

Our Family Caring for Yours

Fall 2022

BALANCE



Get the Balance magazine in your mailbox or inbox.
Check the back cover for details.

SEE WHAT'S INSIDE

Returning to an Active Lifestyle

Meet Our New Psychiatrist

Small Battery, Big Problem

MAKING A DIFFERENCE

When somebody goes above and beyond for you, you take notice. When someone makes you a priority, you remember. These are times when you feel like a person or people made a difference.


As healthcare professionals, we strive to make a difference every day in our patients' lives. Our employees at Phelps Health put their heart and soul into the care they deliver. We not only want to make sure you get the care you need, when you need it, but we also want you to have a positive experience.

In this issue, you can read about the incredible difference our doctors, nurses and staff have made in the lives of our patients. On page 3, we will introduce you to Sandra Exon, who shares her story about having a knee replacement and getting back to her active lifestyle, thanks to the care she received at Phelps Health.

On page 7, learn how our volunteers make a difference in patients' lives, and turn to page 9 to read how compassionate nurses, surgeons, anesthesia employees and others worked cohesively to help save a teen in a life-threatening emergency situation.

Please enjoy this issue of *Balance*.

Sincerely,



Jason Shenefield, CEO



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Phelps Health
1000 West 10th Street
Rolla, MO 65401
(573) 458-8899
phelpshealth.org

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FOUNDATION NEWS

Your Donations at Work

Your support of over \$17,000 to the Phelps Health Foundation Mission Fund impacted 196 people between January and June 2022 through caregiver assistance, health screenings, supplies and nutrition.

Join us in October as we recognize National Breast Cancer Awareness Month with over \$50,000 in support to provide free mammograms and screenings to people in our region. Help support the Mission Fund with a gift at <https://bit.ly/3RjJ7OS>

SAVE THE DATE

The 25th Annual Phelps Health Foundation Charity Golf Classic will be held Friday, June 9, 2023, with a rain date of June 16, 2023, at Oak Meadow Country Club in Rolla, Missouri.

Since this will be the silver anniversary of the tournament, we want to make it extra special. We are planning to update our sponsorship levels, change up the on-course games and incorporate a wider variety of prizes.

Please contact Cody Fulkerson, annual fund manager, at cfulkerson@phelpshealth.org or (573) 458-7143 with any questions, or if you are interested in becoming a sponsor.

UPCOMING OPPORTUNITIES

The Phelps Health Foundation has several upcoming opportunities to participate in events, honor caregivers and obtain information about topics of interest to you and your loved ones:

- September – Healthcare Heroes Month
- October – Breast Cancer Awareness Month
- October – Estate Planning Awareness Month

Tune in to the “Ask the Professionals” show on 99.7 FM at 9:00 AM on October 27.

Marsha Wayman, CFRE, director of philanthropy for the Phelps Health Foundation, will discuss the importance of estate planning in relation to planned and legacy giving.

Contact Marsha for more information at mwayman@phelpshealth.org or (573) 458-7946.

GRATEFUL PATIENTS

“My gift to Phelps Health Foundation is in gratitude for the concern, kindness and professional care the pulmonary care team has shown me.”
– Grateful Patient, 2022

Honor your favorite Healthcare Heroes by visiting <https://bit.ly/3AANaQa> or contact Marsha Wayman at mwayman@phelpshealth.org or (573) 458-7946 to learn more.

Proceeds from the Grateful Patient Program benefit the Phelps Health Foundation Mission Fund. Visit us at 907 West 12th Street to read the donor comments on the Tree of Gratitude, or add your own.



Brian Kriete, MD

Ask a Doctor

Your FAQs About Alpha-Gal Syndrome Answered

Q What is alpha-gal syndrome or allergy?

