

## MRH&C Radiology Department Offers High-Quality Services Close to Home



Casey Huffman, Director of Radiology, stands next to the mammography machine used by medical imaging technicians at Mobridge Regional Hospital & Clinics. A 3D mammography update was installed in April 2019 to better detect breast cancer in Mobridge patients.

October is Breast Cancer Awareness Month, and there's no better time than the present to find out if you are at risk for this type of cancer or others. By offering an array of services, the radiology department at Mobridge Regional Hospital & Clinics makes it easy for community members to stay on top of their health.

Though radiology services have long been provided, Mobridge continues to update equipment and add service lines to provide the best possible care for our patients. Just two examples of this are the 3D mammography update installed in April 2019 to better detect breast cancer, and CT Low Dose Chest screening exams added last year for individuals at risk for developing lung cancer due to tobacco use.

"Mobridge Regional Hospital is committed to providing high-quality care to our community, including diagnostic imaging services," said Casey Huffman, Director of Radiology at MRH&C.

Since breast cancer is top of mind this month, the new 3D mammography technology at Mobridge detects breast cancer with greater accuracy than a traditional 2D mammography, regardless of a woman's age or breast density. It can also detect cancer at its earliest, most treatable stage. You do not need an order from a provider to schedule a mammogram at MRH&C, but you do need to list a provider that can receive the results, Huffman explained.

"3D Mammography allows the doctor to examine your breast tissue layer by layer,"

*continued on page 3*

### Mobridge Radiology Services

- Radiography (Plain Film X-ray)
- 3D Mammography
- Bone Density (DEXA) Scans
- Ultrasound (including OB and Echocardiograms)
- Computed Tomography (CT)
- Nuclear Medicine

Patients who would like to schedule an exam or service can contact the radiology office at 605-845-8175 and speak to any of the technologists.

# CEO Update

## Letter from John

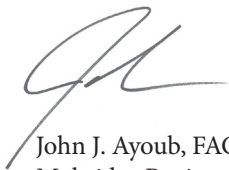


John Ayoub, CEO

Too many people in this country treat their bodies like they treat their vehicles. They ignore them until something breaks and then think they can just take them into the shop. While we are always here when you need us if you break down, at Mobridge Regional Hospital & Clinics (MRH&C), we believe in supporting you all year round and put special focus on health, wellness, and preventative services. We want to keep you as healthy as possible, so you can hopefully avoid injury and illness or catch concerns as early as possible to maximize treatment effectiveness and positive outcomes. With the changing of the seasons, now is a good time to pay special attention to your health care needs.

MRH&C is proud to offer numerous services to you and your family to keep you at your peak. A common misconception is that you can only visit with a provider or nurse when you or a loved one is sick. In reality, a good portion of what we do is focused on providing you with the education and tools you need to maintain and improve your health before you ever need acute or chronic care for an illness or injury. Whether you want to start a new diet program, get information or screening about prevention of a specific condition, start a new exercise regimen, or proactively monitor and improve laboratory results you got during the Health Fair, we're here to help you every step of the way.

I hope you enjoy this issue of our Health Bridge community newsletter. There is a lot of great information regarding services and assistance we offer to keep you and your loved ones as healthy as possible. This is just a small list of the services we can provide; to learn more or to ask about specific offerings, please call us at 605-845-3692.



John J. Ayoub, FACHE, Chief Executive Officer  
Mobridge Regional Hospital & Clinics

## Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital  
1401 10th Avenue West  
Mobridge, SD  
605-845-3692

Mobridge Medical Clinic  
1309 10th Avenue West  
Mobridge, SD  
605-845-3692

Prairie Sunset Village – Assisted  
Living and Senior Housing  
1320 West Grand Crossing  
Mobridge, SD  
605-845-8193

West Dakota Health Center  
906 Main Street  
Timber Lake, SD  
605-865-3258 (MT)

