



THE SMITH

OCT/NOV 2018



Did You Know?

SCMH offers 3D mammography service. The new technology is better at reading dense tissue and can mean a quicker more accurate reading. October is Breast Cancer Awareness month. If you are due for a mammogram, schedule it today!

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Meet Aubrie Finlay

Medical student Aubrie Finlay (right) worked with Dr. Hannah Haack (left) throughout October. Finlay is originally from Oxford, Kan., and earned her bachelor's degree in Life Science with a minor in Spanish from Kansas State University. Finlay will graduate from the University of Kansas School of Medicine in May 2019 and is currently applying for residency in general surgery. She and her husband love to travel and learn about other cultures. In her spare time, Finlay is learning German.



Fall Is In the Air CEO Blog

There's an old saying – "Be careful what you ask for". To an extent, I think that could be true of the weather recently. All of us are prone to complaining about the lack of moisture in our region on an ongoing basis. During the time that our new building was under construction, the overall lack of wet weather (both through a lot of the summer of 2017 and the winter last year) helped keep construction on time by preventing weather delays.

Since late this summer, we have been blessed with abundant rainfall – much more than normal for this time of year. Fortunately, the timing of these rains was such that it didn't interfere greatly with building progress. As the late summer and early fall have progressed with continued rainfall, one result has been that our "cover grass" – the ground cover that was seeded on the outlying areas around the building and up to the highway, has received adequate moisture to germinate and grow exceedingly well. The green cover that now exists on the north side of the hospital is MUCH healthier than anyone expected. These outlying areas will be re-seeded this winter with permanent cover grasses. Those grasses will consist of native mixes of short and tall grasses and

wildflowers native to Kansas. With the moisture base well established in the subsoil, it is now expected that those plantings will do well and establish a permanent cover. This permanent cover is important not only for appearance but also to help control erosion and control blowing snow and dust. Yes, I'm pretty certain we will have some snow this winter and in subsequent years, and having healthy stands of native grasses will definitely play a role in helping control blowing and drifting. That's the upside of the moisture.

Right now, as many of you are aware, the continuing rainfall is hindering farmers in their attempts to harvest fall crops and plant winter wheat. The moisture we enjoyed through late summer and early fall has meant

that estimates for crop yield are higher than normal, but the fields are too wet to get the heavy equipment in to do the harvest. I tell my "city friends" frequently that even with the tremendous advances in agricultural science that continuously improve yields, the weather is still a huge, uncontrollable factor affecting the production of crops. This, in turn, affects not only the availability and price of food that consumers see at the grocery store but greatly impact the economic well-being of the farmers who produce it. My father, grandfather, and great-grandfather all farmed in various areas of North America. If any of them were alive today, none of them would have any concept of the technology and cost of equipment used by farmers today. I am continually im-



pressed with the changes in farming practice used today, as well as the efforts made by farmers to stay abreast of those changes. Like those in medical practice, farmers have to continually learn throughout their careers. The higher amount of moisture (including a little bit of early snow this past week) and cooler weather have turned thoughts to the winter ahead. There are two types of predictions that we in healthcare pay attention to each fall.

One is the same as the population as a whole: Will we have a cold, wet (snowy) winter this year, or a milder, drier winter? The second is shared by some of the public, but probably not to as great an extent as those in healthcare: How bad will the “flu season” be this year?

None of us can predict from

year to year exactly which strains of influenza virus will predominate across the world or our part of it. Nor can we predict how it will affect the population. We do know, though that every year there is some amount of influenza (along with other seasonal illnesses) that affects our population. That time of year is upon us. Although we have not seen an uptick in the presence of influenza locally yet, there has been a report of the first death of the year in Kansas attributed to the illness. So we know it’s coming. And we also know that there are things that each person can do to help minimize their chances of being affected.

One of the important things is good hygiene. This week, in “celebration” of National Infection Prevention Week, the staff at SCMH are undergoing

reminder or refresher training in handwashing techniques. It might seem silly, but simple handwashing is the single most effective way to stop the spread of all diseases. As we approach “flu season,” though, this attention is especially timely.

