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Annie Jeffrey

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Welcome Dr. Sidak

Dr. Cameron Sidak officially begins his practice at Annie Jeffrey Family Medicine the last week of July. Dr. Sidak has been taking ER calls one weekend a month at Annie Jeffrey Health Center for the past year and a half. He finished his final rotation under Dr. David Jameson. He will be practicing full time at Annie Jeffrey Family Medicine in Osceola along with Mike Karel, PA-C.

Dr. Sidak grew up on a ranch in O'Neill, Nebraska. He completed his undergraduate degree at Wayne State College and then went on to the University of Nebraska Medical Center in Omaha for his doctor of medicine degree and residency program. Dr. Sidak especially appreciates taking care of patients in rural Nebraska.

Dr. Sidak will be treating patients of all ages, from delivering babies to taking care of great-grandparents. He values getting to know his patients over their lifetime. He has been quite impressed with the Annie Jeffrey Health Center facility and the caring staff. After working in larger hospitals, he believes our community is



Above (L-R): Trish Sidak holding Caroline, Juliana, and Dr. Sidak holding Kathryn.

fortunate to have such a well-equipped hospital.

The Sidak family recently moved to Osceola. Dr. Sidak and his wife, Trish, have three daughters – Juliana, 4 ½ years old, Caroline, 3 years old, and Kathryn, 9 months old.

Dr. Sidak enjoys spending time with his family, going to movies and Nebraska football. They attend the Evangelical Free Church in Stromsburg.

Disaster Preparedness

Whether it be a natural disaster or a bioterrorist attack, it is important for communities to have a Disaster Preparedness Plan ready to enforce at a moments notice. Annie Jeffrey Health Center understands the importance of their role in the event of disaster, and what steps they need to be taking now, to make certain they are ready if the need arises.

Since 2006, Annie Jeffrey has been a part of the Southeast Nebraska Medical System [SEMRS]. The Southeast Nebraska

region consists of 16 counties, with 20 hospitals in 5 public health districts. Their purpose is to bring together hospitals, public health, fire, law enforcement, emergency management, behavioral health, EMS, government entities and community organizations for an integrated medical response to any disaster that threatens the health and well-being of the public. The Medical Response Systems of Nebraska act as catalysts to facilitate communication and coopera-

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2nd ANNUAL
Foundation
for Annie
Jeffrey Golf
Tournament
Held June 25



The second annual Foundation for Annie Jeffrey Golf Tournament was held at Ryan Hills Country Club on June 25th. There were great prizes, food and a chance to win a new car with a hole-in-one sponsored by Tonigues Chevrolet!

Proceeds from the annual event will be used to help purchase a new Cautey Unit for the Surgery Department at Annie Jeffrey Health Center according to Joe Lohrman, CEO, Annie Jeffrey Health Center.

“It was a fun day for those golfing, plus a great fund-raiser for our medical center,” said Lohrman.

Radiological Services at Annie Jeffrey

An **X-ray** (radiograph) is a noninvasive medical test that helps physicians diagnose and treat medical conditions. Imaging with x-rays involves exposing a part of the body to a small dose of ionizing radiation ionizing to produce pictures of the inside of the body. X-rays are the oldest and most frequently used form of medical imaging.

One of the diagnostic tools that the Annie Jeffrey Health Center Radiology Department uses is called a **MRI**. A magnetic resonance imaging (MRI) is an imaging technique that uses magnetic forces instead of radiation to take pictures of muscular and soft tissues that typically involve injuries of the shoulders, knees, spine, brain, and other areas. This portable unit comes to Annie Jeffrey Health Center at least once a week for the patients in our community.

Annie Jeffrey Health Center has an in-house **CT Scanner**. A CT scanner is a piece of equipment that the patient lies on while a fan beam of x-ray is created as the rotating frame spins the x-ray tube and detector around the patient. As the x-ray tube and detector makes a 360-degree rotation, the detector takes numerous snapshots of the attenuated x-ray beam. The most common uses for a CT scan are for head, chest, abdomen, pelvis or spine injuries.