A Alpha-gal syndrome (AGS), also known as alpha-gal allergy or tick bite meat allergy, is an allergy to a particular sugar typically following a tick bite. When the tick attaches, it injects this sugar into the bloodstream and causes an immune reaction leading to the production of antibodies to this sugar. Mammal meats have a similar sugar, and once the body is exposed to sugar in the meats, it leads to an allergic reaction called alpha-gal syndrome. Alpha-gal can be found in mammalian meats and products made from mammals.

Q What are common symptoms of AGS?

A Symptoms of AGS include the following, typically 2-6 hours after exposure:

- Hives or an itchy rash
- Nausea, vomiting and diarrhea
- Cough, shortness of breath, difficulty breathing
- Drop in blood pressure
- Swelling of the lips, tongue, throat or eyelids
- Dizziness or lightheadedness
- Severe stomach pain

Q I've been diagnosed with alpha-gal. What's next?

A All red and mammal meats will need to be avoided. Some patients, but not all, also will have to avoid dairy. Thankfully, AGS can improve in most patients by avoiding food allergens and further tick bites. Refer to the Centers for Disease Control and Prevention's (CDC) website for a complete list of foods to avoid: cdc.gov. The following foods do NOT contain alpha-gal: poultry; eggs; fish and seafood; and fruits and vegetables.

If symptoms should occur from exposure, they can most often be managed with a daily antihistamine like Benadryl. An EpiPen is also a wise investment for more serious reactions. Providers, like Dr. Kriete, typically manage AGS with annual testing and adjust dietary restrictions based on a patient's current alpha-gal levels.

Q How common is AGS?

A AGS is becoming increasingly common in Missouri. Dr. Kriete routinely diagnoses two to three patients per week. Phelps Health offers AGS testing, which is done with a simple blood draw.

SUSPECT YOU HAVE AGS?

Schedule a visit with your primary care provider on MyChart to find out if testing is right for you.



Scan the QR code to the left with your smartphone to learn more about alpha-gal syndrome.

SIDELINED NO MORE:

Rolla Woman Refuses to Let Joint Pain Affect Her Active Lifestyle

By Stefanie Van Wyk

Raised as a farm girl and always involved in athletics, 70-year-old Rolla, Missouri, resident Sandra Exon has always led an active life. In fact, she was recently playing beach volleyball when she hyperextended her right knee, causing it to tear.

This unexpected injury led Sandra to seek treatment from Alan Heincker, DO, an orthopedic surgeon with Phelps Health. Sandra was already an established patient of Dr. Heincker, as he had been administering cortisone injections on this same knee since the fall of 2020.

“I was experiencing discomfort and pain when walking on any sort of incline,” Sandra said. “My cartilage [in my right knee] had deteriorated, and it was bone-on-bone.”

This latest injury made a knee replacement surgery suddenly necessary, and Dr. Heincker was Sandra’s surgeon of choice.

“I was referred by two neighbors,” Sandra said. “One gentleman had a double-knee replacement, and the other neighbor had procedures and injections with Dr. Heincker, as well. In other words, I was referred by people I trust. I could visibly see their ability to function and their improved quality of life.”

The knee replacement surgery, however, was ultimately Sandra’s decision.

“Dr. Heincker is very good at wanting you, the individual patient, to make the decision based on how your injury is affecting your life,” Sandra said. “He can’t make it [the decision] for you.”



Prior to having the surgery this March, Sandra’s care team took the time to discuss pros and cons, initial limitations, regulations and medications involved with having knee replacement surgery. The day of surgery, Dr. Heincker also stopped by to see if Sandra had any last-minute questions or concerns.

“Dr. Heincker told me what to expect the day of surgery and also stopped by the day of my release to check back in,” Sandra said. “Everyone was very thorough and covered all the possibilities. I usually go to the doctor with a list. I never felt rushed or [made to feel] like I was asking a silly question.”

After a 36-hour stay in the hospital, Sandra’s recovery went better than expected.



“I only used the walker for three days, and my cane for one week,” Sandra said. “In three weeks, I was even able to walk the two-and-a-half blocks home from church.”

