

WINTER 2010

# HEALTH LINK

A newsletter from Marengo Memorial Hospital

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**MEMORIAL HOSPITAL**  
Trusted Healthcare Close to Home

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

Welcome to Health Link. As you page through our first issue, I hope you find it educational and informative.

Health Link will provide you articles with facts, findings and features to keep you informed and engaged in your health. That includes regular testimonials and new stories to inspire and ignite actions toward a healthier life.

You'll find in-depth information about cutting-edge health issues, trends, tools and treatments. Plus, a new section called "An Apple a Day" offers nutrition advice and healthy recipes.

Health Link is a quarterly publication. You can expect to receive the next issue in the spring. All issues will also be available online at [www.MarengoHospital.org](http://www.MarengoHospital.org). Just as health is an evolving process, so are the tools that help you gain an understanding of it. Our goal is to provide the current and credible information you want in the ways that are most meaningful to you. Your input is valuable to us — and we will make every effort to respond to your comments and preferences.

We hope you enjoy our first issue of Health Link.  
In good health,

*Genny Maroc*

Genny Maroc, MHA, FACHE | Chief Executive Officer



Gene Lariviere, MD, FACS

## A SPECIAL WELCOME

Welcome **Gene Lariviere, MD, FACS**,  
General Surgeon

Dr. Lariviere joined Marengo Memorial Hospital through our surgical outreach clinic. He spent most of the past 15 years providing surgical services in the Iowa City area before locating to another local hospital. We are thrilled to have Dr. Lariviere as part of our medical staff. Our goal is to continue to keep trusted healthcare close to home by offering more convenience for our patients and their families.

To schedule an appointment with Dr. Lariviere, call **319.642.8150**.

## DEPARTMENT FEATURE: PEDIATRICS



Susan Teggatz, MD, Pediatrician

During winter, we need to worry about RSV. Respiratory syncytial virus (RSV) is a highly contagious virus, and the severity of the symptoms vary depending upon the age of the child and whether he or she has any chronic medical problems. Because RSV is so prevalent and may cause serious illness in some children, it is considered the most important childhood infection of the respiratory system.

The virus is found in discharges from the nose and throat of an infected person. People can get RSV from:

- Breathing in droplets after an infected person has coughed
- Hand-to-mouth contact after touching an infected person
- Hand-to-mouth contact with a surface that an infected person has coughed on or touched

RSV infections can range from mild illness to serious lower respiratory tract infections, including pneumonia, which occur mostly in the very young, the very old and those with weakened immune systems. Symptoms can last for a few days to several weeks.

Signs and symptoms in young children are usually mild and similar to a cold. They include stuffy nose, cough and sometimes an ear infection. In older children and adults, RSV causes upper respiratory infection involving the nose, throat or sinuses.

Children who develop a lower respiratory tract infection often have low-grade fever for several days; a cough that sometimes lasts more than two weeks; and respiratory symptoms, including difficult or rapid breathing and deep coughing. Symptoms in newborns and young infants may include irritability, listlessness and poor feeding.

If you think you or your child has RSV, it is important to see your doctor. To schedule an appointment with Susan Teggatz, MD, pediatrician at Marengo Memorial Family Medical Clinic, call **319.741.6789**.

## SHOO THE FLU!

Seasonal sneezes and coughs are no surprise, but everyone should be prepared for the flu. Most people who get the flu – seasonal or H1N1 – will recover without serious complications. Treatment with antibiotics and antiviral medications is generally not necessary and will not be prescribed unless needed. If you are not feeling well, stay home. Doctors say home is the best place to recover from the flu to avoid spreading it to others.

If you are experiencing these symptoms seek medical care:

### For children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe vomiting
- Not waking up or not interacting
- Too irritable to be held
- Flu-like symptoms improve but then return with fever and worse cough

### For adults:

- Trouble breathing or shortness of breath
- Severe pain or pressure in chest or stomach
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

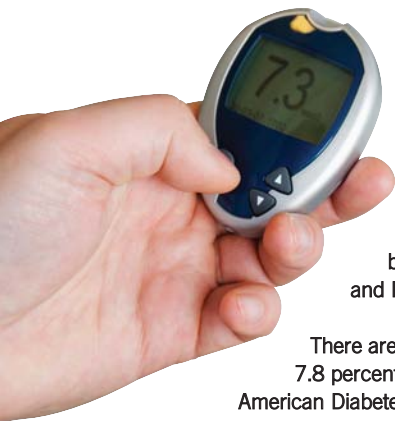
If you have flu-like symptoms and are in a high-risk group (pregnant, younger than 5 years old or have a chronic disease), contact your physician. Call the Marengo Memorial Family Medical Clinic at **319.741.6789**.



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## NEW SERVICES

Pain Clinic | ENT | Facial Plastic Surgery



## UNDERSTANDING DIABETES

Diabetes is a disease in which the body does not produce insulin or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy for daily life. The cause of Type 1 diabetes, in which the body does not produce insulin, continues to be a mystery. In Type 2 diabetes, both genetics and environmental factors, such as obesity and lack of exercise, appear to play roles.

There are 23.6 million children and adults in the United States, or 7.8 percent of the population, who have diabetes, according to the American Diabetes Association\*. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people are unaware that they have the disease.

There are three types of diabetes: Type 1, Type 2 and gestational diabetes. Type 2 diabetes is the most common. Why? It's a lifestyle disease, triggered by obesity, lack of exercise, increased age and, to some degree, genetic predisposition.

