

Healthbeat

SRHC • Spring 2023

Recovering with 'family'

The Rehab department
at SRHC helped one of
their own get back on
her feet

▶ page 6

House with a heart

Morrison House
provides patients a
place to stay in Salina

▶ page 8

Managing diabetes

Patients with complex
cases can rely on Salina
Regional Endocrinology
for help

▶ page 10

be
kind



Salina Regional
Health Center

Together, we are fighting the battle against cancer.

When cancer strikes, the Tammy Walker Cancer Center is with you every step of the way.

We fight for you with the region's most advanced diagnostic resources and cancer treatment protocols, including radiation, chemotherapy, immunotherapy and hematology services.

Plus, we have access to the latest clinical trials.

And we fight with you, providing the support services you and your caregivers deserve, including telemedicine, nutritional guidance, counseling and support groups, an appearance center and so much more.

Fighting cancer takes an all-out, team effort, and our comprehensive approach ensures you'll never fight alone.



511 S. Santa Fe • Salina, KS
785-452-4850 • tammywalkercancercenter.com



Spring cleaning safety tips

Spring is the perfect time to do some much-needed house cleaning. Before you start, there are a few things you should know about spring cleaning safety.

First of all, do you plan to clean, sanitize or disinfect the surfaces in your house? Keep these tips in mind:

- + Cleaning removes most dirt and debris from surfaces. Clean a surface before moving on to sanitizing or disinfecting so the heavier cleaners can reach the germs.
- + Sanitizing reduces germs on a cleaned surface.
- + Disinfecting kills germs and may involve bleach cleaners or other heavy-duty disinfecting products. Avoid using disinfectant sprays when children are present.

Cleaning with disinfectants

Bleach is a common cleaner that can sanitize or disinfect surfaces. As with any disinfectant, use it (and store it) with care. Never mix bleach or any bleach-containing products with ammonia. The resulting fumes can cause severe illness and death.

When using any disinfectants, follow the label's instructions and protect your skin and eyes from contact with the cleaner. Use it in a ventilated area to help reduce the fumes.

Keep safety in mind while you clean

Chances are good that you already have some other handy cleaning items besides bleach. You can use soap and warm water to scrub away dirt and germs. Use baking

soda for tougher scrubbing. Vinegar is also useful for cleaning. Remember to treat any cleaner with care. For example:

- + Use caution, protection and ventilation when using all cleaners, even those that are marketed as green or natural. Treat them with the same respect you show for cleaners that you know to be toxic.
- + Check the labels and follow the instructions carefully to ensure you use the product correctly.
- + Keep all cleaners out of reach to protect small children or pets.

By taking these steps, you can help keep your home safe and clean this spring.

Sources: American Academy of Pediatrics; American Lung Association; Centers for Disease Control and Prevention



5 FACTS to know about heart failure

If you are at risk for heart failure, you might be overwhelmed with information. Here are five simple facts to help you understand the basics.

1 Heart failure is common.

About 6.2 million adults in the United States have heart failure. By 2030, that number is expected to be 8 million adults. If you have experienced heart failure, you are not alone.

2 Blood tests can diagnose and monitor heart failure.

Your primary care provider (PCP) may ask about your medical and family health history during your physical exam. If heart failure is suspected, a brain natriuretic peptide test may be ordered. This blood test measures the hormone levels released in your blood if the heart is damaged. You may then

be referred to a cardiologist for further testing, depending on the results.

3 Heart failure symptoms change over time.

These are some of the common symptoms, which may not be noticeable at first but worsen over time:

- + Shortness of breath while active, at rest or lying down.
- + Weight gain with swelling in the legs and stomach.
- + Feeling tired and weak.
- + Coughing or wheezing that persists.

Heart failure can also slowly develop from chronic medical conditions, such as:

- + Irregular heartbeat.
- + Coronary artery disease.
- + High blood pressure.
- + Diabetes.
- + Severe lung diseases.
- + Obesity.

Heart failure can also occur suddenly, following a heart attack or other event.

4 Treatments for heart failure are effective.

Lifestyle changes, including reducing sodium and liquid intake and getting daily exercise, can help manage symptoms. A treatment plan can include medication, medical devices and surgeries.

