

**MEN**  
TAKE BETTER CARE

**SCREENINGS**  
CAN HELP YOUR HEART

**MAMMOGRAM**  
REALITY CHECK

# A Healthier You

YOUR GUIDE FOR LIVING WELL

Meet Gordon  
Lubbers and  
His Network  
Care Team



**Hansen Family**  
HOSPITAL

Fall 2014 // [www.hansenfamilyhospital.com](http://www.hansenfamilyhospital.com)

## A MESSAGE TO THE COMMUNITY

The healthcare industry can be confusing with all of its acronyms and medical jargon. As we write the story for the future of healthcare in our community, we want our message to be very simple: You can count on us to be your partner in managing the health of your family and to provide the best care possible.

To help us keep that promise, we engage the input of our community, board of trustees, physicians, leadership, and employees. Strategic planning of this nature is vital to ensure our services are meeting your needs and that you have convenient access to our services.

In our industry, we use terms such as “ACO” (accountable care organization) and “Triple Aim” as coordinated efforts to offer better care to everyone. What these terms mean to your care is that our focus is on better health and better care, at lower costs.

For these efforts to be successful, we all have to work together to manage our health. Simple factors such as healthy lifestyle choices and routine preventive medical care can help you and your family prevent or delay the onset of chronic diseases and major medical events that add extraordinary costs for you and your healthcare provider. More importantly, attention to healthy lifestyle choices and routine medical care will help you and your family live your best lives. It’s exciting to see our community taking charge of their health and experience the rewards when they are empowered.

This issue of *A Healthier You* is where our story starts—our story of a community working together to care for ourselves and care for each other in ways that work for all of us. We look forward to hearing your story!

Sincerely,



Cherelle Montanye, CEO

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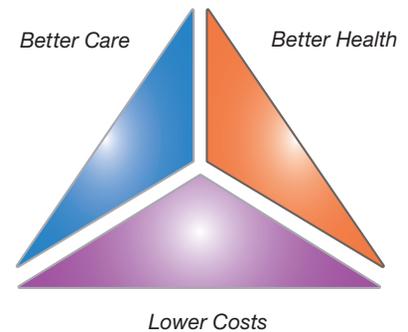
## Coordinated Care: **THE NEXT BIG THING IN REFORM**

Today, more and more doctors, hospitals, and other healthcare providers are supporting high-quality care by taking part in accountable care organizations (ACOs).

An ACO promises safe, coordinated, and patient-centered healthcare for at least three years if you have Original Medicare. This can be helpful if you are older than age 65 and see quite a few doctors because you have more than one chronic condition. With an ACO, there is no need to tell the same story to each doctor you visit. And you can expect quality time with your doctor without a 15-minute limit.

Hansen Family Hospital participates in the same ACO as other Mercy Health Network-North Iowa hospitals including Mercy Medical Center in Mason City. Our goal is to ensure we all work together to improve the health and wellness of our patients through a coordinated system of protocols, plans and guidelines for your care. You can still see any doctor who accepts Medicare, whether he or she is part of an ACO or not. Either way, none of your Medicare benefits or rights will change.

### Healthcare Triple Aim



As part of coordinating your care, each of our ACO providers are working towards using the same electronic Medicare source. There, they will read, receive, and add to your private medical data—from your health history to prescriptions and doctor visits. Everyone communicates with each other, and they are much better informed. Your doctors will keep you in the loop, too, to help you make the most informed healthcare decisions.

When everyone comes together in an ACO, there’s only one goal toward which to reach—improved healthcare for all.

### Mercy Health Network Grant Benefits You!

Mercy Health Network in conjunction with Mercy’s ACO has been awarded \$10.1 million as part of a three-year CMS Innovation Grant. The focus of the grant is to fund the infrastructure necessary to establish a foundation for rural healthcare providers to transition to value-based care. The grant will fund

three Mercy Health Network Markets (Central Iowa, North Iowa, and Siouxland) and in total 25 critical Access Hospitals and 73 Rural Health Clinics. Ultimately, this grant has the potential to benefit greater than 160,000 rural healthcare patients, including patients of Hansen Family Hospital.

### ▶▶ WE HAVE ANSWERS

For more information and frequently asked questions about our ACO, visit us at [www.hansenfamilyhospital.com](http://www.hansenfamilyhospital.com) and select “ACO” from under the Clinics tab.

# MEN: Take Better Care of Your Health

For years, men's life expectancy has trailed behind that of women. While the gap has been closing, men are still dying on average about five years sooner than women.