Ultrasound, also called sonography, is a diagnostic medical procedure that uses high-frequency sound waves to produce dynamic visual images of organs, tissues or blood flow inside the body. The high-frequency sound waves are transmitted to the area of interest and the returning echoes recorded. Ultrasound can be used to examine many parts of the body, such as the abdomen, breasts, female reproductive system, prostate, heart and blood vessels and more.

In obstetrics ultrasound is used to study the size and age of the fetus, as well as to examine the fetus for birth defects or other potential problems. In the abdomen, it is used to detect abnormalities such as gallstones or liver disease.

Another Radiology test offered at Annie Jeffrey is a bone density radiology procedure. Calcium and protein make up your bones. There is a hard outer bone and a spongy inner bone. As you grow from infancy through the early 30's, your bone is steadily renewing and replacing itself to stay dense and strong. As you enter your mid-thirties, the ability to replace old bone is diminished. This causes the outer bone to become thinner and the holes in the inner bone to become larger and weaker. Over time, your bones are not as strong as they used to be.

Osteoporosis is known as the ‘silent epidemic’. It is a degenerative disease process that thins and weakens bones as we get older. While the effects of this disease are most likely seen later in life, women need to be concerned about how to help prevent the risk of suffering from this debilitating disease. Major bone change related to osteoporosis can be minimized by practicing good bone health early in life. There are approximately 25 million Americans who have osteoporosis, with 8 out of 10 being women.

Mammography screening is the single most effective method of early detection of breast cancer. The sooner breast cancer is detected, the less likely a woman will need highly invasive and uncomfortable treatments and the more likely she will survive the disease. In the United States, one out of seven women will develop breast cancer in her lifetime. Significant progress in mammography technology is helping physicians to diagnose the disease earlier with improved outcomes. Today, there are more than 2 million breast cancer survivors in the United States. An annual mammogram is recommended for women over age 40.

A **PET/CT** scan is noninvasive, painless and takes about 30 minutes. PET, or positron emission tomography identifies cancerous cells - even at an early stage when other modalities may miss them. CT, or computed tomography, yields a detailed picture of the body's anatomy.

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Nataly Sanley and Larry LeSuer of Annie Jeffrey Health Center joined area hospitals affiliated with Southeast Medical Response System (SEMRS) to set up a portable hospital.

Disaster Preparedness

Continued from front.

tion among entities to enhance planning, prevention, response, recovery and mitigation efforts, whether the disaster is natural, manmade, biological or terrorist in nature.

Common initiatives of the Nebraska Medical System regions include:

- Education and training
- Regional and local exercises
- Development of organizational and regional emergency operations plans
- Enhancement of interoperable communications
- Development and sponsorship of Medical Reserve Corps units
- Purchase of equipment, supplies and pharmaceuticals
- Development of agreements for resource sharing and allocation
- Relationship development
- Collaboration with other systems
- Provision of education to decision makers about issues that affect response capabilities

In a recent training, Chris Gabel, Nataly Sanley and Larry LeSuer of Annie Jeffrey Health Center joined area hospitals affiliated with the Southeast Medical Response System to set up a portable hospital. The hospital has the capacity to serve 20 patients and was purchased by SEMRS as part of disaster preparedness. The portable hospital, designed by EMS Innovations, is inflatable and comes in a trailer with generators, medical supplies, lights, folding beds, portable toilets, etc.

By working with the Southeast Nebraska Medical System, Annie Jeffrey is helping our communities by preparing for the worst possible situations. Being prepared, in turn, reduces fear, anxiety and losses that accompany disasters. Your local hospital is doing their part, and you should too. It is important that you know what to do in the event of a major fire or where to seek shelter during a tornado. Have your own Disaster Preparedness Plan in place and be ready to help those around you. For ideas on how to create your own Disaster Preparedness Plan, go to the FEMA website at: www.fema.gov/areyouready

AJ Participates in



on April 28th

To help show the community the importance of walking, Annie Jeffrey Health Center and Pinnacle Bank employees sponsored the National Walk @ Lunch Day on April 28th.