5 Healthy choices can prevent or delay heart failure.

Keep your heart healthy by:

- + Eating healthy foods.
- + Exercising daily.
- + Reducing your daily stress.
- + Avoiding nicotine and alcohol.

Work with your PCP to manage health conditions if you are at risk for heart failure.

Sources: American Heart Association; Centers for Disease Control and Prevention; MedlinePlus; National Institutes of Health



Slow cooker chicken, mushroom and spinach quinoa risotto

Makes 6 servings.

Ingredients

- 1½ cups quinoa, uncooked and rinsed
 - 1½ pounds skinless, boneless chicken breasts, cut into bite-size pieces
 - 3 cups sliced mushrooms
 - 3 cups low-sodium chicken broth (plus up to 1 cup additional, if needed at the end)
 - 1 large shallot, thinly sliced
 - 5 cloves garlic, minced
 - ½ teaspoon each of dried thyme, basil and oregano
 - 1 tablespoon coconut oil*
 - ½ teaspoon pepper
 - Juice of 1 lemon or 2 tablespoons lemon juice
 - 4 cups roughly chopped, packed spinach
 - ¾ cup grated Parmesan cheese
- *May substitute coconut oil with oil of your choice.

This dish can be made vegan by omitting the chicken, swapping chicken broth for vegetable broth and replacing the Parmesan cheese with ¼ cup nutritional yeast. Quinoa risotto can be stored in the refrigerator for up to 5 days or frozen for up to 2 months.



Directions

- ✦ Place all ingredients except spinach and cheese in slow cooker.
- ✦ Cover and cook on low for 3 hours.
- ✦ When almost done cooking, the liquid should be absorbed, and the mixture should be slightly sticky. If very sticky, add up to 1 cup additional broth and stir to combine until texture is creamy.
- ✦ Stir in spinach and cheese, cover and continue cooking just until spinach begins to wilt (about 2 to 5 minutes).

Nutrition information

Serving size: ⅓ of recipe. Amount per serving: 380 calories, 11g total fat (4.5g saturated fat, 0g trans fat), 90mg cholesterol, 32g carbohydrates, 37g protein, 4g dietary fiber, 280mg sodium.

Source: American Institute for Cancer Research

'They don't ever give up

After surgery, caregiver receives care from her 'work family'

By Aaron Anders

Salinan Amy Vargas-Wilson, clinical liaison and care manager assistant in the rehabilitation department at Salina Regional Health Center, had been experiencing back pain for a while. In hopes of decreasing her pain, Vargas-Wilson decided to get a laminectomy.

