



WELLNESS *Matters*

CARING FOR THE PERSON IN EACH PATIENT

FALL 2010/WINTER 2011

Are You Ready to Lose Weight Sensibly?

After the holidays, people everywhere resolve to lose weight. Rather than taking a long-term approach to weight loss, you might feel like a celebrity preparing for the Oscars® – ready to try anything if it will help you drop pounds quickly. Unfortunately, fad diets that promise dramatic weight-loss results in little time are unhealthy, and can do more harm than good. Your best chance for long-term success is to develop a sensible lifestyle built on a two-fold foundation of a nutritious diet and adequate physical activity.

Crunch the Numbers

One of the most important keys to successful weight loss is a healthy dose of reality. It's wise to set a realistic total weight-loss goal that takes into account your gender, age, bone size, and other factors. You can start by calculating your body mass index at www.nhlbisupport.com/bmi/bmicalc.htm.^{*} This calculation may not be entirely accurate – for example, if you are especially muscular – so talk to your physician about finding a weight that is appropriate for you.

Once you've calculated your target weight, break your overall weight-loss goal into smaller goals. Most experts recommend losing no more than 1 to 2 pounds per week. This may seem slow and tedious, but remember: You didn't gain the weight overnight, and losing it successfully and healthfully shouldn't happen overnight, either – especially if you want to keep the weight off permanently. To burn 1 pound of fat you need to create a deficit of roughly 3,500 calories. You can achieve this by reducing the number of calories you consume, increasing the number of calories you burn through physical activity, or both.

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Adult Weight Management Classes Now Forming

Starting in early 2011, Cass Regional will be offering an eight-week series of classes focused on adult weight management. Topics to be covered include: rules of weight loss; setting calorie goals; physical activity; tools for judging portions; hunger triggers; grocery store tours; alternative options for weight loss; recipe modification and making plans when dining out. Sessions will be led by Cass Regional's registered and licensed dietitian,

Rebecca McConville, who is certified in adult weight management, and Cass Regional's exercise physiologist. After the conclusion of the series, ongoing follow-up sessions will take place every six months.

The fee for the classes is \$150, and advance registration for the series is required. For more information, or to enroll, contact McConville at **(816) 380-5888, extension 6070**.



Are You Ready to Lose Weight Sensibly?

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Consider tracking your eating habits and caloric intake for at least a couple of weeks. This can help you get a sense of appropriate portion control, prevent emotional eating and make you think twice about dining on high-calorie, low-nutrient foods. You'll quickly realize which foods keep you feeling full longer.

Move It to Lose It

Physical activity can burn calories, curb your appetite and give you an emotional boost, which are all important when you're trying to avoid relapsing into old habits. The best kind of physical activity for successful weight loss is one that you enjoy and will stick with. By inviting friends and loved ones to be active with you, you can make exercise a fun social activity while also making yourself accountable. The American Council on Exercise® recommends that people trying to lose weight strive to be physically active four or more times a week for 45 minutes or longer. Consult your physician before beginning any new exercise regimen.

Avoid Hidden Culprits

Fatigue and dehydration can mask themselves as hunger, so try to get adequate sleep and drink plenty of water. And remember: If you're tired of carrying extra pounds or thirsty for a healthy weight-loss regimen that works, we can help. Visit www.cassregional.org to learn more.

* Website provided for information only. No endorsement is implied.

Launch a Calorie Counteroffensive

The fewer empty calories you consume, the less time you'll need to exercise to burn them off.

- ❖ Drink water instead of sodas.
- ❖ Consider using "light" mayo instead of regular.

- ❖ Learn to recognize correct portion/serving sizes.
- ❖ Try soy crumbles in recipes that call for ground beef.
- ❖ Keep a food journal for a week or two to find out where you can improve your eating habits.