Physical therapy was an essential part of Sandra’s recovery. For the first two weeks post-surgery, Sandra was homebound, with Phelps Health physical and occupational therapists coming to her home. The therapists came equipped with printouts of the exercises and demonstrated how to do each one.

Nurses also came once a week to check her vitals, medications and overall well-being, in addition to her surgery site. Recovering from a knee replacement surgery can best be described as a marathon, not a sprint.

“I still have a lot of healing to do; it’s a long-term process,” Sandra said. “Swelling could last for up to 12 months. I’m using ice, topical ointments and a low dose of over-the-counter medication to manage the swelling and occasional pain, as needed. Some days, however, I feel no pain. It’s important to know your limitations. I’m very cautious of the low spots in my yard when watering flowers, for example.

“I recently overdid it,” Sandra said. “Soon after my surgery, my daughter and I went on a bus tour to Niagara Falls, where I enjoyed the beautiful sights and even drove an Indy 500 simulator car at speeds of up to 205 mph.”

While she doesn’t regret the trip, Sandra said it was a bit of a step back.

“PT [physical therapy] worked hard to get me back to where I was, prior to my trip,” Sandra said. “They worked it out, were great observers of my pain and even extended PT at my request. Things constantly change as we heal, but I feel good and am meeting my benchmarks.”

Looking back, Sandra has nothing but praise for her Phelps Health care team.

“It’s amazing to know that the discomfort you put up with has a resolution,” Sandra said. “All the way from the receptionist to the central operator to my doctor, everyone has been so courteous and professional. And this is in a post-COVID world, where [healthcare organizations] are faced with even more challenges. Despite how busy they may be, they never appeared rushed or had any shortness in their tone. Any time I was there, their focus was on me, the patient.”

IS KNEE PAIN AFFECTING YOUR LIFESTYLE?

Call Phelps Health Orthopedics today at (573) 364-5633 (KNEE) to schedule an appointment to discuss pain management solutions.

MEET DR. BROWN

Psychiatrist Richelle Brown, MD, Joins Behavioral Health Team

By Stefanie Van Wyk



Dr. Brown joined Phelps Health as a psychiatrist in August. She sees adult patients (ages 18 and up) for depression, anxiety, obsessive-compulsive disorders (OCD), personality disorders, bipolar disorders, schizophrenia spectrum disorders, substance abuse and other mental health disorders. She treats patients through the use of behavioral medication management and therapy.

“As a psychiatrist, I value transparent communication with my patients,” Dr. Brown said. “I want my patients to understand their illness, to be involved in their care. When appropriate, I also like to involve family members. My goal is to treat psychiatric illness like the rest of medicine, combatting the mental health stigma.”

“MY GOAL IS TO
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Solving puzzles has always fascinated Psychiatrist Richelle Brown, MD, whether it be a jigsaw puzzle or the Wordle puzzle of the day.

“The challenge of diagnosing a patient is also a puzzle of putting all of the pieces (or social factors) together,” Dr. Brown said. “I have always had an interest in helping people, in treating the whole person and in bringing about positive change in my patients’ lives.”

Make Your Mental Health a Priority

Dr. Brown is accepting new patients. To schedule an appointment, call (573) 364-2007.



AT HOME IN THE OZARKS

Originally from a small town in central Illinois, Dr. Brown chose to practice at Phelps Health for two reasons.

“I have always enjoyed smaller, rural communities, and my grandparents are from northwest Arkansas,” Dr. Brown explained. “I believe the Ozarks are among the prettiest areas in the US.”

Rolla is now home for Dr. Brown’s family, and she enjoys pursuing various creative outlets outside of work, including painting and photography.

“I bake to satisfy my sweet tooth but also practice yoga in the mornings,” Dr. Brown said. “Life is about balance, right? We are surrounded by natural beauty here, and I love exploring nature, canoeing and swimming.”