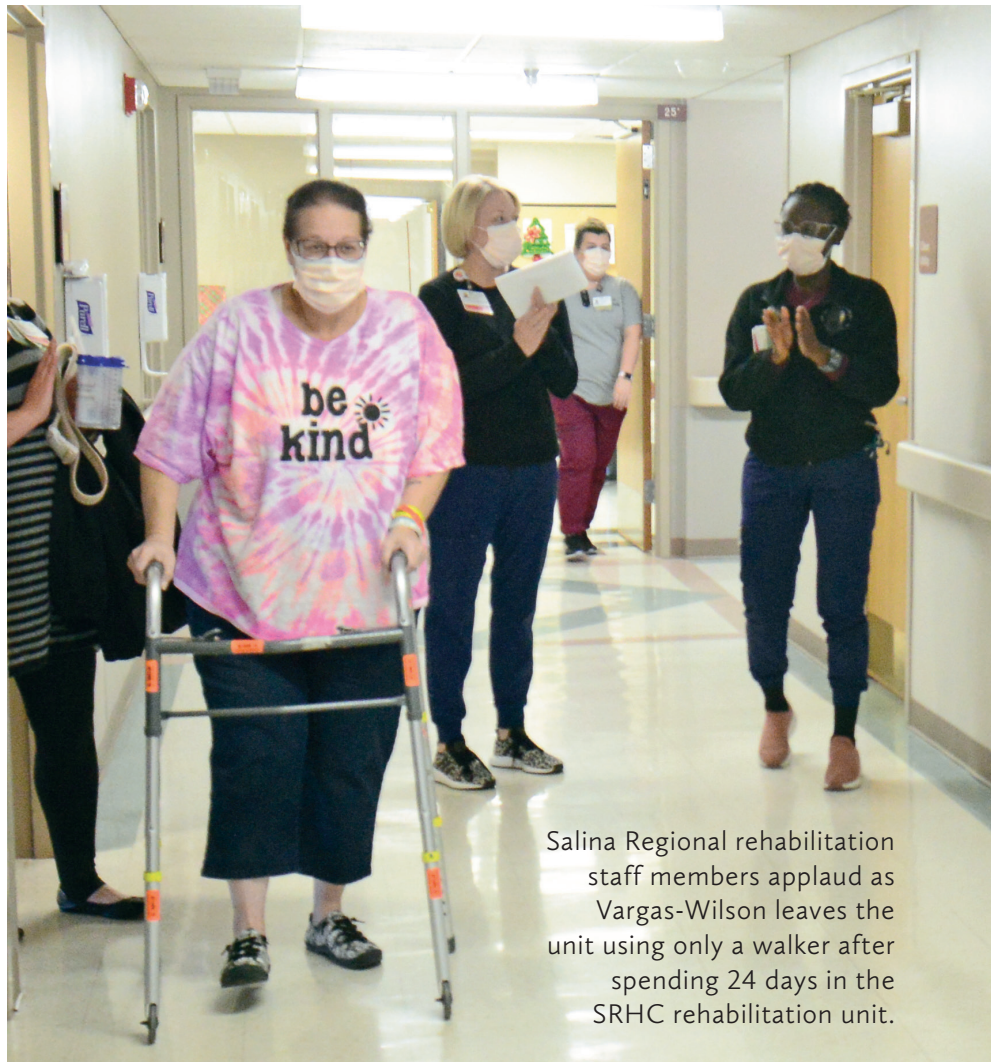
During the procedure, her medical team discovered Vargas-Wilson had severe arthritis in her spine and scar tissue from previous surgeries, making her recovery a bit more difficult.

Four days after the surgery, Vargas-Wilson found herself back at work in the SRHC rehabilitation department—not as an employee, but as a patient working to increase her mobility.

Giving it her best shot

When a patient first comes to the rehabilitation department, the staff make an initial evaluation and set goals for the patient. Physical Therapist and Clinical Coordinator Makayla Johansen made an ambitious goal for Vargas-Wilson to become independent once again, knowing her determination and perseverance.

"With any kind of neurological process, you really don't know what to anticipate, so you just



Salina Regional rehabilitation staff members applaud as Vargas-Wilson leaves the unit using only a walker after spending 24 days in the SRHC rehabilitation unit.

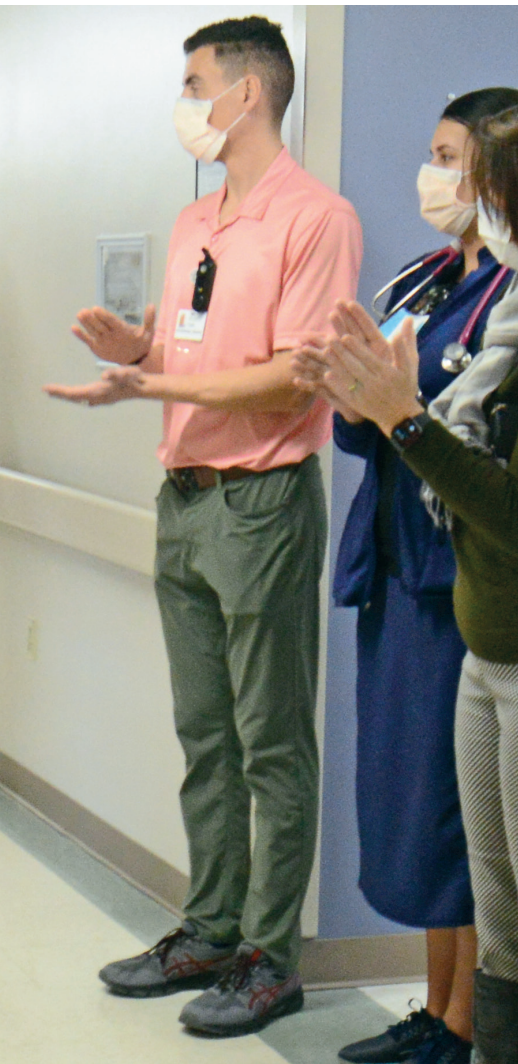
have to give it your best shot. And that is what we told her in the beginning," says Johansen. "I think she has had the best outcome that you can hope for."