National Walk @ Lunch Day is a workplace walking program that encourages people to take time during their lunch breaks to start walking to better health. Most American schedules are built around a workday, so National Walk @ Lunch Day is designed to fit into – not compete with – the daily routine.

Many employers are supporting National Work @ Lunch Day by encouraging their workforces to participate. The national walking effort is the next step of Walking Works, a Blue Cross and Blue Shield Association program to help Americans live healthier lives and reduce unnecessary medical costs due to physical inactivity.

The Walking Works program was developed in partnership with the President's Council on Physical Fitness and Sports.

If you would like to receive an electronic copy of our Heartbeat newsletter, please go to the Health News link on our website at: www.ajhc.org to submit your email address.

Behind the Scenes at Annie Jeffrey

RADIOLOGY

Nataly Sanley, RT(R) has worked at Annie Jeffrey Health Center for 5 years and is currently the Radiology Manager. Nataly was born and raised in Osceola and graduated from Southeast Community College in Lincoln. She is married to Ryan and has three girls, Taylin, 4 years old, and twins Myah and Blaire, who are one year old. Nataly enjoys shopping, being outside and spending time with friends and family. She enjoys working at Annie Jeffrey and having the opportunity to take care of family and friends.

Michelle Pruter, RT(R)(M) graduated from SCC in 1999 with an Associate of Applied Science degree in Radiologic Technology. She is also board certified in Mammography. Michelle was born and raised in Stromsburg. Michelle and her husband, Allan, were married in October 2009 and have two dogs, Bently and Derby. Michelle worked at Lincoln Radiology Imaging and at BryanLGH East before joining Annie Jeffrey Health Center in December 2009. She enjoys camping and spending time with their family and friends. Michelle says that Annie Jeffrey is a great place to work because everyone is so friendly.



Above: Annie Jeffrey Radiology staff from L-R: Karen Dotson, Carrie Cramer, Nataly Sanley, Lorri Marsden and Michelle Pruter.

Carrie Cramer, RT(R) has worked at Annie Jeffrey in the x-ray department for the past 4 1/2 years. She graduated from Southeast Community College in Lincoln in 2005. Her job includes performing x-rays and CT Scans. She also helps schedule other diagnostic exams to be done at Annie Jeffrey.

Carrie grew up in Stromsburg and moved back to her hometown after marrying her husband Dan in 2005. They have three beautiful little girls, Ava, Ella and Lily. Carrie enjoys being a part of the team at Annie Jeffrey and is excited for the future.

Karen Dotson LPN-C, LR has worked at Annie Jeffrey for about 20 years. She lives in Osceola and has four children, six grandchildren, two granddogs and two grandcats. She feels we are fortunate to have such a nice hospital.

Lorri Marsden, LR has worked at Annie Jeffrey for 18 1/2 years.

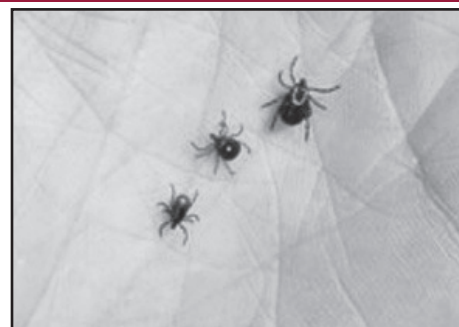
Lyme Disease

Lyme disease, a disease carried by ticks, is growing at an alarming rate. From 2006 to 2008 alone, the number of cases jumped a whopping 77 percent. In 2008 alone, the Centers for Disease Control and Prevention listed 28,921 “confirmed” and 6,277 “probable” cases of the disease, but there could be as many as 420,000 because of underreporting.

Common symptoms are fatigue, headaches, fever or chills, muscle or joint pain, mental confusion, swollen lymph

nodes and neurological symptoms. After being infected with Lyme disease many victims spend months or years without effective treatment. Nature lovers need to be vigilant whenever they bike or hike near fields, wooded areas or trails. Everyone needs to inspect their bodies for tiny, black intruders and tweeze them out before they have time to infect them with any number of diseases.

