



## Back on the Slopes after Hip Replacement



Whether he is skiing Copper Mountain or hiking in Glacier National Park, it is very clear that Keith Bauer, owner of Bauer's Shoe Store in Harlan, loves being active and being surrounded by nature. But on Halloween 2015, a shoe box full of candy did what mountains full of double-black diamonds could not; they tripped him up and set his life on a very different path. He was not going to let a fall down the steps and a few bumps and bruises keep him down. In fact, he flew to Palm Springs to visit friends the very next day. During a layover in Denver, he had to stand the whole time because of soreness in his hip.

After returning from his vacation, he noticed he had less strength and more pain in his hip. His primary care physician, Dr. Roger Davidson, advised him to start thinking about hip replacement surgery and find a time when he could take some time off from his busy and active life. Bauer started planning for hip replacement surgery in the fall of 2017. However, by early 2017 things had gotten pretty bad. "I had to start using a walker and a cane. It was very difficult to get around the store and help people, and I had to keep taking pain pills," explained Bauer. Even a short road trip to Carroll, Iowa, for a concert was almost too much pain for Bauer to handle. It was time to get something done about it.

### **Great Care Close to Home**

Bauer originally planned to have his hip replacement done by a doctor in West Omaha, but he could not even get his initial appointment until May. After a routine bone scan, he was advised by a nurse to move as quickly as possible to get his surgery done. That is when Bauer began working with Miller Orthopedic and Dr. Kent Boese, who was able to see him quickly at Myrtue. This allowed Bauer to have his surgery in Harlan with a shorter waiting period. "It was a great relief to know the plan was coming along, and it saved me so much messing around to get x-rays and all of my preliminary tests done in Harlan. It was so simple," Bauer said.

In May 2017, Bauer attended Joint Camp, a class for prospective joint replacement patients, which explained everything about the procedure and what to expect. The day of surgery came, and Bauer was able to first put in a few hours of work and run errands before heading to Myrtue.

(cont. on page 3 - See Hip Replacement)





Barry Jacobsen, CEO



### Enhanced Patient Care

This past year has been busy as we prepared for the implementation of our new electronic health record system. I am pleased to say the transition has been fairly smooth, and we are seeing increased efficiencies which are leading to enhanced patient care. Thank you for your patience and understanding throughout this transition.

We are continually looking for ways we can better serve our patients and our community. One of the ways we are doing this is through MyChart, which offers patients personalized and secure online access to portions of their medical records. It allows patients to securely use the Internet to help manage and receive information about their health. Communication between patients and providers is essential for quality healthcare outcomes. MyChart is one way to enhance that communication and allow patients to be better informed about their healthcare.

## Q & A with Dr. David Bendorf, MMC General Surgeon

**QUESTION:** Why should I get a colonoscopy?

**ANSWER:** A colonoscopy is used to identify colon cancer, but more importantly, it is useful in preventing colon cancer. Colon cancer starts as a small polyp that can be easily removed through the scope before it becomes anything more serious. If colon cancer is identified, especially if caught early, it is very treatable with a significant number of patients achieving a long-term cure.

**QUESTION:** Does a colonoscopy hurt?

**ANSWER:** We use a strong sedative administered by a licensed anesthetist which leaves most patients very comfortable during the procedure, most with no recall at all. In addition, I advance the scope to suction out air that is introduced during the endoscopy which results in much less cramping and discomfort afterwards.

**QUESTION:** When should I get my first colonoscopy?

**ANSWER:** For anyone without a family history of colon cancer, we recommend starting screening colonoscopies at age 50, and every 10 years thereafter. If there is an immediate family member with history of colon cancer, we start at age 40, or 10 years younger than the age of the family member at the time of his/her diagnosis.

**Dr. Bendorf performs a wide variety of minimally-invasive surgeries such as colonoscopies, laparoscopic hernia repair, anti-reflux operations for heartburn and bowel resections.**



## Harlan Clinic Adds Convenience to Care, Open until 8 p.m.

To better serve our patients, Myrtue Medical Center offers extended hours and walk-in appointments with Sarah Mgonja, DNP (left). Extended hours are available Monday-Thursday until 8 p.m. and Friday until 6 p.m.



**Hip Replacement Can't Stop Bauer** (cont. from page 1)  
 After a successful hip replacement, Bauer was up and about in the hospital and feeling great the very next day and was back home a little over 24 hours post-surgery. "The surgery was even easier and better than I expected. The pain was gone immediately," recalled Bauer.

