

WEIGHT-LOSS JOURNEY

New body, new career

Sheridan Settle of Harrisonville battled her weight for years. By 2014, she had had enough. At 5'3" tall, Sheridan's body mass index fell in the 40s.

"My weight was out of control," Sheridan said. "I had several medical issues because of it, including sleep apnea, high blood pressure and high cholesterol. I tried other weight-loss programs, but nothing worked, so I decided that I wanted to have surgery. I heard that Cass Regional was starting a program, and I called and made an appointment."

Turning a corner

Sheridan scheduled an appointment to see general surgeon Walter Costner, MD, FACS.

"When I first met Sheridan, she was a lot like most patients who come to me for weight-loss surgery," Dr. Costner said. "She was depressed by her weight-loss failures, even though she felt she had been doing all the right things. She did well on her own with losing part of the weight but would then gain it back. Her weight was limiting her



and the things she wanted to do."

On Sept. 16, 2014, Sheridan underwent gastric bypass surgery at Cass Regional. A gastric bypass, which is also called Roux-en-Y gastric bypass, is an operation where a small, thumb-sized gastric pouch is created by dividing the stomach. The small bowel is also divided about 45 centimeters down from the stomach and the lower portion of the divided small bowel is then connected to the small gastric pouch. The upper portion of the small bowel is then reconnected about 80 to 100 centimeters farther down the GI tract. This creates a "Y" shape to the small bowel. The "bypassed" portion of the small bowel leads to decreased calorie absorption, and the smaller gastric pouch reduces the amount of food that can be consumed at one time, resulting in weight loss.

Dr. Costner, assisted by Michael Kohlman, MD, performed the gastric



bypass procedure on Sheridan.

"Dr. Costner and Dr. Kohlman are fantastic," Sheridan said. "They took great care of me."

After surgery, Sheridan followed Dr. Costner's orders to the letter.

"I put my trust in him, and if he said I could do something or not, then I followed his directions. I feel that my doing exactly what he said was a key to my success," Sheridan said.

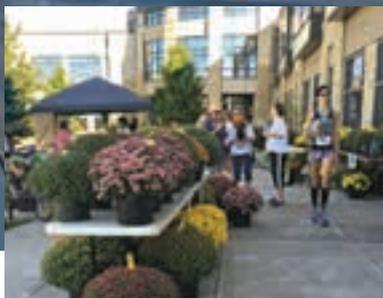
The support of Cass Regional's care team, including dietitian Erin McNamara, RDN,

—Continued on back page



SEARCHING FOR DR. RIGHT?

Try our physician directory at
www.cassregional.org.



Alzheimer's Support Group

Tuesdays, Aug. 9, Sept. 13, Oct. 11,
Nov. 8, 6:30 p.m.

Conference Room 1

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

COPD Support Group

Wednesday, Sept. 14, 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. 23, 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, Aug. 18, Oct. 20, Nov. 17,
6:30 p.m.

Conference Rooms 2 and 3

Contact 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, Drexel,
Garden City, Harrisonville and
Peculiar

Blood sugar, cholesterol and blood
pressure screening. Contact Kacey
Baldwin, MA, at 816-619-3000 or
email kbaldwin@cassregional.org.

Grin & Bear It 5K and Family Fun Run

Saturday, Sept. 17, 8 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

Friday, Sept. 16, 8 a.m. to 1 p.m.

Saturday, Sept. 17, 8 a.m. to 1 p.m.

Cass Regional Medical Center

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

Seventh annual Grin & Bear It 5K

Also featuring the Family Fun Run!

The seventh annual Grin & Bear It 5K and Family Fun Run fundraiser, hosted by Cass Regional Medical Center Foundation, will take place Saturday, Sept. 17, at 8 a.m. on the Cass Regional campus to benefit the Foundation's Patient Assistance Fund. The event is held in memory of Cara Roberts, a young wife and mother who passed away in 2008. Her nickname was "Care Bear," which is how the event got its name.

This year's event again includes a half-mile family fun run. Registration is required, and pricing varies, depending on which distance (the 5K or the fun run) the participant chooses.

Participants in either distance receive a T-shirt, and the top three finishers of each age group in the 5K race will earn medals. An award will also be given to the largest 5K team. The overall male and female winners of the 5K will receive a commemorative teddy bear, as well.