As summer travelers flock to



grassy, tick-infested holiday spots across America, vacationers and physicians alike need to be on the alert for freckle-sized pests that are responsible for one of the fastest-growing infectious diseases in the country.



Remodeling begins at Annie Jeffrey Health Center with an anticipated completion date of August 1st.

Phase II Construction Begins

The Phase II remodeling project at Annie Jeffrey Health Center is in full swing. The three areas that are currently being updated are the Business Office, Medical Records, and the Annie Jeffrey Family Medicine clinic.

Local contractors and the maintenance crew of Annie Jeffrey are busy painting, wiring, and installing new flooring and carpeting, shelves, and an upgraded ventilation system in the Business Office and Medical Records area. When complete, the Business Office will be connected to the Medical Records room.

The health center's medical clinic, Annie Jeffrey Family Medicine, is making big

changes to better serve its patients. The original hospital nurses station has been removed to make room for new clinic exam rooms. With the addition of our new physician, Dr. Sidak, increased space is needed to take care of more patients. The clinic expansion also includes adding a new office, lab area, flooring and an expanded waiting area.

"Please excuse our mess", stated Mike Karel, physician assistant at AJFM. "The crew is working hard to complete the clinic work before August 1, 2010, when Dr. Sidak begins full time at the clinic."

Blue Cross Blue Shield Grant

Blue Cross and Blue Shield of Nebraska is helping build healthier communities across Nebraska by awarding BlueHealth Advantage Wellness Grants for the third consecutive year. Annie Jeffrey Health Center is one of the nine grant recipients for its Snowman Marathon Wellness program.

Annie Jeffrey Health Center started a new community wellness program in 2009 called the Snowman Marathon. Participants competed in a 6-week, 26.2 mile marathon that ended at the Spring Health Fair in early March. This event kicked off with a luncheon at Annie Jeffrey Health Center and included an educational talk by Sandra Burwell, Registered Dietician. Annie Jeffrey offers several more programs with our Dietician at the hospital during the event to keep the participants encouraged and to answer any questions they may have. This program is designed

to help establish a routine of regular exercise and healthy eating by providing weekly goals, nutrition information and keeping participants motivated with fun, prizes and camaraderie. Free use of the Annie Jeffrey Health Center Wellness Center was available to all participants.

As a Nebraska-based company, Blue Cross believes it's important to be an active member of the communities in which its customers live and work. "We recognize the grant recipients for their innovation, inspiration, and commitment to building healthier communities," said Celann LaGreca, Vice President, Community Investment at Blue Cross and Blue Shield of Nebraska. "The Wellness Grants are among a number of charitable contributions and events we sponsor throughout the state because we believe in supporting communities across Nebraska."

Radiological Services at AJ

Continued from page 2.

cal structures by taking X-ray slices of the body. The combined PET/CT machine allows physicians to rapidly perform both scans in one session without having to move the patient. This means physicians can precisely overlay the data of the PET scan and the detailed data of the CT scan to pinpoint the location and stage of tumors.

While PET/CT is primarily used in cancer treatment, it also is used in cardiology and brain imaging, helps physicians better understand the workings of heart disease and such neurological disorders as epilepsy and Parkinson's disease.

Nuclear medicine

is a branch of medical imaging that uses small amounts of radioactive material to diagnose or treat a variety of diseases, including many types of cancers, heart disease and certain other abnormalities within the body. Nuclear medicine imaging procedures are noninvasive and, with the exception of intravenous injections, are usually painless medical tests that help physicians diagnose medical conditions.

Annie Jeffrey is Tobacco-Free

Starting July 1st, Annie Jeffrey Health Center will be a totally tobacco-free campus. In addition to the ban on smoking indoors, there will be no smoking or tobacco use allowed at all on the health center campus.

This will make our hospital campus and community a healthier place for everyone. The new policy applies to all health center employees, medical staff, patients, visitors, and vendors.