**Back in the Store, Back to Nature**  
 Eight days after surgery, Bauer was back in the store getting ready for his annual summer sale. While Bauer felt great and fully mobile, his assistant Carol took extra precautions and would not let him bend down on the fitting stool or climb any ladders. Physical Therapists at Myrtue were able to work around Bauer's store hours which made his physical therapy sessions beneficial and convenient.

As for hiking in Glacier National Park, Bauer was right back at it a few months after his surgery. In fact, he has only missed hiking in Glacier one year since 1983. He hit the slopes again this past January. Although, he will admit he went for the easier green and blue runs. "I love what I do," said Dr. Kent Boese of Miller Orthopedics, "It is great getting people back to a healthy lifestyle." Maybe someday Bauer will get back to the double blacks, but for now he is happy to head to Ski Cooper near Leadville, Colorado with its gentle sloping hills and beautiful views. Plus, he gets to ski for free now that he has turned 80.

**Go For It**  
 Bauer said he would definitely recommend Miller Orthopedics and Myrtue Medical Center to family and friends.

"I felt right at home and very relaxed about the whole thing," said Bauer. "I had no doubt things would go fine, and they did. If you're thinking about joint replacement surgery, **go for it**, and for heaven's sake, do it at Myrtue."

**For more information about total joint replacement with Miller Orthopedic Specialists at Myrtue Medical Center, call Staci Musich at 712.755.4364.**



**SPECIALIZING IN:**  
 neck and back | shoulder and elbow | hand and wrist | hip and knee | foot and ankle | sports medicine | total joint | worker's compensation  
*committed to you. committed to our community.*







# Hit the Ground Running

by Hannah Johnk, DPM

Being cooped up inside during the cold winter months can start to take its toll on the human spirit. We are all looking forward to warmer weather and enjoying the great outdoors again. As we begin to plan vacations and activities, let's take a moment to discuss proper foot and ankle care.

Wearing appropriate foot gear is essential to preventing injury and pain. For example, you should not plan to go hiking in flip flops. A supportive pair of hiking boots would be ideal; however, not all activities require specialized foot wear. It is hard to go wrong with a supportive pair of running shoes, which do not necessarily have to be used for running. This type of shoe is great for many activities including walking, biking, hiking, or spending the day at the Iowa State Fair. They usually have a mesh outer, which is very breathable and can accommodate deformities such as bunions and hammertoes. This prevents blisters and calluses from forming. Running shoes are relatively light-weight, so they can be worn all day without muscle fatigue. Lace-up shoes are preferable to slip-ons because they provide better overall support and stay in place. Finally, running shoes accommodate an insert or padding very easily.

## Stability or Cushioning?

There are many different foot types, but 8 out of 10 people need a stability shoe over a cushioning shoe. The goal of a stability shoe is to support the foot during movement and prevent excess motion and strain. When looking for a new pair of stability shoes, you should examine two main aspects of the shoe – stiffness of the midsole (or the arch) and stiffness of the heel counter. You shouldn't be able to bend a shoe in half. It should bend at the toes, but the arch should be solid. You also shouldn't be able to push in on the back of the heel. The back

of the heel should be reinforced to provide good motion control.

Regarding proper shoe fit, it is essential that you know your foot type. As I mentioned earlier, 8 out of 10 people benefit from a stability shoe, but there is a minority group that needs a more cushioned shoe. These people have higher arches and need extra shock absorption in the form of cushioning. You should try shoes on later in the day as everyone's feet swell at least a little throughout the day. While some brands are better than others, all brands have both good and bad shoes. Do not get hung up on a specific brand or size. Sizing is not universal for all brands. Finally, while you should expect to pay more than \$20 for a good pair of shoes, the most expensive pair of shoes is not necessarily the best for your foot. Again, it is about proper fit and function.

## How old is too old?

Even with well-made shoes, materials start to break down after prolonged use, and they lose their support. Shoe life depends on the materials and construction of the shoe, as well as your activity level and weight. Most shoes last between 300-400 miles, or about 6 months if you use them all day, every day. For this reason, I recommend replacing shoes every 6 months or so to maintain adequate support. Many people will re-purpose worn out shoes to outside or "work" shoes. I would advise caution with this because we are often working on uneven surfaces outside, and supportive shoes are especially necessary then to prevent injury and pain.