Dietitian Earns Certification in Adult Weight Management

Rebecca McConville, MS, RD, LD, (pictured above) Cass Regional's clinical dietitian, is now certified in adult weight management by the American Dietetic Association. The eight-month certification process included intensive study in the areas of research, clinical management of overweight and obesity, dietary supplements, behavior modification, application of popular diets and weight loss programs, complications of weight loss, exercise, medication therapy, and bariatric surgery. Following a period of self-study and an on-site workshop, McConville passed a comprehensive test to become certified.

In addition to the adult weight management class series (see page 1), McConville shares her knowledge of adult weight management with patients and staff at Cass Regional during monthly Lunch & Learns and periodic workshops presented by Cass Regional's certified diabetes educators. If you have questions, you may contact McConville at **(816) 380-5888, extension 6070**, or via e-mail at bmcconville@cassregional.org.

THE RISE OF TYPE 2 DIABETES in Young People

Type 2 diabetes used to be called “adult-onset diabetes” because it typically affected overweight adults. But with more than 12 million children and adolescents now considered obese,* type 2 diabetes is striking more young people than ever. Studies show that between 8% and 45% of children newly diagnosed with diabetes have type 2 diabetes.**

Type 1 vs. Type 2

Diabetes is a disease that affects how the body processes glucose (a type of sugar). When we eat something, our body breaks it down into glucose and other nutrients. As the glucose level in the body rises, the pancreas releases insulin to help process the glucose. If there is no insulin, then the glucose stays in the blood. Type 1 diabetes is a condition where the pancreas does not produce insulin. Those with type 1 diabetes need to take insulin to control blood sugar levels.

Type 2 is when the body still produces insulin, but does not respond to it normally. Those with type 2 may have insulin resistance, or not enough insulin to keep blood sugar levels normal. Type 2 diabetes may not require the use of insulin injections or pumps, and can often be controlled through diet and exercise, or with oral medication.

How Did We Get Here?

Childhood obesity has been on the rise for the past decade, and the number of obese children rose from

5% (in the 1970s and 1980s) to 10.4% in 2008.* Less physical activity and more processed foods in our diets have contributed to the increase in overweight and obese children – and type 2 diabetes.

Genetics are another factor. Children with type 2 diabetes are more likely to have a parent with diabetes, or some family history of the disease. Ethnicity can also play a part. African-Americans, Native Americans, Hispanics and Pacific Islanders may be more at risk of developing type 2 diabetes.

Symptoms of type 2 diabetes include:

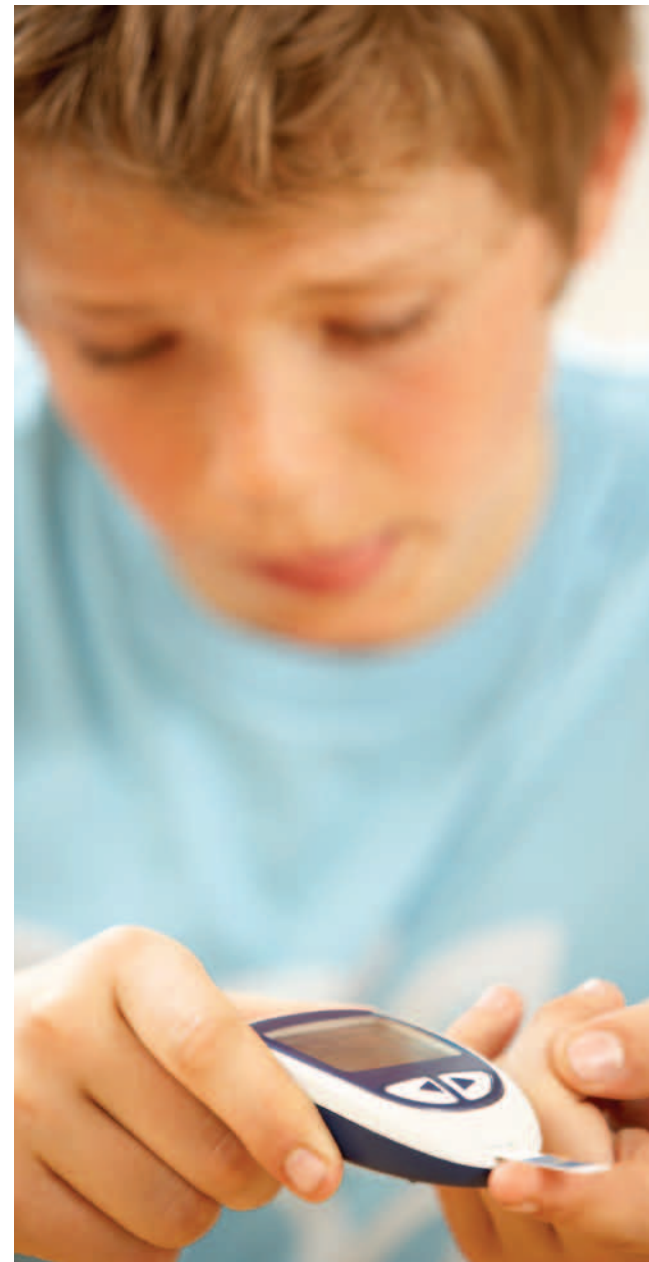
- ❖ Frequent urination
- ❖ Extreme thirst
- ❖ Fatigue