Dr. Brown sees patients at the Phelps Health Medical Group Behavioral Health Clinic in Rolla, Missouri. She also offers telehealth visits, which allow patients to visit with her remotely using a smartphone, tablet or computer with an internet connection and audio-video capabilities.

EDUCATION AND TRAINING

Medical School: Wake Forest University School of Medicine, Winston-Salem, North Carolina

Residency: Mayo Clinic, Rochester, Minnesota

SPECIAL INTERESTS

- *Functional disorders, including conversion disorders*
- *Mood disorders*
- *Post-Traumatic Stress Disorder (PTSD)*
- *Psychosis*

Volunteering:

An Opportunity to Live Your Best Life

By Paul Hackbarth

If you have ever visited Phelps Health Hospital and walked through the North Entrance or shopped at the Repeat Boutique, you may have met Jeanette Birdsall.

A volunteer with the Phelps Health Auxiliary and Volunteer Services for the past 7 years, Jeanette helps people at the North Entrance information desk 2 days a week and assists in Phelps Health's resale shop once per week.

"I enjoy the people," said Jeanette, who is 77 years old. "I'm retired, and the friends I've made here – not just the volunteers and employees, but the patients, too – have made me happier."

So, how did Jeanette find her passion for volunteering?

When she and her husband Don, who were living in High Ridge, moved to a farm near Rolla, she learned about the opportunity to volunteer from her daughter-in-law, who works at Phelps Health.

"I love Rolla," Jeanette said. "It's a big town, but it has that small-town feel."

While she could have volunteered anywhere, Jeanette chose Phelps Health because she thought she could help the most people in this way.

"I feel like I make a difference in patients' lives," she said, noting that she has received thank-you notes from patients she has helped – even if it was just listening to them.



"I feel like I make a difference in patients' lives."

-Jeanette Birdsall

Another aspect of volunteering that Jeanette enjoys is the camaraderie among volunteers. Jeanette said Phelps Health volunteers all look out for each other, and she has made friends with other women in the Auxiliary.

In addition to her time volunteering at the information desk and Repeat Boutique, Jeanette also serves on the Auxiliary Board. She is proud of how the Auxiliary has been able to help so many patients, from donating money for a new ambulance to buying a stereotactic breast biopsy unit.

The Auxiliary doesn't just help Phelps Health patients but also is involved in the community, Jeanette said.

The Auxiliary is a sponsor of Camp Capable, a program through The Community Partnership that helps children with disabilities or developmental delays participate in sports and fitness activities.



When asked if she would recommend others to volunteer at Phelps Health, she responded with an enthusiastic yes.

“It [volunteering] is an opportunity to live your life the best you can,” she said.

When not volunteering at Phelps Health, Jeanette can be found on her and her husband’s hobby farm near the Phelps-Dent county line, where they raise goats, chickens and rabbits. She also enjoys crocheting, knitting and spinning wool, and she is learning how to make her own soaps.

Jeanette and her husband have three sons, Donald, Douglas and David. Three must be a special number to Jeanette, as she also has three grandchildren, Gina, Alex and Dawn.

MAKE A DIFFERENCE. VOLUNTEER.

Each year, Auxiliary volunteers contribute 15,000-plus hours of service and work in 35 different areas throughout Phelps Health. Call (573) 458-7947 or email clorah@phelpshealth.org to learn more about volunteering at Phelps Health.

HOW A SMALL BATTERY CAUSED A BIG PROBLEM

Family Credits Phelps Health With Saving Daughter's Life

By Paul Hackbarth

One evening in February, as Laurie and Jason Corey were getting ready for bed, their teenage daughter, Callie, came to them crying after she accidentally swallowed a battery from an LED remote.

“She was panicked,” Laurie said. “We immediately knew that something was wrong because she was in tears.”

Jason, a nurse anesthetist at Phelps Health, said he has previously taken care of patients who have swallowed button batteries like the one Callie ingested.

“I knew it was a pretty urgent thing to get taken care of,” Jason said, so he called Dana Voight, MD, a Phelps Health general surgeon.