I would be happy to evaluate your feet in my clinic and discuss shoe gear further. I have compiled a fairly extensive list of recommended shoes which I readily dispense to all patients.

To schedule an evaluation call **833-662-2273**.

### Dr. Johnk's Specialties Include:

- Sports Injuries**
- Diabetic Foot Care**
- Heel Pain/Spurs**
- Bunion Deformity**
- Ingrown Nails**
- Flat Feet**



**FUN FACT:** The Myrtue Medical Center Laboratory conducted nearly 94,000 tests last year.



# Myrtue Medical Center Medical Staff



*Brian Anderson, DO*



*Adam Bendorf, DO*



*David Bendorf, MD*



*Tim Brelje, MD*



*Holly Christensen, ARNP*



*Roger Davidson, MD*



*Sarah Devine, MD*



*David Erlbacher, MD*



*Jill Ferry, RN, MPAS, PA-C*



*Bret Heilesen, MD*



*Hannah Jobnk, DPM*



*Scott Markbam, DO*



*Russ Marquardt, PA-C*



*Sarah Mgonja, DNP*



*Patrick Pucelik, ARNP*



*Jean Stamp, ARNP*



*Denise Suedkamp, PA-C*



*Ron Kay, CRNA*



*Jill Paulsen, CRNA*



*Kris Gross, ARNP-BC*

To Schedule an Appointment, Call Toll-Free



**833-MMC-CARE**

**833-662-2273**

Harlan Local Number: 755-4516



*Nicole Thomas, PMHNP-BC*

# 3D

## **MAMMOGRAPHY MAKES ITS WAY TO MYRTUE MEDICAL**

- **the latest in mammography technology**
- **detects breast cancer earlier than ever before**
- **reduces the need for further imaging**



**Call 833.662.2273 to schedule an appointment today!**





### **Myrtue Awarded Top 100 CAH for Seventh Year in a Row**

We have once again been named a Top 100 Critical Access Hospital. Out of 1,300 critical access hospitals in the nation, only 4 others have received this distinction seven or more years in a row. This is evidence of the many great people we have at Myrtue Medical Center who provide quality, patient-centered care and operate a facility that is clean, modern and financially stable. You certainly have many choices for your healthcare these days, but as a rural health system we stand out as one of the best, and are fully capable of meeting your healthcare needs right here, close to home. As a community, Harlan has always aimed for excellence in everything that it does. As your hospital, we are proud to be part of that tradition.

Dr. Brian Anderson, Chief of Staff  
Myrtue Medical Center



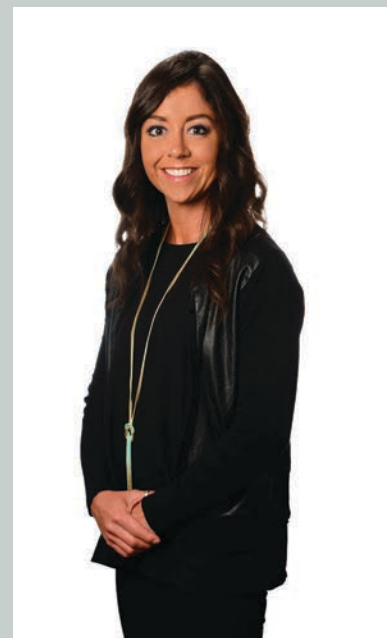
# **Self Care...Avoid the Breaking Point**

*By Nicole C. Thomas MHed., MSN, ARNP, PMHNP-BC*

When is the last time you did something for yourself? If you had to think for more than a few seconds, it has been too long. Self care, according to the World Health Organization (WHO), "is what people do for themselves to establish and maintain health, and to prevent and deal with illnesses." That sounds easy enough, but the problem is many of us do not do it. Instead, we rush around our chaotic, over-scheduled, over-connected lives, running ourselves to the point of exhaustion and overwhelming frustration.

Many of us think we are practicing self care; however, these moments are often unexpected brief minutes woven into our daily chaos. Self care is not the five minutes you lock yourself in your bathroom while the children yell for you outside the door. Self care is not the mocha latte you slam in your car as you leave the drive-through on your way to the next event you are already late for.

Self care is about taking scheduled, meaningful time for you - the keyword being 'scheduled'. Self care could be taking 15 minutes to walk on your lunch break, sitting in a comfortable chair enjoying your morning coffee, getting a massage, or improving your diet. Taking time for ourselves daily has been shown to reduce stress levels, strengthen immune function, and improve emotional health. Too often we forget that if we do not take care of ourselves, we can not care for others. I encourage all of you to redefine self care for yourself and make it a part of your everyday life; as "self care is not self-indulgence, it is self preservation" (A. Lorde, 2018).