## WHY ARE MEN LESS HEALTHY?

Researchers say this is due in part to men's tendencies toward injuries and heart disease. In general, men tend to participate in more risky behaviors. They also tend to smoke and drink more than women—factors that contribute to many health problems.

There are other factors as well. According to the U.S. Department of Health and Human Services, men are less likely than women to get medical care and to take advantage of preventive health measures such as physicals and screening tests. And even though the benefits of eating right and getting exercise are widely touted, men are increasingly overweight and obese.

## WHAT MEN CAN DO

Men who take care of their health in midlife are more likely to live longer. Here are the most important things you can do:

- **Get screened.** Screening tests can detect diseases early, when they are easier to treat. There are screening tests for obesity, high cholesterol, hypertension, colorectal cancer, and diabetes. Ask your doctors which screening tests you need and when.
- **Don't smoke.** Tobacco damages the entire body.
- **Exercise.** Strive to get at least 30 minutes of moderate physical activity most days of the week.
- **Eat a healthy diet.** To get all the nutrients the body needs, eat a wide variety of fruits, vegetables, whole grains, lean meats, and fat-free or low-fat dairy products.



- **Maintain a healthy weight.** Excess weight contributes to many health problems, including heart disease and diabetes.
- **Go easy on the alcohol.** Have no more than two drinks a day.

**a healthier you**

## ▶▶ OUR REHABILITATION SERVICES

Rehabilitation Services at Hansen Family Hospital include physical therapy, speech therapy, occupational therapy, as well as cardiac and pulmonary rehabilitation.

## THE MEN OF HANSEN FAMILY HOSPITAL REHAB

Our Men of Rehab have many reasons that motivate them to stay healthy, from feeling great at work each day to playing with grandkids. The guys weigh in on the choices they make to keep their health a priority.

### *What kind of healthy choices do you make for yourself?*

**Gale Bengtson, P.T.A.:** I manage my sleep cycle with exercise. I need six to seven hours of sleep, and if I exercise, I feel tired enough to get the sleep I need at night. I also moderate my junk food with exercise. For me, it's all about moderation.

### *Is it difficult to enjoy a hearty meal and not feel guilty about it?*

**Scott Krueger, P.T.:** Portion size is a good way for me to eat the foods I like without feeling guilty or going overboard.

### *Routine screenings and wellness checks are also important tools in managing your health. How do you integrate those into your busy lives?*

**Greg Webb, P.T.:** A prescription I take requires visits with my physician between refills. I rely on those visits to let me and my doctor know if anything else is going on with my health.

**David Moore II, P.T.:** I have a family history of heart disease so anytime I can find a free blood pressure screening, or any low-cost screening related to my heart, I make sure I take advantage of those between visits to my doctor.

*Note: Rick Tjaden would have loved to participate in this interview, but was on RAGBRAI at the time—one of the many physical activities Rick enjoys to stay fit and healthy!*



(L to R) Scott Krueger, P.T., Gale Bengtson, P.T.A., Greg Webb, P.T., David Moore II, P.T., and (Not Pictured) Rick Tjaden, rehab assistant represent the Men of Rehabilitation Services at Hansen Family Hospital.

# GORDON LUBBERS: COORDINATED CARE CLOSE TO HOME

‘My knee feels better than ever!’

Gordon “Gordy” Lubbers, 62, a resident of Iowa Falls for 41 years, travels weekly to his job at the Prairie Moon Winery in Ames, Iowa, where he manages everything “outside” in the vineyard. He is on his feet most of the day, on and off of a tractor, and operating all sorts of equipment. It is essential that he is in good physical shape.

Says Gordy, “When I was 15 or 16 years old, I injured my knee and had surgery. As I got older that knee started bothering me more and more, and it was affecting my routine, my work, and my overall enjoyment of life.” Gordy went to see his family doctor, David Van Gorp, M.D., at Iowa Falls Clinic in Iowa Falls. Dr. Van Gorp recommended he see orthopedic surgeon, Darron Jones, M.D. (Iowa Falls native), of Mason City Clinic. Both clinics partner with the hospitals in Mercy Health Network-North Iowa to care for patients in rural communities. Dr.

Jones visits Hansen Family Hospital one day a week.

“It is through the partnerships that Hansen Family Hospital and its clinics have with Mason City Clinic, that we can reach patients like Gordy and provide them with the specialty patient care they need,” says Dr. Jones. “Instead of the patients driving to see me in Mason City, I drive to see them. It’s an added benefit that I can practice in the community where I grew up.”

