

Healing power

Hyperbaric oxygen therapy heals wounds

In January 2012, a car accident left 26-year-old Angel Gibson severely injured and hospitalized at a Kansas City-area medical center for several days. The pressure placed on her tailbone (coccyx) from lying in bed caused an open sore to develop. Over time, the sore progressed into a condition called chronic refractory osteomyelitis, a bone infection that is extremely painful.

Gibson sought treatment at the wound clinic at Cass Regional Medical Center in August 2012. With treatment, the wound got smaller, but it refused to heal completely. For most patients, medicines and advanced care are sufficient to heal a wound, but for others, like Gibson, hyperbaric oxygen therapy (HBOT) is what makes the difference in healing.

How does HBOT help?

In hyperbaric oxygen therapy, a patient breathes pure oxygen for a substantial period of time in a pressurized chamber. The increased air pressure allows a patient's lungs to take in more oxygen than at normal air pressure. This increases the amount of oxygen carried in the blood, which promotes faster healing and helps fight off infection in chronic, slow-to-heal wounds.

An inconvenient commute

Since HBOT was not yet available at Cass Regional at the time, Gibson was referred to another area facility for HBOT treatments.

While each patient's treatment plan differs, most patients who are candidates for HBOT require 25 to 30 therapy visits, with each visit lasting approximately two hours. Gibson, who lives in Adrian, Missouri, traveled to Kansas City for five HBOT treatments before The Wound Center at Rock Haven Specialty Clinic opened on the Cass Regional campus in January 2014.

Healing close to home

Gibson was glad to be able to continue her therapy closer to home at The Wound Center, and she was one of the first patients to use the new center's HBOT chambers.

"I got to know The Wound Center staff pretty well," Gibson says. "They kept me positive and gave me hope."

Michael Kohlman, MD, a surgeon on staff at The Wound



Celebrating successful healing are, from left, HBOT technician Kacy Covert, Angel Gibson and wound center nurse Robin Finley.

Center, was Gibson's wound care physician. In February 2014, he and orthopedic surgeon Danny Carroll, MD, performed a surgical debridement of Gibson's wound to speed up the healing process. She then returned to The Wound Center for additional HBOT treatments and completed her last treatment in April 2014.

"Angel's wound was very difficult to heal," says Kacy Covert, HBOT technician at The Wound Center. "She's now more than a year post-treatment, and it has not re-opened, which we feel is a great success."

Keeping on the bright side

From February to April, Gibson underwent a total of 40 HBOT treatments at The Wound Center. Though the number of

Continued on back page

wellness Calendar

Summer 2015



SEARCHING FOR DR. RIGHT?

Try our physician directory at
www.cassregional.org.

Alzheimer's Support Group

Tuesdays, Aug. 11, Sept. 8, Oct. 13,
Nov. 10, 6:30 p.m.

Conference Room 1

Email Jeanne Reeder at
jeanne.reeder@alz.org, or call
800-272-3900.

COPD Support Group

Wednesday, Sept. 9, 11:30 a.m.

Conference Rooms 1, 2 and 3

Contact Gary Skiles, RRT, at
816-380-5888, ext. 4160, or email
gskiles@cassregional.org.

Community Blood Center Blood Drive

Friday, Sept. 4, 2 to 5 p.m.

Conference Rooms 1, 2 and 3

Appointments welcome
but not necessary. Go to
www.savealifenow.org.

Diabetes Support Group

Thursdays, Aug. 20, Sept. 17,
Oct. 15, Nov. 19, 6:30 p.m.

Conference Rooms 2 and 3

Call Liz Whelan, RN, MSN, CDE, at
816-380-5888, ext. 6010, or email
lwhelan@cassregional.org.

Free Community Health Screening

Fridays, 9 to 11:30 a.m.

Rotating locations around Cass
County, including Archie, Garden
City, Harrisonville, Peculiar and
Raymore

Blood sugar, cholesterol and blood
pressure screening. View the calendar
at www.cassregional.org for
locations and dates, or contact Erin
Newport, MA, at 816-619-3000 or
email enewport@cassregional.org.

11th Annual Healthy Angels Ride

Saturday, Aug. 15, 9 a.m.

(registration starts at 8 a.m.)

Cass Regional Medical Center

Contact Melissa Lattin at
816-380-5888, ext. 4810, or email
mlattin@cassregional.org.

Grin & Bear It 5K and Family Fun Run

Saturday, Sept. 26, 9 a.m.

