



HEALTHCONNECT

A publication of the Chippewa County Montevideo Hospital

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CHOLESTEROL: MAINTAINING A HEALTHY BALANCE

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DOUBLE MNTBE
AWARD**
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Do you know your cholesterol numbers? They are too high for more than half of all American adults. High blood cholesterol can affect anyone. It's a serious

condition that increases the risk for heart disease, the number one killer of Americans--women and men.

CONTINUED PG 2

CHOLESTEROL CONTINUED

The higher your blood cholesterol level, the greater your risk. "Numerous studies have proven that elevated cholesterol is a risk factor for coronary heart disease. It is important for patients to discuss cholesterol levels with their health care providers," states Dr. Vicky Moe, CCMH Family Practitioner.

If there is too much cholesterol in the blood, some of the excess can become trapped on artery walls, this builds up and is called plaque. The plaque can narrow vessels and make them less flexible, a condition called atherosclerosis or "hardening of the arteries". Over time, these plaques can block the arteries and cause problems throughout the body.

WHAT AFFECTS CHOLESTEROL LEVELS

Those you cannot change:

- **Heredity.** The amount of LDL cholesterol your body makes and how fast it is removed is determined partly by genes.
 - **Age and sex.** Blood cholesterol begins to rise around age 20 and continues to go up until age 60-65.
- Those under your control:

- **Diet.** Fats in your diet make your LDL levels rise.
- **Weight.** Excess weight increases your LDL levels, losing the extra pounds will lower it.

PREVENTING HIGH CHOLESTEROL

Dr. Moe says, "Make an appointment with your doctor, If you have high blood cholesterol, there are steps you can take to lower it and protect your health." When you talk with your doctor. They

	Change	LDL Reduction
Saturated Fat	Decrease to less than 7% of calories	8-10%
Dietary Cholesterol	Decrease to less than 200 mg/day.	3-5 %
Weight	Lose 10 pounds if overweight	5-8 %
Soluble Fiber	Add 5-10 grams/day	3-5%
Plant Sterols/stanols	Add 2 grams/day	5-15%

"IT IS IMPORTANT FOR PATIENTS TO DISCUSS CHOLESTEROL LEVELS WITH THEIR HEALTH CARE PROVIDERS."

~DR. VICKY MOE,
CCMH FAMILY PRACTITIONER



may recommend one or more of the following.

- **Get a Blood Test.** High cholesterol usually has no signs or symptoms. Only a doctor's check will reveal it.
- **Eat a Healthy Diet.** Eating too many carbohydrates and drinking alcohol can raise cholesterol.
- **Maintain a healthy weight.** Your doctor will determine this based on your BMI.
- **Exercise Regularly.** Adults should engage in moderate-intensity exercise for at least 30 minutes every day.
- **Don't Smoke.** Smoking injures

blood vessels and speeds up the hardening of the arteries. If you do smoke, your doctor can suggest programs to help you stop smoking.

- **Treat High Cholesterol.** If you have high cholesterol, your doctor may prescribe medications in addition to lifestyle changes.

By taking responsibility for managing your cholesterol levels, you can lower your cholesterol and reduce your risk of heart disease and stroke. Whether you've been prescribed medication or advised to make diet and lifestyle changes, you can improve your health.

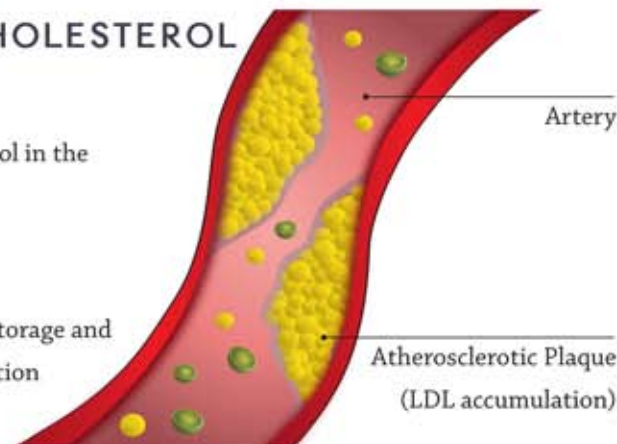
BAD VS. GOOD CHOLESTEROL



Bad (LDL)
stores cholesterol in the
blood stream



Good (HDL)
regulates LDL storage and
promotes excretion



CCMH RECOGNIZED BY MNBTE

DELIVERING OPTIMAL CARE AND IMPROVED PATIENT OUTCOMES

Every year the Minnesota Bridges to Excellence group, or MNBTE, awards clinics for their commitment to improving patients well-being. Their mission is to improve the value of the health care system in Minnesota, driving higher quality, lower cost, and better outcomes for all. To be eligible for these awards, CCMH significantly increased the number of patients at optimal levels of care over last year.

