

# Intelligent Medicine

*Working together for a healthy tomorrow.*

## Wound & Skin Care Clinic

### SPECIALIZED TREATMENT, PATIENT EDUCATION HELP PATIENTS HEAL



*If you or a loved one suffers from a non-healing or chronic wound, Golden Valley Memorial Hospital will soon have a new outpatient clinic to help you. The Wound & Skin Care Clinic is scheduled to open later this fall and will provide care for people with wounds that are slow-to-heal or difficult-to-heal, or who have a history of slow-healing wounds. These wounds can be caused by arterial and venous insufficiency.*

Craig Thompson, director of rehabilitation services for GVMH, says the Clinic will be a welcome addition. "We have a very high incidence of diabetes in our community," he says. "People with diabetes tend to have wounds that are difficult-to-heal and that heal very slowly." A large percentage of the community's population is over age 65, and many among this group also suffer from wounds that need specialized treatment.

#### ADVANCES IN TREATMENT

According to Thompson, the Clinic will use advanced dressings and drugs.

"Over the past several decades,

there have been major advances in skin and wound care," he says. "There are many products that can speed the rate of healing. We're going to rely on our clinical team to manage our patients with the proper skin and wound care supplies."

#### VISITING THE CLINIC

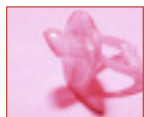
Every patient who comes to the clinic will first see a physician trained in wound care. The treatment will then be managed by a clinician with advanced training in wound care. This team approach will help determine the best course of treatment for the patient.

In addition, the Wound & Skin Care Clinic will focus on patient education. Patients will have initial and follow-up visits, but will be expected to care for their wounds in between visits. Even more important, says Thompson, is educating patients and families on wound recurrence. "That's where we want to be most successful," he says. "We want to keep wounds from coming back."

#### WE CAN HELP

For more information on when services at the Wound & Skin Care Clinic will be available, please call **660-885-2253, ext. 266**. GVMH specialists can help you learn how this program can work for you.

## YOUR JOURNEY TO PARENTHOOD LEADS TO GVMH



*At the prospect of becoming a parent, you may feel overwhelmed, hopeful, nervous, excited, scared and joyous all at the same time. As you travel toward parenthood, come to Golden Valley Memorial Hospital's Birthing Center for the quality care and support you'll need to safely reach your destination.*

### GETTING STARTED

One of the first steps on your journey is taking prenatal classes, especially if you'll be a first-time parent. You'll learn about later stages of pregnancy, handling labor and delivery, pain management and postpartum care. In addition, you can take classes about breast-feeding, newborn care and infant CPR.

### MAKING THE TRIP

When the big day comes, delivering at GVMH means you receive excellent care that is close to home. "The Birthing Center has one of the most experienced and dedicated nursing staffs in the hospital," Ronda Glaspy, RNC, Birthing Center Nurse Manager, says. "Our nurses display an exceptional level of care and kindness with each patient."

The delivering physicians include Dr. Tim Gabbert, Dr. Ken Holt, Dr. Mark Snell and Dr. Drew Smith. Dr. Holt is an ob/gyn physician providing comprehensive gynecology as well as obstetrical services. To make an appointment with any of these doctors, call Wetzel Clinic at **660-885-8171**.

Along with their technical skill, the doctors and nurses at GVMH take pride in providing personalized, consistent care. "This includes an emphasis on patients being delivered by the

physicians who care for them throughout their pregnancies," Glaspy says. "From the beginning, we value your experience and want you to be as comfortable as possible." Once you are admitted, nurses escort you to a private suite that is set up for labor, vaginal delivery, recovery and postpartum (LDRP) care. Glaspy adds, "Our suites look like bedrooms; they are more home-like with beautiful décor, comfortable beds and a TV/VCR."

During labor, our staff provides a number of comfort measures. Pain relief, including epidurals, can be administered depending on your individual preferences and situation.

After delivery, your infant is cared for in the room with you. The nursery is available to assist with care of your newborn when you need a break.

For cesarean births, patients have a slightly different process. The Birthing Center is equipped with its own surgical suite. Please call us for more information about our cesarean services.

