

SPRING 2010

# HEALTH LINK

A newsletter from Marengo Memorial Hospital

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300 W. May St., Marengo, IA 52301 | 319.642.5543  
[www.MarengoHospital.org](http://www.MarengoHospital.org)



Genny Maroc, MHA, FACHE

## A MESSAGE FROM THE CEO

Spring is here, a season that signals renewed life, fresh beginnings and new looks. Marengo Memorial Hospital is excited to present its new look on the Web, at [www.MarengoHospital.org](http://www.MarengoHospital.org). The Web site has been revamped to provide you the information you need about our organization, our services and your doctors.

We are committed to bringing specialized care to Marengo, and in the last few months, we have added a multitude of specialists to our Specialty Outreach Clinic: Daniel Olney, MD, ear, nose and throat; Gene Lariviere, MD, general surgery; and Keith Barnhill, PhD, CRNA, DAAPM, pain management. Please see our Web site for days that they and our other specialists are available for appointments.

This issue of Health Link focuses on getting ready for the outdoors and how to stay safe in the spring and summer months. We hope you enjoy this issue of Health Link.

Wishing you and your family a safe and healthy spring,

*Genny Maroc*

Genny Maroc, MHA, FACHE | Chief Executive Officer



Keith Barnhill, CRNA, ARNP

## A SPECIAL WELCOME

Welcome **Keith Barnhill, CRNA, ARNP**

Keith Barnhill joined Marengo Memorial Hospital through our Specialty Outreach Clinic. He is a diplomate of the American Academy of Pain Management and is a fellowship preceptor in pain management. He recently served as clinical preceptor at the University of Illinois College of Medicine in Peoria, Ill. Barnhill is credentialed by the American Academy of Pain Management.

To schedule an appointment, call **319.642.8150**.



Emergency Department entrance at Marengo Memorial Hospital

## DEPARTMENT FEATURE: EMERGENCY DEPARTMENT

### When Minutes Matter

Having the Marengo Memorial Hospital Emergency Department just minutes away has been a lifesaver for many residents of Iowa County and the surrounding area. The Emergency Department is equipped to handle nearly all types of emergencies, including motor-vehicle injuries, broken bones and chest pains. It is the only emergency department in Iowa County staffed around the clock by specially trained emergency physicians and nurses.

Evaluating patient conditions and providing the most appropriate treatment as quickly as possible is critical. The close proximity of diagnostics at Marengo Memorial gives quick access to tests critical in making decisions about care.

“Part of our role in the Emergency Department is to evaluate what’s going on. Not all chest pain is a heart attack. So, we need to know what’s happening in order to make the best decision in the quickest possible time. That’s the importance of going to the closest

emergency department,” said Mark Irland, MD, emergency medicine physician at the Marengo Memorial Hospital Emergency Department. “More than ever, we are able to treat most everything in the Emergency Department because of the diagnostics we have, our standards of care and the medicines available to us,” Dr. Irland says.

Iowa County EMS, in partnership with Marengo Memorial Hospital, provides paramedic-level ambulance service to all of Iowa County, with units based in Marengo and Williamsburg.

Providing emergency care and routine transfer service, a staff of 13 full-time and 11 part-time EMTs/paramedics respond to more than 1,300 calls a year. The Emergency Department works closely with and provides training for the EMS providers, who are the first to start lifesaving protocols in the field.

# STROKE AWARENESS

## May is National Stroke Awareness Month

A stroke, or brain attack, occurs when a blood clot blocks an artery or when a blood vessel breaks, interrupting blood flow to an area of the brain. When either of these things happens, brain cells begin to die and brain damage occurs.

It is important to know the risk factors and signs and symptoms of a stroke. Some stroke risk factors are hereditary. Others are a function of natural processes. Still others result from a person’s lifestyle. You can not change factors related to heredity or natural processes, but those resulting from lifestyle or environment can be modified with the help of a healthcare professional.