Not only will a tobacco-free campus promote a healthier community, but we hope it will encourage those people that currently smoke or use tobacco products to consider taking the necessary steps to quit and lead a healthier lifestyle.



Foundation Approves Purchase of New Treadmill

At their recent meeting, the Foundation for Annie Jeffrey purchased a new Cardiac Stress testing treadmill for Annie Jeffrey Health Center. The previous Cardiac treadmill was not working and could not be repaired.

The BryanLGH Foundation Board approved to fund approximately half the cost of this treadmill through its Primary Care Matching Grants Program. The BryanLGH Foundation Primary Care Matching Grants Program funds programs or services that improve the quality of health care or increases access to health care in the community. Since the program's inception in 1997, the Foundation has awarded 149 grants to primary health care organizations across the state totaling over \$1.2 million.

Cardiac stress testing treadmills are used for conducting exercises that may produce signs and symptoms of heart disease when exposing the heart to the stress of exercise. A regular stress test is considered in the following circumstances:

- Patients with symptoms or signs that suggest coronary artery diseases.
- Patients with significant risk factors for coronary artery disease.
- To evaluate exercise tolerance when patients have unexplained fatigue and shortness of breath.
- To evaluate blood pressure response to exercise in patients with borderline hypertension.
- To look for exercise-induced serious irregular heart beats.

A Cardiac Stress Test is performed in a private area at Annie Jeffrey Health Center. The patient is brought to the exercise laboratory where the heart rate and blood pressure are recorded at rest. Sticky electrodes are attached to the chest, shoulders and hips and connected to the EKG portion of the Stress test machine. The treadmill is then started at a relatively slow "warm-up"



Pictured above are Joe Lohrman, Annie Jeffrey CEO; with Foundation for Annie Jeffrey Board of Directors, Brian Beckner, Doug Rathjen, Karen Stevens, Karleen Watts, John Girard, and Terry Fusco. Not pictured are: Steven Peterson and Mary Lerch.

speed. The treadmill speed and its inclination are increased according to a preprogrammed protocol and under the direction of the physician. The EKG results are constantly displayed on the monitor. The physician pays particular attention to the heart rate, blood pressure, changes in the EKG pattern, irregular heart rhythm, and the patient's appearance and symptoms.

Cardiac stress testing treadmills are used for conducting exercises that may produce signs and symptoms of heart disease...

The physician conducting the test will be able to give you the preliminary results before you leave the exercise laboratory. However, the official result may take a few days to complete. The results of the test may help confirm or rule out a diagnosis of heart disease. The results may influence your physician's decision to change your treatment or recommend additional testing.

"We are fortunate to have the support of the Foundation for Annie Jeffrey to help us purchase new medical equipment like this Cardiac treadmill. This stress testing treadmill is a vital tool for our health care providers to use for proper diagnosis of our patients," said Joe Lohrman, CEO, AJHC.

AJ Volunteers Donate for New OB Room

At a recent meeting, the Annie Jeffrey Volunteers purchased a table and rocker for the newly remodeled OB room at Annie Jeffrey Health Center. Funding for these items came from proceeds from the Thrift Shop.

“We want our new mothers and their families to feel as comfortable as they can during this exciting time so we updated our OB room to make them feel more like they are at home,” said Joe Lohrman, CEO, Annie Jeffrey Health Center. “Annie Jeffrey is continuing its goal of providing family centered patient care for our community from birth through the golden years. To arrange a tour of our labor and delivery room, call us at 747-2031.”

Annie Jeffrey Volunteers operate the Thrift Shop on the south side of the



square in Osceola. The Thrift Shop has clothing for the entire family, books, household items and a variety of gift items. Profits obtained from sales are donated to the hospital and are used to purchase specialty items and fund new equipment. “We are so fortunate to have such a dedicated group of Volunteers helping support our medical center,” said Lohrman.