If you think your child may be at risk, a blood sugar test by your child’s doctor can provide answers.

If your child does have type 2 diabetes, he or she may be able to control it by losing weight, getting regular exercise and eating a healthy diet. If your child does not have the disease, following the same healthy guidelines can help keep diabetes at bay. For more information, contact your health care provider.

* Source: “F as in Fat: How Obesity Threatens America’s Future,” June 30, 2010, Trust for America’s Health and Robert Wood Johnson Foundation.

** Source: KidsHealth®, Nemours, www.kidshealth.org.



The Diabetes Self-Management Education (DSME) Program at Cass Regional

The DSME program at Cass Regional pairs patients with a certified diabetes educator and a registered and licensed dietitian for one-on-one, specialized instruction in managing diabetes. The DSME program includes education, meal planning and guidance on administering medications such as insulin (including use of insulin pumps).

“When starting the program, I explain to patients that our main goal is to show them how they can live successfully with diabetes,” said Barbara Walters, RN, CDE, one of Cass Regional’s certified diabetes educators. “We work as a team

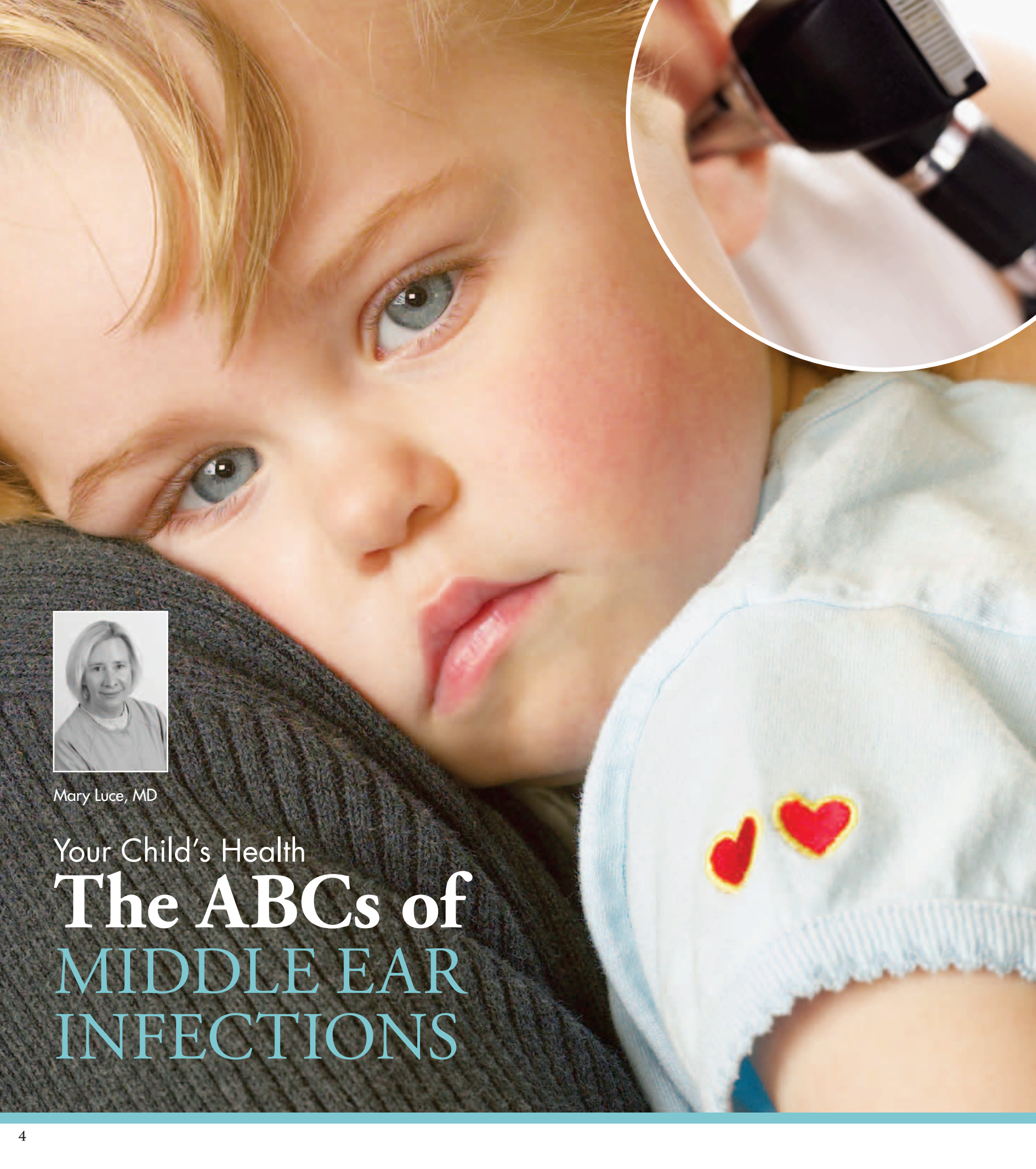
– the patient’s doctor or nurse practitioner, the nurse educator (me), the dietitian and the patient – to find what works best for the patient’s individual needs and lifestyle.”