### Stroke symptoms include:

- SUDDEN numbness or weakness of the face, an arm or a leg – especially on one side of the body
- SUDDEN confusion or trouble speaking or understanding
- SUDDEN trouble seeing in one or both eyes
- SUDDEN trouble walking, dizziness, or loss of balance or coordination
- SUDDEN severe headache with no known cause

Call 911 immediately if you have any of these symptoms. Note the time you experienced your first symptom. This information is important to your healthcare provider and can affect treatment decisions.

## STROKE RISK FACTORS

### Risk Factors That Can’t Be Changed

- *Age* – Risk doubles after age 55
- *Heredity* (family history) – Stroke risk is greater if a parent, grandparent, sister or brother has had a stroke
- *Race* – African-Americans are at a higher risk and have a higher risk of death than Caucasians
- *Sex* – Stroke is more common in men than in women
- *Prior stroke* – Risk of stroke for someone who already has had one is many times that for a person who has not

### Risk Factors That Can Be Changed

- High blood pressure
- Smoking
- Diabetes
- Carotid or other artery disease
- Atrial fibrillation
- Sickle cell disease
- High cholesterol
- Poor diet
- Physical inactivity
- Obesity
- Alcohol and drug abuse



## SUMMER SAFETY

Summer is just around the corner, which means kids playing outside, fun in the sun, outdoor barbecues and playing by the water. It can also mean potential injuries and illnesses. Put your mind at ease and enjoy your summer with these safety tips:

- To avoid sunburn and protect yourself from the sun's UV rays, use a sunscreen with SPF 15 or higher. Use SPF 30 or higher for children.
- Bug repellent should be used sparingly, avoiding the eyes and mouth. Products with up to 30% DEET are safe for adults and children older than 2 months. Products typically range from less than 10% to 30% DEET, with 30% DEET providing five hours of protection on average. Check your product label for this information.
- To keep bees away, wear light-colored clothing and cover food and beverages. Treat a bee sting by removing the stinger and placing a cold compress on the sting. Carry an EpiPen® if you are allergic to bee stings or are with anyone who may be.
- Reduce the risk of heat stroke by staying in cool places and drinking plenty of water. See our quick tips in this newsletter for staying hydrated.
- Keep your eyes out for poison ivy and poison oak. Remember: Leaves of three, beware of me. Plants with three leaves and little leaflets can indicate poison ivy or poison oak. Treat poison ivy and oak rashes with calamine lotion or with either an over-the-counter or prescription antihistamine.
- Wear a life jacket at all times if you are jet-skiing, waterskiing or participating in other water sports. Adults should always supervise children around any body of water.

**If you have a summer health emergency, contact Marengo Memorial Hospital at 319.642.5543 or call 911 immediately.**

## SPRINGTIME ALLERGIES



Spring is here, and the flowers are blooming. But for millions of allergy sufferers, spring means nasal congestion, sneezing and wheezing. An allergy is the body's hypersensitive reaction to a particular allergen, such as pollen, peanuts or milk. Allergies cannot be completely avoided; however, you can lessen the symptoms of an allergic reaction.

In the spring, reduce your exposure to pollen by staying indoors on windy days when pollen counts are high, avoiding hanging your clothes outdoors to dry and keeping outdoor yard work to a minimum. Using a humidifier indoors will help moisturize the air and minimize irritation. A local newspaper or radio station typically broadcasts pollen counts, or check the Internet for pollen counts in your area.

Allergy symptoms can be controlled by using either an over-the-counter or prescription medication, such as a decongestant or antihistamine. To find out what specific allergens trigger your reactions, you should see a doctor who will conduct either a blood or skin scratch test. By knowing what triggers your particular reaction, you can work with your doctor to determine what treatments work best for you.

To discuss your allergies with your healthcare provider, call Marengo Memorial Hospital's Family Medical Clinic at **319.741.6789**.