West River Health Clinic  
103 1st Avenue East  
McLaughlin, SD  
605-823-4253 (MT)



### NEW TO OUR EMERGENCY ROOM AND CLINIC TEAM

## Anette Hollenbeck, Certified Nurse Practitioner

### PROVIDER AND INFECTION INTERVENTIONIST

#### Q: What is your background?

I grew up on a farm by Glenham and attended school in Mobridge. Then, I went to college at South Dakota State University in Brookings and graduated with my bachelor's degree in nursing in December 2005. Most recently, in June 2019, I graduated with my master's degree in nursing from Morningside College with a focus on the Family Nurse Practitioner program.

I have worked in Rapid City and Boise, Idaho as an Registered Nurse (RN), as well as MRH for the last 10 years. I have three children, and we enjoy living in Mobridge because both my family and my husband's family are from the area.

#### Q: Why did you decide to become a nurse practitioner?

I really enjoyed my work as a nurse, but after being a nurse for more than 10 years, I felt like I wanted to advance and challenge myself more in my career. I have always been interested in learning more, and at this point in my life, I became especially interested. I've also worked with many awesome nurse practitioners and physician assistants (PAs) at the hospital and thought I would enjoy doing what they did.

#### Q: What is your favorite part about your job?

I love being able to help people and their families in their times of need. As a nurse, I found it was rewarding to help community members when they were ill, and as a nurse practitioner, I still am able to help people.

**To make an appointment with Anette, call 605-845-3692.**

## Radiology Services *continued from the cover*

she explained. “So, instead of viewing your breast tissue in a flat image, as with conventional 2D mammography, fine details are more visible and no longer hidden by tissue above or below. This is especially helpful in women with dense breast tissue.”

Women should get annual mammograms starting at age 40, especially when considering:

- 1 in 8 women will develop breast cancer in her lifetime.
- 8 out of 9 women diagnosed with breast cancer have no family history.
- With early detection, the five-year survival rate is almost 100 percent.

“A 3D Mammography exam reduces unnecessary callbacks by up to 40 percent, which means a lot less ‘follow-up’ imaging is needed at outside facilities,” Huffman explained. “For our patients, this means less travel time, greater peace of mind and reduced unnecessary stress.”

Low-Dose CT Lung-Cancer screenings are another new screening tool being offered to Mobridge patients. Lung cancer has the highest mortality rate among cancers, causing 160,000 deaths annually — more than breast, prostate and colorectal cancers combined. Huffman said this screening can detect lung cancer in stage 1A, when the cure rate can be as high as 90 percent or more.

To be eligible for the lung cancer screening, patients must meet the following requirements:

- Aged between 55-77.
- Have no signs or symptoms of lung cancer.
- Have a tobacco history equivalent to smoking a pack of cigarettes a day for 30 years.
- Be a current smoker or has quit within the last 15 years.
- Must make an appointment with your doctor to receive a counseling visit prior to scheduling the screening.

The radiology department employs six technicians who can provide services in standard radiography, mammography, ultrasound and/or CT. Often referred to as friendly faces, the technologists at Mobridge are committed to expanding their knowledge base to offer superior patient care that is also convenient. Whether you’re in need of these radiology services or others, such as early colon cancer screenings through colonoscopies, contact Mobridge to see how we can help you with your health care.

“These are the same radiology services that are offered at larger facilities — only closer to home,” Huffman concluded. “At Mobridge Regional Hospital you are more than just another patient. We provide individualized care for each patient. From walking you to your car or just over to the laboratory, we are here to help you every step of the way and look forward to seeing you every year!”

## Save Money and Prioritize Your Health at This Year’s Free Community Health Fair

Don’t put your health and wellness on the backburner. Take advantage of a free event this month, brought to you by our local, trusted healthcare providers at Mobridge Regional Hospital & Clinics.

Mobridge Regional Hospital & Clinics and Walworth County Community Health are co-sponsoring this year’s Community Health Fair, set for Oct. 16. This free, walk-in event is open to the public and will be held from 7 a.m. – 1 p.m. at the Edge Event Center.

