, we’ll come up with the best treatment plan for you.”

Dr. Satterly is married to his high school sweetheart Kendra. They have four beautiful children. In his free time, he enjoys coaching youth sports, cycling and traveling.

He sees patients at the Phelps Health Medical Office Building in Rolla, MO, and Waynesville Medical Plaza in Waynesville, MO.



Suffering From Joint Pain?

Learn more about how Dr. Satterly and our orthopedics team at Phelps Health can help. Visit phelpshealth.org or call the Phelps Health Orthopedics Clinic at (573) 364-5633.

Honoring Our Longtime Auxiliary Volunteers

Phelps Health Auxiliary and Volunteer Services members who have served the organization for more than 20 years were honored with a certificate of appreciation and flowers. We thank you!



Velma Overby
29 years of service
7,516 hours



Judy Grady
25 years of service
2,596 hours



Leona Rosenow
25 years of service
6,337 hours



Illa Bell
25 years of service
5,143 hours



Mabel Godfrey
21 years of service
10,634 hours

Not pictured is Jean Joiner with 27 years of service and 5,830 hours.

WANT TO VOLUNTEER AT PHELPS HEALTH?

Learn more about the Phelps Health Auxiliary and Volunteer Services by calling Crystal Lorah at (573) 458-7947, emailing clorah@phelpshealth.org or visiting phelpshealth.org.



Thank You

to our volunteers





FIND CANCER CARE CLOSE TO HOME

Learn more about the Phelps Health Delbert Day Cancer Institute at phelpshealth.org

Three-Time Cancer Survivor Shares Her Experience

By Paige Marsolais-Heitman

Ivana Harris's first encounter with cancer was in 1987 when she was diagnosed with ovarian cancer and received chemotherapy treatments at Barnes-Jewish Hospital in St. Louis, MO.

Around 2017, she was diagnosed with thyroid cancer and treated by Christopher Spencer, MD, medical director of radiation oncology and radiation oncologist, at the Phelps Health Delbert Day Cancer Institute (DDCI) in Rolla, MO.

In the spring of 2021, Ivana was diagnosed with stage III esophagus and stomach cancer.

"When my husband and I found out that I had cancer again and that it was so advanced, we were devastated," she says. "When you find out that you have stage III cancer, it is a shock. It was very hard emotionally to accept the diagnosis."

Before being diagnosed, Ivana felt like she had a lump in her throat that wouldn't go away.

After receiving an endoscopy (a procedure that looks at a person's digestive system) that confirmed she had cancer, she was referred to the DDCI by Phelps Health Gastroenterologist Hadi Bhurgri, MD, and Phelps Health Oncologists Dr. Spencer and Thomas Guerrero-Garcia, MD, for radiation and chemotherapy treatments.

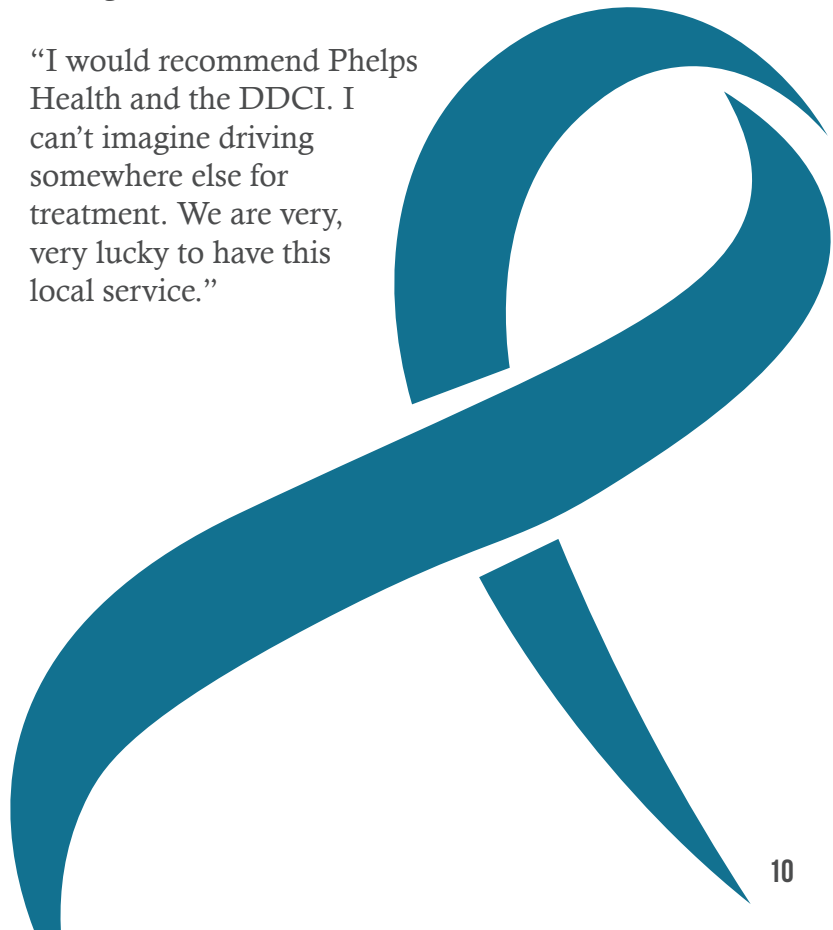
"I chose Phelps Health because I knew this was a good hospital, and I had heard good things about the DDCI," Ivana says.