Dr. Jones diagnosed Gordy with osteoarthritis of the knee where his cartilage, or the cushioning between his knee bone and joint, had worn away and the bones were rubbing on each other. It can be very painful. Dr. Jones determined that Gordy was a candidate for a total knee replacement. The general purpose of a knee replacement surgery is to cut away at the damaged bone of the knee joint and replace it with smooth, artificial implants



David Van Gorp, M.D., Family Practice (Iowa Falls Clinic) and Darron Jones, M.D., (Mason City Clinic), coordinated convenient care for Gordy

known as prostheses. This prevents the bones from rubbing together and provides a smooth knee joint.

Gordy had his knee replacement surgery on January 28, 2014, at Mercy Medical Center in Mason City, followed by three to four weeks of physical therapy, which he was able to do close to home in Hansen Family Hospital’s rehabilitation services department. He was back to work by the beginning of March.

Says Gordy, “My knee feels better than ever!”



## ►► CARING CONNECTIONS

As a partner in Mercy Health Network-North Iowa, Hansen Family Hospital has connections with experts beyond our own when advanced care is needed. Visit [www.hansenfamilyhospital.com](http://www.hansenfamilyhospital.com) and select “Hamilton Specialty Clinic” from under the Clinics tab to see the array of providers from our network who can help coordinate care to keep you close to home before and after a procedure at our partner hospitals.

# Preventive Screenings

## CAN KEEP YOUR HEART HEALTHY

Some risk factors for heart disease you can't control, such as your age, sex, or family history. But some you can. Here are three important screening tests to help keep your heart healthy, and when you need them:

- **Blood pressure.** Adults ages 18 and older should have their blood pressure checked every two years to ensure it's below 120/80 mmHg. If yours is higher, you should have it checked once a year.
- **Blood sugar.** Starting at age 45, have your blood sugar tested every three years. After an overnight fast, normal blood sugar levels should be 99 mg/dL or lower.
- **Cholesterol.** Adults ages 20 and older should have their cholesterol measured at least once every five years. Performed after an overnight fast, this test creates a lipoprotein profile that reveals your levels of LDL, or bad cholesterol; HDL, or good cholesterol; and triglycerides, another type of blood fat.

The latest American Heart Association standards don't set specific targets for total and LDL cholesterol, so ask your doctor if your numbers add up. For HDL, a level of 60 mg/dL or higher helps protect your heart. Triglycerides should test below 150.

If you're at high risk for heart disease, your doctor also may recommend other screenings, such as an electrocardiogram, an exercise test on a treadmill, or a CT scan.

### Track These Crucial Numbers

Key numbers help show your risk for hypertension, heart disease, and diabetes. Knowing your levels of cholesterol, triglycerides, blood pressure, and blood sugar—and how they stack up—can help you focus on keeping them healthy.

#### Blood Pressure



#### Cholesterol and Triglycerides

High LDL (bad) cholesterol is a key risk factor for heart disease and stroke. But high HDL (good) cholesterol helps protect against heart disease. The numbers that constitute "high" LDL cholesterol can vary considerably from person to person based on individual risk factors.

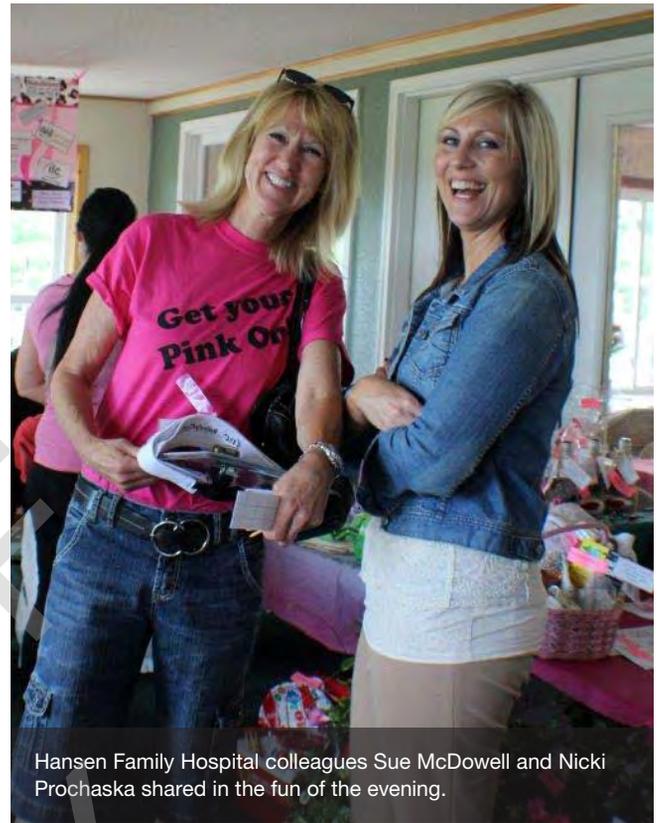
Total Cholesterol Level	HDL (good) Cholesterol Level	Triglyceride Level	LDL (bad) Cholesterol Level
240 mg/dL and above High	60 mg/dL and above High (optimal)	500 mg/dL and above Very high	New guidelines say research doesn't support "one size fits all" ranges for healthy and unhealthy LDL. Treatment needs vary based on gender, race, age, health history, and other heart-disease risk factors. Consult your doctor.
200 to 239 mg/dL Borderline high	Less than 50 mg/dL (women) Low	200 to 499 mg/dL High	
Less than 200 mg/dL Desirable	Less than 40 mg/dL (men)	150 to 199 mg/dL Borderline high	
		Less than 150 mg/dL Normal	