Cass Regional Medical Center

A fundraiser for the Patient Assistance
Fund. Contact Melissa Lattin at
816-380-5888, ext. 4810, or email
mlattin@cassregional.org.

Plant Sale

Saturday, Sept. 26, 9 a.m.

Cass Regional Medical Center

Benefiting the Cass Regional
Gardens. Contact Melissa Lattin
at 816-380-5888, ext. 4810, or email
mlattin@cassregional.org.

Weight Loss and Bariatric Surgery Seminar

Tuesday, Oct. 13, 6 p.m.

Conference Rooms 2 and 3

Call Heather Danforth, MA, at
816-380-5888, ext. 5610, or email
hdanforth@cassregional.org.

Weight Loss Support Group

Mondays, Aug. 3,
Sept. 14, Oct. 5,
Nov. 2, 6 p.m.

Conference Room 1

Call Heather
Danforth, MA, at
816-380-5888,
ext. 5610, or email
hdanforth@cassregional.org.



Healthy Angels Ride motors into 11th year

Cass Regional Medical Center Foundation's
Healthy Angels Ride—to be held Saturday,
Aug. 15, this year—was founded by three
Cass Regional nurses: Ginger Friesz, RN;
Sheryl Knox, RN; and Kathy Selley, RN. The
first ride, held in September 2005, raised
over \$6,100 for the newly created Patient
Assistance Fund.

The fund helps patients with expenses
such as medication, transportation and
home care supplies, and it has provided
over \$34,000 in assistance to more than
650 patients since its start.

After the 100-plus-mile motorcycle ride,
featuring stops at some of the hospital's
family practice clinics, riders will return to
Cass Regional for lunch, entertainment
and door prizes. Registration is \$30 for
a single rider and an additional \$20 per
passenger, and it includes a T-shirt, lunch
and a commemorative pin.



SIGN UP! Call Cass Regional Medical Center
Foundation at 816-380-5888, ext. 4810.

wellnessmatters

Information in WELLNESS MATTERS comes
from a wide range of medical experts. If
you have any concerns or questions about
specific content that may affect your health,
please contact your health care provider.

Models may be used in photos
and illustrations.

2015 © Coffey Communications, Inc. All rights reserved.

CMM31383





Staff and students practice care on the manikin in the hospital's new simulation lab.



Education Coordinator Liz Whelan, MSN, RN, CDE, operates the patient simulator manikin from the control room.

i **YOUR CHANCE TO GIVE**
Call 816-380-5888, ext. 4810, or visit www.cassregional.org and click "Ways to Give."

Your gifts help enhance services

Expanded infusion therapy clinic, pain management clinic and patient simulation lab open

The recent completion of three construction projects—including renovated infusion therapy and pain management clinics and a new patient care simulation laboratory—was celebrated with a special open house at Cass Regional Medical Center on June 25. The improvements were funded in part by donations to Cass Regional Medical Center Foundation and a grant from the Missouri Hospital Association.

More comfortable, spacious infusion therapy area

Since Cass Regional opened its new facility in 2009, the demand for infusion therapy (including chemotherapy) has grown significantly. The infusion therapy clinic, which started out as a three-bay area within the Specialists Clinic, now boasts five larger therapy bays and two private rooms.

Faster access to pain management services

The pain management clinic has been relocated to the renovated Specialists Clinic suite within the medical center. The new space includes four exam rooms, a procedure room and a three-bay recovery area for exclusive use by pain management

specialists. Because the clinic formerly shared space with the Surgery Department and the GI Clinic, the number of available appointments each week was limited. The new location will allow for quicker access to pain management services.

Advanced clinical training for caregivers

A \$50,000 grant from the Missouri Hospital Association and more than \$50,000 in donations to Cass Regional Medical Center Foundation have funded the new patient care simulation laboratory at the hospital. The lab consists of a replica hospital patient room that houses two computerized patient simulator manikins (which were also funded by the foundation), a monitoring/control room and a classroom for debriefing from simulator training sessions.

The lab will be used in the ongoing training of Cass Regional's clinical staff, area emergency medical service and long-term care providers, and nursing students from Cass Career Center.

Donors make a difference

Cass Regional Medical Center Foundation

conducted a special fundraising effort earlier this year, called "The Annual Fundraising Dinner That Wasn't," to fund patient amenities for the infusion therapy and pain management clinics and additional equipment for the patient care simulation laboratory. Area individuals and businesses donated over \$30,000 in support of the cause.

