

Battling a bully

Diane Rogers awoke very early the morning of Jan. 16, 2014, to find her husband, Dave, writhing in pain on their living room floor. With great difficulty, they managed to get to the car and to Cass Regional Medical Center, where scans revealed an obstruction in Dave's colon. He was immediately taken to surgery to remove the mass, and soon after, surgeon Jack Hudkins, MD, FACS, broke the horrible news to Diane and her children: Dave had cancer.

Against the odds

Following a nine-day stay in the hospital and additional recovery at home, Dave had his first follow-up appointment with Dr. Hudkins. The outlook was bleak. Dave had stage IV colon cancer with a low five-year survival rate. Dave and Diane were stunned, but Dave, a veteran of the U.S. Navy, quickly came to view the situation like many other battles he had experienced in his military career.

"If you doubt that you will win, even just a little bit, your enemy has already beaten you," Dave explains. He made it clear to Dr. Hudkins, and to Diane, that odds were meaningless to him; he would conquer cancer.

Dave met with oncologist William Stephenson, MD, and a treatment plan was developed. Within the next few weeks, Dave had a portable catheter surgically implanted in his chest to make the delivery of the intravenous (IV) chemotherapy drugs easier. He began his treatment with a two-week course of oral chemotherapy, and on Feb. 17, he reported to Cass Regional for his first infusion of IV chemotherapy.

Though the first infusion was relatively easy, the treatment began to take its toll on Dave's strength and immune system. He developed an infection and spent another six days in the hospital in mid-March.

On April 14, Dave had a CT scan to determine how the cancer was responding to the chemotherapy, and a week later, as Dave prepared for his fourth infusion, Dr. Stephenson delivered the incredible news that the scan showed no cancer. To better ensure that the cancer had been eliminated, Dr. Stephenson scheduled Dave for two additional infusion treatments.



WE'RE IN YOUR CORNER.

Visit www.cassregional.org to learn about our oncology services.

Not all was smooth sailing, however. Dave had another infection in May following his fifth infusion and spent two more days in the hospital. He had his sixth and final IV infusion June 2, and took the last dose of the oral chemotherapy June 15. A final scan confirmed that Dave's cancer was gone.

Encouraging others facing cancer

Diane, who has written and published several novels, chronicled Dave's cancer journey in a book she titled *Cancer, Faith and Me&M's*. The couple decided to develop the book to bring

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wellness Calendar Fall 2015



SEARCHING FOR DR. RIGHT?

Try our physician directory at
www.cassregional.org.



Alzheimer's Support Group

Tuesdays, Dec. 8, Jan. 12,

Feb. 9, March 8, 6:30 p.m.

Conference Room 1

Email Jeanne Reeder at

jeanne.reeder@alz.org, or call

800-272-3900.

Community Blood Center Blood Drive

Friday, Dec. 18, 2 to 5 p.m.

Conference Rooms 1, 2 and 3

Appointments welcome but not necessary.

To schedule an appointment, go to

www.savealifenow.org.



Diabetes Support Group

Thursdays, Dec. 17 (holiday party),

Jan. 21, Feb. 18, 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.

Ladies' Night Out/ Health Expo

Friday, Jan. 15, 6 to 9 p.m.

Mill-Walk Mall

Join our Cardiac Rehabilitation staff at the annual Ladies' Night Out and Health Expo at Mill-Walk Mall! Blood pressure, heart rate and blood oxygen screenings, plus information and giveaways. For more information, call Terry Johns, RN, at 816-380-5888, ext. 3200, or email tjohns@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. Go to www.cassregional.org and click on "Events" to view locations and dates, or contact Kacee Baldwin, MA, at 816-619-3000 or email kbaldwin@cassregional.org.

Rehabilitation Services

Open House

Tuesday, Feb. 9, 4 to 6 p.m.

A favorite annual event featuring free health screenings, information and giveaways! Call Terry Johns, RN, at 816-380-5888, ext. 3200, or email tjohns@cassregional.org.

