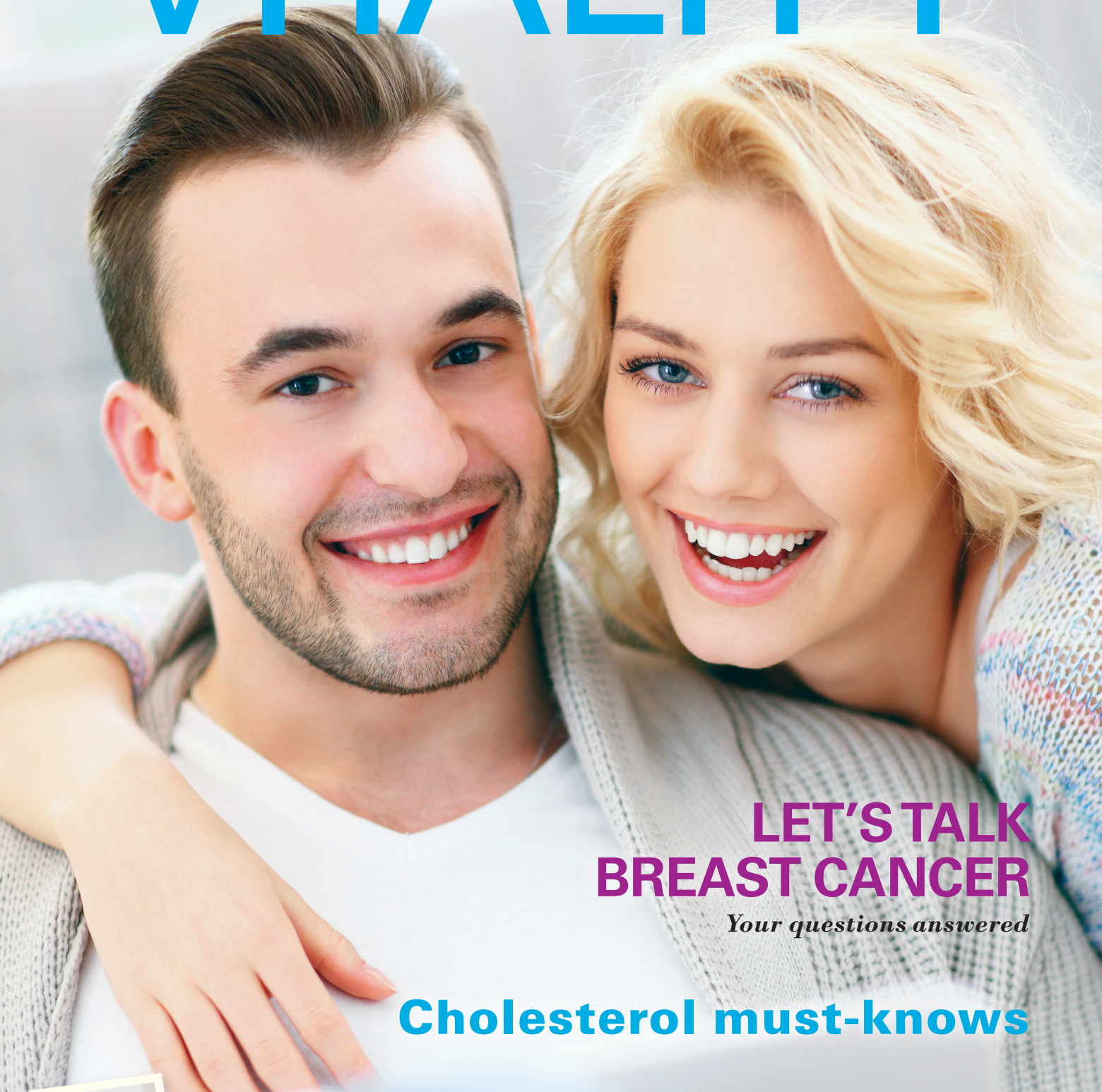


# VITALITY



**LET'S TALK  
BREAST CANCER**

*Your questions answered*

**Cholesterol must-knows**



**FIND YOUR PARTNER**

*...IN HEALTH*

**cmh**

FALL 2016

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[www.twitter.com/cmhbolivar](http://www.twitter.com/cmhbolivar).  
Search for "Citizens Memorial" at [www.plus.google.com](http://www.plus.google.com).

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**Mission**

Caring for every generation through exceptional services by leading physicians and a compassionate health care team.

**Vision**

Be the first choice for customer-focused health care to every generation.

**Core Values**

I am...positive, respectful, innovative, dedicated, empowered. Together, we are CMH PRIDE.

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# WELCOME

## FEATURES

**5 Choose the right partner**

...in health, that is. Learn how to find the PCP for you.



**6 Ding! Ding!**

School is back in session. Is your child prepared for success?



## UPDATES

**3 What's new at CMH?**

- The Burgundy Ball is coming up!
- CMH is named to the Dynamic Dozen list.
- CMH is Most Wired.

**14 In the news: Opioids**

Learn how to use them safely.

## Back to school so soon

**It is hard to believe it,** but summer is over. Sure, the sun is still blazing and the air conditioner is still working hard, but the kids are going back to school. That means families are returning to their back-to-school schedules: homework, sports and after-school meetings.