Following the race will be a free breakfast for participants, hosted by Chris Kurzweil of Kurzweils' Country Meats. The Foundation's annual plant sale for the benefit of the Cass Regional gardens will be open, and free health screenings will be available to all guests. There will also be activities for children.

To register online, visit www.runsignup.com and search for "Grin & Bear It Run." A mail-in registration form is also available to download from www.grinandbearitrun.com.

For questions, contact Melissa Lattin at 816-380-5888, ext. 4810, or email mlattin@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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Prostate cancer **QUESTIONS ANSWERED**

Learn about the disease
that strikes 1 in 7 men

Prostate problems plague many men as they get older. And the worst of those problems can be cancer.

Here are three key questions—and answers—about prostate cancer.

Q: What are the signs and symptoms?

A: Early prostate cancer rarely causes symptoms. More advanced cancer may cause signs and symptoms such as:

- ▶ Weak urinary flow or a need to urinate frequently, especially at night.
- ▶ Blood in the urine.
- ▶ Problems getting an erection.
- ▶ Bone pain.

Keep in mind that conditions other than cancer can cause the same signs and symptoms.

But it's still important to tell your doctor if you have any of these problems.

Q: How is prostate cancer diagnosed?

A: Most often it's detected with screening tests. Two common ones are the prostate-specific antigen (PSA) test, which looks for certain markers in a blood sample, and a digital rectal exam, in which a doctor feels the prostate for abnormalities by inserting a finger into the rectum.

Neither test can confirm cancer. If results of the test or exam point to a potential problem, a biopsy may be performed. This involves removing prostate tissue with a needle and examining it under a microscope.

Q: What are the treatment options?

A: If cancer is found, the biopsy can provide information about how aggressive the disease seems to be, including a Gleason score—which is determined by how abnormal the cancer cells look. Doctors use that score; the PSA test; and possibly results of other tests, such as an MRI, to determine treatment.

Cancer that doesn't appear aggressive may not be life-threatening. Simply monitoring it or watching it closely may be OK.

Treatment can start if the cancer grows or gets worse.

If treatment is needed, surgery to remove the prostate may be recommended. Radiation therapy and hormone therapy are also options. Chemotherapy may be given as well.

Read more about prostate cancer in our Health Library, located under "Patients & Visitors," at www.cassregional.org.

Cass Regional welcomes new urologist

Cass Regional Medical Center is pleased to announce that urologist Billy B. Perry Jr., MD, has joined the medical staff. He sees patients on Tuesdays at Rock Haven Specialty Clinic, located at 2820 E. Rock Haven Road, Suite 150, in Harrisonville.

Dr. Perry holds a Doctor of Pharmacy degree from the University of Kansas. He received his medical degree from the University of Kansas

School of Medicine, and he completed a residency in urology at the University of Kansas Department of Urology. He is certified by the American Board of Urology.

Dr. Perry treats urological conditions such as incontinence and diseases of the male reproductive system.

To make an appointment with Dr. Perry, or for more information, please call **816-887-0312**.



Billy B. Perry Jr., MD



A clearer view

If you haven't had an MRI before, you may be a little uneasy the first time your doctor suggests one. Will it hurt? Is it dangerous? Will it help?

Rest assured. This advanced imaging test is painless, noninvasive and safe. It's a powerful tool that can help your doctor evaluate many medical conditions. And while the device itself can seem complex and even a little imposing, your part is pretty simple. Basically, all you do is relax and lie still.

What's an MRI?

MRI stands for magnetic resonance imaging. It provides detailed views of internal organs, soft tissues, bones and other structures. Instead of x-rays, MRI uses a magnetic field, radio waves and a computer to create images that can be viewed in cross-sections from a number of angles. MRI images are often clearer than those from standard x-rays, computed tomography (CT) scans or ultrasound.

An MRI can help a doctor accurately evaluate organs like the brain, heart and liver; joints like the knee, shoulder and ankle; and even blood vessels and bile ducts.

