



Sports injuries: Follow these nine essential steps to enjoy sports—or any physical activity—safely.

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HEALTH SCENE®

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We make it PERSONAL

Welcome your baby at a very special place



AT GOLDEN VALLEY MEMORIAL HOSPITAL, WE DELIVER: From left, back row: Timothy B. Gabbert, DO; Ken V. Holt, DO, FACOG; Drew A. Smith, MD; Gary Taney, MD. Front row: Pamela J. McCool, DO; Audrey M. Williams, DO; Mark P. Snell, DO.

You've made the phone calls to tell everyone the good news, and you've seen the ultrasound. It's finally sinking in—you're having a baby! ♦ In the months ahead, you'll eagerly anticipate the time when you can finally meet and hold your little one. It's a moment you hope to treasure for a lifetime. ♦ That's why you'll want to welcome your newborn in the best possible way—in a setting that completely supports growing families and routinely delivers the best possible care.

OUR EXPERTISE It's not a place you have to travel far to find. The highly experienced doctors and nurses affiliated with the Golden Valley Memorial Hospital (GVMH) Birthing Center in Clinton understand your expectations for a special, safe birth.

"We know you will always remember your child's arrival," says Ronda Glaspy, RNC, director of the Birthing Center. "And we want you to have the very best memories. We consider it a true honor to be a part of such an important time in a family's life."

This attitude helps explain why the care these doctors and nurses provide is so compassionate and personalized.

"We go to great lengths to accommodate every woman's wishes for birth," Glaspy says.

That care is also highly skilled. The nurses who watch over babies in our nursery are all trained and certified in neonatal resuscitation.

"And the seven physicians who deliver babies at the Birthing Center together have more than 100 years of expertise helping women have healthy pregnancies and successfully give birth," says Kyle Adkins, GVMH administrator of physician clinics.

YOUR CHOICE This dedicated group includes family physicians and obstetrician-gynecologists (OB-GYNs)—both male and female.

Selecting a family physician means the same doctor who delivers your baby can also be your child's doctor. A specialist in obstetrics and gynecology will see you through pregnancy and delivery and also tend to your future health needs.

And here's something that makes our Birthing Center truly exceptional: If you need a cesarean section, both a family doctor and an OB-GYN will be present for the delivery, working together as a team.

"In this case, we always have one doctor to care for the baby and one to care for the mother," Adkins says. "Consequently, a physician never needs to divide attention between a woman and her child."

STILL MORE ADVANTAGES At our Birthing Center, women labor, deliver and recover in newly remodeled private suites that look like homey bedrooms. Along with birthing beds for laboring moms, these spacious suites have sleeping sofas for dads. There's a family lounge for relatives who want to be close by as you deliver, and liberal visiting hours make it easy for well-wishers to call on mom and baby.

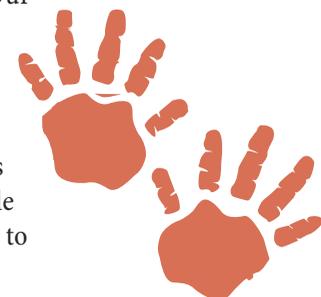
Rooming-in is an option too. This means your baby can always be with you—unless you need a break. Then our nurses will tend to your newborn. They'll also:

- Help you become comfortable caring for your baby.
- Help you breastfeed if you plan on nursing.
- Show you how to position your baby safely for sleep.
- Provide you with a special sleep sack to take home that helps protect your baby from SIDS, or sudden infant death syndrome.

What's more, our care doesn't stop when you and your little one go home. We offer a free follow-up visit so we can be sure the two of you are doing well.

And speaking of free, we're expanding the number of free baby-related classes we offer in our new program Healthy Beginnings. Our classes will cover: ● Early pregnancy. ● Childbirth. ● Managing pain during labor and delivery. ● Newborn care. ● Breastfeeding.

EXPECT THE BEST Sign up for Healthy Beginnings classes—and schedule a tour of the Birthing Center while you're at it. It's easy! Call 660-890-7371. Or get to know our doctors at www.gvmh.org.



HELLO, BABY!