This time of year also means our Citizens Memorial Hospital Burgundy Ball is just around the corner on Saturday, Sept. 17. On page 3, read about our special speaker, Amy Purdy, a world-class adaptive snowboarder. This accomplished athlete has an inspirational story you won't want to miss. You may recall Purdy from her bronze medal win in the 2014 Paralympics, or you may have seen her on ABC's *Dancing With the Stars* or CBS's *The Amazing Race*.

Don't miss our back-to-school feature on pages 6 and 7, as we teach parents how to pack nutritious lunches the kids will love and help their kids with homework, safety and selecting the right backpack.

Do you know what heart attack and stroke have in common? Among other things, they both are affected by high cholesterol. On page 8, learn five facts about your risk for this serious health problems.

Our Music & Memory program at Citizens Memorial Healthcare Center in Bolivar is really taking off. Using iPods with personalized music loaded on each device, our residents are able to use the players to enjoy music they love and to connect with others. Read about this innovative program on page 15.

This issue of *Vitality* has many useful articles that can help your entire family live a healthier life. Thank you for spending your time with us.

Donald J. Babb  
CEO/Executive Director



Donald J. Babb,  
CEO/Executive  
Director



## Amy Purdy to headline CMH Burgundy Ball

Para-athlete champion, actress, model and dancer Amy Purdy will be the featured speaker at Citizens Memorial Hospital (CMH) and Citizens Memorial Health Care Foundation's 13th annual Burgundy Ball. The event will be Saturday, Sept. 17, at 6 p.m., at the University Plaza Convention Center in Springfield. Reinhart Food Service is the presenting sponsor of the evening.

Purdy is one of the top-ranked adaptive snowboarders in the world and was the 2014 Paralympic bronze medalist. She is the

only double-leg amputee competing at the world-class level. She has appeared on CBS's *The Amazing Race* and on ABC's *Dancing With the Stars*—on which she finished first runner-up. Purdy has a clothing line partnership with Element Eden and is author of the book *On My Own Two Feet*.

You can purchase tickets to the CMH Burgundy Ball by calling 417-328-6318.



## Springfield Business Journal honors CMH

Congratulations to Citizens Memorial Hospital (CMH) and Citizens Memorial Health Care Foundation for being named to the 2016 *Springfield Business Journal* Dynamic Dozen list. CMH has been among the 12 fastest growing companies in southwest Missouri for the past eight years. CMH was ranked fifth in this year's list, which was announced May 19.

## CMH named a Most Wired Hospital

Citizens Memorial Hospital (CMH) has been recognized as one of the nation's Most Wired hospitals and health systems. The 2016 Most Wired Survey and Benchmarking Study in the July issue of *Hospitals & Health Networks* magazine recognizes hospitals that use information technology to improve business processes. CMH has been named a **Most Wired Hospital for 12 consecutive years.**

CITIZENS MEMORIAL HEALTH CARE FOUNDATION



# Burgundy Ball

SATURDAY September 17  
UNIVERSITY PLAZA CONVENTION CENTER



Special Guest *Amy Purdy*  
World-Class Adaptive Snowboarder

Ticket Information 417-328-6318





## AVOCADO MELON BREAKFAST SMOOTHIE

Makes 2 servings.

### Ingredients

- 1 large (about 8 ounces) ripe, fresh California avocado
- 1 cup honeydew melon chunks
- Juice of ½ lime (approximately 1½ teaspoons)
- 1 cup (8 ounces) milk, fat-free
- 1 cup plain yogurt, fat-free
- ½ cup (4 ounces) apple juice or white grape juice
- 1 tablespoon honey

### Directions

- 1 Cut avocado in half, and remove pit. Scoop out flesh, and place in blender.
- 2 Add remaining ingredients and blend well. Serve cold.

Holds well in the refrigerator for up to 24 hours. If made ahead, stir gently before pouring into glasses.

### Nutrition Information

Amount per serving: 320 calories, 11g total fat (1.5g saturated fat), 46g carbohydrates, 13g protein, 5mg cholesterol, 5g dietary fiber, 170mg sodium.

Source: Produce for Better Health Foundation




MISSOURI MEMORY CENTER

### Research studies

## Learning more every day

The Missouri Memory Center (MMC) serves the region with memory care and diagnostics—right here in Bolivar. MMC is pleased to announce the expansion of their Alzheimer's disease research program with two new studies for those with mild Alzheimer's disease and mild cognitive impairment.

Board certified Neurologist Curtis P. Schreiber, M.D., leads a multidisciplinary team of experts at MMC who diagnose and treat patients with memory problems related to dementia, Alzheimer's disease and other neuropsychological issues. The center is located at 1245 N. Butterfield, Suite C1,

 in Bolivar. For more information about the studies, call MMC at **417-327-3530**.



## Growing to meet your needs

### New clinic for El Dorado Springs

Citizens Memorial Hospital (CMH) started construction on a new 5,600-square-foot family medicine clinic in El Dorado Springs. The facility will cost nearly \$1 million and is located on the same campus as Community Springs Healthcare Facility, one of six CMH long-term care facilities in the area. The facility will include family medicine, behavioral health, X-ray and a lab, and will have 12 exam rooms. H Design Group of Springfield is the architect, and Bailey Pyle Builders of Rogersville is the general contractor for this project. The facility is expected to be completed in December 2016.