Vargas-Wilson spent 24 days in the rehabilitation department doing physical and occupational therapy, working with her co-workers, who she calls her "work family." The rehabilitation unit is a specialty care unit, just like the ICU. The director of the Inpatient Rehabilitation Program, Ashley Griffith, was one of those

co-workers who encouraged Vargas-Wilson constantly, knowing she had a long road ahead.

"When someone's spinal cord is injured, it is similar to a baby learning to walk all over again; all of those pathways are being recreated," says Griffith. "We continued to encourage her, but in the back of our minds we knew this was a very serious thing. So seeing her progress is really a miracle, as she couldn't even roll over in bed on her first day in rehab."

on you'



Vargas-Wilson enjoys spending time with her dogs at home after being released from Salina Regional Health Center.

Improving every day

According to Physical Therapist Brandon Hephner, it took three staff members to help Vargas-Wilson stand in the right position during the first physical therapy session. “She went from having to use a mechanical sling to now being independent and is able to use stairs,” says Hephner.

Therapists continued to see improvement in her progress: She went from not being able to walk at all to being able to walk 150 feet.

“I don’t think anyone really knows the amazing things they do up here,” says Vargas-Wilson. “They don’t ever give up on you. I wanted to give up, but they never give up, as they are all caring. ... I am talking about the doctors, CNAs, nurses, med technicians, occupational therapists, physical therapists, pharmacists, chaplains. All of them helped me mentally, physically, spiritually and in every way possible.”

Going home

Vargas-Wilson was released from the hospital 10 days before Christmas. One thing she missed the most was spending time with her three dogs. When she got back home, she gave them lots of hugs, love and affection. She went back to work about one month after being released and continues to deliver an infinite amount of compassionate care alongside her “rehabilitation work family.”

A tremendous gift to those in need'

Morrison House provides patients and families a place to stay while receiving medical care in Salina



Fresh-brewed coffee, along with other snacks, is always available in the Morrison House kitchens.

By John Berggren

When Gary De Kler, of Beloit, was faced with radiation treatment for prostate cancer in summer 2022, there were undoubtedly many things on his mind. One of those was how he was going to get to the required five-days-a-week appointments at the Tammy Walker Cancer Center in Salina.

A friend mentioned the Rebecca A. Morrison House at Salina Regional Health Center to him, so he looked into it. The Morrison House provides a home away from home for loved ones of patients at Salina Regional Health Center and outpatients undergoing treatment at the Tammy Walker Cancer Center. There is no charge to guests who stay at the facility. The service is supported entirely by donation.

In fall 2022, the home surpassed 100,000 nights of accommodations to more than 27,000 guests since opening on Nov. 23, 1993. Guests have come from all 50 U.S. states, 18 foreign countries and 445 Kansas communities since the house's opening. A majority of guests come from north central Kansas.

More than a bed

De Kler didn't know what to expect of the Morrison House when he arrived—he was thinking maybe a dorm room. But what he found was a fully functioning, warmly appointed home with kitchens, dining areas, living areas and more—in addition to its 14 private rooms.

“People can spend fortunes on hotels and gas during situations like this,” De Kler says. “I can't tell you what a tremendous gift the Morrison House is. It speaks a lot of Salina as a community to have a place like this for patients and families. From a humanitarian standpoint, it's the single greatest gift I've experienced in my lifetime.”



Gary De Kler, of Beloit, is greeted by Rebecca A. Morrison House Manager Lisa Hoffman. De Kler stayed at the home in summer 2022 while undergoing radiation treatment at the Tammy Walker Cancer Center.

De Kler brought groceries and fixed many of his meals using the house's stocked kitchens, kept up with laundry, and found himself completely at ease with his surroundings. His private bedroom and bathroom were comfortable, but he often spent time in the common areas of the home visiting with staff, other patients and family members.

Throughout treatment De Kler would stay at the Morrison House Monday through Friday and return home on weekends. The Morrison House is located about a block away from the cancer center and right next to the Emergency Room entrance at Salina Regional Health Center. Many of Salina's medical offices are also located within the hospital's complex of facilities surrounding the home.