“He [Dr. Voight] said get to the hospital, and so we packed up Callie and raced [to Phelps Health],” Jason recalled.

On the way to the emergency department, Callie was complaining of severe chest pain, said Laurie, who also works at Phelps Health as a nursing educator.

“The closer that we got to the ER, the more severe the chest pain got. There wasn't really anything that we could do to make the chest pain better, so we felt somewhat helpless,” Laurie said.

After the Corey family arrived at the Phelps Health Emergency Department in Rolla, Missouri, they were taken to an exam room, and Callie began having spasms in her esophagus.



Laurie recalled one of the ER nurses, whom she described as extremely caring. “You could tell that she [the nurse] had compassion for what we were going through,” Laurie said.

While Callie was in the emergency room at Phelps Health, Laurie said the staff made her daughter feel comfortable.

“[Phelps Health staff] let Callie know that it was going to be OK and reassured her that they were going to get that battery out,” Laurie said. “That was the one thing that we both noticed was how much they addressed her and tried to comfort her.”

Getting the battery out would be the only thing that would relieve Callie's pain and make her feel better, Laurie said.



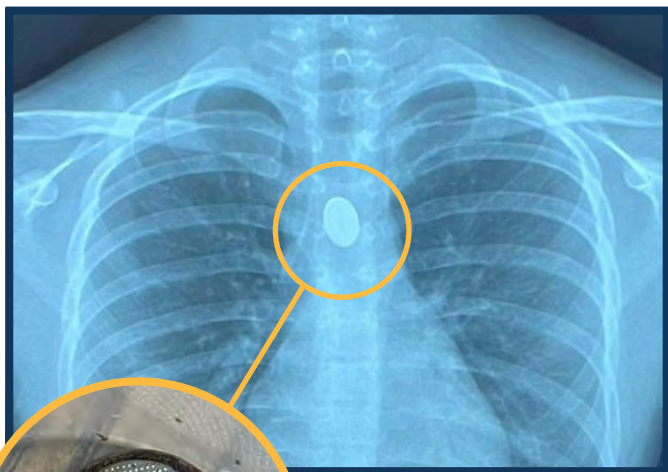
Button batteries can cause severe tissue burns in as little as 2 hours and can cause lifelong injuries.

Dr. Voight met with Callie and her parents prior to the X-ray results to update them on the endoscopy process and offer comfort to Callie. The X-ray confirmed exactly where the battery was lodged, in the esophagus right at the point of the heart's aorta.

"We really felt comfortable knowing that Dr. Voight and the endoscopy team were with Callie and knew exactly how emergent it was to get this [battery] out," Laurie said.

Jason also complimented the anesthesia staff, who recognized this urgent condition that needed to be treated. They, along with the endoscopy team, did an excellent job preparing Callie for an emergency endoscopy (a procedure that looks at a person's upper digestive system).

"Pretty much everybody who we ran into, at that point, was very speedy, knowledgeable and comforting," Jason said.



Once Callie's endoscopy began, "we went to the waiting room for [what seemed to be] the longest 15 to 20 minutes of our lives," Jason said.

After the procedure, Dr. Voight met with Jason and Laurie and told them he was able to quickly and successfully remove the battery, but that Callie had suffered burns and damage to her esophagus due to the battery.

According to the American Academy of Pediatrics, button batteries can cause severe tissue burns in as little as two hours and cause lifelong injuries.

Because of these burns, Callie was transferred to St. Louis Children's Hospital, where she was given a feeding tube and placed on a liquid diet for several weeks. Laurie said her daughter was a real trooper throughout the whole recovery.

After about five weeks, the feeding tube was removed, and Callie began eating soft foods. She has since resumed her normal diet.

Following her care in St. Louis, Callie returned to Phelps Health for follow-up appointments in the Pediatrics Clinic and more medical imaging tests to see how her esophagus was healing. "She had repeat CAT scans [or CT, computed tomography scans], and [Phelps Health] staff made her feel very comfortable, talking to her through the whole thing," Laurie recalled.