## PRIMARY CARE PHYSICIANS

# Partners in your health



**A cough that won't go away.** A swollen ankle. A sore wrist. These could signal something as benign as a cold or a mild sprain or as serious as cancer. It's nice to know you can take these concerns to someone you trust. That person is your primary care physician (PCP).

## NOT JUST ANY DOCTOR

When you have a health issue that's not an emergency, your PCP is the first person you call. PCPs specialize in treating the whole person. For example, they can:

- » Offer preventive care.
- » Answer medical questions with advice that's specific to your health.

- » Manage care for chronic conditions, such as diabetes.
- » Refer you to specialists.
- » Coordinate your health care, lab tests and medications.

## CHOOSING A PCP

If you don't already have a PCP, make choosing the right one a priority. Look for someone you feel comfortable with. And be sure to choose the right doctor for your age and health history. Often, PCPs are internists, family physicians or pediatricians.

Sources: American Academy of Family Physicians; American College of Physicians

## More primary care choices

Doctors aren't the only health care professionals who can be primary care providers. Other options include:

**Physician assistants (P.A.).** A P.A. works under the supervision of a licensed physician. They have medical training and clinical experience in primary care. They also must pass a national certification exam.

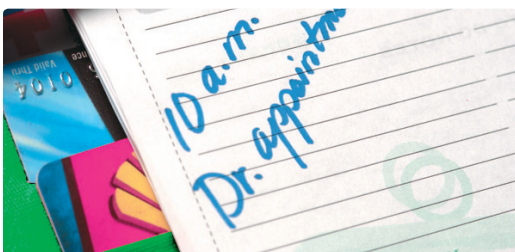
**Nurse practitioners (N.P.).** An N.P. begins his or her career with registered nurse training. They then go on to advanced graduate training. Most N.P.s have master's degrees. Some have doctorates. Most P.A.s and N.P.s can offer normal primary care services, such as:

- » A physical exam and diagnosis.
  - » Health education and disease prevention.
  - » Treatment for acute problems, such as setting broken bones, and chronic conditions, such as diabetes or high blood pressure.
  - » Ordering and interpreting lab tests.
  - » Prescribing medicine.
  - » Referral to specialists, if necessary.
- Providers must be licensed by the states in which they practice. Their legal roles may vary from state to state.

Sources: American Academy of Physician Assistants; American Association of Nurse Practitioners

➔ We can help you find a primary care physician. Call the CMH Information Center at **417-328-6010** or **888-328-6010**.

## Numbers to know

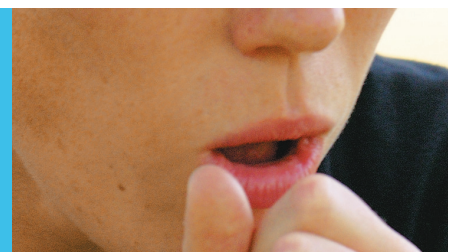


# 1 billion

The approximate number of visits children and adults make to a physician's office in the U.S. every year.

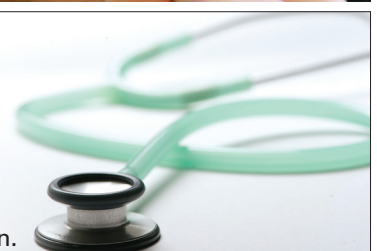
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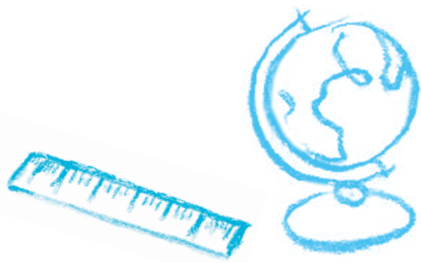
The most common reason for going to the doctor: a cough.



# 55.5

The approximate percentage of office visits made to a primary care physician.





**D**oesn't it seem like yesterday they were putting away their backpacks for the summer? Soon your kiddos will be filling them with notebooks and fresh pencils once again.

And while they're wishing summer could last longer, you're thinking about back-to-school shopping and other things on your to-do list. That might include an annual checkup and immunizations for your teen or youngster.

From avoiding homework hassles to fitting in, here are some more ways to help your kids have a successful school year.

### HONE HOMEWORK SKILLS

According to the American Academy of Pediatrics (AAP), parents can help children learn good homework habits by designating a time and place and offering encouragement.

Keep in mind:

- » The area should be free of TV or



distracting noises. It could be a desk or a well-lit kitchen table.

- » Have your child help choose the homework time. Some study better right after school; others in the early evening. Or you might offer guidelines, such as homework before video games.
- » It's OK to provide occasional help—without actually doing the work. Offer plenty of praise though! If your child struggles with daily assignments, be sure to mention this to the teacher.

### GETTING THERE SAFELY

Will your child walk or bike to school or a bus stop?

**Do a dry run.** If this is your child's first time commuting, drive or walk the route together before school starts. Point out any potential hazards, like busy intersections.

**Don't forget a helmet.** Make sure your cyclist has a well-fitting helmet—and uses it every ride. Here's a tip: If you let your child pick the helmet, it's more likely to be worn.