During chemotherapy treatments, Ivana says she experienced wonderful care from the entire staff at the DDCI.

"I used to fall asleep while getting chemotherapy because it could take all day. One time I woke up, and a nurse came up and said, 'Hello, sleeping beauty. How are you today?' and I thought it was the sweetest thing," says Ivana.

She says many people receiving chemotherapy treatments are exhausted, and she appreciates the compassion staff have for their patients going through such a difficult time in their lives.

"I would recommend Phelps Health and the DDCI. I can't imagine driving somewhere else for treatment. We are very, very lucky to have this local service."





SEE WHAT'S HAPPENING *Around* Phelps Health

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

NEW MRI SYSTEM BRINGS ARTIFICIAL INTELLIGENCE TO PHELPS HEALTH

A new Canon Vantage Galan 3T MRI (magnetic resonance imaging) system is now available to patients at Phelps Health.

The fully-digital Galan 3T MRI system replaces a 1.5T MRI model, which was an analog system, at the Phelps Health Medical Office Building in Rolla, MO. Because the magnetic field of 3T models is twice as strong as 1.5T models, the 3T MRI provides higher clarity and better details in scans.

The Galan 3T MRI also includes artificial intelligence applications, including the Advanced intelligent Clear-IQ Engine (AiCE) technology, which removes noise from images and offers increased resolution of scans.

With a diameter of 71 centimeters, the Galan 3T MRI has one of the largest bores, or patient openings, of any MRI systems. In addition, the Galan 3T MRI has the ability to reduce noise for patients.

Scans in other MRI systems can take up to 45 minutes, but the Galan 3T MRI can reduce scan times to about 25 to 30 minutes.





PATIENT EXPERIENCE AWARD WINNERS

Congratulations to PHELPS Health employees – Shannon Wisely (left), pre-certification and insurance verification team member, and Angela Roach, LPN, (right) who works in the Hospice Department – for winning recent Patient Experience Awards. Wisely was recognized for displaying the value of Integrity, and Roach was recognized for displaying the value of Compassion.

DICE AWARD WINNERS

Two PHELPS Health employees were recently named DICE Award winners. DICE 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 Michael Lillis (left), with the Emergency Department, and Audreia Murray (right), with the Medical Oncology Department.



DAISY AWARD WINNER

Congratulations to Hannah Pflantz, RN, who works in Hospice, 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.

PHELPS HEALTH SUPPORT GROUPS

Ostomy Support Group

offers education for ostomy patients and caregivers

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

PHELPS Health Delbert Day Cancer Institute

1060 West 10th Street, Rolla, MO

Call (573) 426-2214 or email ostomysupport@pHELPShealth.org

Stroke Survivors Support Group

offers education for stroke patients and caregivers

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

PHELPS Health Delbert Day Cancer Institute

1060 West 10th Street, Rolla, MO

Call (573) 426-3034

Parkinson's and Caregivers Support Group

offers education for Parkinson's disease patients and caregivers

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

Around Phelps Health



COMEDY 4 CARDIAC EVENT RESCHEDULED FOR **FEBRUARY 5**

The Phelps Health Foundation is pleased to announce that Comedy 4 Cardiac, an evening of laughter and entertainment featuring a live performance by comedian Taylor Mason, has been rescheduled.

The event will be held Saturday, February 5, 2022, from 7:00-8:30 PM at Ozark Actors Theatre, 701 North Cedar Street in Rolla. Proceeds from this event will benefit Phelps Health's cardiac service line and patients.

If you would like to purchase tickets, please visit <https://phelpshealth.salsalabs.org/comedy4cardiac> or contact David Selzer at (573) 458-7604.

We appreciate your support and hope to see you at the event.

Together, we can make a difference!

FOUNDATION SUPPORTS CANCER PATIENTS

We at the Phelps Health Foundation would like to take this opportunity and thank you for all of your support.

Because of your generous donations in 2021, we were able to assist over 120 cancer patients with the purchase of wigs, gas cards, medications, rent and utility assistance, and grocery and nutritional assistance. We also purchased two new patient transport vans to help with transportation to and from appointments and services.

In recognition of your family, friends, loved ones and neighbors, we hope you will consider making a donation to the Phelps Health Foundation's Mission Fund. To donate, visit phelpshealth.org/foundation or call David Selzer at (573) 458-7604.

We hope you will join us in spreading hope and light this holiday season.

PLAN YOUR ESTATE AND FUTURE WISHES AROUND LEGACY GIVING

As 2021 comes to a close, you still have time to participate in National Estate Planning Awareness Month. Connect with a volunteer member of the Phelps Health Foundation Planned Giving Advisory Council (PGAC), or if you have already made a designation, let us know. Contact Marsha Rana Wayman, CFRE, at (573) 458-7946 or mwayman@phelpshealth.org to schedule a meeting to discuss legacy giving options.