FAMILY PRACTICE OB DOCTORS: From left are Timothy B. Gabbert, DO; Mark P. Snell, DO; Drew A. Smith, MD; and Audrey M. Williams, DO.



OB-GYN DOCTORS: From left are Pamela J. McCool, DO; Ken V. Holt, DO, FACOG; and Gary Taney, MD.

They are images from the not-so-distant past. An anxious dad pacing the waiting room, eager for word of his wife and new baby. Grandparents given just a peek of their newest grandchild. A new baby's siblings, aunts and uncles kept away. ♦ What a difference a few decades make. Today, childbirth is often considered a family affair, with loved ones and friends visiting the hospital and even attending the birth.

PERSONAL CARE Having a baby is a joyful event that many moms understandably want to share with others. And more women are glad to be welcoming their babies through a family-centered approach to childbirth.

We're proud to offer this style of maternity care, which can help family members be more involved in the birthing process within the safe environment of the hospital.

Doctors and nurses focus on delivering high-quality medical care—on what's best for mom and her baby. But women are encouraged to make personal choices during the process as well. And families and friends are welcome to be involved.

GUIDING PRINCIPLES We know that mothers and their families want a personalized experience during and after the birth of a new baby. And we embrace a family-centered model of childbirth by:

- Recognizing the individual needs of the mother and her family.
- Having an experienced, skilled and caring medical staff.
- Providing coordinated, compassionate care before, during and after the birth.

- Encouraging strong bonds between mom and baby and helping establish a good feeding routine.

HERE FOR NEW PARENTS One thing that hasn't changed over time is that new parents usually have questions and concerns about caring for a newborn.

You can be assured that our staff is available 24 hours a day to answer questions and to offer support and encouragement for new families.

To learn more about our childbirth program, call our Birthing Center at 660-890-7371 or go to www.gvmh.org.

Safe Sitter classes

Golden Valley Memorial Health-care offers the internationally recognized Safe Sitter Program. The program is designed for 11- to 13-year-old girls and boys who are interested in learning the skills for becoming a responsible sitter.

Classes are held in the summer and taught by a trained Safe Sitter instructor. In the one-day class, students learn:

- Skills for airway rescue.
- Responsibilities of child care.
- Injury prevention and personal safety.
- Elementary knowledge

of the ages and stages of child development.

- Techniques for behavior management.

- Ethical and compassionate behaviors for babysitting.

- Raised awareness of personal limitations and the importance of summoning help promptly.

If you are interested in learning more about any of our classes, call Kelly Lasswell at 660-890-8451 or email her at klasswell@gvmh.org. You can also sign up for our e-newsletter at www.gvmh.org to stay informed about upcoming classes and events.

Having a baby is a joyful event that many moms understandably want to share with family and friends.

Help your child welcome the baby

Sharing isn't always easy for kids. And a new baby means a lot more sharing—especially when it comes to mom and dad's attention.

You can't predict how your child will react to a new sibling. But you can help him or her adjust and

learn to enjoy being the big kid. Here are a few tips from the American Academy of Pediatrics on how to do that:

- 1 Before the arrival, read age-appropriate books about babies together.
- 2 Be open with your child about

the fun (cuddling) and not-so-fun (crying) things that are part of life with an infant.

- 3 Spend special time with your older child after the baby arrives.
- 4 Involve your child in planning and caring for the baby.
- 5 Let your child know how loved he or she is.



SPORTS INJURIES

HOW TO STAY IN THE GAME

WHEN IT COMES to sports today, it's all about being extreme. Before that, the rallying cry of many sports enthusiasts was no pain, no gain.

Those kinds of push-to-the-max maxims may help the elite competitive athlete win a gold medal. But for most of us, the reward is more likely to be shin splints, inflamed muscles or some other kind of painful injury.

Physical activity is supposed to benefit your health—not put it at risk. So if you want to keep running, playing basketball or skiing, check out the following advice on how to prevent sports injuries. It comes from the American Academy of Orthopaedic Surgeons and the National Institutes of Health.

Warm up, stretch out. Cold muscles are more prone to injury. So first spend about five minutes doing jumping jacks or walking in place. Follow up with some gentle stretches.

Stay hydrated. Drink a pint of water before and after exercising. Take a drink about every 20 minutes during play too.