In addition to radiation treatments with his radiation oncologist, De Kler also had regular appointments with his medical oncologist at the cancer center and urologist located next door.

Healing interactions

De Kler's interactions with staff and other guests may have left

the greatest impression. He would commonly visit with Morrison House Manager Lisa Hoffman and other staff members, who remain on duty 24/7.

"Sure, there are times when you want privacy and you just go to your room, but the real blessing and healing power of that place is the interactions you have with others," De Kler says. "Lisa and the staff are hands-on, keeping things going and encouraging guests to interact with each other. I visited with other cancer patients and family members of patients in the hospital.

"Humans are social beings, and the interactions you have and the people you meet have a lot to do with the healing process we're all trying to endure."

De Kler wrapped up his radiation treatments in late July 2022, and the results to date have been promising. He continues to take hormonal therapies to battle the disease, and his doctors will continue to monitor for signs of recurrence.

"My entire experience at the Morrison House feels blessed," De Kler says. "The place is a tremendous gift to those in need."

More about the Morrison House

The Rebecca A. Morrison House at Salina Regional Health Center is owned and operated by the Salina Regional Health Foundation and is supported entirely by donation. While many guests do leave a donation, there is no charge to guests.

The mission of the house is to provide services to guests regardless of their ability to pay. Many area individuals, businesses, churches and civic organizations see the importance of providing a hospitality house for loved ones of patients admitted at Salina Regional Health Center and cancer patients receiving care at the Tammy Walker Cancer Center.

If you'd like to support the Morrison House, visit srhealthfoundation.com or call 785-452-7500 for more information.

Keeping diabetes IN CHECK

By John Berggren

Ricki Portes, of Salina, tries to keep pretty close tabs on his health.

Five years removed from a kidney transplant, he knows how precious it is to feel well and stay active doing the things you enjoy. He likes to be outdoors, fishing at area lakes and rivers, walking his dogs in area parks, and helping friends out on their farms.

So it quickly became a concern when his nephrologist started detecting high blood sugar last year at his regular appointments to monitor his kidney health. He got a referral to Salina Regional Endocrinology to begin care for type 2 diabetes.

“It’s probably a side effect from the medicine I take for my kidney,” Portes says. “And it’s something I have to stay on top of to protect my kidney. I know

diabetes can lead to other health issues too.”

Finding control

An A1C blood test was used to provide an estimated average of Portes’ recent blood sugar prior to his first appointment. The results showed he had an A1C greater than 15, which translates to an average blood glucose of 384 mg/dL. Normal blood glucose is around 100 mg/dL.

Portes started taking insulin at his first appointment, along with an injectable non-insulin medication and an oral medication. He met with Leslie Mack, APRN, and Lindsey Elder, a certified diabetes educator, who provided information on managing his diet, using insulin and monitoring his blood sugar to keep it within a healthy range.

“The most inconvenient part was checking my blood sugar four times a day,” Portes says. “There was a lot of information to learn, but Lindsey and Leslie were very helpful through orientation. If I had questions, I wasn’t afraid to ask, and they were happy to help.”

Making improvements

After one month of treatment, Portes’ A1C dropped to 9.4—still elevated, but showing remarkable improvement. He also started using a continuous glucose monitor that uses a little sensor inserted under the skin—usually worn on the belly or arm. This sensor automatically checks blood glucose and transmits the information wirelessly to an information monitor or smartphone, which records the readings and assists patients in

What is diabetes?

In general terms, diabetes is a group of metabolic diseases characterized by high blood sugar (glucose) caused by the body’s inability to produce insulin, effectively use the insulin it produces or a combination of both. Insulin is a hormone that the body uses to

control the amount of glucose in the bloodstream at any given moment. It also helps store glucose and regulates the body’s metabolism of carbohydrates, fats and proteins.

If left untreated, high blood glucose can lead to increased risk for cardiovascular disease, including coronary artery disease, heart attack and stroke. It also can damage kidney function and cause nerve

damage, loss of vision and a number of other health issues.