New construction underway at Cass Regional



Foundation raises funds for MRI addition

Cass Regional Medical Center broke ground in late April on a \$2.3 million, 7,000-square-foot expansion to house a new magnetic resonance imaging (MRI) machine as well as the hospital's 64-slice computed tomography (CT) scanner. The project includes the construction of shell space to house future Emergency Department growth. Plans also call for a remodel of the Medical Imaging department, which will include renovations to the reception area; moving the bone density testing room to the Women's Center; relocating the radiologists' reading room; and moving ultrasound to a larger room in order to provide more space for ultrasound-assisted procedures.

Upgraded MRI will be enclosed

The MRI machine, previously housed in a mobile unit directly outside the hospital since Cass Regional began offering the service more than 15 years ago, will be located inside the hospital when construction is finished in late 2016. The new machine will feature a bigger opening and shorter depth to reduce claustrophobia, and it will offer a higher weight capacity (550 pounds, up from the previous weight limit of 350 pounds). Scan times will be shortened, and patients will no longer be exposed to the elements in



Among other things, your doctor may use an MRI to spot tumors, assess damage after a heart attack or gauge the extent of a sports-related injury.

How to prepare

Getting ready for an MRI is simple. Unless you're told otherwise, eat and drink normally and take medications as prescribed.

The only real precaution is to avoid bringing metallic objects into the examination area. You don't want anything interfering with—or being drawn to—the strong magnetic field.

Leave your watch and jewelry at home. Before the exam, take off your eyeglasses, hearing aids, and any medication patches or removable dental work.

Also, tell your doctor and technologist if you have any medical devices, implants or metallic shrapnel in your body. These items may distort images or even pose a risk to you or the device itself.

What to expect

The traditional MRI scanner looks like a long tube. You will lie on an exam table that slides into the tube, which contains the magnets. Some MRI units are open on all sides, which is often less stressful for people who are uncomfortable in enclosed spaces.

For some exams, the patient needs to be injected with a contrast material to make images sharper. Very rarely, this material may cause an allergic reaction.

During the exam, you'll need to remain still, especially when images are being taken. You'll know that's happening by the sound of tapping or thumping from the MRI machine.

Throughout the exam, the technologist is in a separate room with the computer, where it is protected from the magnetic field. The operator can see, hear and talk to you during the test.

MRI scans can take anywhere from 15 minutes to an hour. A radiologist examines the images and reports to your doctor, who will go over the results with you.



order to access the MRI, which will eliminate discomfort and risk of falling created by inclement weather. The new machine offers Quiet Suite technology, which prevents the “knocking” or “pounding” noise that older machines make.

Enhanced services, including MRI with sedation

When construction is complete, the existing 64-slice CT scanner will be moved to a bigger room to better accommodate trauma and biopsy patients. The new MRI and CT rooms will have windows, which will help reduce claustrophobia experienced by some patients. Another highlight of the project is the addition



of three nursing bays that will be used to monitor medicated patients. This feature and other new elements will allow Cass Regional to offer MRI with sedation for patients who need it, due to anxiety or other medical conditions.

Foundation donors help make project possible

Donations made at Cass Regional Medical Center Foundation's April 16 fundraising dinner, The Inside Scoop, and proceeds from the Foundation's annual Celebration Basket Raffle, held May 9–13, are benefiting the construction project. The two events, in total, raised nearly \$71,000.



Go for the gold

Find fitness inspiration in the Summer Olympic Games

Looking for ways to add more fun to your fitness routine? Turn your eyes to Rio de Janeiro! That's the site of the Summer Olympics—and a source of some energizing exercise ideas.

As you cheer the elite athletes on to victory, consider giving these Olympic-inspired activities a try yourself:

Think boxing (an Olympic event) with a kick. Kickboxing is a feisty, whole-body workout that blends aerobics with boxing- and martial arts-based jabs and kicks.

Walk a marathon—at your pace. Maybe you're not ready to run a real marathon. But don't let that stop you from crossing the finish line like the athletes in track-and-field events. Make it your goal to walk 26.2 miles (the length of a marathon race) over the course of several months.

Try table tennis. This fast-paced calorie-burner became an Olympic sport in 1988. Dust off that basement tennis table. Or head

to the nearest recreation center.

Give golf a go. Golf returns to the Olympics this summer after being banished from the game roster for more than 100 years. Consider adding it to your active lineup too. Be sure to walk the course to maximize movement.

Row like a pro. No boat needed for these Olympic-style cardio moves. Just hit the rowing machine at the gym. Sign up for a group class to multiply the fun.