# Rally for the Cure

Seventy-eight women were bundled up on a chilly July night to golf in the 14<sup>th</sup> annual Rally for the Cure Golf Outing at Meadow Hills in Iowa Falls. This is the second year that the proceeds from this event were invested into the Hansen Family Hospital Foundation's Mammogram Fund. These funds will be used to provide mammograms to those that are not able to access these screenings.

Special thanks go out to the volunteers and sponsors of this event as well as the ladies' leagues at Meadow Hills.

Donations can be made to the Mammogram Fund throughout the year in honor or memory of someone special in your life.



Hansen Family Hospital colleagues Sue McDowell and Nicki Prochaska shared in the fun of the evening.



Seventy-eight golfers and many volunteers participated in this year's golf event which raised over \$9,000 for the mammography fund.



Cart design participant and event co-chair, Rita Richards, got into the spirit of the evening.



Hansen Family Hospital Foundation Director, Kelly Knott captured the evening in photos-celebrating survivors and honoring the memory of those who fought bravely.

## Donate to the Hansen Family Hospital Mammogram Fund

The Mammogram Fund was established in 2013 by generous donors and volunteers through the Rally for a Cure Golf Outing.

**Amount Enclosed:** \_\_\_\_\_

**Credit Card**

Mastercard       Visa

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_ CVV: \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Please send a bill**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

In Honor Of: \_\_\_\_\_

In Memory Of: \_\_\_\_\_

Please keep this gift private.

**All donations can be mailed to:**  
 Hansen Family Hospital Foundation  
 % Mammogram Fund  
 920 South Oak St.  
 Iowa Falls, IA 50126

# Mammogram **REALITY CHECK**

Are you overdue for a mammogram? According to a recent study, roughly 30 percent of eligible women don't get regular breast cancer screenings. Mammograms can help detect breast cancer early, when it's most treatable. Don't let these excuses sabotage your health.

*YOU TELL YOURSELF:*

**"I checked my breasts myself. There's no lump."**

**REALITY CHECK:** It's good to know how your breasts normally look and feel so you can alert your doctor to changes, and to have regular clinical breast exams. But there are limits to these techniques. A mammogram, which is an X-ray of the breast, can detect cancers that can't be felt.

*YOU TELL YOURSELF:*

**"I won't get breast cancer. It doesn't run in my family."**

**REALITY CHECK:** Only 5 to 10 percent of breast cancers are thought to be inherited. Besides family history, these factors may increase your risk:

- **Age.** Younger women can get breast cancer, but around 65 percent of breast cancer cases occur in women age 55 or older.
- **Race.** White women are at greater risk than black women. But black women who are diagnosed are more likely to die from the disease.
- **Weight gain,** especially after menopause.
- **Your menstrual history.** You may be at increased risk if you had your first period before age 12 or went through menopause after age 55.
- **Your pregnancy history.** Not having children or having your first child after age 30 may increase your risk.

Even if you have none of these risk factors, experts recommend all women get regular mammograms starting either at age 40 or 50.

*YOU TELL YOURSELF:*

**"I don't have time."**

**REALITY CHECK:** A mammogram appointment takes just 15 to 20 minutes from start to finish. Many mammography centers offer evening and weekend hours.

*YOU TELL YOURSELF:*

**"I can't afford a mammogram."**

**REALITY CHECK:** If you have Medicaid; Medicare and you're age 40 or older; or you have private health insurance, a mammogram is covered under the Affordable Care Act with no copayment or out-of-pocket costs, in most states. Free or low-cost mammograms may also be available if you are uninsured or have a low income.