"There are controllable risk factors associated with diabetes, including obesity and an inactive lifestyle. However, other uncontrollable risk factors, such as ethnicity and genetics, also play roles," states Edriss Estime, MD, Family Medical Clinic internal medicine physician. "If you experience any of the following symptoms, you should schedule an appointment with your primary care physician for further testing."

Symptoms include:

- Frequent trips to the bathroom
- Unquenchable thirst
- Losing weight without trying
- Weakness and fatigue
- Tingling or numbness in your hands, legs or feet
- Other signs and symptoms that can occur are blurred vision, skin that is dry or itchy, frequent infections or cuts, and bruises that take a long time to heal

For more information or to schedule an appointment with Dr. Estime or another provider at the Marengo Memorial Family Medical Clinic, call **319.741.6789**.

## SURGICAL SERVICES AT MARENGO MEMORIAL HOSPITAL

If someone you love needs surgery, you can count on the experience, expertise and compassion of our surgical team.

We offer inpatient and outpatient surgery in state-of-the-art surgical suites, performed by board-certified and well-experienced surgeons. And as an added convenience, our team provides patient evaluations, diagnosis, and pre- and postsurgical care at our Outpatient Specialty Clinic – so you never have to travel far from home.

We have surgeons who specialize in these procedures:

- ENT and facial plastic
- General – surgical procedures on the skin and organs in the abdomen
- Podiatric – surgical procedures on the foot and ankle
- Ophthalmologic – surgical procedures on the eye
- Endoscopic – minimally invasive surgical procedures using a flexible tube with a camera and light attached

Our dedicated surgical team is composed of highly skilled and experienced professionals, each with at least 15 years of surgical experience. Everyone on the team shares a passion for providing great patient care by taking time to explain things in language each patient can understand, listening and offering support and encouragement.

For patients who require additional support following surgery, such as rehabilitation or home health services, we can help connect them with the services they need.

For more information or to schedule an appointment with one of our experienced surgeons, please call our Outpatient Specialty Clinic at **319.642.5543**.



Edriss Estime, MD

# ASK Dr. Estime ...

**My husband is diabetic. Should he be seen by an endocrinologist?**

Most general physicians can treat diabetic patients quite well. Certainly, general internal medicine physicians are trained to do so. But when diabetic patients are not well controlled (when their blood sugars are consistently too high or too low), they should be seen by an endocrinologist, who is an internist specially trained to care for diabetes and other endocrine problems.

**I take high blood pressure medicine, but my blood pressure is no longer high. Should I keep taking the medication?**

Absolutely. Unless you have had some radical change in your life, like a significant weight loss, your blood pressure is low or normal because you are taking antihypertensives (blood-pressure-lowering medicines). You may have to take them all of your life. Have your blood pressure taken regularly. Your doctor will tell you if you need more or less of your blood pressure medicines, or perhaps if you can be off them.

**What is an internal medicine physician?**

Internal medicine physicians are trained to diagnose severe, chronic illnesses and situations in which several different illnesses may strike at the same time. They also help patients understand preventive medicine, men's and women's health, substance abuse, mental health, and effective treatment of common problems of the eyes, ears, skin, nervous system and reproductive organs. Many older adults in the United States see internists as their primary medical practitioners.

Edriss Estime, MD, is an internal medicine physician at the Marengo Memorial Family Medical Clinic. To schedule an appointment with Dr. Estime, call **319.741.6789**.

## HEART-HEALTHY TIPS

The number one killer in America today is a disease that can often be prevented.

According to the American Heart Association\*, heart disease is the nation's single leading cause of death for both men and women. At least 58.8 million people in this country suffer from some form of heart disease. But the good news is that there are some things you can do to prevent heart disease.

One of the keys to preventing heart disease is getting risk factors under control:

- Eat a heart-healthy diet by following a balanced diet and limiting monounsaturated fats and carbohydrates
- Improve cholesterol levels
- Exercise one hour a day, seven days a week
- Control diabetes
- Control high blood pressure
- Maintain an ideal body weight and body mass index (BMI)
- Manage stress
- Quit smoking

To learn more about our cardiology services, visit [www.MarengoHospital.org](http://www.MarengoHospital.org).

# AN APPLE A DAY



Taking a multivitamin daily is important to ensure optimum nutritional status for certain populations – particularly among pregnant and lactating women, as well as those with specific chronic diseases. For people older than 50, a multivitamin or calcium/D supplement may be warranted, as foods alone may be not able to deliver adequate calcium and vitamin D to meet the increased needs. Always speak with your doctor or dietitian before starting a vitamin regimen. They will be the best source for recommending what your body needs.

# HEALTHY RECIPE

## CHICKEN AND RICE SOUP

- 3 lbs chicken pieces
- 8 cups water
- 1/2 cup celery with leaves, chopped
- 1/4 cup fresh parsley leaves, chopped
- 1 small onion, chopped
- 1 pinch pepper
- 1 bay leaf
- 1/4 tsp celery seeds
- 1/2 cup rice, uncooked
- 1 cup carrots, diced

1 cup - 287 calories, 3 lean meat, 1/2 bread exchange, 11 grams carbohydrate, 29 grams protein, 10 grams fat, 219 mg sodium, 307 mg potassium, 88 mg cholesterol

Serves 6

### Preparation:

Simmer the chicken in the water with the celery, parsley, onion, pepper, bay leaf and celery seeds for four hours in a slow cooker or one hour over low heat on the stove.

Drain and reserve the chicken broth and remove chicken pieces. Discard bay leaf. Bone the chicken and chop into bite-size pieces. Combine the broth, chicken, rice and carrots in a saucepan. Cook for 30 to 40 minutes or until the rice is tender.