About 90% to 95% of patients with diabetes have type 2, which is most commonly caused by a combination of genetics, obesity or an inactive lifestyle. Having type 2 diabetes doesn’t necessarily mean you’re overweight, but many people who are overweight can manage the disease with lifestyle modifications.



Lindsey Elder, certified diabetes educator at Salina Regional Endocrinology, helps Ricki Portes, of Salina, place a continuous glucose monitor sensor on his abdomen. Portes successfully brought his blood glucose levels to within normal ranges after two months of treatment for type 2 diabetes.

making more informed decisions about how to balance food, physical activities and medicines.

Besides making fewer finger sticks necessary to monitor glucose, continuous glucose monitors also sound an alarm notifying patients when glucose levels are trending high or when there's a risk that glucose levels are dropping too low.

Within two months of treatment, Portes' glucose levels were 98% on-target, with low glucose readings being recorded

less than 1% of the time.

"It commonly takes two to six months for newly diagnosed patients to reach a point where they're effectively managing their glucose levels," Mack says. "It depends on what the barriers are. Sometimes cost for treatment can be a barrier, working through the process of determining what insurance will cover. Sometimes patients are scared to try insulin because of a bad experience a parent or grandparent had taking shots.

"Ricki has shown a lot of willingness to learn how to manage the disease, and his results are impressive to have achieved in such a short period of time," Mack says.



Richard Gomendoza, MD



Leslie Mack, APRN

If you're struggling to properly manage diabetes, ask for a referral to Salina Regional Endocrinology or call **785-309-2323**.

Technology and teamwork

In addition to advancements in medicines used to treat diabetes, technology—like continuous glucose monitors, innovative insulin pens and automated insulin pumps—is making a difference in people's lives. Leslie Mack, APRN, estimates that 25% to 50% of their patients use an automated pump to deliver insulin as it is needed.

"The technology has made it very easy for anyone with diabetes to fit management into their lifestyle," Mack says. "The way our team works together providing medication management, education and support with the use of all the advancements in technology that are available today—it's making a difference in patients' lives."

Earning recognition

Salina Regional Endocrinology recently earned Education Recognition Program Certification from the American Diabetes Association for its efforts to provide services that meet the national standards for Diabetes Self-Management Education and Support (DSMES).

The DSMES standards were developed to make sure patients have access to knowledgeable health professionals who can provide comprehensive information about diabetes management.

**Salina Regional
Endocrinology**
Salina Regional Health Center



Make time for yourself

From family obligations to work responsibilities, chances are you have a lot on your plate. But one thing you can't afford to skimp on is self-care. We're talking about taking time for yourself to engage in habits that help you live and feel your best.

What follows are a few good ways to be good to your body and your mind. Keep in mind that many of these tips can help improve both your physical and your mental health.

For your body

Eat healthy foods. Along with giving you energy to focus, good nutrition may help reduce your risk of some chronic conditions. One simple change is to eat vegetables and fruit every day. Other good foods include whole grains, lean proteins, and low-fat or nonfat dairy products.

Get enough sleep. Snooze at least seven to nine hours at night. Help yourself to a good night's rest by sticking to a sleep schedule and avoiding watching TV or scrolling through your social media feed close to bedtime.

Be active. Aim for at least 150 minutes of moderate physical activity each week. Walking is often ideal. But the best activities are those you enjoy and can sustain.

For your mind

Try a relaxation technique. Here's one: When you feel stress coming on, find a quiet place to close your eyes and take several deep breaths.

Take a break. Do your best to set aside time each day (even just a few minutes) to do something you enjoy. Maybe that's listening to music, reading a book or spending time working on a hobby.

Reach out. Having social connections is good for our mental health. Talk with close friends and family about any stress in your life. Ask for their support.

Say thanks. Try writing down one thing you're grateful for each day. Daily expressions of gratitude may boost your mood.

Ask for help if you need it

If you need help maintaining or improving your well-being, you can talk with your primary care provider. Doing so is especially important if you're feeling overwhelmed.

And if you are in crisis and need to talk with someone right away, you can call or text **988** (the national Suicide & Crisis Lifeline) to connect with a trained counselor.



Veridian Behavioral Health
Salina Regional Health Center

If you're struggling with common life problems, such as depression, anxiety, marital problems, parent-child conflicts, or grief and loss, contact Veridian Behavioral Health by calling **785-452-4930** to see how we can help.