**Nicole offers extended hours at Myrtue Medical Center's Behavioral Health Department on Mondays, Tuesdays and Thursdays until 8 p.m.**



MMC Behavioral Health Department

*Enriching Lives*

Call 712.755.5056 for an appointment.

***DID YOU KNOW? MMC Behavioral Health offers a Drug and Alcohol program including individual and family counseling, assessment and evaluation, Intensive Outpatient and Extended Outpatient therapies.***



# Rehab Launches Balance and Fall Prevention Program

Myrtue Medical Center's (MMC) Rehab Therapy Department provides physical, occupational and speech therapy services for inpatient, outpatient and home health services. We offer state-of-the-art rehabilitation equipment and advanced treatment techniques to promote healing by optimizing movement to improve the human experience. Therapists at MMC provide service to patients of all ages and diagnoses.

## **According to the Centers for Disease Control:**

- 30% of people over the age of 65 will fall each year
- 50% of people over the age of 80 will fall each year
- 66% of those who fall will do so again within 6 months of their first fall
- 20-30% of those who fall suffer injuries which make it difficult to live independently
- For every \$1 spent on Fall Prevention, \$9 of future healthcare costs are saved
- 30-40% of falls can be prevented by a comprehensive rehab program

## **What will therapy address?**

Our comprehensive program includes physical, occupational and speech therapies. These therapies aim to reduce the risk of falls and provide intervention for dealing with balance and coordination issues. After an initial fall risk assessment, your physical therapy sessions will focus on maintaining your mobility, strength and balance. Physical Therapists will also monitor your blood pressure, foot sensation and gait. By addressing issues of vision, posture, reaction time and home safety, occupational therapy enables patients to maintain independence and perform the activities of daily living. The Balance and Fall Prevention program will also assist with medication management and cognitive abilities.

## **How can I get started?**

If you have fallen or have a fear of falling, talk to your doctor to determine if this program is appropriate for you or call MMC Rehab Services at 712.755.4342 for a **Free** Fall Risk Assessment.





# MEETING ALL YOUR SPORTS & ORTHO REHAB NEEDS RIGHT HERE IN HARLAN

- state-of-the-art facility
- a team of 19 highly skilled professionals
- providing physical, speech,  
and occupational therapy