A precious gift

Community Blood Center serves the needs of patients at 70 hospitals in the Kansas City area, including Cass Regional Medical Center. Over 3,000 units of blood are needed each week to help patients in our region who are fighting cancer, have heart or blood vessel disease, or are severely injured in accidents. While 60 percent of the population is eligible to donate blood, only about 5 percent do. Many of us will need a blood transfusion at some point in our lives and will depend on the generosity of blood donors.

You can help! Make plans to donate blood at the next Community Blood Center blood drive at Cass Regional on Friday, Dec. 18. Schedule your appointment at www.savealifenow.org, or simply stop by between 2 and 5 p.m. to donate.



FIND OUT HOW TO SAVE A LIFE.

For more information, call Stacy Sample at 816-380-5888, ext. 7510, or email ssample@cassregional.org.

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.

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Provider news & updates



FNP now seeing patients in Harrisonville and Peculiar

Family nurse practitioner Jackie Kumm, RN, FNP-BC, is now seeing patients at Harrisonville Medical Clinic on Mondays, Wednesdays and Thursdays, and at Peculiar Medical Clinic on Tuesdays and Fridays.

Prior to relocating her practice, Kumm served as the family nurse practitioner at Archie Medical Clinic.

She works in collaboration with Samuel Brewster, MD, at Harrisonville Medical Clinic and Cassandra Brewster, MD, at Peculiar Medical Clinic.



NEED A CHECKUP?

Call **816-380-7470** (for Harrisonville Medical Clinic) or **816-779-1100** (for Peculiar Medical Clinic) to schedule an appointment.



Price extends practice to Garden City

Richard Price, MD, who works in family practice at Harrisonville Medical Clinic, now also sees patients on Wednesdays at Garden City Medical Clinic.

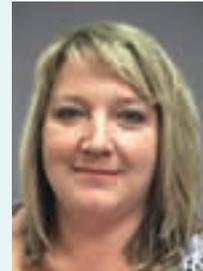
Dr. Price received his medical degree from the University of Colorado and has practiced medicine in the region for over 30 years. He is certified by the American Board of Family Practice.

Dr. Price also serves as the collaborating physician for Karmen Goosey, RN, MSN, FNP-BC, Garden City Medical Clinic's full-time nurse practitioner.



THE DOCTOR IS IN.

To make an appointment, call **816-773-6203** (for Garden City Medical Clinic) or **816-380-7470** (for Harrisonville Medical Clinic).



Ostrander, Collins join staff of Archie Medical Clinic

Family practice physician Craig Ostrander, DO, MBA, and board-certified family nurse practitioner Darya Collins, RN, BSN, ARNP, have joined the staff of Archie Medical Clinic and are accepting new patients.

Ostrander, who will continue to practice at Harrisonville Medical Clinic and The Wound Center at Rock Haven Specialty Clinic four days a week, sees patients on Mondays at Archie Medical Clinic. He holds a Bachelor of Science in business administration from Kansas State University and a Master of Business Administration from the University of Missouri-Kansas City. He received his Doctor of Osteopathic Medicine degree from Kansas City University of Medicine and Biosciences, and he completed an internship and residency at the University of Kansas Medical Center-Department of Family Medicine.

Collins holds a Bachelor of Science degree in nursing from Missouri Southern State University and received her master's degree in nursing from Pittsburg State University in Pittsburg, Kansas. Collins previously worked at Freeman Center for Digestive Health in Joplin, Missouri, and in family practice at Cedar County Memorial Hospital in El Dorado Springs, Missouri. She sees patients Monday through Friday at Archie Medical Clinic.



NEW PATIENT? NO PROBLEM!

To schedule an appointment, call Archie Medical Clinic at **816-430-5777**.

Hey there, sleepyhead

What's keeping you up?



CATCH ALL YOUR ZZZs.