Pictured above are Annie Jeffrey Volunteers Board of Directors: Ardie Hayes, Gloria Oquist, Marie Jarmin, Karleen Watts, Sally Bresnehan and Idelle Jacobsen. Not Pictured are Janet Carlson and Arlene Tonniges.

Sun Protection - DR. BRENDA LATOWSKY, DERMATOLOGIST Q&A

How well would you say that people protect themselves from the sun?

Most people are aware of the potential dangers of the sun. This is in contrast to the past, when people used iodine, baby oil, Crisco and other creative methods in order to get more sun! The problem is that the effects of the sun appears decades after exposure, so even if someone is careful about sun exposure now, they could still develop skin cancers.

Isn't some amount of sun exposure good for the skin?

Being in the sun feels good – no one denies that. People in northern climates who have short days have higher rates of Seasonal Affective Disorder. And the sun can increase the amount of active Vitamin D in our bodies. But appropriate protective measures should always be taken when out in the sun.

Can sunburn or sun damage occur through tinted or untinted windows?

It is known that UVA rays go through car windows. UVA rays are a compo-

nent of sunlight that have damaging effects on the skin. UVA radiation is especially effective at aging the skin. Oftentimes when I am examining patients, they will have more pre-cancerous lesions and skin cancers on the left side of their face, which is the driving side. As well, they have deeper wrinkles on that side of the face! This phenomenon is especially noticeable in truck drivers or people who have long commutes.

What are the basics that everyone should know about sun protection (i.e. sunblock, t-shirts, hats, etc.)?

A common misconception is that once sunscreen is applied, it will protect for the rest of the day. In reality, most sunscreens break down after two-three hours; sooner if someone is swimming or perspiring (this even applies to “waterproof” sunscreens). Most people do not put enough sunscreen on: adults should apply at least 1 ounce, or the amount that

would fill a shot glass. Sun-protective clothing is very effective at protecting against the sun's rays, and I ask most of my patients who are out in the sun to purchase a wide-brimmed hat to protect their scalp and their face from the sun.

What is the main thing you'd like readers to know about the impact of sun on the skin?

As a procedural dermatologist, I treat a lot of skin cancer. I also provide cosmetic treatments for patients whose aging has been accelerated from the sun. Most people have active lifestyles exposing them to sun year-long. It is important to make sun protection a daily habit, which is much easier now than before. These measures as well as regular visits to your health care provider or board-certified dermatologist can reduce the likelihood of dying from skin cancers.

SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care for your family is available right here in Polk County.

GENERAL SERVICES:

Inpatient and Outpatient Care
Swing Bed
Surgical Services including
Inpatient and Outpatient
Specialty Clinics
OB Care including Labor and
delivery, C-section, nursery
Emergency Services
Cardiac Rehab
Radiology Services including
general radiology, CT and
bone density studies
Pharmaceutical Services
Social Services
Lab Services
Physical Therapy
Occupational Therapy
Child/Adolescent Health
Services

WE ALSO PROVIDE:

Outpatient Treatments including:
blood transfusions,
IV therapies, specialty
medication administration
(such as Procrit or Remicade),
dressing changes, etc.
Anesthesia Services including:
general, local, regional
anesthesia, steroid injections
for pain management
Cardiolite Testing
Wellness Programs including:
community education,
diabetes, and OB education
Nutritional Services including:
inpatient and outpatient
consultations
Electrocardiogram

Respiratory Therapy provided by:
nursing including oxygen
administration, hand held
nebulizer treatments,
incentive spirometry and
peak flow measurements
Pulmonary Function Testing

SPECIALTY SERVICES:

General Surgery
G.I. Clinic
Nephrology
OB/GYN
Orthopaedic
Physical Medicine
Sports Medicine
Urology
ENT
Cardiology

AT AJHC BY CONTRACT:

Speech Therapy
MRI
Nuclear Medicine Consultations
Sleep Studies
Echocardiogram
Doppler
Pathology Services
Ultrasound
Mammography
PET/CT

**Please call the hospital
at 747-2031 for more
information.**

See Annie's Babies on our website at:
www.AJHC.org



Annie Jeffrey

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