RECLAIM YOUR INDEPENDENCE

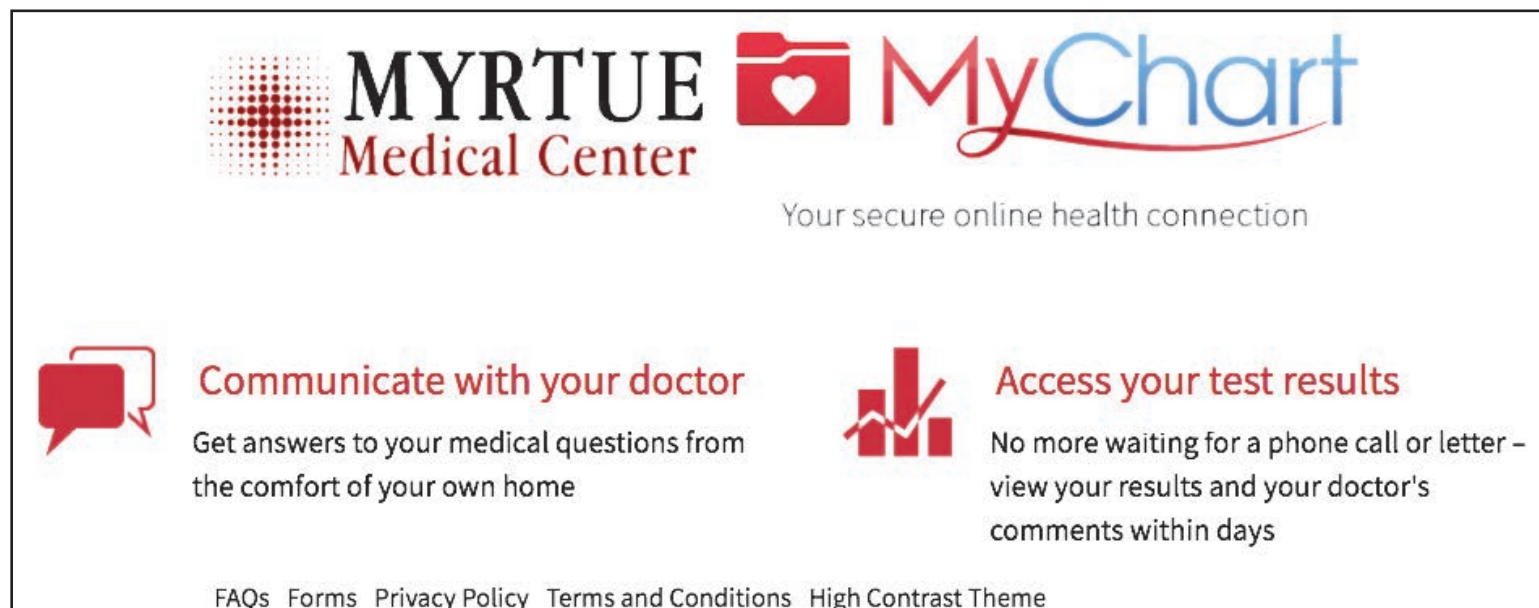
# REHAB SERVICES



# MyChart® Makes Accessing your Medical Record Easier

MyChart is a free, web-based service that gives you access to your personal health information. It also helps keep you in touch with your healthcare team. All you need is a computer with Internet access. You will receive an activation code at the time of a clinic visit, or you may complete and submit a MyChart Access Application form at any time. With MyChart, you can:

- View your medical record
- Request an appointment or prescription renewal
- See test results
- Communicate electronically and securely with your healthcare team
- View upcoming appointments
- Find helpful health tips and other trusted information



**MYRTUE** Medical Center **MyChart**  
Your secure online health connection

**Communicate with your doctor**  
Get answers to your medical questions from the comfort of your own home

**Access your test results**  
No more waiting for a phone call or letter – view your results and your doctor's comments within days

[FAQs](#) [Forms](#) [Privacy Policy](#) [Terms and Conditions](#) [High Contrast Theme](#)

To access MyChart:

1. If you have an activation code (included in your After Visit Summary):

- Go to [myrtuemedical.org](http://myrtuemedical.org)
- Click on MyChart Patient Portal Link at the top of the page
- Click Sign Up Now
- Enter Activation Code and other required boxes on the form

2. No activation code?

- Go to [myrtuemedical.org](http://myrtuemedical.org)
- Click on MyChart Patient Portal Link at the top of the page
- Click on Forms at the bottom of page
- Complete Application forms
- Mail, email or fax completed forms to Myrtue Medical Center

3. Questions may be directed to: 712.755.4360 or 712.755.4356

***DID YOU KNOW? Dr. Sarah Devine is a board certified pediatrician as well as being board certified in internal medicine.***



# MyChart® Reference Guide

Keep this cheat sheet handy when you log on to MyChart® to quickly and easily access available information.



## Messaging

- ◇ Message Center
- ◇ Ask a Question

View messages in the **Message Center** or select **Ask a Question**.

Choose the type of question you have - **Get Medical Advice** or **Customer Service Question**. Fill out a form with your questions. Messages are typically responded to within 2 business days.



## Health

- ◇ Appointments
- ◇ Visits, Admissions
- ◇ Request Appt
- ◇ Cancel Appt

This section lists your upcoming appointments and anything you may need to know about your appointment. You can also request or cancel appointments.



## Visits

### *What's in My Record?*

- ◇ Test Results  
*-allow 4 business days*
- ◇ Health Summary
- ◇ Current Health Issues
- ◇ Medications
- ◇ Allergies
- ◇ Immunizations
- ◇ Medical History

### *Medical Tools*

- ◇ MyChart Central
- ◇ Download My Record
- ◇ Who's Accessed My Record?
- ◇ Authorize Sharing
- ◇ Questionnaires
- ◇ Wallet Card



## Billing

- ◇ Billing Acct Summary
- ◇ Insurance Summary
- ◇ Coverage Details
- ◇ Billing FAQs



## Settings

- ◇ Patient Info
- ◇ Demographics
- ◇ Password, Security Settings
- ◇ Notifications Settings
- ◇ Manage My Accounts
- ◇ Personal Preferences
- ◇ Personalize

You can edit address and phone numbers, reset your password, set up notification preferences and link to other MyChart accounts.