“One key question that we address with every patient in the DSME program is ‘why do we care?’, which is especially important for patients who feel fine on the outside, but don’t realize how diabetes can damage their health on the inside,” Walters explained. “The fact is, diabetes can lead to some very serious, life-threatening conditions – such as cardiovascular disease and

kidney disease – if it is not managed well. It can be deadly, but more often compromises the quality of life, and that is why we care so much.”

A doctor’s referral is not required to attend the DSME program. For more information, or to schedule an appointment, call **(816) 380-5888, extension 3040**.

Watch for the Spring 2011 issue of *Wellness Matters* for information on upcoming diabetes education programs.



Mary Luce, MD

Your Child's Health

The ABCs of MIDDLE EAR INFECTIONS



Stella was cranky. A recent cold had left the 15-month-old tired and out of sorts. Although her cold symptoms were clearing up, Stella's mood wasn't improving. In addition to being irritable, Stella cried whenever her mother laid her down for sleep and she wasn't eating as much as usual. Was the cold still bothering her? Was it just a phase? Or had she developed an ear infection?

Middle ear infection, or otitis media, is an illness affecting babies and young children. Three out of four children have had at least one ear infection by the time they are 3 years old.* Although painful for children and distressing to their parents, ear infections often will resolve themselves without medical treatment. However, knowing when to consult a doctor, how to cope with the pain and what preventive measures to take may help parents and children deal with this common childhood ailment.