Three months after swallowing the battery, Callie's final scan showed a "clean bill of health."

"She's back to her old self," Jason said. "It's just really wonderful."

Laurie added that Callie has returned to normal activities, like helping on the farm, jumping on the trampoline and swimming. "It's all because of her coming to tell us in time," Laurie said.

Jason and Laurie shared their story on social media as a public service announcement. The couple said they were overwhelmed by the support from the community, school and Phelps Health.

"I truly feel that living in this small town with this fantastic hospital saved our kid's life," Jason said about Phelps Health.

"Had we not gotten that battery out in the timely fashion that we did, it could have burned through the esophagus," Laurie said. "I can't say enough about the entire team [at Phelps Health,] from start to finish."

DON'T DELAY EMERGENCY CARE

Call 911 or go to the nearest emergency department if you have a life-threatening and serious medical concern. Check out phelpshealth.org to learn more about emergency care.



QUICK READS

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

IS MENOPAUSE TO BLAME FOR MY WEIGHT GAIN?

For women struggling with midlife weight gain, menopause may seem to be the likely culprit. Nathan Ratchford, MD, a gynecologist with Phelps Health, debunks this myth.

“Weight gain is common during midlife for both men and women,” Dr. Ratchford said. “Menopause is typically not attributed to weight gain, however many women experience weight gain and menopause coincidentally due to both occurring at the same stage of life.”

Helpful tips to battle the belly bulge

- Maintain healthy eating habits. Avoid fad diets.
- Aim for 150 minutes of moderate aerobic activity per week.
- Add weight training, which can increase metabolism and strengthen bones.
- Get at least 7 hours of sleep per night.

Struggling with midlife weight gain? Visit phelpshealth.org to learn more.

PHELPS HEALTH OFFERS LUNG CANCER SCREENING FOR HIGH-RISK PATIENTS

A simple scan could save your life. Lung cancer screening using a low-dose computed tomography (LDCT), or low-dose CT, scan is recommended for people who meet the following criteria:

- Ages 50-80
- Minimum 20 pack-years smoking history (To calculate pack-years, multiply the number of cigarette packs you smoked per day by the number of years you have smoked.)
- Current smoker or former smoker who quit less than 15 years ago
- No symptoms of lung cancer
- Participated in a shared decision-making visit with your healthcare provider
- Prior counseling on quitting smoking, if applicable

Medicare and many private insurance companies currently cover the costs of lung cancer screening for eligible patients. Patients should check with their insurance companies if they have questions about their coverage.

LEARN IF LUNG CANCER SCREENING IS RIGHT FOR YOU

Visit <https://bit.ly/3TEWFGu> for more information.

FIVE THINGS TO KNOW ABOUT OVARIAN CANCER

1. Ovarian cancer is the deadliest and second most common gynecological cancer in the US. More than 19,000 new cases are diagnosed per year, according to the American Cancer Society.
2. Ovarian cancer doesn't always start in the ovaries; sometimes, the disease starts in the Fallopian tubes.
3. If you are over 55 and have a family history of ovarian cancer, you may be at higher risk.
4. Symptoms of ovarian cancer include pelvic pain, bloating, weight loss, and feeling full or not eating normally.
5. Ovarian cancer can be difficult to diagnose, so seeing your OB/GYN for annual checkups, being aware of symptoms and reporting them to your doctor is important.

Visit pelpshealth.org for more information.

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



Ashlea Ford, LPN, GN



Katlyn Wachter, BSN, RN

DAISY AWARD WINNERS

Congratulations to Ashlea Ford, LPN, GN, who works in the Surgical Orthopedics Department, and Katlyn Wachter, BSN, RN, director of the Medical Oncology Unit, for being recent DAISY Award winners. 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.