**Review some rules of the road.** Go over safety around traffic. For instance:

- » Ride with the traffic, not against it, and stay as far to the right as possible.
- » Stop at all stop signs and lights.
- » Look drivers in the eye before

## Backpacks: Get the right fit

A well-fitting and properly worn backpack can save pain and strain on kids' shoulders, necks and backs. Here are four backpack safety tips from the American Occupational Therapy Association:

- 1 **Insist on the use of both straps.** Slings a heavy pack over just one shoulder puts uneven pressure on the spine. Encourage your child to wear the waist belt too—this helps distribute the weight of the pack more evenly.
- 2 **Adjust the straps.** The pack should fit snugly against the back.
- 3 **Adjust the bottom.** It should rest

in the curve of the back and never more than 4 inches below your child's waistline.

- 4 **Pack it right.** Children shouldn't carry more than 15 percent of their weight—15 pounds for a 100-pound child—in their backpacks. Load the heaviest items at the center of the pack, closest to the back.



**Need a pediatrician?**  
Butterfield Park Pediatrics  
and Walk-In Clinic is  
accepting new patients.  
Call **417-777-2121**.

crossing at crosswalks, to be sure they see you.

And if your teen drives to school? Have a talk about safety, no texting while driving and the need to wear seat belts.

### SCORE WITH SPORTS SAFETY

Sports help kids stay fit and build confidence. But first your child will need a sports physical to help make sure it's safe to play.

Schools often offer physicals. But you may want your child's regular doctor to do a physical that covers his or her overall health as well.

Beyond scheduling a physical, you can promote safe play and practices. Often, kids get hurt when they overdo it. Luckily, it's possible to avoid many injuries with precautions. For instance:

- » Make sure kids take at least one day off per week and one month off per year from a particular sport to give the body time to recover.

- » Children should never play through pain. Be alert for any pain or swelling that a coach may not notice and your athlete may ignore.
- » Limit the number of teams your child plays on in a single season, and don't let your child play a single sport year-round.
- » Make sure your youngster has proper safety equipment.

### ENCOURAGE FRIENDSHIPS

Many kids have trouble making friends, which can harm self-esteem. High school especially can be an awkward time. What can you do to help? The AAP offers suggestions:

**If your child is often alone, talk about it.** You might ask how your child feels about this. Teens often think adults don't understand.

**Practice what to say.** Kids often don't know what to say when they're with a group or being teased. You might role-play what to do in such situations.

**Offer to take your child and a friend to an activity.** Suggest something brief, like a movie.

**Encourage your child to join a club or team.** But don't require your child to participate.

Additional sources: American Academy of Child & Adolescent Psychiatry; American Academy of Orthopaedic Surgeons; American College of Emergency Physicians; U.S. National Library of Medicine



### FUEL FOR LEARNING

If you pack your kids' lunches, the need to make them both delicious and nutritious can seem overwhelming.

Fortunately, there are ways to make it less daunting and a lot more fun for everyone:

**Get the kids involved.** Sit down together and make a list of each child's favorite fruits, veggies, whole grains and lean proteins. Mix and match from the list when planning lunches for the week. Or let the kids plan an entire lunch sometimes.

**Try something new.** Broaden your child's culinary horizons with occasional forays into the unknown. Peruse the produce aisle for fun new treats, such as star fruit, freeze-dried strawberries or jicama.

**Create interest.** Grab your child's attention with fun shapes—put those cookie cutters to good use on sandwiches and other items—and sizes. Turn fruit or vegetables into kebabs.

**Ask the kids to help.** Your kids may be more likely to eat things they've helped prepare. So get them to pitch in on making that pasta salad or rolling up that wrap.

Finally, make food safety a part of your plans. Use an insulated lunch bag and include an ice pack or frozen beverage containers to keep cold foods cold and hot foods hot.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics



# 5 must-knows about cholesterol

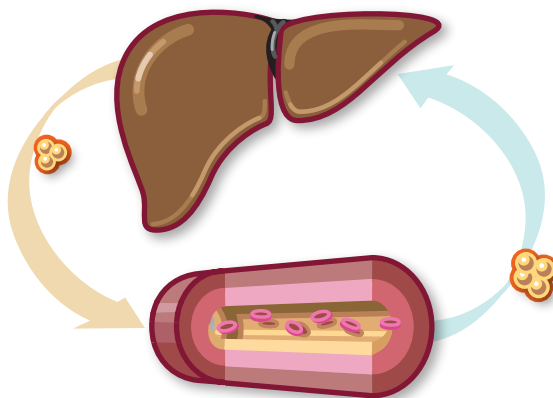
**What do heart attack and stroke** have in common? Among other things, they share common culprits—including too much cholesterol.

This soft, fatlike substance is found throughout the body—it's in the bloodstream and in every cell. But excessive levels, known as high blood cholesterol, can clog arteries in the heart and brain and block blood flow to these vital organs. That boosts the likelihood of having a heart attack or a stroke.

The more you know about cholesterol, the more you can reduce your risk for these serious health problems. Start here with these five facts.

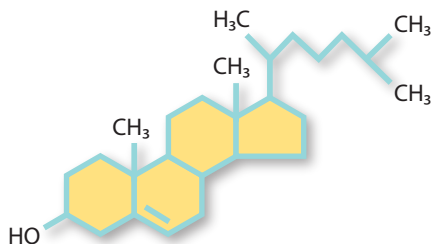
## 1 Your body makes plenty.