*YOU TELL YOURSELF:*

**"I'm scared to find out I have cancer."**

**REALITY CHECK:** Most mammograms are normal. When a mammogram finds a tumor, it's likely not cancer.

If a screening mammogram shows anything that looks suspicious, you'll have more tests to rule out or diagnose cancer. Less than 10 percent of women who are called back for more tests are found to have breast cancer.

*YOU TELL YOURSELF:*

**"I'm concerned about exposure to radiation."**

**REALITY CHECK:** Because it's an X-ray, a mammogram requires a small dose of radiation, equivalent to the dose you would get by flying from New York to California on a commercial jet.

*YOU TELL YOURSELF:*

**"I don't want to get a mammogram because it hurts."**

**REALITY CHECK:** During a mammogram, a radiology technician will position your breast on a mammogram machine and slowly compress your breast between two plates, which can be uncomfortable for some women. But compression doesn't last long—only about 10 seconds. If you're menstruating, consider rescheduling your mammogram during days seven to 12 of your cycle, when breast tissue tends to be less sensitive.



Complimentary  
Gift with Every  
Mammogram!

## A Healthier You

A *Healthier You* is published by Hansen Family Hospital. Information provided in this publication should not be substituted for medical advice provided by a physician. Please consult your physician regarding specific medical concerns and questions.  
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# Fall Calendar of Classes

## Parenting and Family Classes

### BREASTFEEDING CLASS

Let the experts at Hansen Family Hospital coach you through breastfeeding with helpful guidance and tips.  
Cost: \$15  
Hansen Family Hospital  
**November 18, 7 p.m.**



### CARING FOR YOUR NEWBORN

Learn all the important facts and tips parents need after bringing baby home from the hospital.  
Cost: \$15. FREE for those planning their delivery with us.  
Hansen Family Hospital  
**November 11, 8 p.m.**

### SIBLING CLASS

Bring your children to the Sibling Class to learn about life with a new baby. We will do a brief tour of the OB department and explore some of the baby equipment siblings are likely to encounter while visiting in the hospital, followed by a question and discussion time.  
Cost: \$15. FREE for those planning their delivery with us.  
Hansen Family Hospital  
**October 14, 6:30 p.m.**

### NUTRITION FOR PREGNANCY

Hansen experts provide valuable tips on how to eat for two in a healthy way.  
Cost: \$10  
Cafeteria, Hansen Family Hospital  
**October 16, 7:30 p.m.**

### PREPARED CHILDBIRTH EDUCATION

Our trained educator will help you plan and prepare for what to expect on baby's big day!  
Cost: \$25. FREE for those planning their delivery with us.  
Hansen Family Hospital  
**October 21, 6 p.m.**

## First Aid and CPR Classes

### HEARTSAVER CPR

Learn adult, child, and infant CPR that can help save a life in an emergency.  
Cost: \$40  
ECC McClure Hall, Room 102  
**November 11, 6 p.m.**

### PEDIATRIC FIRST AID

The Heartsaver Pediatric First Aid course is designed to meet the regulatory and credentialed training requirements for child care workers in all 50 states. This course teaches basic first aid skills for use on children.  
Cost: \$40  
ECC McClure Hall, Room 102  
**November 18, 6 p.m.**

➔ **REGISTER FOR OUR CLASSES** online by visiting [www.hansenfamilyhospital.com](http://www.hansenfamilyhospital.com) and selecting the *Classes & Events* tab, or call **641-648-7014**.

## OUR CLINIC PROVIDERS

ACKLEY MEDICAL CENTER  
**641-847-2625**

Laura Brunsen, M.D.  
Jennifer Jass, D.N.P., A.R.N.P.  
Lee Carlson, A.R.N.P.

ELLSWORTH FAMILY MEDICINE  
**641-648-3202**  
Francis Pisney, M.D.

IOWA FALLS CLINIC  
**641-648-7100**  
Joseph Brunkhorst, M.D.  
Katie Haverkamp, M.D.  
Gregory Ogaard, D.O.  
David Van Gorp, M.D.  
Brianna Nederhoff, P.A.-C.  
Sarah Scott, A.R.N.P.

SURGERY CLINIC  
**641-648-7000**  
George Pfaltzgraff, M.D.

BEHAVIORAL HEALTH SERVICES  
**641-648-6491**  
Robert Stern, D.O.

WOMEN'S HEALTH CLINIC  
**641-648-7000**  
Curtis O'Loughlin, M.D.  
Carol Wilson, M.S.N.,  
Certified Nurse Midwife

 **FIND US ON FACEBOOK** to keep up-to-date with special events and classes. Visit [www.Facebook.com/hansenfamilyhospital](http://www.Facebook.com/hansenfamilyhospital) to stay in the loop!