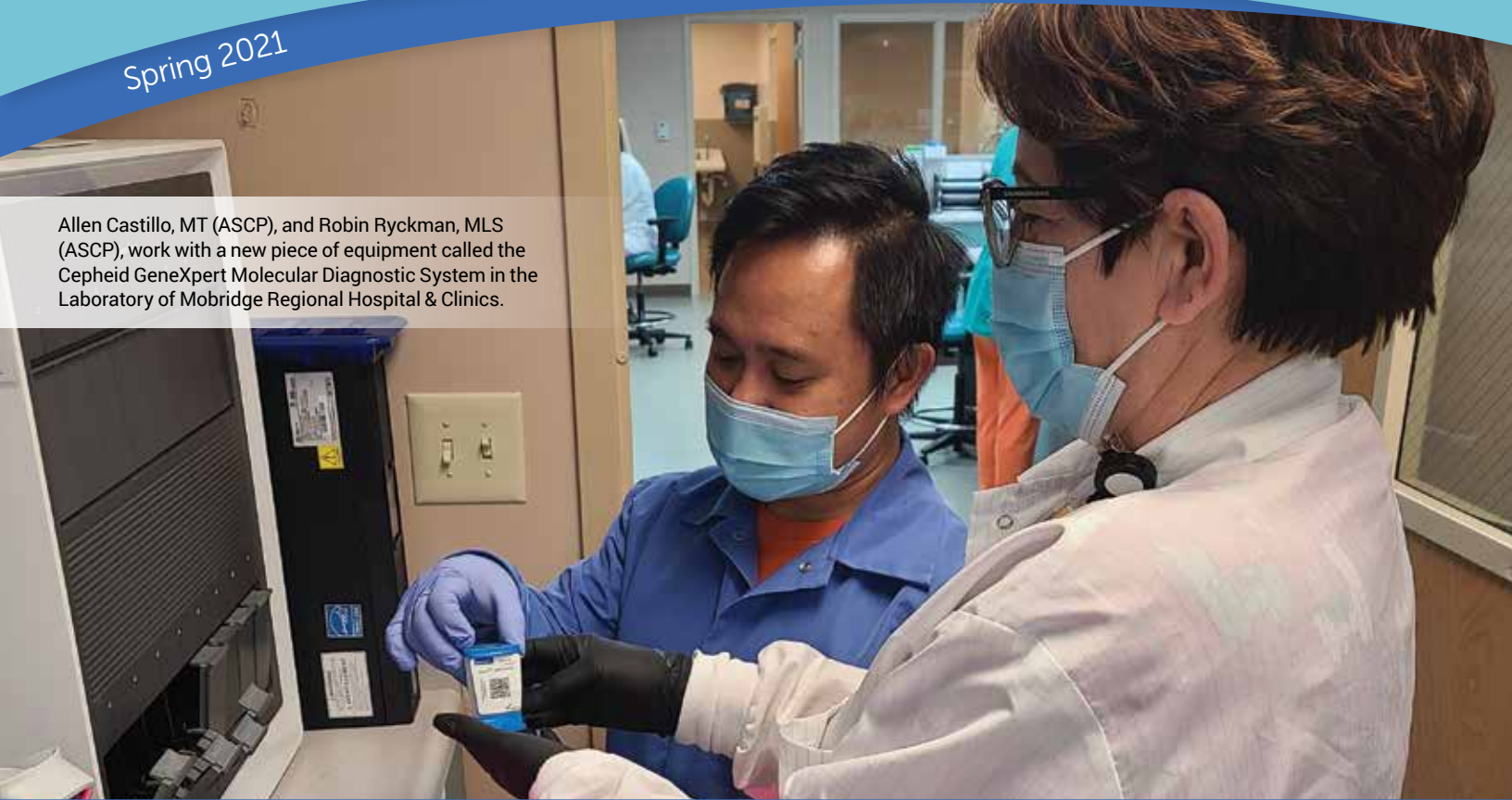


Spring 2021

Allen Castillo, MT (ASCP), and Robin Ryckman, MLS (ASCP), work with a new piece of equipment called the Cepheid GeneXpert Molecular Diagnostic System in the Laboratory of Mobridge Regional Hospital & Clinics.



Back to Basics: Prioritize Your Ongoing Preventative Care in Every Stage of Life

Preventative Care at MRH&C

Various preventative healthcare services are available for patients in Mobridge, Selby, McLaughlin and Timber Lake, including:

- Access to a team of experienced family and internal medicine providers
- An on-site laboratory
- A registered dietitian
- Various imaging services and screening procedures

To schedule an appointment, please call:

Mobridge Medical Clinic: 605-845-3692

Selby Medical Clinic: 605-649-9999

West River Health Clinic (McLaughlin):
605-823-4253

West Dakota Health Center (Timber Lake):
605-865-3258

The pandemic changed many aspects of life, including the way people prioritize their health and wellness. As the communities we serve return to relative normalcy, it's important to recognize and acknowledge how the past year might have affected your health.