Cool down. Gentle stretching after a workout helps your body recover from today's activity and prepare for tomorrow's.

Exercise regularly. Avoid weekend bursts. Instead, try to get at least 30 minutes of moderate activity every day. That doesn't mean you have to put on the skis after work—just take the dog for a brisk walk or play ball with your kids.

Give it a rest. Your body needs days off from exercising

now and then. And always rest if you're feeling fatigued.

Listen to your body. Does your knee say it's hurting? Is your back crying out in pain? Don't ignore signs you're pushing too hard, and don't try to work through the pain.

Learn about your sport. You can avoid a lot of problems by taking lessons in proper form and technique, and knowing about the right equipment. What are the best shoes for your sport, for example? Or if you're a newbie on the ski slopes, do you know how to fall safely?

Follow the 10 percent rule. Whatever your goal, increase your activity gradually in increments of 10 percent. For instance, if you've been lifting 10-pound weights, add 1 pound—not 5—when you're ready to lift more.

Aim for balanced fitness. Try to work the three main types of exercise into your routine: cardiovascular (aerobic) activity, strength training and flexibility. But, again, add activities gradually.

CHECK WITH A DOCTOR One final caution: If you have high blood pressure, diabetes or a heart condition, or you smoke, it's a good idea to talk with your doctor before starting a new sports activity.

Golden Valley Memorial Healthcare Rehab & Wellness Center offers free sports injury assessments to assess the injury and determine what the best possible treatment would be. For more information about this service, call 660-890-7190.

Sports physical:
Why your child
may need one

You want your child to be a valuable member of the team. But you want him or her to be a healthy and safe one too.

For that reason, getting your child a physical exam before the sports season begins is a good idea.

Some schools require such

physicals. They can help spot health problems that could be a danger to your child during practice or competition.

In some cases, the doctor might find something that can be treated or managed. For example, a player may have a physical problem or disability that can be managed through physical rehabilitation or by wearing special bracing or padding.

As valuable as these physicals can be, they shouldn't take the place of an annual exam for your child.

A one-on-one doctor visit provides a chance for a more thorough checkup and time for a doctor to address important questions you or your child might have about health and related issues.

Golden Valley Medical—Clinton is offering free sports physicals for student athletes for the 2013–2014 school year on Wednesday, Aug. 7, beginning at 6 p.m. To learn more, call Meredith Cooper at 660-890-8023.

Sources: American Academy of Pediatrics; American College of Sports Medicine

EXERCISE
PROGRAMS
FOR SENIORS

GOLDEN VALLEY MEMORIAL HEALTHCARE (GVMH)

Rehab & Wellness Center offers exercise programs designed specifically for people who are older and want to work with other people their own age. The classes are given at the Clinton Community Center by a certified instructor.

An Arthritis Foundation Exercise Program is held at the Clinton Community Center on Tuesdays and Thursdays from 10:15 to 11 a.m. The cost is \$15 per month. The class is designed specifically for people with arthritis, but it is for anyone who wants a slower-paced exercise program.

The exercise is mostly done while seated in a chair and can be modified to your ability. It provides gentle movements and activities under the guidance of Arthritis Foundation-trained personnel. The goals are to increase joint flexibility, range of motion and muscle strength and, of course, have fun.

A Senior Exercise class is held on Tuesdays and Thursdays from 11:15 a.m. to noon. The cost is \$15 per month. Participants can learn a variety of exercises and use a variety of equipment in a safe environment that is not intimidating to the beginner. Each class contains a warm-up, cardio exercise and strength training, followed by a cooldown and relaxation. Each individual will learn to modify the exercises to his or her own ability and level of fitness.

Registration is not necessary to participate in the classes. Stop by the Community Center any Tuesday or Thursday a few minutes before class time to participate or just to see what the class is all about! Pay only after you have tried it out and know you want to join. For more information, call GVMH at 660-890-7193.



5 MUST-DO'S FOR SUN SAFETY

HERE'S WHAT THE SUN might give you: a tan.

But here's what it might also deliver: wrinkles, skin cancer and even cataracts. Not such a good trade-off, is it?