NEW STEREOTACTIC BREAST BIOPSY UNIT THANKS TO AUXILIARY

Thanks to a generous gift of \$282,302 from the Phelps Health Auxiliary and Volunteer Services, the Comprehensive Breast Center was able to purchase a new stereotactic biopsy unit. This technology is able to better detect and take samples of breast abnormalities in a less invasive way.

“Without them [Auxiliary], we likely would not have been able to buy such nice technology,” says Tiffany Henry, Comprehensive Breast Center coordinator. “We are very appreciative and thankful. This stereotactic unit is really going to be beneficial to women in our area.”

LEADERSHIP *Spotlight*

Each issue, we highlight a Phelps Health leader.

Jason Shenefield, *President and CEO*

FUN FACTS ABOUT JASON

- *I have been married to my wife Tarra for 21 years, and we have 3 children.*
- *I am a Chicago White Sox fan (which is better than being a Cubs fan).*
- *I was a Hospital Corpsman in the Navy for 5 years.*
- *I have worked in the healthcare field for 27 years.*
- *I rarely finish books, but I have twice read “Heavier Than Heaven,” a biography of Kurt Cobain’s life, by Charles R. Cross.*





CHICKEN AND BASIL PIZZA

Makes 4-6 Servings

INGREDIENTS

- Frozen dough (thawed) for 2 pizzas or 2 prepared crusts
- About 2 cups tomato sauce
- 1 cup shredded leftover cooked chicken
- 1 cup fresh basil, spinach or other greens
- 8 ounces (2 cups) shredded mozzarella
- 6 tablespoons olive oil
- Cornmeal

PREPARATION

1. Place a heavy cookie sheet, pizza stone or unglazed ceramic tiles on the oven rack. Preheat oven to 400°F.
2. If starting with pizza dough, pat or pull each piece into a 12-inch circle. Top each with some sauce. Then, scatter the chicken, basil and mozzarella over each. Drizzle with olive oil.
3. Sprinkle pizza stone with the cornmeal. Using the back of a cookie sheet, transfer the pizza to the oven. (You may have to bake the pizzas one at a time, depending on your oven size.) Bake 20 minutes or until the cheese is melted and the crust is browned.
4. Try with a cauliflower crust for a gluten-free, lower-calorie option.

NUTRITION INFORMATION (per serving)

Calcium: 266mg
Calories: 424
Carbohydrates: 21g
Cholesterol: 57mg
Fat: 30g
Fiber: 2g
Iron: 3mg
Protein: 21mg
Saturated Fat: 9g
Sodium: 920mg

Recipe Source: *Real Simple*

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: IT'S A GREAT TIME TO BE A QUITTER AND GET TOBACCO-FREE

By Dr. Graham A. Colditz
Siteman Cancer Center

Though it doesn't often make headlines these days, it's hard to overstate how important quitting smoking is to health – and in ways many people may not be aware of.

Smoking impacts almost every organ in the body to some degree. It's the main cause of lung cancer, of course, but it also causes 14 other cancers, including breast, colon, cervical and kidney cancers. It also greatly increases the risk of heart disease, stroke, emphysema and chronic bronchitis.

Overall, smokers die a decade or more earlier than those who've never smoked.

Smoking also raises the risk of conditions that may seem less serious but that can have a major influence on quality of life and daily living. This includes rheumatoid arthritis, cataracts and macular degeneration, which is a common cause of severe vision loss in people over 50. If that's not enough, smoking is also linked to tooth loss, slower healing of cuts, trouble getting pregnant and erectile dysfunction.

The good news is, quitting smoking lowers the risk of nearly all of these diseases and conditions – and over time, the risk of some drop to near that of a person who's never smoked.

But you don't need to wait years to see benefits. Minutes after your last cigarette, your heart rate drops. Then, in the next several days, carbon monoxide levels in your blood fall to that of nonsmokers. And within months, coughing and shortness of breath improve.

While finding reasons to quit isn't hard, actually doing it can be, as many smokers who've tried to quit know. The nicotine in tobacco is addictive, and that makes smoking different than many other behaviors we may try to change.

At the same time, quitting is far from impossible. Thousands of smokers stop for good every day. And getting help quitting can double, and maybe even triple, the chances of success.

But only a minority of smokers actually take full advantage of approaches we know help with quitting.

For most smokers, this means talking to a healthcare professional about a combination of medication approved by the Food and Drug Administration (FDA) and behavioral support. Medications can include nicotine replacement therapy, like patches or gum, or other drugs, like bupropion.

Among its other benefits, behavioral support can help smokers learn to work through barriers to staying smoke-free, like cravings and triggers that can lead to urges to smoke. Support can come in many different forms, including in-person or virtual classes as well as text-messaging and other programs.

If you're a smoker who wants to quit, you're in good company. Nearly 70% of smokers feel the same way, and more than half have tried to quit in the past year.

Why not celebrate these last couple weeks of the year by doing something really wonderful for your health? Yes, quitting is hard. But you can do it.

IT'S YOUR HEALTH. TAKE CONTROL.

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

The Phelps Health Delbert Day Cancer Institute is part of the Siteman Cancer Network.



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



Phelps Health

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