What Causes Ear Infections?

Often originating with a viral infection, such as the common cold, middle ear infections are caused when fluid collects in the middle ear, creating a breeding ground for bacteria. Ear infections most commonly affect children between the ages of 4 months and 4 years, in part because their Eustachian tubes (the passages connecting the ears and the nose) are shorter and more horizontal than adults', which allows fluid to more easily reach the middle ear. In addition, children's immune systems are not fully developed and make them more susceptible to infection.

Is It an Ear Infection?

Older children may complain of ear pain, but parents will need to look for other signs of ear infection in babies and toddlers. The following symptoms, especially if they appear shortly after an upper respiratory infection, may indicate an ear infection:

- ❖ Fever
- ❖ Tugging or rubbing the ear
- ❖ Irritability
- ❖ Disturbed sleep
- ❖ Decreased appetite
- ❖ More frequent crying, especially when lying down, chewing or sucking
- ❖ Clear fluid draining from the ear

When to Call the Doctor

If your child has any of the symptoms described above, call your doctor. He or she will be able to assess the presence and severity of the infection and determine which treatment course is best. "Most infections can be cured with antibiotic treatment, but it is important to follow up with your doctor to be sure the infection

has completely cleared," said Mary Luce, MD, Cass Regional's ear, nose and throat specialist. Contact your doctor if symptoms of the infection last longer than three days, or if you see blood or pus coming out of your child's ear, which may indicate a ruptured eardrum. "Rupture of the eardrum is nature's way of relieving the infection," Dr. Luce explained. "Your child will usually feel better after the rupture, but treatment is still necessary," she continued.

Ease Discomfort

In addition to the doctor's recommended pain reliever, other methods of easing your child's discomfort include:

- ❖ A warm compress placed over the ear.
- ❖ Plenty of rest and quiet activities to help the body fight the infection.
- ❖ Chewing gum, for older children, or drinking plenty of fluids for babies and toddlers, to relieve some of the pressure of fluid build-up. "Be sure your child sits upright while drinking," Dr. Luce added.
- ❖ Using a clean humidifier or cool-mist vaporizer to relieve congestion.

Take Preventive Measures

Most children will outgrow their susceptibility to ear infections, but an ounce of prevention may be worthwhile in those early years. Keep in mind:

Feeding position. Babies held upright during feeding tend to have fewer ear infections than babies who drink from a bottle while lying down.

Air quality. Second-hand smoke and air pollution increase a child's risk of ear infection.

Hygiene. Frequent hand washing will help your child avoid the illnesses, such as colds, that may lead to ear infections.

For some children, multiple infections may cause hearing problems, prompting doctors to recommend myringotomy, the surgical insertion of a small tube in the ear to assist drainage. "Some children never completely resolve their ear infections and have fluid or negative pressure in the middle ear, which can lead to permanent damage," Dr. Luce cautioned. "It is important to be sure your child's infection has resolved after treatment."

If you have concerns about ear infections and would like to make an appointment with Dr. Luce, please call **(816) 380-5888, extension 7880**.

* Source: National Institute on Deafness and Other Communication Disorders, www.nidcd.nih.gov.



Cass Regional Welcomes New Kingsville Clinic

Kingsville Medical Clinic, formerly known as Western Johnson County Medical Clinic, is now operated by Cass Regional Medical Center.

Earlier this year, the directors of Western Johnson County Medical Clinic Foundation approached Cass Regional regarding management of the clinic's operations, citing the hospital's expertise in operating family practice clinics. Cass Regional owns and operates six other family practice clinics in the towns of Archie, Drexel, Garden City, Harrisonville, Peculiar and Pleasant Hill. Cass Regional took ownership of the Kingsville clinic's operations on Oct. 1, 2010, while Western Johnson County Medical Clinic Foundation retains ownership of the clinic facility.