Many infusion therapy patients require multiple treatments each month, and each appointment can last several hours. Donations helped furnish several items to enhance patient comfort, including tablets, laptops and MP3 music players for patient use during lengthy treatments; a hospitality area with a pod coffee maker; artwork; televisions; magazine racks and subscriptions; and comfortable chairs for family members who accompany patients to their treatments. Similar items were furnished for the pain management clinic as well.

Donations have also funded additional equipment for the patient care lab, including demo medications, a dual-head stethoscope for training, wound simulation kits, a feeding pump and a hospital bed.

Easy access

New system gives patients online access to personal health records

With Cass Regional Medical Center's conversion to a new, more robust electronic health record (EHR) system last fall, patients now have secure, convenient access to their EHRs at Cass Regional. Through the Patient Portal, patients can view health information (such as lab results, medical imaging reports, visit history, discharge instructions and health summaries), allergies and medications, and upcoming scheduled visits.

Our registration staff members are happy to assist you in enrolling in the Patient Portal during your visit to the hospital. If you prefer to self-enroll, you will need your Cass Regional medical record number. You may obtain your medical record number by contacting the Patient Portal help line during regular business hours at **816-887-0444**.

You will need to provide certain identifying information, such as your date of birth, Social Security number and/or your address, in order to obtain your medical record number. Once you have your medical record number, please visit <http://bit.ly/16Pxngj> to self-enroll.

Frequently asked questions about the Patient Portal

Q Where does my health information in the Patient Portal come from?

A All of the information in the portal comes from your Cass Regional EHR. This ensures that you have access to the most accurate, up-to-date information possible.

Q How do I log in to the Patient Portal?

A You must be enrolled to access the portal. Please see the enrollment information at the top of this page. Once you are enrolled, you can log in to the portal at <http://bit.ly/1CVOyKj>.

Q Can my family access my Patient Portal?

A Yes, you can give family members, such as parents or health care proxies, access to your portal. This needs to be done within Cass Regional and requires consent from you and/or your family members.

Q Is my information safe?

A Yes. Portal passwords are encrypted and URLs are rewritten so that they cannot be copied and pasted. You and authorized family members are the only ones who can access your portal. Also, a time-out feature protects your information if you leave the portal page open.

Q What if I ever have technical problems with the Patient Portal?

A There is a Contact Us section on the home page of the portal that allows you to submit any questions you have regarding the portal. You can also contact the Patient Portal help line at **816-887-0444** during regular business hours or email patientportal@cassregional.org.



NEED HELP?

Call **816-887-0444** during regular business hours (Monday through Friday) or email patientportal@cassregional.org.



New family doctor in Pleasant Hill

Family medicine physician Dylan Werth, MD, has joined the staff of Pleasant Hill Medical Clinic and is now accepting new patients.

Dr. Werth received a Bachelor of Arts degree in chemistry from the University of Missouri–Kansas City (UMKC), and he completed his medical degree and residency at the UMKC School of Medicine. A native of Lee’s Summit, Missouri, Dr. Werth also has an interest in cooking, NASCAR and hunting.



NEED A DOCTOR?

For more information or to make an appointment with Dr. Werth, call Pleasant Hill Medical Clinic at **816-540-2111**.



Alberto Suarez, MD, joins Peculiar Medical Clinic

Family medicine physician Alberto Suarez, MD, has joined Cassandra Brewster, MD, in practice at Peculiar Medical Clinic. Most recently, Dr. Suarez was in private practice at Westchester Family Care in Harrisonville.

A native of Texas, Dr. Suarez received his medical degree from the Universidad de Monterrey and completed an internship and residency at R.E. Thomason General Hospital in El Paso, Texas. He has practiced medicine for over 25 years and is certified by the American Board of Family Medicine. In addition to his practice at Peculiar, Dr. Suarez will continue to serve as the collaborating physician for Angelena Orear, ARNP, NP-C, at Drexel Medical Clinic.



CALL TODAY

To make an appointment with Dr. Suarez, call Peculiar Medical Clinic at **816-779-1100** or Drexel Medical Clinic at **816-619-3000**.



What is a family doctor?

If you’re looking for a doctor who can take care of your entire family—from your children to your aging parents—then you just might want a type of doctor whose specialty name says it all: family doctor.

Comprehensive care

Family doctors are educated in all areas of medicine, which gives them the skills to care for people of all ages.

After medical school, family doctors complete three years of residency. During that time, they receive training in hospitals, doctor’s offices and other settings. Family doctors update their training even after they begin practicing. This keeps them current with medical breakthroughs.