It actually produces all the cholesterol you need for good health. Much of the cholesterol that accumulates in arteries comes from eating foods that contain saturated or trans fats, which the liver converts to cholesterol.



## 4 Your numbers matter.

In general, ideal numbers are less than 200 mg/dL for total cholesterol, less than 100 mg/dL for LDL and 60 mg/dL or higher for HDL. You may need your total cholesterol or LDL level to be lower, depending on your other risk factors.



**LDL** can build up in artery walls, causing them to narrow. That can block blood flow.

**HDL** carries bad cholesterol away to the liver.

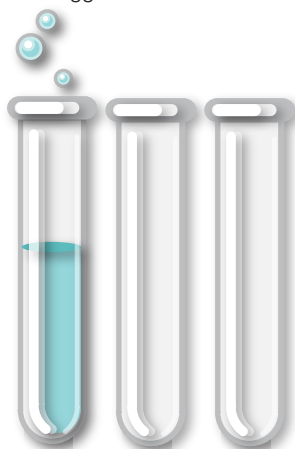


## 2 There are good and bad types.

Because it accumulates in arteries, low-density lipoprotein (LDL) is often called bad cholesterol. You'll want less of this kind. But it's fine to have more high-density lipoprotein (HDL)—the good type that helps sweep arteries clean.

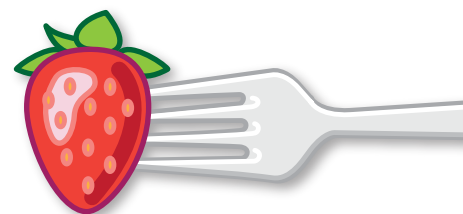
## 3 You need to be tested.

The only way to know if your cholesterol levels are in a healthy range is to get a blood test. You should have your cholesterol checked at least every four years or as often as your doctor suggests.



## 5 Little changes help.

Eating a healthy diet, exercising, losing some weight (if you're overweight) and stopping smoking (if you smoke) can all help bring your LDL level down and raise your HDL level. If lifestyle changes aren't enough, your doctor may prescribe medication.



CMH offers monthly Healthy Heart classes. Call **417-328-6462** for information.

Sources: American Heart Association; National Heart, Lung, and Blood Institute





# When is a sprain just a sprain?

It's best to let a doctor decide

**You didn't see the hole** until after you stepped into it, and your foot twisted at an ugly angle. You sprained your ankle.

## FROM MILD TO SEVERE

A sprain is an injury of the ligaments, elastic bands of tissue that hold the bones of a joint in place.

According to Juris Simanis, M.D., CAQSM, RMSK, FAAFP, with Parkview Primary Care, Sports & Occupational Medicine Clinic in Bolivar, ligaments are made to stretch. "But like a rubber band, a ligament can only stretch so far. And if your foot lands too hard on an uneven surface or rolls or twists, your ankle ligaments may sprain or become partially torn."

According to Dr. Simanis, RICE is usually sufficient for an ankle sprain. That's an acronym for:

**Rest.** Use crutches or other means to stay off your ankle.

**Ice.** Apply ice for 20 minutes at a time to ease tenderness and bruising.

**Compression.** Wrap your ankle with an elastic bandage.

**Elevation.** Raise your foot above your heart for 48 hours to reduce swelling.

## TAKE IT TO AN EXPERT

"RICE is a good start for treating ankle

 **Hurt your ankle? Go to the CMH Walk-In Clinic in Bolivar located at 2230 S. Springfield, Bolivar. The clinic is open daily from 9 a.m. to 8 p.m.**

sprains," says Dr. Simanis. "However, some ankle injuries are more serious and may actually be classified as a high ankle sprain, which involves different ligaments in the ankle. It is important to be able to distinguish a regular ankle sprain from a high ankle sprain as not only is the treatment different, often requiring the patient to be placed in a cast versus a walking boot for a period of time, but it will also require a longer period of recovery, which in some cases may be up to 8 to 12 weeks.

"What is important to note is that all ankle sprains need rehabilitation to help recover balance, strength and range of motion. Research regarding ankle injuries has clearly shown that by taking part in physical therapy to improve strength, balance and motion, athletes have been able to decrease their risk of reinjury by up to 30 to 40 percent. Research has also shown that athletes who have sustained a

## A SURGICAL SOLUTION

Surgery for a sprained ankle? It happens.

And it underlines the importance of letting your doctor evaluate an ankle injury, even if you're sure it's only a sprain. Here's why:

**You might also have a fracture.** A sprain is a ligament injury. That means whatever happened to your ankle, it was enough to overstretch or even tear tissue. Maybe it was also enough to break a bone.

**Your ligament injury may be severe.** Even if you're fracture-free, your ligaments might need surgical repair.

**You may have long-term instability.** If an ankle sprain isn't treated right away, it may not heal right. It might feel weak and wrong during exercise, even if you brace it well. Nonsurgical treatment can often address this instability, but in some cases, surgical correction may be the best option.

For any of the above, your doctor will likely want to take an in-depth look at your ankle.

Expect to have imaging tests, such as an X-ray or MRI.