Kingsville Medical Clinic is led by providers Christopher Maxwell, MD, and nurse practitioner Kristi Smith, DNP, APRN, FNP-BC, (pictured above). Maxwell attended Mid-America Nazarene University and received his medical degree from the University of Kansas School of Medicine. He is certified by the American Board of Family Practice. Maxwell sees patients at the clinic every Tuesday through Friday and every third Saturday.

Kristi Smith, DNP, APRN, FNP-BC, is Kingsville Medical Clinic's certified family nurse practitioner. Smith received her bachelor of science and master of science in nursing from the University of Missouri-Columbia, and her doctorate in nursing practice from the University of Missouri-Kansas City. Smith sees patients at the clinic on Mondays and Tuesdays, and the first, second and fourth Saturday of each month.



Women's Expo and Plant Sale

"We are excited about this partnership with Cass Regional Medical Center and look forward to expanding health care access for our patients," said Smith. Kingsville Medical Clinic is open Monday through Friday, from 8 a.m. until 5 p.m. and on Saturdays from 8 a.m. until noon. The clinic is located at 305 E. Pacific Street in Kingsville, Mo. To schedule an appointment, call **(816) 597-3500**.

Medical Office Building to Open in Early February

Construction on the 45,000-square-foot medical office building on the west side of the Cass Regional campus is nearing completion, according to project developer HFMD Properties, LLC. The building is now slated to open in early February 2011.

Planned tenants of the new office building include development partners Harrisonville Family Medicine and Gillen Pharmacy, plus Harrisonville Medical Clinic, Cass Regional's General Surgery Clinic, and Bone and Joint Specialists, PC.

Hundreds Enjoy Women's Expo and Plant Sale

More than 250 women attended Cass Regional's annual Women's Health Expo in October, taking part in free health screenings, health seminars and shopping with area vendors and artisans. Featured speakers were gynecologist Scott Beard, MD, and cardiologist Christine Rattin, DO. Viseslav Tonkovic-Capin, MD, who specializes in dermatology, conducted free skin cancer screenings with help from nursing students from Cass Career Center. Drawings were held for over 25 prizes, including a free mammogram and a free bone density test.

New to the event this year was the Cass Regional Foundation plant sale, which benefited the Cass Regional gardens. Proceeds will be used to purchase new plants for the Healing Garden and the Memorial Garden, and for other key areas on the Cass Regional grounds. More than \$1,000 was raised in support of the effort.

Cardiac Rehabilitation Program Achieves Recertification

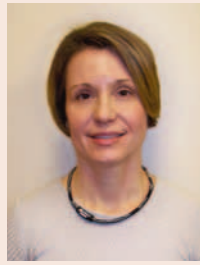
Cass Regional's Cardiac Rehabilitation team recently completed the requirements for recertification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Cass Regional's program was originally certified in 2007, and recertification is required every three years. The AACVPR's certification is the only peer-reviewed accreditation process designed to review individual facilities for adherence to standards and guidelines developed and published by the AACVPR and other professional societies.

Cass Regional's Cardiac Rehabilitation department offers a medically-supervised program for individuals with coronary artery disease or those recovering from a heart attack or heart surgery. This program has structured, monitored, progressive physical activity and educational classes for modifying cardiac risk factors, which helps speed the patient's return to a productive life. For more information, please call **(816) 380-5888, extension 3200**.

Ultrasound Biopsy for Prostate Cancer Now Performed at Cass Regional

Patients who have an elevated PSA (prostate-specific antigen) level in their blood or other possible symptoms of prostate cancer can now have an ultrasound biopsy at Cass Regional to help speed identification and treatment of the disease. The biopsy procedure is done at Cass Regional by Keith Abercrombie, MD, who specializes in urology, and a specially-trained sonography technologist. The entire procedure takes approximately 20 to 30 minutes, and the tissue that is removed is sent to a pathologist to determine whether cancer is present.

For more information, or to schedule an appointment with Dr. Abercrombie, call **(816) 380-5888, extension 7880**.