Sources: American Heart Association; American Psychological Association; Centers for Disease Control and Prevention; National Alliance for Mental Health; National Institute of Mental Health



7 steps to lower your risk of colorectal cancer

Colorectal cancer is a leading cause of U.S. cancer deaths. That should make us all ask ourselves: Is there anything I can do to lower my chances of getting the disease? The answer is yes.

Keep in mind that cancer prevention rarely comes with guarantees. (One reason is that there are some cancer risk factors, like getting older, that you can't control.) That said, taking certain steps might make you less likely to get colorectal cancer.



1 Get regularly screened. This is likely the best way to lower your risk. Not only can routine screening find colorectal cancer at an early, more treatable stage, it also might keep you from getting the disease in the first place. How? During a colonoscopy—one of the screening tests available for colorectal cancer—a doctor can find and remove precancerous polyps (growths) in the colon before they might turn cancerous.

Many doctors encourage people at average colorectal cancer risk to start screening at age 45. You may need earlier tests if you have a personal or family history of colorectal cancer or polyps.

2 Know the risks of alcohol. Regular use can up the risk of developing colorectal cancer as well as large noncancerous tumors in the colon.

3 Aim for a healthy weight. Excess weight is linked to an increased risk of colorectal cancer cases and deaths.

4 Keep moving. Being physically active and avoiding too much sitting may help protect against colorectal cancer. Everything from walking to riding a bike counts as movement. The key is to exercise regularly, at a moderate to vigorous pace.

5 If you smoke, commit to quit. Smoking raises the risk of getting and dying from colorectal cancer. The American Cancer Society has a helpline for quitting: **800-227-2345**.

6 Consider a plant-based diet. Some studies suggest that eating a lot of red or processed meats increases the risk of getting colorectal cancer. Limiting these foods and increasing your intake of fruits, vegetables and whole grains may help protect against the disease.

7 Have the colorectal cancer conversation. This step makes our list to remind you about the importance of talking with your doctor about your individual colorectal cancer risk and how you might lower your risk. That may include making healthy lifestyle choices (such as with diet and exercise) and getting recommended cancer screening tests on time.

Sources: American Cancer Society; Centers for Disease Control and Prevention; National Cancer Institute

A unique connection

SRHC sponsors a standing blood drive to meet regional demand

By John Berggren

Health care workers see firsthand the importance of having ready access to blood supplies for patients.

That's why, through a partnership with the American Red Cross, Salina Regional Health Center sponsors a standing Express Blood Drive. Every 56 days (the eligibility limit), employees give whole blood donations to help meet the demand for the region's perishable blood supply.

In addition to the standing schedule, the hospital also is regularly called upon to provide additional support in times of critical need or whenever cancellations occur for other blood drives.

"Just recently we had to cancel a blood drive, and I called Salina Regional to see if they could help out," says Teri Novotny, Kansas district account manager with American Red Cross Blood Services. "Within two days we were able to pull together an impromptu Express Drive on-site at the hospital."

In fact, Salina Regional and its employees have hosted an average of 12 Express Drives a year, making it the largest corporate sponsor for Express Drives in the region. Affiliate hospitals in Abilene, Concordia and Lindsborg and the COMCARE clinic on Ohio Street in Salina also commonly host Express Drives.

Why Express Drives are important

Express Drives differ from Community Drives in scale and duration. The goal of an Express Drive is to collect 15 to 20 units of blood in a brief time. Many larger businesses and community groups host Express Drives for their employees and members.

"We're grateful for organizational support of these initiatives, because employees don't have to take off work to participate and the convenience factor for donors is huge," Novotny says.

"A simple email blast out to our employees is usually all it takes to fill a drive," says Yvonne Davis, marketing secretary at Salina Regional, who coordinates the hospital's drives.

"Sometimes we have employees who have to cancel because of conflict or illness, but we're usually able to get these spots filled as well with additional email requests."

Kristi Reed, employee health coordinator at Salina Regional, says she signs up to give every 56 days.

"I started giving blood donations in high school with my mom," Reed says. "My blood type is O-, so that makes me a universal donor. Today, I feel like it's also a part of the calling for my career—serving patients."