### REACHING YOUR DESTINATION

Your final step takes you home, but does not end your partnership with GVMH. One of the benefits of delivering here is the free follow-up visit. Our nurses weigh the baby and check for normal growth and development, as well as any



### OB/GYN JOINS GVMH STAFF

Golden Valley Memorial Hospital welcomes Dr. Ken Holt, ob/gyn, to Wetzel Clinic. Dr. Holt (at left) provides obstetrics and gynecology services, including delivering babies and performing gynecological surgeries at GVMH.

Dr. Holt began his practice Aug. 1 after completing his residency in obstetrics/gynecology at KU Medical Center, one of the leading ob/gyn training programs in the country. During his residency, he studied gynecologic oncology, reproductive endocrinology and infertility, maternal fetal medicine, as well as general obstetrics and gynecology, preventive care, family planning, infectious diseases and surgical management of genitourinary prolapse.

Dr. Holt received his medical degree from the University of Health Sciences in 2000 and completed an internship in family medicine at Truman Medical Center-Lakewood in 2001.

To schedule an appointment with Dr. Ken Holt, call the Wetzel Clinic at **660-885-8171**.

possible health concerns. In addition, the staff checks your health. You'll also have the opportunity to ask questions. Furthermore, Glaspy says patients can call the Birthing Center whenever they have questions once they are home.

The staff at GVMH's Birthing Center wants to help you have a healthy beginning to parenthood. Please call us at **660-885-5511, ext. 359**, for more information about our services. We are happy to answer your questions and to schedule a tour of our facility.

*They deliver. Dr. Drew Smith, Dr. Ken Holt, Dr. Tim Gabbert and Dr. Mark Snell ensure the safe delivery of newborns while providing personal care to their patients.*



*Bolster Your Defenses*

## KEEP YOUR IMMUNE SYSTEM STRONG



*Don't let it make you paranoid, but danger is all around. Your body must deal with a steady onslaught of viruses, bacteria, fungi, parasites, malignant cells and other marauders out to do you harm.*

*Fortunately, you have one of the best defense systems in existence, as long as you keep it in good shape. Your immune system stands ready to destroy, devour or deactivate the invaders to protect your health. Its arsenal consists of white blood cells, antibodies, certain proteins and other substances.*

**Keep It Fortified.** The immune system commonly weakens as you age, beginning after young adulthood. When the body is exposed to micro-organisms, fewer protective antibodies may form or they may develop at a slower rate. Later in life, the immune system becomes less able to detect malignant cells, and cancer risk increases as a result.

But there are steps you can take to keep your immune system strong: eat a well-balanced, nutrient-rich diet; take dietary supplements if necessary; exercise regularly; minimize stress; get sufficient sleep; and avoid substances and activities that can suppress or degrade immune function. These measures are effective even in older adults, so a decline in immunity is not inevitable.

**Eat Well.** Insufficient intake of vitamins and minerals can undermine your body's defense system. A diet rich in fruits and vegetables, whole grains, legumes and low-fat dairy products should provide the nutrients needed for healthy immunity. But some people – especially older adults – may need a supplement to ensure they get adequate levels of vitamins B12 and D.

**Exercise, But Not to Extremes.** Regular workouts boost the immune system. Physical activity may help by flushing microbes out of the lungs and eliminating cancer-causing cells by increasing urine and sweat output. Circulating the body's defense cells

through your bloodstream more quickly may also help. The temporarily increased body temperature from exercising may inhibit bacterial growth. And exercise slows the release of stress-related hormones.

**Get Some R&R.** Other activities that ease stress, besides exercise, may also improve immune function. Massage, meditation, maintaining a positive attitude and enjoying social time with family and friends can help you relax.

**Keep Enemies at Bay.** Your body needs some sunlight to produce vitamin D, but overexposure can suppress the immune system. Use sunscreen if you'll be in the sun for more than about 20 minutes. Exposure to pesticides and mercury can also weaken your defenses. Thoroughly wash fruits and vegetables, and limit the amount of fish you eat that may be high in mercury.

### IT'S FLU SHOT TIME

Regardless of how strong your immune system is, the best way to avoid the flu is to get a flu shot. Flu season is just around the corner, so now is the time to be vaccinated.

It's important to get a flu shot every year because flu viruses change. To learn more, visit the Centers for Disease Control and Prevention's Web site at [www.cdc.gov](http://www.cdc.gov).

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