The Minnesota Health Action Group gives financial performance rewards for clinical outcomes in Optimal Diabetes Care, Optimal Vascular Care and Depression Care. The organization distributed awards for these specific conditions, because they are known as the primary drivers in health care costs.



**Minnesota Health
Action Group™**
Innovating, Leading, Engaging

This year, CCMH Received the award for:

Meeting the improvement goal for Optimal Vascular Care quality measure.

CCMH was one of only 98 clinics in Minnesota that received this award. The measurements included cholesterol and blood pressure, along with non-smoking status and daily aspirin for all patients. CCMH was also the recipient of an award for:

Meeting the improvement goal for the Depression Care quality measure.

CCMH was one of 105 clinics that received this award. The award was given based on the improvement in PHQ-9 scores obtained for a six-month period of time. The PHQ-9 is an assessment questionnaire used to determine a patient's level of depression.

Tonya Diggins, Certified Nurse Midwife



Tonya Diggins, CNP, CNM, a hospital based, Certified Nurse Midwife offers female CCMH patients an alternative choice in obstetrical and gynecological care. A Certified Nurse Midwife, is an RN who has gone to additional schooling to be certified in Women's Health and Midwifery. Tonya does outreach care to Montevideo, Milan and Clara City. Nurse midwifery is the management of women's primary health-care. It focuses on pregnancy, childbirth, postpartum care, family planning and gynecological care, providing personalized well-woman care from

puberty through child-bearing years.

Tonya finds building a relationship with her patients and seeing them through the entire birth process very rewarding. She explains, "I am able to be with my patient from when they come to the hospital through the end of labor. My goal is to support mothers, to give them options, whether it's medication or non-pharmacological interventions. I educate both patients and family, and educate mom, baby and family on postpartum care." Her goal as a CNM is to support the mother's plan as long as the

situation is healthy and safe. If an intervention is needed, she collaborates and transfers the patient if they fall out of her scope.

Tonya enjoys working for CCMH and likes working in a rural practice. It gives her the opportunity to take care of the complete family. Diggins says, "there's sometimes I've worked with four generations from one family, it's so rewarding to get to know and take care of the entire family, you can only improve care if you know the entire family and situation."

Tonya's education includes a Bachelors of Science in

Nursing from the College of St. Benedicts with a Masters of Science in Nursing from the University of Minnesota, along with a Post-Master's Certificate in Nursing, also from the University of Minnesota. Tonya is Board Certified through the ANCC as a Family Nurse Practitioner and also Board Certified as a Certified Nurse Midwife through the AMCB.

MISSION: ACCOMPLISHED

If you'd like to share a positive experience you've had with the hospital or clinic please submit it to:



CCMH
c/o Lydia Kranz
824 North 11th Street
Montevideo, MN 56265

-or- LydiaK@MontevideoMedical.com

I unexpectedly needed to have my gallbladder removed and was very impressed with the care I received by the OR staff at CCMH. Dr. Slater was able to perform my surgery laparoscopically and within a few hours I was feeling great and on my way home. Angie Heyn and Angie Siverhus did an excellent job of explaining my discharge instructions and what I could expect over the next few days to weeks after the procedure. I was at the pool with my kids the next day albeit moving a bit slower than normal!

Melissa M., Benson

I have had Type 1 Diabetes for 16 years and when I moved from the cities to Montevideo, I was a little nervous about finding quality diabetes care in a smaller town. However, once I started meeting with Jean and Cheri at the Diabetes and Nutrition Wellness Center, my diabetes has never been under better control! Once we started trying to have kids, I met with them to get my blood sugar levels under control and my A1C went from 7.8 all the way down to the lowest of 5.6! I never thought it was possible to get it down that low. They encouraged the use of the Continuous Glucose monitor along with my insulin pump

and would make slight adjustments at each visit. We now have a beautiful, healthy girl and another baby on the way! Being pregnant in itself makes a woman worry about all the things that could go wrong, so you could imagine the struggles of having diabetes on top of that with the increased risk of complications. They would say I did all the work, but I couldn't have done it without them and their positive, encouraging support and knowledge!

Marie R., Montevideo

TEXAS / COWBOY CAVIAR

INCREASE YOUR "HEALTH ESTEEM"

Most people do not consume enough fiber in their diets. "The typical American averages 9-10 grams of fiber per day. The recommendation for fiber is 25-35 grams daily. As you can see most of us need to make an effort to choose more fiber-rich foods such as beans, fruits, veggies and whole-grain breads, cereals and crackers," says Cheri Ness, CCMH Dietitian and Nutritionist. If adding more fiber to your diet is a goal, increase your intake gradually to avoid GI upset.

Enjoy the Cowboy/Texas Caviar with multigrain tortilla chips and increase your fiber intake.