To learn how you can get a better night's sleep, contact Travis Schlenger, RPSGT, RST, Sleep Lab Coordinator, at t Schlenger@cassregional.org or 816-380-5888, ext. 4180.

Slumbering. Snoozing. Sawing logs. No matter what it's called, a good night's sleep never becomes tiresome.

Unfortunately, millions of people aren't getting the seven to

eight hours of ZZZs every adult needs—every night—to support good health. If you're among those sleepyheads, perhaps it's one of these common sleep disorders that's keeping you up:

Disorder	Signs and symptoms	Possible treatments
Insomnia	<ul style="list-style-type: none"> ▶ Trouble falling asleep or staying asleep at night. ▶ Waking up too early. ▶ Sleeping for only short periods of time. ▶ Difficulty focusing during the day. 	<ul style="list-style-type: none"> ▶ Sleep medications. ▶ Lifestyle changes, such as exercising more and avoiding alcohol, caffeine and tobacco. ▶ Better sleep habits, such as going to bed at the same time every night and getting up at the same time every morning. ▶ Therapy to relieve sleep anxiety.
Narcolepsy	<ul style="list-style-type: none"> ▶ Sudden sleep attacks during the day—even when doing something active, like walking. ▶ Extreme or irresistible daytime sleepiness. ▶ Sudden muscle weakness when awake (called cataplexy), often triggered by a strong emotion. ▶ Hallucinations. 	<ul style="list-style-type: none"> ▶ Stimulant medicines to increase daytime alertness. ▶ Medicine to promote sleep at night. ▶ Medicines that treat depression—which can help with muscle weakness, sleep paralysis and hallucinations. ▶ Lifestyle changes, such as taking naps, following a regular sleep schedule and relaxing before bedtime.
Restless legs syndrome (RLS)	<ul style="list-style-type: none"> ▶ Creeping sensations in the legs that create an urge to move them. (Walking or kicking offers some relief.) 	<ul style="list-style-type: none"> ▶ A combination of two medicines—one to regulate dopamine levels and one to promote sleep.
Sleep apnea	<ul style="list-style-type: none"> ▶ Frequent pauses in breathing while sleeping. ▶ Nighttime gasping or snoring. ▶ Morning headaches. ▶ Irritability or depression. ▶ Dry mouth upon waking. 	<ul style="list-style-type: none"> ▶ Treatment of underlying conditions, such as a nasal condition or heart failure. ▶ Breathing devices worn while sleeping, such as a continuous positive airway pressure machine (CPAP). ▶ Surgery. ▶ Weight loss.

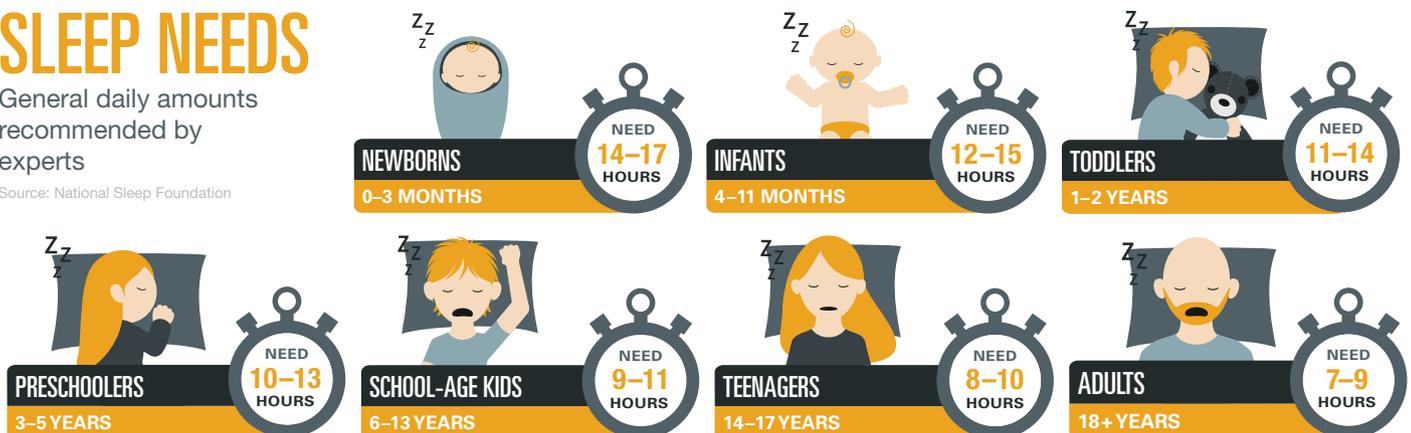
If you think you have a sleep disorder, ask your doctor for help finding your way back to dreamland.