April

CARES Award: Katherine (Kat) White, Dietary

We Caught You Caring Award: Charles Krone, Anesthesia

Department Award: Obstetrics and Nursery

May

CARES Award: Rebecca Farris and Jamie Long, Anesthesia

We Caught You Caring Award: Alicia Rodriguez Franco, Nursing Services

Department Award: Human Resources

June

CARES Award: Debbie Grommet, Dietary

We Caught You Caring Award: Trish Klein and Josh Moffett, Clinic Managers

Department Award: Information Technologies (IT)

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



QUICK READS

PHELPS HEALTH RECEIVES AMERICAN HEART ASSOCIATION AWARDS

Phelps Health has received two American Heart Association Get With The Guidelines and Mission: Lifeline achievement awards for demonstrating commitment to following up-to-date, research-based guidelines for the treatment of heart disease and stroke, ultimately leading to more lives saved, shorter recovery times and fewer readmissions to the hospital.

This year, Phelps Health received these achievement awards:

- Get With the Guidelines® - Stroke GOLD PLUS with Target: Stroke Honor Roll and Target: Type 2 Diabetes Honor Roll
- Mission: Lifeline® - STEMI Receiving Center – GOLD PLUS

“Phelps Health is committed to improving care by adhering to the latest treatment guidelines and streamlining processes to ensure timely and proper care for heart attacks and strokes,” Phelps Health Senior Vice President/Chief Nursing Officer/Chief Operating Officer Keri Brookshire-Heavin said. “The Mission: Lifeline and Get With The Guidelines programs make it easier for our teams to put proven knowledge and guidelines to work on a daily basis, which helps us ensure more people in south-central Missouri experience longer, healthier lives.”



AUXILIARY SCHOLARSHIP APPLICATIONS DUE OCTOBER 21

The deadline to apply for the 2022 Phelps Health Auxiliary and Volunteer Services scholarships is October 21, 2022. The Auxiliary is offering \$1,000 and \$2,000 scholarships for BSN/RN, LPN and Allied Health Career students. For more information, or to request an application by mail or email, contact Neal Fallesen, Phelps Health Auxiliary and Volunteer specialist, at nfallesen@phelpshealth.org or (573) 458-7948.

LEADERSHIP

Spotlight

Each issue, we highlight a Phelps Health leader.

Dr. Pecos Coble, Senior Vice President,
Chief Medical Officer of the Medical Group

FUN FACTS ABOUT DR. COBLE

- My dad was a professional rodeo cowboy, who rode bareback and is in the Texas Rodeo Hall of Fame.
- My mom was a former Texas State high school rodeo queen.
- In keeping with the cowboy theme, I was named after a character in one of Zane Grey's western novels. He was my grandma's favorite author.
- My wife is known as "The Tomato Lady," and we own Buck Fever Farms. Find her at local farmers' markets selling homegrown tomatoes, sweet corn, peppers, the best salsa and more.
- My wife and I both love to hunt and fish. And if I'm honest, she often shows me up.



PHELPS HEALTH SUPPORT GROUPS

Stroke Survivors Support Group

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

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

Ostomy Support Group

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

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

Diabetes Support Group

Second Tuesday of each month | 4:00-5:00 PM

Phelps Health Delbert Day Cancer Institute
1060 West 10th Street, Rolla, MO
Call (573) 458-7314

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



CHICKPEA PASTA

WITH MUSHROOMS AND KALE

Makes 4 Servings

INGREDIENTS

- 8 ounces chickpea rotini or penne (see tip)
- ¼ cup extra-virgin olive oil
- 2 large cloves garlic, sliced
- Pinch of crushed red pepper
- 8 cups chopped kale
- 8 ounces cremini mushrooms, quartered
- ½ teaspoon dried thyme
- ½ teaspoon salt
- Grated Parmesan cheese for serving (optional)

TIP: We chose chickpea pasta for this dish instead of whole-wheat because it's packed with tons of fiber, protein and nutrients—some brands provide more than 40% of your daily recommended fiber, plus 20 grams of protein per serving. Look for it with other gluten-free pastas.