TEXAS/COWBOY CAVIAR 11-22 cups



Ingredients:

- ½ cup sugar or Splenda
- ¼ - ⅓ cup olive/canola oil
- 1 cup vinegar
- 1 can (15.5 oz.) pinto beans
- 1 can black beans
- 1 can navy beans
- 1 can black eyed peas
- Whole-grain "Scoops" chips
- 1 - 11 oz. can shoepeg corn
- 1 - 5.75 oz. jar green or black olives
- 1 - 4 oz. can diced green chilis
- 3 stalks celery - chopped
- Jalapeno peppers - pickled (optional)
- Pepper
- 1 can black eyed peas

Instructions:

1. Combine sugar, oil, vinegar in a medium sauce pan. Bring to a boil. Chill.
2. Drain & rinse beans and corn. Pour into a large bowl.
3. Slice olives. Finely chop celery & jalapeno peppers.
4. Combine beans, olives, celery & peppers. Add dressing & chill.
5. Serve with chips. Cover leftovers & refrigerate.

*If using canned beans - rinse first. Rinsing removes 30-40% of the sodium
** Because ingredients may vary, nutrition analysis is difficult, however typically for every 1/3 cup of caviar there 3-4 grams of fiber.

THE ABCS OF HELPING YOUR CHILD GET BETTER ZZZS

W

We all know that good sleep habits are important for children.

But parents' busy work schedules, after-school activities and homework can all have a big impact on how much a child sleeps. How much a child sleeps can have a big impact on his growth and development. Research has shown

that lack of sleep can affect a child's temperament, behavior, alertness, and ability to learn. Children who do not get enough sleep perform more poorly on memory and attention tests.

Experts say school-age children roughly need about ten hours of sleep. "Today, an overwhelming majority of high school students are not getting enough sleep. This lack of sleep is a serious problem, especially as students are doing more than ever with their time," states Kurt Koenen, CCMH Respiratory Care Manager. So, what can you do to make sure your child sleeps enough to function at his best? Kurt Koenen recommends these tips to help your child sleep well:

1. Get your child into a bedtime routine from an early age. If he starts to act up in his tweens, emphasize that tiredness at school will affect his grades. Lack of sleep plays havoc with teenage hormones, so just remind your child about all the zits

"TODAY, AN OVERWHELMING MAJORITY OF HIGH SCHOOL STUDENTS ARE NOT GETTING ENOUGH SLEEP."

~KURT KOENEN,
CCMH RESPIRATORY CARE MANAGER

that will result from those late nights!

2. Make sleep easy. Encourage your child to do a little quiet reading before lights out to help him wind down. Don't let him spend the evening glued to the TV – watching the box too close to bedtime is associated with bedtime resistance, difficulty falling asleep, anxiety, nightmares and sleeping fewer hours.

3. Ensure your child's bedroom needs to be conducive to sleep. It should be dark, cool, comfortable and quiet.

4. Keep the bedroom media-free. No teen willingly goes to bed

when there are TV reality shows to be watched, Internet sites to surf or computer games to play into the wee small hours of the morning.

5. Avoid caffeine. If your child drinks cola or energy drinks in the evening, he's likely to be getting a sizeable dose of this stimulant and it'll have him on full alert when he should be drifting off to sleep.

6. Cut back his schedule. If after-school activities are pushing back your child's bedtime, you need to reach a compromise over what's manageable.

7. Watch your child's weight! Obesity isn't just associated with a host of health problems – it can also affect your child's sleep. Studies show that children who don't get enough sleep are more likely to be overweight, and that being overweight can make sleep problems more likely; in fact, around two thirds of children diagnosed with sleep apnea are overweight.





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DID YOU KNOW?

Sneezes regularly exceed 100 mph. There's a good reason why you can't keep your eyes open when you sneeze—that sneeze is rocketing out of your body at close to 100 mph.

This is, of course, a good reason to

cover your mouth when you sneeze.

Coughs clock in at about 60 mph. Viruses and colds get spread around the office, at home, and the classroom quickly during cold and flu season. With 60 mph coughs spraying germs far and wide, it's no wonder.

CONTINUING CONNECTIONS

Appointment Desk: 320-269-6435



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www.montevideomedical.com

DIGITAL RADIOGRAPHY TECHNOLOGY COMING TO CCMH



Just like we've been updating our personal cameras to digital, the same advances are taking place in radiography. Debbie Jensen, CCMH Radiology Manager states "We must stay on top of all the new technologies that are out there for the patient's benefit."

The advantages of Digital Radiography are enormous. The images are higher

quality and can be enhanced to better see disease and make earlier diagnosis. There is less radiation--usually 70 to 80 percent less. Images can be immediately observed and manipulated, allowing for better patient education.

CCMH is moving forward with the installation this month. The hospital is happy to offer this advancement to patients.