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RESIDENTIAL CUSTOMER

Upcoming Events & Classes

Exercise Classes for Seniors

Strength and Balance for Life

Tuesdays and Fridays, 11 - 11:40 am

Senior Yoga

Mondays and Thursdays, 11 - 11:30 am

Mobridge Senior Citizen Center

616 6th Avenue West

(970) 580-5249

All adults welcome, free of charge.



MRH&C Annual Health Fairs

Monday, April 30th, 8:30 - 10:30 am, MT

West River Health Clinic, McLaughlin, SD

Monday, May 7th, 8:30 - 10:30 am, MT

West Dakota Health Center, Timber Lake, SD

Tuesday, May 15, 7:00 - 9:00 am CT in the dining room,

1:00 - 2:00 pm CT in the education room

Mobridge Regional Hospital, Mobridge, SD



Take charge of your health at the annual health fair! Tests include blood pressure, blood sugar, hemoglobin, lipid panel and lung age assessment. Fasting required, free of charge.

Sponsored in part by Walworth County Community Health

Focus on the Foundation

Honor a child's birth—current or past—with a brass footprint-shaped plaque bearing his or her name and birthdate. The plaques are placed on the wall in the OB wing at MRH&C for a \$25 donation. To order, call Holly at (605) 845-8128 or email hchitland@primecare.org.



Foundation Board Members

Gary Steuck,
President

Sharon Hammer,
Vice President

Holly Hitland,
Executive Director

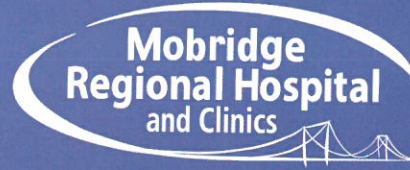
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Secretary

Val Ford

Jean Tehle

Deb Brekke

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HEALTH BRIDGE

It's about life, it's about you

Spring 2018

Cardiac & Pulmonary Rehab, Close to Home

Adult Fitness Program keeps hearts and lungs strong



Deb Brekke, RN, visits with Sally Merkel, left, and Linda Merkel, right, as they work out at MRH&C in the adult fitness program.

In 2007, Mobridge resident Linda Merkel experienced heart blockages that led to a triple bypass surgery. Heart events are difficult to endure, so it's nice when there's a silver lining. Linda's silver lining was strengthening her heart and learning new healthy lifestyle habits through the cardiac rehab and adult fitness programs offered at MRH&C—habits she still adheres to today.

After completing the cardiac rehab program, Linda vowed to continue working out to maintain her fitness. She and her twin sister Sally joined the adult fitness program—a program that provides access to the cardiac rehab gym for supervised workouts for a minimal monthly fee. To this day, the sisters faithfully come three days a week.

“With a heart attack, people can lose optimal function of their heart. Doing rehab helps regain some function, improve strength and endurance, and help them get back to normal routines without feeling short of breath,” said Dr. Josh Henderson, Internal Medicine Physician.

The cardiac and pulmonary rehab programs at MRH&C have been providing care to heart and lung patients for over 20 years in a dedicated, bright

space with its own entrance. Patients often receive heart surgery elsewhere, but return home for cardiac rehab. Brekke carries out physician treatment plans, supervises workouts, checks pulse and blood pressure levels, and provides diabetic education for those who need it.

“I have had people come in that can only walk on the treadmill for a minute or two, and by the end of the 12-week program they can walk for 30 minutes,” said Brekke. “It's a fun atmosphere where everyone gets to know each other, share their experiences, and become friends.”

Rehab also improves blood pressure, lowers blood sugar levels, and improves breathing for lung patients with COPD and other issues.

“Sometimes, lung patients are on constant oxygen when they start, and when they finish the program they don't need it all of the time,” Brekke said.

Did you know?

We offer **cardiac stress tests**—including the gold-standard nuclear stress test—traditional treadmill test, and a resting stress test right here at home.

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CEO Update

Committed to Serving You

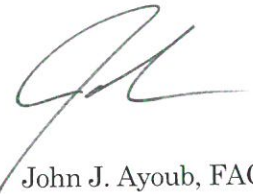


John Ayoub, CEO

When we say, "It's about life, it's about you!" we are not just spouting a slogan. At Mobridge Regional Hospital & Clinics, your health and healthcare are the whole reason we exist. We are your community resource to leading a healthier lifestyle, your partner in prevention and detection, and your trusted caregiver for when life throws you an unexpected curve.