That's why you want to be smart about the sun and do all that you can to protect yourself from its damaging rays, which can raise your risk of all forms of skin cancer (including melanoma, the deadliest kind), age you prematurely and hurt your eyes. Do your best to follow these five safeguards:

Put a broad-spectrum sunscreen on all of your exposed skin, even on cloudy days. Don't be stingy—rub on a generous amount.

- ❶ Slather on sunscreen. Put it on all of your exposed skin, even on cloudy days. Use a water-resistant, broad-spectrum sunscreen—it will reduce your exposure to both ultraviolet A (UVA) and ultraviolet B (UVB) rays—with a sun protection factor (SPF) of at least 30. Don't be stingy. Rub on a generous amount—about a palmful if your arms, legs, neck and face need protection. Reapply it at least every two hours and also after swimming or sweating. Remember, too, that everybody needs sunscreen—no matter what their skin color is.
- ❷ Cover up. Even if you do all of the above and use sunscreen properly, some rays will still penetrate your skin. So whenever you're outside, wear protective clothing, such as a long-sleeved shirt, long pants and a wide-brimmed hat.
- ❸ Put on sunglasses. Be sure they block at least 99 percent of both UVA and UVB rays. Sunglass labels that say "UV absorption up to 400 nm" or "meets ANSI UV requirements" will lower your risk of cataracts and other eye problems.
- ❹ Try to avoid the midday sun. If possible, head indoors or find someplace shady to hang out between the hours of 10 a.m. and 4 p.m.
- ❺ Get vitamin D safely. Your body makes vitamin D when sunlight touches your skin. Still, it's best to get this vitamin either from your diet or vitamin supplements; unlike the sun, they won't make you vulnerable to skin cancer.

Sources: American Academy of Dermatology; American Cancer Society



PROTECT SKIN YEAR-ROUND

YOU KNOW TO slather on sunscreen on a hot summer day, especially if you're at the beach or a pool.

But the sun delivers damaging rays 365 days a year, which means you need to protect your skin year-round.

So whenever you head outdoors—even in the dead of winter—rub some sunscreen on any exposed skin.

The American Academy of Dermatology advises using a water-resistant, broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30.

And remember to use sunscreen for all outdoor activities, including such things as running errands or waiting for a bus. You want to reduce your lifetime exposure to the sun as much as possible.

GVMH offers wound and ostomy care

Golden Valley Memorial Healthcare Wound & Ostomy Clinic is a state-of-the-art outpatient clinic where the clinicians go out of their way to make sure patients are treated with respect and consideration.

We provide care for those with challenging, nonhealing wounds; various skin conditions; and ostomies. We provide many soothing treatments that include hands-on care supervised by a team of experts. We work to improve your wound or skin condition quickly and effectively.

To learn if you might benefit from the services at our Wound & Ostomy Clinic, call 660-890-7245.

NEED A HEALTH PARTNER?

Golden Valley Medical—Clinton
1602 N. Second St., Clinton
660-885-8171
Monday–Thursday 8 a.m. to 7 p.m.
Friday 8 a.m. to 5 p.m.
Saturday 9 a.m. to 3 p.m.

Golden Valley Medical—Warsaw
1771 Commercial, Warsaw
660-438-5193
Monday–Friday 8 a.m. to 5 p.m.
Saturday 9 a.m. to 5 p.m. (by appointment only)

Golden Valley Medical—Windsor
100 S. Tebo St., Windsor
660-647-2147
Monday 8 a.m. to 7 p.m.
Tuesday–Friday 8 a.m. to 5 p.m.

 www.gvmh.org
 660-885-5511



Golden Valley Medical—Clinton now offers Saturday hours!

Monday 8 a.m. to 7 p.m.
Tuesday 8 a.m. to 7 p.m.
Wednesday 8 a.m. to 7 p.m.
Thursday 8 a.m. to 7 p.m.
Friday 8 a.m. to 5 p.m.
Saturday 9 a.m. to 3 p.m.

HEALTH SCENE is published as a community service for the friends and patrons of GOLDEN VALLEY MEMORIAL HEALTHCARE, 1600 N. Second St., Clinton, MO 64735, telephone 660-885-5511, website www.gvmh.org.

Randy S. Wertz
CEO

Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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