PREPARATION

1. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and crushed red pepper; cook, stirring once, until fragrant, about 1 minute. Add kale, mushrooms, thyme and salt. Cook, stirring occasionally, until the vegetables are soft, about 5 minutes.
3. Stir in the pasta and enough of the reserved water to coat. Cook, stirring, until combined and hot, about 1 minute more. Serve topped with Parmesan, if desired.

NUTRITION INFORMATION

(per serving - serving size: 1½ cups)

Calories: 340

Protein: 17g

Carbohydrates: 38g

Fiber: 10g

Sugars: 7g

Fat: 18g

Saturated fat: 2g

Sodium: 366mg

Potassium: 717mg

Recipe Source: Eating Well



VEGETARIAN



GLUTEN FREE



DAIRY FREE

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FOR YOUR HEALTH: FOUR HEALTHY EATING TIPS THAT CAN LOWER THE RISK OF CANCER

By Dr. Graham A. Colditz, Siteman Cancer Center

It's likely no surprise to read that what we choose to eat and drink can have a large impact on our health, including our risk of cancer. Practically from the time we can sit up at the kitchen table, we're reminded of the importance of eating our vegetables. And although some of the messages and headlines we read these days about healthy eating can seem complicated or even contradictory, the science-backed basics of healthy eating actually remain simple.

Here are four tips that have been found to help lower the risk of cancer:

Focus on fruits, vegetables and whole grains.

Eating healthy, plant-based foods has a lot of overall health benefits and can also help prevent some cancers. Foods high in fiber and whole-grains – like whole-wheat bread and whole-grain cereals – have been found to lower the risk of colon cancer. Diets rich in fruits and vegetables have been found to lower the risk of a collection of cancers that include cancers of the mouth, lungs, stomach and colon. And there's growing evidence to suggest that eating higher amounts of vegetable protein in

youth (from sources like soy, nuts and vegetables) may improve breast health and lower the risk of adult breast cancer. Try to get at least five servings of fruits and vegetables each day and at least three servings of whole grains. Also, work to keep foods like white bread, sugary cereals and white rice to a minimum.

Limit food from animals.

There's no need to go full vegetarian – unless you want to – but there's compelling evidence that eating fewer animal-based foods can lower the risk of colon cancer, prostate cancer and possibly, breast cancer. Try to eat fewer than three servings of red meat and processed meat each week, and choose more plant-based sources of protein and fat, like nuts, beans and vegetables.

Limit alcohol. Zero is best.

When it comes to cancer, as well as overall health, the best choice is to not drink alcohol. While moderate drinking may have some heart-health benefits in older adults, even low levels of regular drinking can increase the risk of colon and breast cancer. Drinking in youth and young adulthood seems particularly risky for later adult breast cancer risk. And with the growing list of other

risks associated with alcohol, not drinking is the healthiest choice. For adults who choose to drink, it's best to keep it to one drink a day or less.

Mind the calories.

Though they're not always included in messages about healthy eating, calories are actually the single most important part of what we eat when it comes to cancer risk. Consistently eating too much can lead to weight gain. Among other health risks, obesity has been found to increase the risk of at least 13 different cancers. Yes, 13.

These tips can help us balance the number of calories we eat with the calories we burn:

- *Fit some physical activity into each day.*
- *Limit fast food and avoid sugary drinks.*
- *Eat mostly healthy plant-based foods.*
- *Be a more mindful eater. Start with smaller portions, eat slowly and try to eat only when hungry.*

Making changes to how we eat isn't always easy, but it's something we can all do. Start with something small, like cutting out one sugary soda a week or testing out a new vegetarian recipe, and then slowly build from there. Little changes can lead to big health benefits. Bit by bit. Bite by bite.

IT'S YOUR HEALTH. TAKE CONTROL.

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

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



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



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