Sources: Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute

SLEEP NEEDS

General daily amounts recommended by experts

Source: National Sleep Foundation



Why you shouldn't *ignore* painful feet

Diabetes is a disease that can affect you from head to toe—literally. That's why taking good care of yourself—especially your feet—is important when you have the disease.

Over time, high blood sugar levels can damage nerves in your feet, causing you to lose sensation in them. That can make it hard to feel cuts, blisters and other sores that may develop.

What starts as a minor problem can become an open wound, known as a diabetic ulcer. Because people with diabetes often have poor blood flow to their feet, wounds there may be slow to heal. As a result, infection becomes a danger. In some cases, removing an infected foot or lower leg may be necessary.

Make the right call. To lower the risk of amputation, it's

important to see your doctor at the first signs of a foot ulcer. Signs of infection may include pain, redness, warmth or swelling. Pus or blood coming from the sore is also cause for concern.

Prompt treatment may help a sore heal. And the sooner a sore heals, the less likely you are to develop an infection. So don't delay making an appointment with your doctor.

How your doctor treats your ulcer will depend on its severity.

The doctor will likely remove dead skin and tissue and then bandage the wound. He or she will also teach you how to care for the ulcer by keeping it clean, applying needed medicines and changing your dressings. If you develop an infection, you'll be given antibiotics, possibly by IV.

Take the pressure off. According to the American Medical Association, it's important to avoid putting pressure on the wound. Try to stay off your feet as much as possible and keep your feet elevated. Using crutches or a special cast that keeps weight off your ulcer while you're standing or walking may be suggested.

As always, keeping your blood sugar level in check remains important. So does managing your overall health.

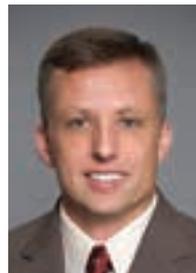
It may take several weeks—or months—for the ulcer to heal.

Problem feet?

William "Bill" Cruce, DPM, specializes in podiatric medicine and foot and ankle surgery. He received a bachelor's degree in secondary education from Wichita State University and worked as a teacher for 10 years before returning to medical school.

Dr. Cruce obtained his degree in podiatric medicine and surgery at Temple University in Philadelphia, Pennsylvania, and completed his residency at Detroit Medical Center in Detroit, Michigan. He is trained in podiatric surgery, trauma surgery, and pediatric trauma and reconstructive surgery.

Dr. Cruce sees patients on Mondays and Wednesdays at Rock Haven Specialty Clinic and on Thursday mornings at The Wound Center, both of which are located in Suite 150 in Rock Haven Medical Mall. On Tuesday mornings and Fridays, he sees patients in Kansas City, Missouri, at an office near Research Medical Center.



TREAT YOUR FEET RIGHT.
To schedule an appointment
with Dr. Cruce, please call
816-887-0336.

**To lower the risk
of amputation, it's
important to see your
doctor at the first signs
of a foot ulcer.**

Our doctors



James Johnson, DO, received his medical degree from Kansas City University of Medicine and Biosciences and completed

an internship and residency in anesthesiology through the University of Missouri-Kansas City. He completed a fellowship in pain management at the University of California at Davis Medical Center. Dr. Johnson is certified by the American Board of Medical Specialties in anesthesiology and pain medicine. He sees patients at Cass Regional on Thursdays.