## ASK Dr. Teggatz ...



Susan Teggatz, MD

### HAND, FOOT and MOUTH

**My child has recently been diagnosed with hand, foot and mouth disease. What is this?**

Hand, foot and mouth disease is a fairly common viral disease of infants and children. It is not to be confused with foot and mouth disease (also called hoof and mouth disease), which is a disease that occurs in animals but does not occur in humans. The cause of the disease is viruses. Most often, the cause is Coxsackievirus A16.

**What symptoms should I watch for with my other children?**

This is a viral disease for which there is no prevention or cure. Fortunately, this disease is usually mild and self-limited. The disease usually begins with a fever, poor appetite and malaise (feeling vaguely unwell). After one or two days, sores that are usually painful develop in the mouth. Then, a nonitchy rash develops, usually on the palms of the hands and soles of the feet.

**How is this virus passed to others?**

The disease is spread from person to person, so the usual good hygiene practices should be followed, especially after changing a diaper and using the restroom. You should clean soiled surfaces and items first with soap and water, then disinfect them with a diluted solution of chlorine bleach (1 tablespoon of bleach to 4 cups of water). While this disease can occur in everyone, it usually occurs in children younger than 10. There is no specific treatment, but pain and fever respond to ibuprofen or Tylenol® and mouthwashes can be used for mouth pain.

For more information or to schedule an appointment with Dr. Teggatz, Family Medical Clinic pediatrician, call **319.741.6789**.

## STAYING HYDRATED

By increasing your fluid intake in the summer, you protect yourself from possible heat stroke. Heat stroke is a true medical emergency that can be fatal if not properly and promptly treated. Children between the ages of 9 months to 1 year should not be given free water; they get all they need from breast milk or formula.

- Drink at least eight 8-ounce glasses of water a day, more if you are physically active.
- Drink water before you are thirsty. Thirst is a sign that you are already dehydrated.
- Plastic water bottles are great for on the go, some of which have a cooler built in. Look for "BPA-free" bottles to ensure that harmful chemicals don't contaminate your water.



To learn more about our healthy summer tips, visit [www.MarengoHospital.org](http://www.MarengoHospital.org).

# AN APPLE A DAY

## CAFFEINE – IS IT HARMFUL?

Caffeine is a substance found in coffee, tea, soft drinks, chocolate, some nuts and certain medicines. It has many effects on the body's metabolism, including stimulating the central nervous system. This can make you more alert and give you a boost of energy.

For most people, the amount of caffeine in two to four cups of coffee a day is not harmful. However, too much caffeine can make you restless, anxious and irritable. It may also keep you from sleeping well and cause headaches, abnormal heart rhythms or other problems. If you stop using caffeine, you could experience withdrawal symptoms.

Some people are more sensitive to the effects of caffeine than others. They should limit their use of caffeine. So should pregnant and nursing women. Certain drugs and supplements may interact with caffeine. If you have questions about whether caffeine is safe for you, talk with your healthcare provider.

# HEALTHY RECIPE

## SPRING CHICKEN SALAD

- 4 cups cooked chicken breast, coarsely chopped
- 1/4 cup thinly sliced celery
- 2 tablespoons chopped green onion
- 4 ounces pineapple chunks (reserve juice)
- 1 cup grapes, seedless
- 1/4 cup raisins
- 1 apple, chopped
- 1/4 cup slivered almonds
- 1 cup fat-free mayonnaise
- 1 tablespoon Dijon mustard
- 1/2 teaspoon curry powder
- 2 tablespoons reserved pineapple juice (or to taste)

Each serving contains: 225 calories, 5 grams fat, 53 milligrams cholesterol, 608 milligrams sodium, 24 grams carbohydrates, 23 grams protein and 2 grams fiber.

Serves 6

### Preparation:

In a large bowl, combine the chicken, celery, green onion, pineapple, grapes, raisins, apple and almonds.

In a small bowl, combine the mayonnaise, mustard, curry powder and reserved juice. Stir to mix thoroughly, then combine with the chicken mixture until moistened.

Chill for one hour to blend the flavors. Serve on lettuce leaves or in a sandwich.