Preventative care reduces the risk for disease, disability, and death. It includes annual check-ups with a primary care provider (PCP), regular lab work, preventative screenings such as mammography and colonoscopies, child immunizations, and other procedures that aim to keep you healthy throughout life. When a medical professional can detect disease and other conditions early on, they can help to prevent it from worsening or help you recover faster.

Many individuals delayed or entirely put off their healthcare this past year, which may have put them at greater risk for illness or disease.

"If you let things slide or took a break to focus on simply getting through the pandemic, that's OK," said John Ayoub, CEO of Mobridge Regional Hospital & Clinics. "Now is the time to circle back and create long-term healthy habits. Part of that starts with a conversation with your provider to review what happened over the past year. They can then help you develop a healthcare plan that will last you for years to come."

continued on page 3

CEO Update



John Ayoub, CEO

Letter from John

Given the events of the last 15 months, I want to take a moment to acknowledge and publicly praise the great team at MRH&C. After everything that has taken place since last March, they never lost sight of the day-to-day high-quality, compassionate, and professional care of each individual patient. They did this while bringing on a new clinic, initiating a herculean vaccination effort, and moving forward with the planning of an incredibly complex building project. They are all superheroes and I could not be prouder of them. I also want to recognize and celebrate

the one-year anniversary of the Selby Medical Clinic in May; we are so grateful to have them on our team! Finally, I am excited to announce that Dr. Alan Lawrence, general surgeon, will join our team in a full-time capacity on July 19.

The majority of this newsletter focuses on preventative care. Now is always the best time to develop a solid relationship with your provider for the long term. We never know when an accident, injury, or illness will occur, but that is not the best time to start developing a relationship with a provider and care team. At other larger healthcare organizations, you might be seen as just a name or even a number — but not here, not to us. Having a provider who knows the ins and outs of your history, your body, and your current condition can have such a positive effect on your care, treatment, and recovery, if the time ever comes. Benjamin Franklin once said that an ounce of prevention is worth a pound of cure; that is still absolutely correct today and about your health. Our care team is here for you, to form a partnership to ensure you and your family reach your highest level of health and wellness. They truly are professional people with a personal touch.

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

Selby Medical Clinic
4401 Main St
Selby, SD
605-649-9999

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)

PROVIDER SPOTLIGHT:

Dr. Emily Boden, Family Medicine and OB Physician



Dr. Emily Boden

Mobridge Regional Hospital & Clinics is proud to have Dr. Emily Boden as part of its healthcare team.

Currently the only woman physician in town, Dr. Boden has connected with family medicine and women's health patients for nearly 3 years. She provides various preventative care to individuals in all stages of life and aims to work alongside her patients as their partner in health.

"I enjoy connecting with my patients and learning about the whole patient," she said. "The more I know, the more I can help."

Dr. Boden offers her expertise at the Mobridge and Selby clinics, working mostly with children, teens, and women. She is family medicine trained with surgical obstetrics including Cesarean sections. Her goal is to visit with more obstetric patients, especially at the Selby Clinic, so that they do not need to drive to Aberdeen or Bismarck.

"We have a really good crew here and are capable of performing a lot of services," she said. "People would be surprised at how vast our labor and delivery services are. You don't need to travel for your care or spend time traveling back and forth with your baby when you can have great, relaxed care here locally."

Dr. Boden and her husband Matthew are the proud parents of Charlie, 3, and their newest addition to the family, Bo. Originally from Timber Lake, SD, Dr. Boden has a passion for helping those in the Mobridge community and helping patients reach their healthcare goals.

"We know that healthy communities are happy communities," she said. "If you haven't visited MRH&C for a while, there are a lot of exciting changes happening. We hope you'll allow us to care for you and your family!"

To schedule an appointment with Dr. Boden in Mobridge or Selby, please call 605-845-3692.

continued from the cover

According to a comparative study in the National Library of Medicine, adults who have a primary care provider have 19 percent lower odds of premature death than those who only see specialists for their care.

“Many people treat their bodies like a machine,” Ayoub said. “When it breaks down, that’s when they take it in to see somebody. That’s not the best long-term strategy.”

Dr. Emily Boden, Family Medicine Physician at MRH&C, said annual physicals are the best way to identify and treat health issues before they become an emergency. Your provider can get to know your body, background, and family history to help prevent long-term complications for various diseases. Oftentimes, patients don’t realize something is wrong until something goes wrong, such as cardiovascular disease, stroke, or a heart attack.