Cass Regional is pleased to announce that Carrie Totta, MD, is now the hospital's full-time cardiologist. Totta provides cardiology services at Cass Regional five days a week, and sees hospitalized patients in addition to taking appointments in the Specialists Clinic.

Totta attended medical school at the University of Texas Southwestern Medical Center at Dallas. She completed residencies at the University of Texas and St. Louis University School of Medicine, and is board certified in internal medicine and cardiovascular diseases.

Patients wishing to schedule an appointment with Dr. Totta must first be referred by their family physician. For more information, call **(816) 380-5888, extension 7880**, or visit www.cassregional.org.

Calendar of Events

See *Community Health Classes and Programs at Cass Regional* at right for event descriptions and contact information.

JANUARY

		TIME	COST
11	Alzheimer's Support Group	7 p.m.	none
26	Lunch & Learn: "Know Your Exercise Personality"	11:30 a.m. & 1 p.m.	none

FEBRUARY

4	Community Blood Center Blood Drive	2 – 6 p.m.	none
8	Alzheimer's Support Group	7 p.m.	none
14	COPD Support Group	11:30 a.m.	none
15	Rehabilitation Services Wellness Fair & Open House	4 – 6 p.m.	none
23	Lunch & Learn: "Know Your Coping Skills"	11:30 a.m. & 1 p.m.	none

MARCH

8	Alzheimer's Support Group	7 p.m.	none
30	Lunch & Learn: "Make It a Family Affair"	11:30 a.m. & 1 p.m.	none

Community Health Classes and Programs at Cass Regional

Alzheimer's Support Group

This support group meets the second Tuesday of every month in Cass Regional Medical Center's Conference Room No. 1. For more information, e-mail Jeanne Reeder at jeanne.reeder@alz.org or call the Alzheimer's 24-hour information and support line at **(800) 272-3900**.

Community Blood Center Blood Drive

Community Blood Center is the primary supplier of blood for local hospitals and has been serving Missouri and Kansas hospitals for almost 50 years. Community Blood Center needs to collect 580 pints of blood every day and over 140,000 pints annually to meet the needs of our local hospitals. Please help Community Blood Center to ensure that this precious commodity is being adequately provided to our local hospital patients. To donate:

- ❖ Please bring photo identification, such as your driver's license.
- ❖ Please eat well and drink plenty of fluids prior to your donation.
- ❖ For medical eligibility questions, please call **(800) 245-7035**.

Appointments are welcome, but not necessary. To schedule an appointment, go online to www.esavealifenow.org (Sponsor Code: cassmedctr). You may also contact Christine Schimpf, Cass Regional's Laboratory manager, at **(816) 380-5888, extension 7520**, or via e-mail at cschimpf@cassregional.org.

COPD Support Group

This support group is for persons diagnosed with COPD (chronic obstructive pulmonary disease) and their caregivers. Participants provide each other support and learn ways to manage their conditions while

taking part in everyday activities. For more information, contact Tate Wood at **(816) 380-5159**, or via e-mail at twood@cassregional.org.

CPR (Cardio-Pulmonary Resuscitation) Classes

Classes are available to groups whose members wish to become CPR-certified or to renew their certifications. To schedule a class, contact Tate Wood at **(816) 380-5159**, or via e-mail at twood@cassregional.org.

Lunch & Learn

Grab a sack lunch and stop by Cass Regional on the last Wednesday of each month for a 30-minute discussion on a variety of health topics. Join Cass Regional's expert clinical staff as they explain how to find an exercise program that fits your personality (January), identify your coping skills (February) and make healthy lifestyle changes as a family (March). For more information, contact Rebecca McConville, MS, RD, LD, Cass Regional's dietitian, at **(816) 380-5888, extension 6070**, or via e-mail at bmccconville@cassregional.org.