The health screening portion of the event will be from 7 – 10 a.m., and for no cost, participants will have a lipid panel blood sugar test, blood pressure, body mass index (BMI), and a lung age assessment. Fair-goers can expect to save hundreds of dollars by getting these tests done completely free — lab work alone can cost nearly \$200 when done in a clinic. Following the event, participants will be mailed their test results.

“Offering these tests for free allows people to be proactive about their health,” said Shana Friesz, an event organizer working in conjunction with Mobridge Regional Hospital & Clinics. “If something is abnormal, we encourage their follow-up with a provider.”

New this year, organizers added a Health Fair portion to this event. During this time, participants can explore about 20 local health and wellness booths and learn more from representatives about their services. Vendors at the booths include dental offices, audiology, massage therapy services, nursing homes, exercise groups, nonprofits, domestic violence advocates and more. Door prizes will be available at each booth.

Two local hearing specialists will be available at the Health Fair to offer free hearing screenings for community members.

“Some people might not even know that there are services out there like this that exist for them, and we wanted to have a variety of businesses in our community represented,” said Robyn Berens, another event organizer for the health fair. “This is a huge benefit for people to take advantage of and a great way to connect with their community.”

### Free Community Health Fair

7 a.m. – 1 p.m., October 16  
Edge Event Center  
1708 W. Grand Crossing,  
Mobridge

7 – 10 a.m. – Health Screenings

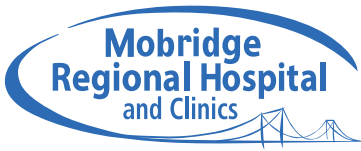
- No cost to the participant. Includes drawing of lipid panel and blood sugar, blood pressure, body mass index (BMI), and lung age assessment.

9 a.m. – 1 p.m. – Health and Wellness Vendor Fair

- Features more than 20 Health and Wellness booths.
- Free hearing screenings available.

For more information, contact Walworth County Community Health at 605-845-8127 or Darcy Dykhouse at MRH&C at 605-845-8128.





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Upcoming Events & Classes

### Fall Festival and Bazaar

Saturday, Nov. 2  
9 a.m. – 2 p.m.  
Scherr Howe Arena  
212 Main Street, Mobridge, SD

### Exercise Classes for Seniors

**Senior Yoga**  
Mondays and Thursdays  
11 - 11:30 a.m.



Mobridge Senior Citizen Center  
616 6th Avenue West  
970-580-5249  
All adults welcome, free of charge.

### Strength and Balance for Life

Tuesdays and Fridays  
11 - 11:40 a.m.

### Blood Drive

**12:30 - 6 p.m. Nov. 12**

Family Worship Center  
1708 Grand Crossing

To sign up ahead of time, go to [bloodhero.com](http://bloodhero.com) and enter sponsor code: Mobridge

### Free Community Health Fair in Mobridge

Wednesday, Oct. 16  
Edge Event Center  
1708 W. Grand Crossing, Mobridge, SD  
Exams/Lab Draws: 7 - 10 a.m.  
Health and Wellness Vendor Fair: 9 a.m. – 1 p.m.



### Healthcare Provider CPR Class

Nov. 4 & Dec. 2  
1 - 3 p.m.  
MRH&C Education & Training Center

### Heartsaver's CPR & AED Class

Oct. 14, Nov. 11 & Dec. 9  
1 - 5 p.m.  
MRH&C Education & Training Conference Room  
Designed for daycare providers, teachers, and the general public, \$40.

To register for CPR classes, contact Kallyn Reinert at 605-845-8163 or [kreinert@primecare.org](mailto:kreinert@primecare.org).

### Mission:

The mission of Mobridge Regional Hospital & Clinics is to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region.

### Vision:

To become one of America's finest rural health providers.

*Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: [mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy](http://mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy).*