Sources: American Academy of Orthopaedic Surgeons; American College of Foot and Ankle Surgeons

previous ankle injury have been able to further decrease their risk of reinjury by an additional 30 to 40 percent during practice or competition if they wear a lace-up ankle brace or have their ankle taped by a trained athletic trainer."

Untreated ankle sprains can lead to long-term pain and instability and potentially require surgery. So next time you twist your ankle, let a doctor tell you what's wrong and how best to treat it.





To schedule a mammogram, give us a call at **417-328-6261**.

# 3 key questions and answers about breast cancer

When it comes to breast cancer, you can't be too curious. As a woman, the more you know about breast cancer—and especially how to detect it—the more you might be able to protect yourself from this all-too-common disease. With this in mind, here are potentially lifesaving answers to three key questions about this cancer:

## 1 Q) What are the warning signs of breast cancer?

A) The most common symptom is a new lump in your breast. Often, cancerous lumps feel different from noncancerous ones. Lumps that are painless, hard, oddly shaped and feel as though they are firmly attached within the breast are more likely to be cancerous. But breast cancers can also be tender, soft, smooth, round and moveable. They might even be painful.

So don't take chances. Alert your doctor if you notice any new lump or mass. Also tell him or her if you have **any other possible signs or symptoms of breast cancer.**

Keep in mind, too, that breast cancer sometimes spreads to lymph nodes under the arm or around the collarbone—even before the original tumor in a breast is large enough to be felt. This means you should also tell your doctor about any lumps or swelling in these areas.

## 2 Q) How often should I have a mammogram?

A) Most women should have a mammogram, or breast X-ray, every year starting at age 45. At age 55, talk to your doctor about switching to every other year. Regular mammograms are a must, because they can find tumors that are still so tiny that they can't be felt by a doctor. And detecting breast cancer at an early stage increases the chances that it can be treated successfully.

However, if you have an above-average risk for breast cancer—for instance, if you have a family history of the disease—you may need to start getting mammograms earlier. Talk to your doctor about a screening schedule that is best for you.

## 3 Q) Do I need to have an MRI too?

A) Probably not. While a magnetic resonance imaging (MRI) scan is more sensitive than a mammogram at detecting breast cancers, it is also more likely to cause false alarms—or results that indicate cancer is present when it isn't. This can cause unnecessary follow-up testing, including biopsies. As a result, MRI is reserved strictly for women with a heightened risk of breast cancer. Ask your doctor if this test is appropriate for you.

### SIGNS AND SYMPTOMS OF BREAST CANCER

- » Swelling of all or part of a breast, even if you can't feel a distinct lump.
- » Dimpling or puckering in the breast skin.
- » Redness, scaliness or thickening of a nipple or breast skin.
- » A nipple turned inward.
- » Breast or nipple pain.
- » Nipple discharge other than breast milk, such as blood.

Sources: American Cancer Society; National Cancer Institute




# Bridge the distance

## 5 tips for long-distance caregiving

You live far away from an increasingly frail or ill loved one. And you wonder: How can I help from such a distance?

Caregiving is a challenge under the best of circumstances. It's even more so if you're not close by. Still, there are ways to help watch out for your loved one's well-being from afar. Here are five key ones:

- 1} Reach out to people who live near your loved one.** With your loved one's OK, put together a list of people who can be your eyes and ears in your absence. They can let you know how your loved one is managing. Consider neighbors, friends and doctors—anyone who has regular contact with your loved one.
- 2} Check out local services.** At Citizens Memorial Hospital (CMH), our Home Care Services team provides individualized, physician-supervised health care and rehabilitation therapy for the homebound patient, who would otherwise be unable to receive medical attention, in a warm environment. For more information about CMH Home Care Services,  call **417-326-3585** or visit **www.citizensmemorial.com**.



- 3} Pitch in.** Even if a nearby sibling or other relative is caring for your loved one, you can still be a huge help. For example, you might manage your loved one's bills and paperwork. You can also track down medical information about your loved one's health problems or line up professional caregivers.
- 4} Look over your schedule too.** See if you can pay a visit and temporarily take over the care of your loved one so your relative can recharge.
- 5} Make the most of time together.** When you do visit, pay careful attention to how your loved one is managing. Is he or she keeping up with chores? Still socializing? Taking medicine as directed? See if your loved one needs more help—and arrange for it right away if his or her safety is at risk. Be sure to

## MEDICINE MISTAKES

Older adults often take their medicines incorrectly. Here are some common reasons:

### MULTIPLE PRESCRIPTIONS

make it hard to keep doses straight.

### VISION PROBLEMS

can make it hard to read the label.

### SIDE EFFECTS

can lead people to skip doses.

### COST

can make people cut back on their medicines.

### MEMORY PROBLEMS

can lead to missing a dose.

### SEEING MORE THAN ONE DOCTOR

can lead to duplications.

Source: National Council on Patient Information and Education

quickly alert your loved one's doctor to any worrisome health changes, including any signs of depression. And when in doubt, speak up.