Pedal your heart out. Olympic cyclists pedal for medal in road, mountain, track and other bike races. To get your heart racing, grab a helmet, hop on your bike and ride to glory (and good health).

Form a team. Many Olympic sports can be fun for the whole family. Try playing volleyball, badminton or soccer in your backyard. Shoot some hoops in your driveway. Or pack up the kids and tennis rackets and hit some balls at a nearby court.

Olympic trivia

- ▶ The ancient Olympic Games began in Greece about 3,000 years ago. They were originally held over one day. The games were suspended in 393 AD. The modern games were revived in 1896.
- ▶ The Olympic torch, which symbolizes friendship and peace, will travel this year across Brazil—mainly by foot—for nearly 100 days.
- ▶ More than 10,000 athletes from 206 countries are expected to be in Rio de Janeiro for the Summer Olympic Games. Four regions of the city will be home to 32 competition venues.
- ▶ Some of the things organizers are expecting to need for the games: 25,000 tennis balls, 8,400 shuttlecocks (for badminton), 60,000 clothes hangers and 34,000 beds.
- ▶ During 17 days of competition, 306 medal events will take place—136 for women, 161 for men and 9 mixed.

Sources: International Olympic Committee; Rio 2016

A worthwhile—and doable—training schedule

It takes a lot of time and training to be an Olympic athlete. You don't have to mimic those efforts, however, to be fit.

Aim for at least 150 minutes of moderate aerobic activity—like brisk walking or tennis—every week. And do muscle-strengthening activities, such as lifting weights or using

resistance bands, on two or more days a week.

Any movement beats sitting still. But you will gain the most health benefits if you exercise regularly. Staying active could help lift your spirits, trim your waist and lower your risk of:

- ▶ Heart disease.
- ▶ Stroke.
- ▶ Type 2 diabetes.
- ▶ Some cancers, including colon cancer.

Source: U.S. Department of Health and Human Services



It's tomato time!

Few things are worth the wait as much as tomatoes in season. Who can resist their juicy, sweet taste, especially after eating often tasteless ones the rest of the year?

If you care about healthy foods, you have another reason—besides their flavor—to eat fresh tomatoes. A medium one packs 1½ grams of fiber and nearly 20 percent of the recommend daily amount of vitamin C. That fiber helps you feel full and avoid overeating, while vitamin C helps boost immunity and heal cuts.

And that's not all. Bright red tomatoes owe their color to lycopene, a plant chemical that appears to protect against prostate cancer.

Try them this way

Don't let summer slip by without indulging in plenty of tomatoes. There are lots of ways to enjoy them beyond tossing them in salads or making tomato sauce. Here are just a few ideas:

- ▶ Add diced tomatoes to scrambled eggs.
- ▶ Drizzle balsamic vinegar and olive oil over thick tomato slices topped with fresh basil leaves.
- ▶ Stuff tomatoes with low-fat cottage cheese or tuna or chicken salad.
- ▶ Quarter tomatoes and marinate them with onions and cucumbers in your favorite low-fat vinaigrette.
- ▶ Bake sliced tomatoes seasoned with bread crumbs and a sprinkle of Parmesan cheese.
- ▶ Combine lime juice and chopped tomatoes, jalapeño peppers, cucumber, cilantro and onion for a tangy salsa.
- ▶ Top your pizza with sliced tomatoes.
- ▶ Grill tomato halves on skewers.

Finally, remember that tomatoes taste best when they're not refrigerated. Store them at room temperature away from sunlight and in a single layer, so they don't get mushy.

Sources: American Institute for Cancer Research; Produce for Better Health Foundation



Tomato-cucumber salad with parsley and mint

Makes 4 servings.