If you want to take more control over your health, let us know and we can help. Whether it's joining our free senior exercise class, enrolling in our caregiver-monitored cardiac and pulmonary rehab program, or visiting with a nutritionist or diabetic educator, we have you covered. With regards to early detection, we can help you with laboratory tests, diagnostic imaging, stress tests, colonoscopies, mammograms, and a whole lot more to ensure that if something is not as it should be, we catch it as early as possible.

Our competent and compassionate care team is here to serve you, through the entire continuum of care. If you are not sure where to start, a great first step is to make an appointment to see one of our primary care providers in the clinic. They will talk through with you where you are and where you want to be with regards to your health status and work with you to develop a comprehensive plan to get you there. We exist to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region. We would love to serve your needs and help you meet your goals.



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

FEATURED SERVICES

Screening Tests: Colonoscopies and Mammograms

Full Field Digital Mammography

Specially trained technologists provide digital mammography creating images that are electronically stored and transferred to the radiologist. The radiologist uses CAD (computer-aided detection) to manipulate the image and magnify areas of interest. American Cancer Society recommends all women age 40 to 44 receive a screening mammogram, then every year from 45 to 54, and every two years for women 55 or older. Call (605) 845-8175 for an appointment.

Colonoscopy

Physicians examine the health of the inside of the large intestine (colon and rectum) using a colonoscope—a flexible instrument with a camera—to inspect the lining for polyps or signs of colon cancer. Screening colonoscopies are recommended for individuals 50 years and older. Call (605) 845-3692 for an appointment.



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

Cardiac & Pulmonary Rehab, Close to Home *continued from the cover*

Sally Merkel has had three knee surgeries, and the adult fitness program has helped her gain strength. As for equipment, she prefers the seated



Yvonne Kohn enjoys a recent work out at MRH&C.

NuStep machine and the treadmill. There are also elliptical machines, rowers, and weights.

"I really like the program. We used to walk a lot and we really can't do that now, so it's something to do instead of laying on the couch," Sally Merkel said.

"It's a good program that's helped me stay in shape over the years. Deb is really good. She helps you along."

– Linda Merkel

If you are interested in cardiac rehab, pulmonary rehab, or a new program for peripheral artery disease, ask your doctor for a referral. Anyone can join the adult fitness program with a doctor's referral. To join, call Deb at (605) 845-8134. Dr. Travis Henderson is the medical director of the cardiac rehab program.

You have the Power to Prevent Colon Cancer

It's reassuring to know that as long as you regularly get a colonoscopy, you will most likely avoid colon cancer. That's because colon cancer grows slowly and is preventable. It starts out as a harmless polyp in your colon that, left unchecked, can grow into cancer. By removing polyps via colonoscopy, you remove the risk of cancer.

"If you don't get screened and you develop colon cancer, you will likely need abdominal surgery to remove part of your colon, and then you have to hope it hasn't spread to other parts of your body. It's much easier to prevent it with a colonoscopy," said Dr. Josh Henderson, Internal Medicine Physician with MRH&C.

By removing polyps via colonoscopy, you remove the risk of cancer.

Screening tests don't usually treat problems, they only detect problems. Colonoscopy is the exception. While

colonoscopies are not necessarily pleasant, they only need to be done every 10 years for adults 50 years and over of average risk with normal results.

"Patients often find the bowel prep the day before the hardest part. Fortunately, the procedure is easy. You come in the morning and you are often



Dr. Josh Henderson and his brother Dr. Travis Henderson perform colonoscopies at MRH&C.

home by noon. It's all over in less than 24 hours," Henderson said.

Patients are put under "twilight" anesthesia. Typically, the procedure takes 30 minutes or less but can take an hour or longer if polyps are found. Federal laws mandate that screening colonoscopies be covered by insurance, Medicaid, or Medicare.

At MRH&C, colonoscopies are typically scheduled Wednesday mornings, but can be scheduled on a different day. Both Dr. Josh and Dr. Travis Henderson perform colonoscopies. If you are age 50 or older and haven't had one, schedule your baseline colonoscopy today.