Sources: AARP; National Institute on Aging

## Home Health Services

### CMH Home Health

113 E. Broadway  
Bolivar  
417-326-3585

### CMH Hospice

113 E. Broadway  
Bolivar  
417-326-3585

### CMH Homemaker Plus

113 E. Broadway  
Bolivar  
417-326-4357

### CMH Health Transit

417-777-5165

### CMH Home Medical Equipment

1915 S. Springfield Ave.  
Bolivar  
417-326-3584

### Services we offer

- » Professional nursing.
- » Physical, speech and occupational therapy.
- » Home health aide.
- » Medical social services.
- » Certified nursing assistants.
- » CMH contact on-call 24 hours a day.



# Leg ulcers need special attention

**It's been said** that time heals all wounds. In reality there are some wounds that need more to get better—they need expert medical attention too.

That's the case with venous ulcers. Fortunately, our wound care center provides excellent care for these and other serious wounds.

## A TROUBLING SORE

Venous ulcers are painful, shallow wounds that usually develop on the legs—often around the ankles—and are slow to heal. They occur when blood pools in the legs, causing pressure to build in the veins. Being overweight; standing or sitting too long; and having an injury, blood clot or surgery are some common causes.

A venous ulcer will feel tender,

look red at the bottom and ooze fluid. The skin around the wound may be discolored.

## EARLY TREATMENT IS BEST

If you think you have a venous ulcer, see a doctor because the wound won't heal on its own. And the longer you have it and the larger it gets, the more difficult it may be to treat.

At our wound care center, we often begin treatment with special bandages and compression stockings that reduce swelling and help your veins work better. Our staff may also recommend taking medications, keeping your legs elevated and doing certain exercises.

Although it may take months, most venous ulcers do improve. However, sometimes additional treatments are needed. These may include removing dead tissue from the wound and, in some cases, doing a skin graft.

## PERSISTENT PROBLEMS

If your wound doesn't go away and you develop severe, ongoing problems—a condition known as chronic venous insufficiency—you may benefit from a procedure that destroys the troublesome veins. This may involve surgery, the use of lasers or radio waves, or a chemical injection.



Our wound care clinic is open Monday through Friday, from 8 a.m. to 5 p.m. To make an appointment, call **417-326-8700**.



## 7 steps to take for healthy feet

To lessen your chances of developing a foot ulcer, follow these tips:

- 1 Stay in control of your blood sugar.
- 2 Be active, and don't smoke. Smoking affects circulation.
- 3 Check your feet every day for problems, such as red spots, blisters, cuts, swelling and ingrown toenails. Report anything suspicious to your doctor right away.
- 4 Wear comfortable shoes and socks at all times, and make sure there's nothing inside your shoes that will irritate your feet. Avoid wearing flip-flops, sandals and socks with holes.
- 5 Trim toenails straight across, and file the edges. If you can't reach your toenails, ask a medical provider to cut them. Your medical provider should also treat problems such as corns and calluses.
- 6 Shield your feet from heat sources, such as electric blankets and fireplaces, and cold sources, such as snow.
- 7 Wash your feet daily—but don't soak them. Dry them carefully, especially between the toes. Apply a thin coat of lotion afterward to help keep skin soft. But don't put the lotion between your toes—extra moisture there may lead to infection.

Sources: American Diabetes Association; American Orthopaedic Foot & Ankle Society

# What you need to know about opioids

**It's tough to live with chronic pain,** but millions of Americans do. That's one reason why prescription opioids are so popular.

These powerful medications are good at relieving pain in the short term. They also help people with active cancer and people receiving hospice or palliative care cope with pain.

“Opioids come with some serious risks, including the risk of physical dependence, habituation, addiction, unintentional overdose and death,” says Michael C. Misko, M.D., FAAFP, FAEP, CPE, FACHE, Chief Medical Officer at Citizens Memorial Hospital in Bolivar.

“As many as 1 in 4 people who take opioids for a long time become addicted to the drugs—a condition known as opioid use disorder,” says Dr. Misko. And more than 165,000 people in the U.S. died from opioid overdose between 1999 and 2014.

## FINDING SOLUTIONS

To help curb opioid addiction and overdose deaths, the Centers for Disease Control and Prevention has issued new guidelines for prescribing

## NAMES TO KNOW

Well-known brand-name painkillers, like Vicodin (hydrocodone) and OxyContin (oxycodone), are opioids. So are generic drugs, such as:

- » Buprenorphine.
- » Codeine.
- » Fentanyl.
- » Hydromorphone.
- » Methadone.
- » Morphine.
- » Oxymorphone.



the drugs to treat chronic pain. The guidelines encourage doctors to start low and go slow when prescribing opioids in order to reduce the risks linked to long-term use. (The guidelines don't apply to cancer patients or those receiving hospice or palliative care.)

If you're living with chronic pain, talk with your doctor about the risks and benefits of taking opioids. Be honest about any personal history of drug or alcohol addiction. Also discuss other ways to help manage your pain, such as physical therapy, exercise and nonopioid medications.

Then if your doctor does prescribe an opioid, be sure to:


- » Never mix the drug with alcohol.

And don't take it with other substances or medications without your doctor's OK.

- » Never take more of the medication than prescribed.
- » Never share the medication with friends or family. And keep it locked away and well out of reach of curious children and teens.

“You should always alert your doctor if you experience side effects from an opioid, such as constipation, nausea, vomiting, dry mouth, sleepiness, confusion or decreased sex drive, or if you need to take more of the medication to get the same pain relief,” says Dr. Misko.