Richard Morgan, MD, is a graduate of the University of Kansas School of Medicine. After a three-year residency in anesthesiology

at St. Luke's Hospital in Kansas City, Missouri, he completed a joint fellowship in critical care and pain management at Mayo School of Graduate Medical Education. He is certified by the American Board of Medical Specialties in anesthesiology, pain medicine, and hospice and palliative medicine. Dr. Morgan sees patients at Cass Regional on Tuesdays.



GET HELP FOR PAIN.

Ask your doctor for a referral to one of our pain management specialists. Or call **816-887-0457** for more information.

Improving quality of life

The medical specialty of pain management has grown significantly in the last 30 years. Some of the first physicians to consider pain management as a unique field of medicine were anesthesiologists, who applied their knowledge of anatomy, nerve pathways and expertise in blocking pain sensation to develop injection procedures for the treatment of acute, chronic and cancer-related pain.

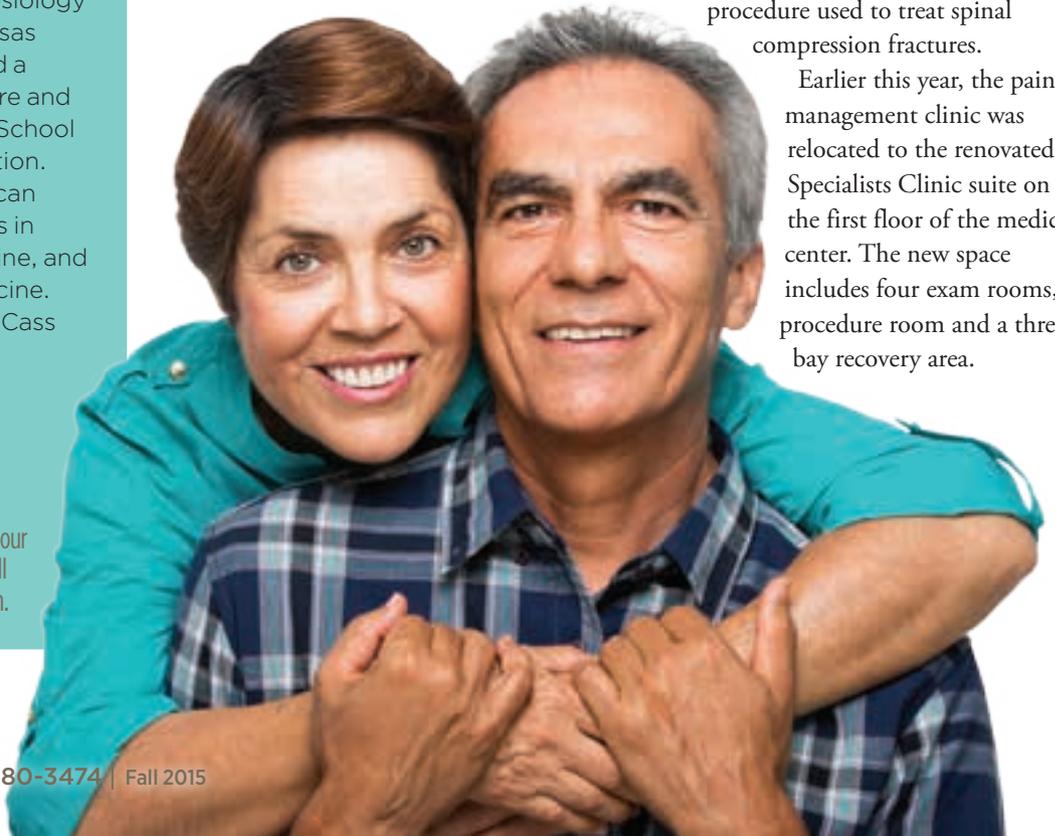
Today, pain management involves not only the use of pain-blocking procedures and surgeries, but also medication management and physical therapies. Comprehensive pain management also takes into consideration the impact that pain can have on daily living, work, sleep, relationships and emotions. Many pain management doctors have expertise in helping people with terminal cancer pain and other critical diagnoses, and are actively involved in the field of hospice

and palliative care to fulfill patients' needs and wishes at the end of life.