Ingredients

- 4 medium ripe tomatoes, seeded and chopped
- ½ medium cucumber, peeled, seeded and chopped
- ⅓ cup diced red onion
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 1 tablespoon red wine vinegar
- 2 teaspoons olive oil
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper to taste

Directions

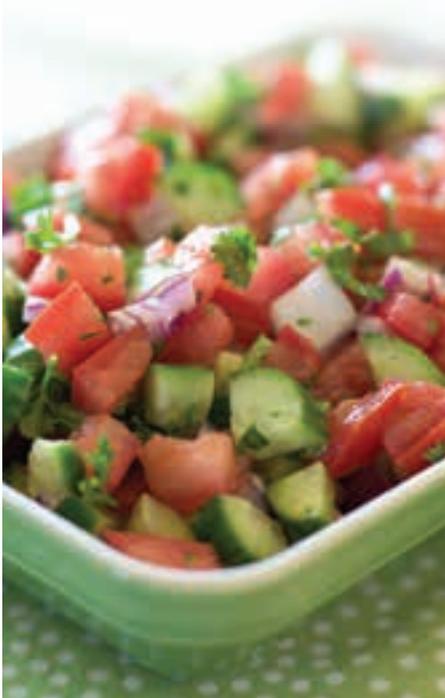
- ▶ In a large bowl, combine tomatoes, cucumber, red onion, parsley and mint.

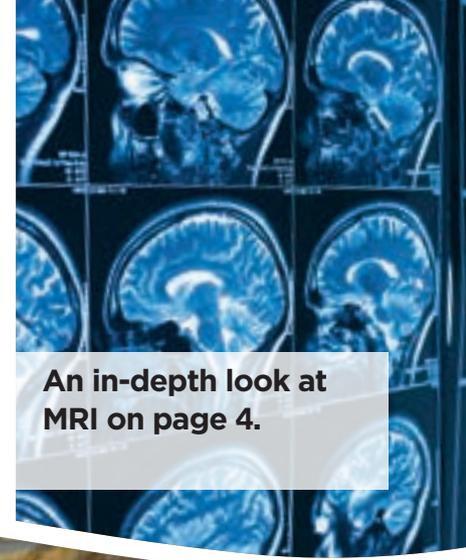
- ▶ In a small bowl, whisk together vinegar, oil and mustard.
- ▶ Add to tomato mixture and toss to coat.
- ▶ Season to taste with salt and black pepper.
- ▶ Serve chilled or at room temperature.

Nutrition information

Serving size: ½ cup. Amount per serving: 59 calories, 3g total fat (1g saturated fat), 8g carbohydrates, 2g protein, 2g dietary fiber, 45mg sodium.

Source: American Institute for Cancer Research





An in-depth look at
MRI on page 4.

—Continued from front page

was also a big help to Sheridan in the months following her surgery.

“Erin was great. Any time I had a question, I could email her and she would quickly respond,” Sheridan said.



Success takes dedication

Two months after surgery, Sheridan started working out at the Harrisonville Community Center. She took exercise classes each week that became an important part of her weight-loss journey. When the class instructor announced she was leaving due to family commitments, Sheridan was concerned but quickly found a solution.

“I decided to become a certified instructor so I could keep the classes going,” she said.

Today, Sheridan teaches two strength-training and cardio classes three times per week at the community center. She also became a personal trainer and works with individual clients, as well.

Dr. Costner is proud of Sheridan and the results she achieved.

“Sheridan is what every surgeon wants in a weight-loss patient, and she was

motivated to do well,” he says. “In one year, she achieved the weight-loss goal we had set for two years.”

Sheridan has lost a total of 100 pounds. She encourages people who are considering weight-loss surgery.

“Take the leap,” Sheridan said. “It’s worth it.”

However, she cautions, “Surgery is only a tool to help you change your life. It is not a quick, easy fix. You have to be willing to do your part and to do exactly what your doctor says.”

For more information on weight-loss surgery at Cass Regional, visit www.cassregional.org and search for “bariatric surgery.”



Wiseman elected to Cass Regional Medical Center Board of Trustees

Cass Regional Medical Center is pleased to welcome Toni Wiseman to its Board of Trustees. Wiseman, elected to the board by the citizens of Cass County, was sworn in on April 27.

“Cass Regional is so important. I cannot express how important I think it is,” Wiseman said. “Number one, it’s centrally located. Number two, the staff in any area that I have dealt with are exceptional as far as I’m concerned. I think they have one of the best emergency departments.”

Wiseman has resided in Cass County for 23 years, spending 21 years in Peculiar and two years in Harrisonville. In addition to serving on the Cass Regional Board of Trustees, she is a member of the Cass County Council on Aging and the Peculiar Chamber of Commerce.

“I care about the hospital and hope all in the community would also care for and support it,” she said.

Wiseman will serve a five-year term on the board.