Additional source: Substance Abuse and Mental Health Services Administration



## Hepatitis C care.

Thanks to significant medical breakthroughs in the treatment of hepatitis C, many patients can now be cured. Board certified physician, Edemekong Bassey, M.D., is one of the only infectious disease specialists in southwest Missouri who treats patients with hepatitis C. Contact the clinic at 417-328-7985 to schedule your appointment.

**CMH Infectious Disease & Internal Medicine Clinic**  
 1155 W. Parkview, Suite 1G, Bolivar  
 417-328-7985 • [citizensmemorial.com](http://citizensmemorial.com)





### YOU CAN PLAY A PART

If you would like to get involved with the Music & Memory program, you can donate iTunes gift cards, used iPods or money to help grow this program at other CMH long-term care facilities. Call Lachelle Jenkins at **417-326-7648** for more information.

# Please don't stop the music

## Music program helps residents in long-term care

**“It is all very simple:** When you think about a song that takes you back to a special moment in time, nothing else seems to matter,” says Lachelle Jenkins, Director of Activities at Citizens Memorial Healthcare Facility (CMHCF) in Bolivar. “Your present situation disappears, and you are fully emerged in that memory. Music has a positive effect on the brain.”

It was this passion for music therapy that led Jenkins to apply for the MC5 Music & Memory Certification Incentive grant. In May 2015, CMHCF and Colonial Springs Healthcare Center, both Citizens Memorial Health Care Foundation long-term care facilities, received the Music & Memory grant. Awarded to 40 long-term care facilities in Missouri, this grant provides each facility with the equipment, tools and training needed to launch the program.

Since last summer, the Music & Memory program at CMHCF has picked up momentum. Originally, CMHCF had five iPods and the equipment necessary to keep them running. Through the help of donations, the facility now has 24 iPods,

numerous chargers, an extensive playlist selection and two permanent charging docks. Residents can check out iPods with their personalized playlists to enjoy at their convenience.

### COME TOGETHER

“The music helps me focus on happy times and making me more positive,” says CMHCF resident Sandra Buchanan, 75. “It allows me to shut out my surroundings and remember happy times.”

Buchanan, who is Resident Council President at CMHCF, credits the Music & Memory program for not only her happiness but the happiness of others throughout the facility.

“People are talking,” says Buchanan. “They are telling stories and getting to know each other. That is because of the music. It is a common interest of everybody.”

Both the staff and residents have noticed a change in the facility’s atmosphere. Family members have told staff that they are noticing a decrease in anxiety and other behaviors. The staff continues to bond with their residents but on a



“The music helps me focus on **happy times** and making me more positive.”

—CMHCF resident  
Sandra Buchanan

new level. As they discover they have a common appreciation for the same genre or artists, residents and staff are sharing memories and experiences with each other. Even though there is a generational difference, the music is acting as a bridge for both.

At CMHCF, the Activity Department is working to make more music available to residents by incorporating it into their daily activities. Future plans call for growing the Music & Memory program by having instruments, such as guitars and a piano, available for the residents to play.

“It doesn’t matter how they get the music,” says Jenkins. “It doesn’t matter if it is digital or in person, as long as they get it.”



**School is back.** That means it's time for parents to do their homework. Are you and your child ready?

SEE PAGE 6



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 **NEW MEDICAL STAFF**



**Matthew Ericksen, D.O.**, is an otolaryngologist at the CMH ENT Clinic in Bolivar. Dr. Ericksen specializes in adult and pediatric ear, nose and throat issues. He is a member of several medical societies, including the American Rhinologic Society, the American Academy of Otolaryngology–Head and Neck Surgery, the American Osteopathic Association, and the American Medical Association. The CMH ENT Clinic is located in the Kerry and Synda Douglas

→ Medical Center. To make an appointment, call **417-328-7000**.



**Abhishek Kumar, M.D.**, is an oncologist and hematologist with Central Care Cancer Center located in the Carrie J. Babb Cancer Center at CMH in Bolivar. He is board certified by the American Board of Internal Medicine. Dr. Kumar is a member of several medical societies, including the American Society of Clinical Oncology, the American Society of Hematology and the

→ American Medical Association. To make an appointment, call **417-326-7200**.



**Judith Cain, PsyD**, is a clinical psychologist with Southside Medical Center–Behavioral Health

→ in Bolivar. To make an appointment, call **417-326-7840**.



**Robert Denney, PsyD**, is a clinical neuropsychologist with the Missouri Memory Center in Bolivar.

→ To make an appointment, call **417-327-3530**.



**Mary Huggins, NP-C**, is a family nurse practitioner with CMH Osceola Medical Center and Walk-In Clinic in Osceola. To

→ make an appointment, call **417-646-5075**.



**Jocelyn Morey, NP-C**, is a family nurse practitioner with the CMH Walk-In Clinic in Bolivar. The clinic is open daily from 9 a.m. to 8 p.m., no appointment necessary. For

→ information, call **417-777-4800**.



**Kelly Watson, FNP-BC**, is a family nurse practitioner with the CMH Institute of Pain Management

→ in Bolivar. Call **417-326-7246** to make an appointment.



**Want more information about Citizens Memorial Hospital? Sign up for email alerts at [morehealth.org/CMH-alerts](http://morehealth.org/CMH-alerts).**