The physicians at Cass Regional Medical Center's pain management clinic, James Johnson, DO, and Richard Morgan, MD, work closely with outstanding nurses and support staff to offer compassionate care to their patients. Some of the ways in which Dr. Johnson and Dr. Morgan treat pain include:

- ▶ Epidural steroid injection and other nerve block procedures.
- ▶ Physical therapy.
- ▶ Medication management.
- ▶ Pain management counseling.
- ▶ Palliative care consultation.
- ▶ Spinal cord stimulation.
- ▶ Intrathecal pump therapy, which involves a surgically implanted pump that delivers pain medication directly into spinal fluid.
- ▶ Kyphoplasty, a minimally invasive procedure used to treat spinal compression fractures.

Earlier this year, the pain management clinic was relocated to the renovated Specialists Clinic suite on the first floor of the medical center. The new space includes four exam rooms, a procedure room and a three-bay recovery area.





3

food facts

every cook should know

Holidays are a time for gathering together and, often, eating a lot of food. That much we all know about holiday get-togethers. But if you're preparing turkey, here are three things you may not know.

1 The kitchen counter isn't a good place to thaw your bird.

Illness-causing bacteria grow rapidly at temperatures between 40 and 140 degrees. Your turkey quickly enters this danger zone when you thaw it on the counter.

You can avoid this risk by thawing the turkey in your refrigerator. Allow 24 hours of thawing time for each 4 to 5 pounds of bird. If that's not possible, you can defrost the turkey in your microwave oven. Follow the manufacturer's instructions.

Another option is to place the turkey in your sink under cold running water or in cold water that's changed every 30 minutes. Keep the turkey in its original packaging. It will take from 2 to 12 hours

to thaw the bird—depending on your turkey's size—if you use this method, reports the Food Safety and Inspection Service of the U.S. Department of Agriculture.

Be sure to cook a microwave- or water-thawed turkey right away.

2 Stuffing deserves some special attention.

Food must reach a minimum internal temperature of 165 degrees to ensure bacteria are destroyed. That may not happen with stuffing tucked deep inside a turkey.

It's safest to cook stuffing separate from your turkey. But if you do stuff the bird, stuff it loosely—about $\frac{3}{4}$ cup stuffing per pound of turkey. Make the stuffing moist, not dry. Heat destroys bacteria more quickly in a moist environment.

Roast your turkey immediately after stuffing it. Then use a food thermometer

to verify when the center of the stuffing—and your turkey—has reached 165 degrees.