Kristi Reed, employee health coordinator, and Teira Shrader, medical assistant at Salina Regional Radiation Oncology, give blood at an American Red Cross blood drive held in January.



Camia Dugazon, a nurse at Salina Regional Pulmonary and Sleep Medicine, shows the pint of blood she donated at a recent blood drive.



North Central Kansas Medical Center opens in Concordia

By John Berggren

North Central Kansas Medical Center began seeing its first patients mid-November 2022.

The new 82,000-square-foot facility is located along U.S. Highway 81 near Cloud County Community College in Concordia's South Development. Formerly known as Cloud County Health Center, the organization assumed a new name that represents its goal of providing quality medical care to the broader region.

In addition to providing 14 inpatient rooms and a 24/7 emergency department, a modern surgery suite for expanded surgical services, a larger rehabilitation department

and a comprehensive array of ancillary services are included in the design. There's also dedicated space for a wide variety of outpatient and visiting specialty clinic services, including pain management, wound care, rheumatology, nephrology, dermatology, ophthalmology, cardiology, podiatry, audiology, pulmonology, neurology, pediatric neurology, OB-GYN, general surgery and urology.

The Family Care Center is also located within the facility and offers appointments and a walk-in clinic from 8:30 a.m. to 6 p.m. on weekdays.

The effort was mostly funded through a loan awarded by the U.S. Department of Agriculture, allowing the organization to



continue its tradition of operating without local tax support.

"In May of 2019, we committed to building this hospital for the community versus the community building this hospital for us," says David Garnas, Administrator at North Central Kansas Medical Center. "The excitement surrounding this project since then has been incredibly heartwarming."

Find out more about North Central Kansas Medical Center by visiting nckmed.com. You also can schedule an appointment at the Family Care Center by calling **785-243-4272**.

Pulmonary critical care specialist joins CCMC

Pulmonary Critical Care Specialist Steven Short, DO, began seeing patients at Clay Center Family Physicians in January. He is also available for telehealth appointments.

Dr. Short attended medical school at Kirksville College of Osteopathic Medicine in Kirksville, Missouri; completed his internship at Flint Osteopathic Hospital in Flint, Michigan; and did his residency in internal medicine at the University

of Kansas School of Medicine. He also completed a pulmonary fellowship at the Center for Disease Control in Morgantown, West Virginia.

To schedule an appointment, call Clay Center Family Physicians at **785-632-2181**.



Steven Short,
DO

SALINA REGIONAL
HEALTH CENTER
400 South Santa Fe
Salina, KS 67401-4144

Nonprofit Org.
U.S. Postage
PAID
Walla Walla, WA
Permit No. 44

**JOIN OUR
TEAM!**

Now Hiring
in these locations

Abilene Concordia Lindsborg Salina

www.srhc.com/careers



Information in HEALTHBEAT 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 health care provider. 2023 © Coffey Communications, Inc. All rights reserved.

The COOLIEF* Procedure can make chronic knee pain a thing of the past.



Chronic knee pain caused by osteoarthritis can be unbearable, persistent and difficult to treat. The COOLIEF procedure may be an option. And the Salina Regional Orthopedic and Sports Medicine Clinic is performing the increasingly-popular COOLIEF procedure with excellent results.

COOLIEF is a radiofrequency treatment, also called an R-T. It uses cooled, radiofrequency energy to safely, directly and accurately target the knee's sensory nerves, blocking the nerve paths that send pain signals to the brain. It's the first and only R-T that's FDA-cleared for osteoarthritic knee pain and chronic anterior knee pain.

COOLIEF is not a steroid nor opioid. It is a minimally-invasive outpatient procedure with quick recovery times. And it can provide pain relief up to twelve to eighteen months with improved mobility and physical function.

Call the Salina Regional Orthopedic and Sports Medicine clinic today to see if the COOLIEF Procedure might be an option for your chronic knee pain. 785-452-7366.

520 S. Santa Fe, Suite 400 | Salina, KS
785-452-7366 | SalinaRegionalOrthopedicClinic.com



*Registered Trademark or Trademark of Avanos Medical, Inc. or its affiliates.
©2018 AVNS. All Rights Reserved.



Salina Regional
Orthopedic Clinic
Salina Regional Health Center