Rehabilitation Services Wellness Fair and Open House

Come meet the staff members who provide an extensive range of rehabilitation services – cardiac rehabilitation, pulmonary rehabilitation, diabetes education, physical therapy, occupational therapy, speech pathology and nutrition and weight management – at the annual wellness fair and open house. Register for door prizes and take advantage of free educational materials, healthy snacks and other giveaways. The event will also feature free mini-health screenings. For more information, contact Norma Baldridge, RN, BSN, Cardiac Rehabilitation manager, at **(816) 380-5888, extension 3200**.



2800 East Rock Haven Road
Harrisonville, MO 64701
(816) 380-3474

Foundation News



Healthy Angels Ride to Help Patients

Healthy Angels Raise More Than \$4,100

The sixth annual Healthy Angels Ride roared to success in August, with 97 motorcycles and 141 participants taking part in the event. The 100+-mile ride started at Cass Regional and featured refreshment stops at Cass Regional's clinics in Pleasant Hill, Archie and Peculiar. Riders then returned to Cass Regional for lunch and door prize drawings. More than \$4,100 was raised for Cass Regional Foundation's Patient Assistance Fund, which is used to help indigent patients with transportation, medication and home care supplies.

The 2011 Healthy Angels Ride will take place on Aug. 27. For more information, contact the Foundation at **(816) 380-5888, extension 4810**, or e-mail mlattin@cassregional.org.

Inaugural Grin & Bear It Run Draws Crowd

More than 200 runners and walkers took part in the first annual Grin & Bear It Run in Harrisonville in October. The inaugural event, held on Oct. 10, was organized by Cass Regional Medical Center Foundation and raised approximately \$4,000 for the Patient Assistance Fund.

The Grin & Bear It Run was held in memory of Cara Roberts, a young wife and mother who was



Inaugural Grin & Bear It Run Draws Crowd

murdered in November 2008. Roberts' nickname was "Care Bear," which is how the event got its name. Her family chose to direct proceeds from the run to the Patient Assistance Fund to honor Roberts' dedication to helping others, and to show appreciation for the community support they have received over the past two years since her murder.

The Grin & Bear It Run started and ended at Harrisonville Elementary School and featured a 5K course and a 10K course. The runners and walkers were led by Roberts' father, Roger Keefer, and her 4-year-old son. Overall winners in the 5K were Adolfo Cantu of Kansas City (men's division), Tina Fatino of Pleasant Hill (women's division) and Kristen Kimbrell of Harrisonville (youth division). Overall winners in the 10K were Josh Scholten of Kansas City (men's division), Doretta Moles of Drexel (women's division) and Jackie Land of Lee's Summit (youth division).

All of the overall winners received commemorative Grin & Bear It Run stuffed animals that were donated by Build-A-Bear Workshop. Medals were also awarded to the top three finishers in each age group for both the 5K and the 10K. The Grin & Bear It Run was sponsored by Country Club Bank, Wallace Funeral Home, Benchmark Healthcare of Harrisonville and SPC Designs.



"A Mystery Evening" Cast of Characters

The 2011 Grin & Bear It Run is scheduled for Oct. 9. For more information, contact the Foundation at **(816) 380-5888, extension 4810**, or e-mail mlattin@cassregional.org.

Characters Abound at "A Mystery Evening"

Guests at Cass Regional Foundation's "A Mystery Evening" fundraiser on Nov. 6 were presented with the case involving the kidnapping of the fictitious Mr. Edward FancyPants Longfellow, who was billed as one of the region's most generous philanthropists. During the event, guests mingled with mysterious suspects and famous detectives and were able to ask questions to determine who kidnapped Mr. Longfellow, where he was held, the ransom amount, and the detective who cracked the case. Guests who correctly solved the puzzle were entered into a grand prize drawing.

A Mystery Evening also featured a silent and live auction, and more than \$13,500 was raised to purchase a telemedicine robot for Cass Regional Medical Center. The robot will allow doctors to remotely examine a patient, enabling specialists in other cities to offer expert consultation when exceptional patient needs arise.