Family doctors are experts in:

- ▶ Treating all organ systems and diseases.

- ▶ Providing preventive medicine to help you maintain your health.
- ▶ Managing chronic conditions, such as diabetes.
- ▶ Providing well-woman care, reproductive counseling and family planning. Some family doctors also offer prenatal care and deliver babies.
- ▶ Caring for you as a whole person, including your mental, physical and emotional health.

With these skills, family doctors often serve as primary care physicians. If you have a health condition that requires a specialist, your family doctor will guide you through that process and coordinate your care.

Finding the right doctor

It’s important to choose a family doctor that you’re comfortable with. Ask your friends and family to recommend someone. Then make an appointment to meet and talk with the doctor.

At the visit, be aware of whether the doctor answers all your questions in a manner you can understand and whether you feel rushed during the appointment.



FIND A FAMILY DOCTOR

Just visit the physician directory at www.cassregional.org to find one who’s right for you and your family.

When being HOT is not so COOL

Extreme temperatures can trigger heat-related illnesses

There's the type of warm weather that makes putting on a T-shirt and shorts fun. And then there's the type that makes you wish you could walk around in your birthday suit.

Excessive heat. It's uncomfortable, and it's potentially dangerous. In recent years, more people have died from excessive heat than from all other kinds of weather hazards, including floods.

Your body can only take so much exposure to extreme heat. Normally when you get hot, you cool off by sweating. But in extreme heat, your body temperature can rise rapidly—and sweat may not be enough to cool you down. Very high body temperatures can lead to heat illnesses, which have the potential to damage your brain and other vital organs.

Here is a chart that explains common heat illnesses, what causes them, possible signs and symptoms, and how to treat them.



GET HELP FAST

If you're experiencing heat stroke symptoms, go to the emergency room—or call 911.

Illness	Causes	Possible signs and symptoms	First aid
Heat cramps	People who sweat a lot during strenuous activity are prone to heat cramps. Sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps are often an early warning sign that the body is having trouble with the heat.	<ul style="list-style-type: none"> ▶ Painful spasms, usually in the arms, legs or abdominal muscles. ▶ Heavy sweating. 	<ul style="list-style-type: none"> ▶ Stop what you're doing, and sit quietly in a cool place. ▶ Gently massage affected muscles to relieve spasms. ▶ Sip cool water, clear juice or a sports beverage. Stop drinking if you become nauseated. ▶ Don't return to strenuous activity for a few hours after the cramps subside. ▶ Get medical help if the cramps don't diminish in an hour.
Heat exhaustion	The body loses an excessive amount of water and salt, usually through sweating.	<ul style="list-style-type: none"> ▶ Heavy sweating. ▶ Weakness. ▶ Cool, moist, pale or flushed skin. ▶ Fast, weak pulse. ▶ Nausea, fainting or vomiting. 	<ul style="list-style-type: none"> ▶ Move to a cooler area. ▶ Rest. ▶ Loosen or remove tight clothing. ▶ Take a cool shower, bath or sponge bath. ▶ Slowly sip cool, non-alcoholic beverages. ▶ Seek medical attention if symptoms get worse or last longer than one hour.
Heat stroke	The body's temperature control system stops working. As a result, the body's temperature rises rapidly, its sweating mechanism fails and the body can't cool down. Heat stroke is a medical emergency.	<ul style="list-style-type: none"> ▶ High body temperature (above 103 degrees). ▶ Red, hot, dry skin. ▶ Rapid, strong pulse. ▶ Throbbing headache. ▶ Dizziness. ▶ Nausea. ▶ Confusion. ▶ Unconsciousness. 	<ul style="list-style-type: none"> ▶ Call 911. ▶ Move the person to a cooler, shadier place. ▶ Remove excess clothing. ▶ Cool the person down using whatever is available, such as a cool bath or shower, a cool sponge bath, or cool water from a garden hose. ▶ Do not give the person fluids containing alcohol.

Sources: American Red Cross; Centers for Disease Control and Prevention; Federal Emergency Management Agency; National Weather Service

4 TESTS WORTH TAKING

In today's whirlwind world, it's easy to look at schedules for home and work and think that something just has to give. And one of the things you might be considering giving up are those routine screening tests your doctor is always recommending.

Before you put those tests on hold, however, consider this: Getting screened for serious diseases could literally save your life. Screening tests can often find diseases early, when treatment is likely to work best.

Here are four common conditions for which screening is vital for both men and women. All of them are well worth your time.