## Resources

- ◇ Search Medical Library

The world's largest medical library, MedlinePlus produced by the National Library of Medicine, brings you information about diseases, conditions, and wellness issues in language you can understand.

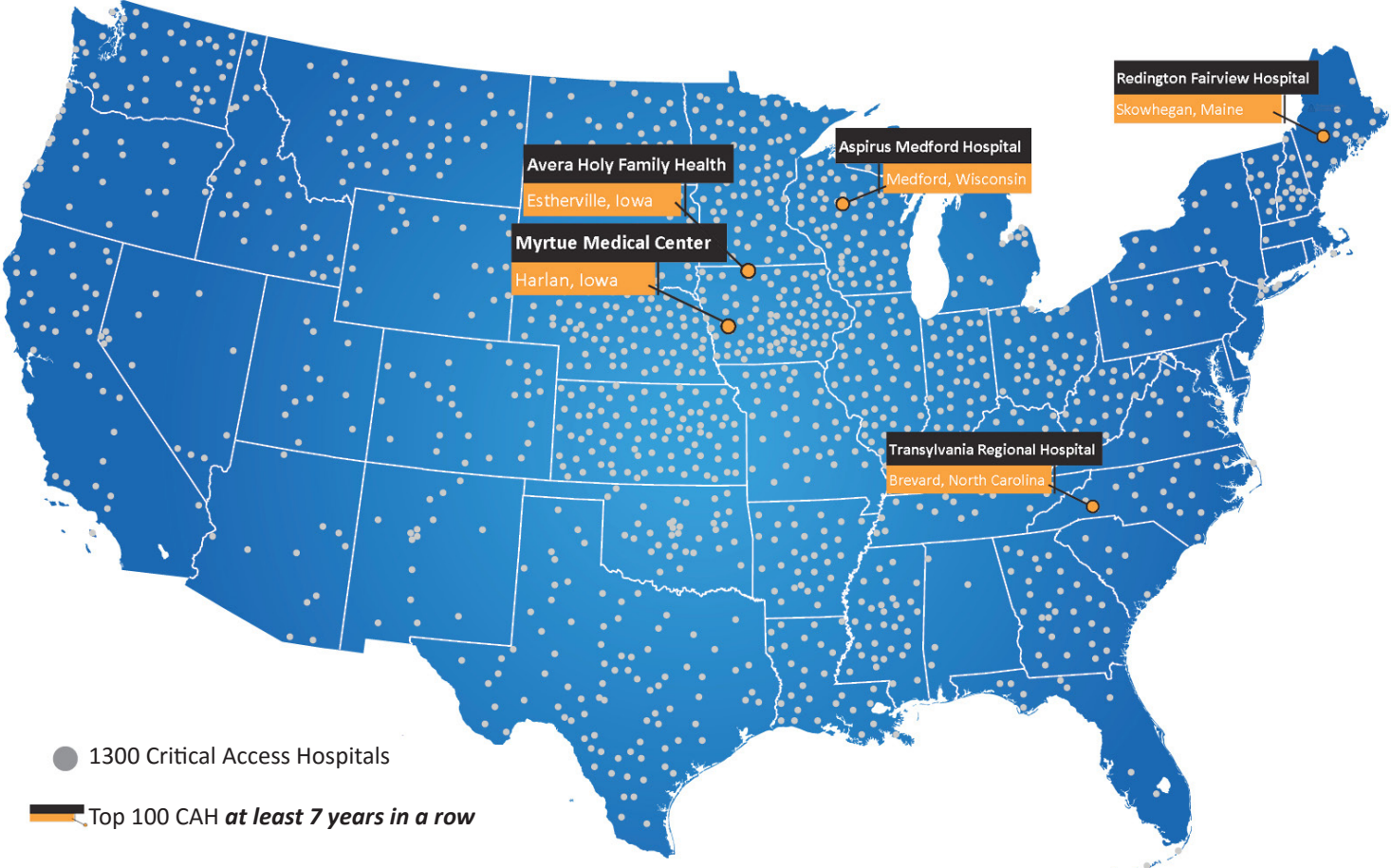
Learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations.



POSTAL PATRON  
ECRWSS

TELEPHONE 712.755.5161 | MYRTUEMEDICAL.ORG

*Out of 1300 Critical Access Hospitals, Myrtue is 1 of 5 to Receive the “Top 100 CAH” Award Seven Years in a Row!*



*committed to you. committed to our community.*