“Many times, people come in and do not know they have conditions such as high blood pressure and diabetes — both of which can be easily detected through a quick, simple check-up,” she said. “Our goal is to ensure you maintain a good quality of life and can do the things you want to do long-term. Even if you’re young and healthy, it’s important to be proactive about your healthcare.”

Health habits changed during the pandemic, either for better or for worse. Some people picked up jogging while others may have picked up more unhealthy habits, such as heavy drinking, smoking, or diet changes. Now is the time to get back to the basics and to put your health first again.

“Everyone is different — a healthcare plan for one person is likely different from the next,” Ayoub concluded. “Mobridge Regional Hospital & Clinics is here to support you every step of the way.”

New Lab Upgrades Help Keep Care Local, Speed Up Treatment Times

The Laboratory at Mobridge Regional Hospital & Clinics (MRH&C) is CLIA-certified and offers a large menu of testing to aid providers in the diagnosis and treatment of patients. MRH&C recently invested in new equipment upgrades to better serve all community members.

New Equipment

According to Robin Ryckman, Laboratory Supervisor at MRH&C, the department updated its chemistry analyzer and added a polymerase chain reaction (PCR) instrument. A chemistry analyzer is used to examine serum, plasma, urine, and other body fluid samples; PCR instruments amplify and detect DNA. Additional testing was added for liver studies and septicemia as well.

“Technology is constantly changing, so updating chemistry instrumentation is an ongoing process,” Ryckman said. “By adding a PCR instrument, we can provide in-house testing for patients who, up until now, have had their tests sent off-site to our reference laboratory.”

The new equipment allows for faster turnaround times, meaning providers can more efficiently develop treatment plans for their patients. For example, the PCR instrument can diagnose *Clostridium difficile* (*C. diff*) in-house. Instead of



Tiffany Belgarde, MLS, in the Mobridge Regional Hospital & Clinics Laboratory Department, works with the new Vitros 7600 chemistry analyzer.

delaying care by waiting on test results, the provider can receive more immediate results from the Lab to initiate treatment sooner.

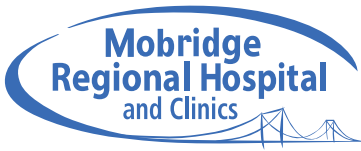
The update of the chemistry analyzer allows MRH&C to provide antibody testing that indicates whether a patient has previously had COVID-19 or not.

How Lab Tests Are Preventative

Lab testing is important for preventative care because it gives providers insight into a patient’s health that may not be apparent during a routine physical exam. Examples of routine tests include thyroid, cholesterol, PSA, kidney and liver functions, and glucose testing.

“The testing menu at MRH&C is very extensive for a rural critical access hospital,” Ryckman said. “We constantly strive to provide testing that aids providers in the timely treatment of our patients, assuring the best care is available locally.”

All blood work collected at MRH&C locations is processed in Mobridge, and tests that are done on-site with immediate results include blood sugar, strep, urinalysis, influenza A&B, and many others. For more information or to make an appointment, go to www.mobridgehospital.org/patients-and-visitors/make-an-appointment or call 605-845-8196.



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UPCOMING EVENTS & CLASSES

Healthcare Provider CPR Class

July 12, Aug. 2 • 1 - 3 p.m.
MRH&C New Education Center

Heartsavers CPR & AED Class

July 19, Aug. 9 • 1 - 5 p.m.
MRH&C New Education Center

Blood Drive

Thursday, July 13 • 12:15 - 6 p.m.
Family Worship Center • 1708 Grand Crossing

Senior Strength & Balance for Life

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

Senior Yoga

11 - 11:40 a.m. – Mondays and Thursdays

Classes are held at Mobridge Senior Citizen Center. Class times and schedule are subject to change.

Those who have not been vaccinated for COVID-19 are required to wear masks during workouts. If you are vaccinated, you are not required to wear a mask after providing proof of vaccination. For questions, call Erica Ayoub at 970-580-5249.

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.

The Mobridge Regional Healthcare Foundation to Support Renovation Project through Capital Campaign

DETAILS COMING SOON

The MRH&C Board of Directors has voted to approve the Mobridge Regional Healthcare Foundation to begin a capital campaign in the near future. Details are still in the planning stages.

If you would like to be a part of the campaign's efforts, please contact Foundation Director Darcy Dykhouse by phone at 605-845-8128 or by email at Darcy.Dykhouse@commonspirit.org. For more information about the Foundation and ways you can donate to its causes, go to www.mobridgehospital.org/foundation.

COVID-19 Vaccines at MRH&C:

Mobridge Regional Hospital & Clinics is proud to be working with the South Dakota Department of Health to administer COVID-19 vaccines in our area. We are currently vaccinating all eligible individuals in South Dakota as outlined by the South Dakota Department of Health.

To schedule an appointment at a vaccination clinic, go to www.mobridgehospital.org/covid-vaccine-survey/

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.