1 High blood pressure. Some of the potentially deadly diseases triggered by high blood pressure include heart attack, kidney failure and stroke. You should have your blood pressure checked by a medical professional at least once every two years.

2 Diabetes. The list of potential health problems associated with diabetes is a long one and includes heart disease, stroke, blindness and the loss of limbs. You should be screened for diabetes if your blood pressure is higher than 135/80 mm Hg or you take medication for high blood pressure. A simple blood test can detect if your blood sugar level is too high.



FIND A PROVIDER NEAR YOU

We have doctors and nurse practitioners throughout the region who can provide screenings. Visit www.cassregional.org, and click on "Family Practice Clinics."

3 High cholesterol. The trouble with having too much cholesterol in your blood is that it can clog blood vessels and lead to a heart attack or stroke.

You should have a fasting cholesterol test every four to six years, starting at age 20.

You may need to be tested more often if: ▶ Your total cholesterol is 200 mg/dL of blood or more. ▶ Your HDL (good) cholesterol is less than 40 mg/dL if you're a man or less than 50 mg/dL if you're a woman. ▶ You're a man over age 45 or a woman over 50. ▶ You have other risk factors for heart disease and stroke, such as family history and high blood pressure.

4 Colorectal cancer. You may groan at the idea of getting tested for colorectal cancer, but screening definitely has its benefits: It can find abnormal growths in the colon before they become cancerous, and it can detect signs of the disease before they cause symptoms. You should get tested for colorectal cancer starting at age 50. Your doctor can tell you which screening test for this disease is best for you.

Sources: American Heart Association; U.S. Department of Health and Human Services

— RIDE —
with the Angels!

11th annual Healthy
Angels Ride

Saturday, Aug. 15, 9 a.m.

Help patients who can't
afford to pay for the
assistance they need.



See page 2 for more details.



Angel Gibson, here with her boyfriend, Robby, keeps active and positive. Her special wheelchair lift truck was customized by a specialty shop in Indiana.

Healing power of O₂

Continued from front page

treatments may seem overwhelming, Gibson kept a positive attitude throughout the process.

“Angel was dealing with this wound for a long time,” says Wound Center nurse Robin Finley, RN, BSN, WCC, CFCN. “She never gave up. She actively followed through on her treatment and participated in her care. She also has great support from her family and friends, which played an important role in her healing too.”

While spending multiple hours in an HBOT chamber may not sound appealing, Gibson found a way to look on the bright side.

“If you're able to relax, being in the HBOT chamber is a nice time to sleep or watch a movie,” she says. She stresses the importance of sticking to a treatment plan. “If your doctor recommends it, try the hyperbaric treatment and do everything you're told to do. It gave me such good results on my chronic wound.”

Is it for you?

HBOT is appropriate for approximately 10 percent of wound patients. If you have questions about HBOT, contact The Wound Center at **816-887-0309**.

Summer tomato and corn salad with basil

Makes 4 servings.



Ingredients

- 1 large ear local yellow or yellow-and-white corn
- 3 ripe medium tomatoes
- ½ red bell pepper, finely chopped
- ⅓ cup thinly sliced green onions, green and white parts
- ⅓ cup finely chopped sweet onion
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- ¼ teaspoon mustard powder
- Freshly ground pepper
- 4 to 5 large basil leaves
- 1 tablespoon chopped fresh mint, optional

Directions

- ▶ Shuck corn and steam for 3 minutes.
- ▶ When corn is cool enough to handle, cut the kernels off ear and place them in a mixing bowl.
- ▶ Halve tomatoes vertically, and cut one half into 4 wedges for garnish.
- ▶ Remove seeds from remaining tomatoes.
- ▶ Chop tomatoes and add to corn.
- ▶ Add red pepper, green onions and sweet onion.
- ▶ In a small bowl, whisk lime juice with salt, mustard powder, and 4 or 5 grinds pepper until salt dissolves.
- ▶ Pour dressing over salad and toss gently with fork to combine. At this point, salad can sit for up to 15 minutes.
- ▶ Just before serving, stack basil leaves, then cut crosswise into thin strips and add to the salad. Add mint, if using.
- ▶ Toss to combine herbs with salad. Garnish with tomato wedges. Serve immediately.

Nutrition information

Serving size: 1 cup. Amount per serving: 45 calories, less than 1g total fat (0g saturated fat), 10g carbohydrates, 2g protein, 2g dietary fiber, 242mg sodium.

Source: American Institute for Cancer Research