3 You can cut calories and fat in your favorite dishes without sacrificing flavor.

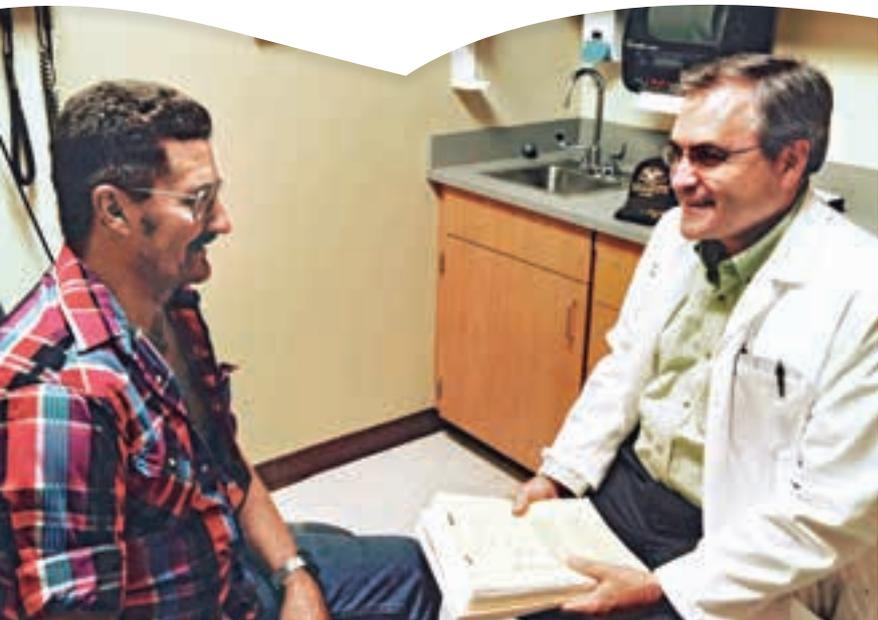
Tasty foods are the centerpiece of holiday gatherings, but that doesn't mean they have to sabotage your scale or your well-being. Often, simple substitutions can make a dish healthier.

For example, the Academy of Nutrition and Dietetics recommends using:

- ▶ Reduced-fat cheeses in salads and other dishes.
- ▶ Almonds instead of fried onion rings in casseroles.
- ▶ Low-sodium, fat-free chicken broth instead of butter to flavor mashed potatoes.
- ▶ Nonfat yogurt, fat-free sour cream or nonfat whipped topping for dips, sauces and desserts.



Stop by Cass Regional to pick up *Cancer, Faith and M&M's* or *Wanda's Favorite Recipes—Collector's Edition*.



Dave Rogers, left, talks with oncologist William Stephenson, MD, during a recent appointment.

Battling a bully



Continued from front page

hope and understanding to other families who are facing a cancer diagnosis. As new patients come for their first infusion treatments at Cass Regional, Dave seeks out the “newbies,” as he calls them, to offer a copy of the book and words of encouragement.

Dave was recently diagnosed with a recurrence of cancer. But his prognosis is good, and he and Diane are optimistic he will again win the fight.

“Cancer is a bully,” Dave says, “and I see it like any other bully I’ve fought in my life. I fight for my family,

especially my grandchildren. I rely on my faith, and I don’t let myself get in a depressive rut. I have been there before, and it is hard to get out of. So knowing that gives me the strength to stay positive.”



FIGHT AGAINST CANCER.

To learn more about infusion therapy and oncology services at Cass Regional, visit www.cassregional.org or call **816-380-5888, ext. 4970.**

Copies of Diane’s book, *Cancer, Faith and M&M's*, are available at no charge at the reception desk just inside the main entrance to Cass Regional, courtesy of the author.

Wanda’s Favorite Recipes Cass County’s culinary delights

Wanda Brown, a member of the Cass Regional Medical Center Auxiliary for over 50 years, gained acclaim in the region for her column, “Wanda’s Favorite Recipes,” which



ran in the *Cass County Democrat Missourian* newspaper for many years. At the urging of family and friends, she compiled recipes from her weekly column into a cookbook, which was sold as one of the first fundraisers for Cass Regional Medical Center Foundation in the early 1990s. A second edition followed a few years later and was also a great success.

To celebrate Wanda’s remarkable life (she turned 97 earlier this year), the Foundation and the Auxiliary have teamed up for a new cookbook project, *Wanda’s Favorite Recipes—Collector’s Edition*, which features popular recipes from the first two cookbooks and a special tribute to the lady who inspired it.

Cookbooks are available for purchase in the Cass Regional Gift Shop for \$15—and make great holiday gifts! Proceeds from the project will be divided evenly between the Foundation (for the Wanda Brown Scholarship program) and the Auxiliary (for the Helping Hands Project and the hospital’s Patient Assistance Fund).