The second important prevention technique for influenza is immunization. Preventive immunizations against influenza are available without an appointment at Smith County Family Practice. We strongly encourage our staff to receive the annual immunization before the end of October, and we encourage the public to do the same. Meanwhile, stay dry and enjoy the beautiful fall weather.

Breast Cancer Awareness

October is Breast Cancer Awareness Month and SCMH is helping to spread the word on ways to prevent, treat, support research and celebrate survivors.



Breast Cancer Awareness Month began as an international health campaign organized by major breast cancer charities to increase awareness and raise funds for the disease. The campaign has become one of the largest health campaigns raising hundreds of millions for research into breast cancer's cause, prevention, diagnosis, treatment and cure.

In October, the color pink becomes dominant on everything from grocery store shelves and make-up counters to airplanes and NFL uniforms. Companies tout their support of breast cancer awareness and research by giving to charity partners based on consumer purchases. But what is the focus of this research and where is all the funding going? Each organization has a slightly different audience or purpose in mind. We've found four organizations with slightly different goals.

The Breast Cancer Research Foundation was started in 1993 and today invests \$63 million and funds nearly 300 researchers in 14 countries. Read about some of the research breakthroughs at www.bcrf.org.

One of the oldest and best known organizations is Susan G. Komen. The group started in 1980 and prides itself on its four-pronged approach to ending breast cancer. On their website, www5.komen.org, readers will find the breakdown in research funding, the number of screenings and treatments funded, information about community activities and federal lobbying efforts.

For more than 25 years, Living Beyond

Breast Cancer has been working toward its mission of connecting people with trusted breast cancer information and a community of support. The website, www.lbbc.org, is a tool to help understand a diagnosis or a treatment plan. They also offer online, phone and in person support options for people wanting to connect.

Bright Pink was started for young women and is creating a shift in thinking about women's health. In 2007, Lindsay Avner started Bright Pink at 23 years old after becoming the youngest woman to undergo a risk-reducing double mastectomy. The organization offers support and guidance for young women who want to determine and reduce their risk of breast and ovarian cancer. Read more about this revolutionary approach to women's health at www.brightpink.org.

SCMH encourages all women to schedule regular well-woman checks to stay on top of their health. The radiology staff at SCMH offer 3D mammography service. The new technology provides a better reading on dense tissue and can provide faster and more accurate readings.

The new machine can provide more information to providers meaning not only earlier detection, but also, less anxiety by reducing false alarms and decreasing the need for additional scans and biopsies.

To schedule a mammogram, contact your provider.



Cooking with Chef Steve

Fall is here and it's time to start talking soup! This one can be a lesson in conscious cooking as well as a great meal!

White Bean and Kale soup an easy dish with very few ingredients, but you need to pay attention to the ingredients because a recipe will only get you part of the way. If you approach this soup five times you might add the ingredients five different ways and end up with the exact same soup. There are only two main variables in this recipe; the beans and the kale. It's almost impossible to pressure cook a bean to the same exact doneness each time. They're always going to be slightly different.

Greens also change with the seasons. Sometimes they are tough and need an exceptionally long time to cook and other times they are very tender and only need a warm breath to wilt down. You can't simply follow a recipe on this one.

Pressure cook the beans for about 20-30 minutes, white beans don't need much time to tenderize, make sure you reserve the cooking liquid. If the kale is tough, strip the stems away from the leaves and pres-

sure cook them for about 15 minutes and reserve that liquid as well.

In an 8-10 qt pot add the mushroom and chicken broths, the liquid from the cans of mushroom stem and pieces, and all the reserved cooking liquid and bring it to a boil with the onions and garlic.

Now look at the beans and kale and you decide which goes in first, sometimes the beans need a head start and other times the beans may be overcooked and the kale goes in way before hand. Let the ingredients dictate the order. With only two very simple variables this is a great place to learn this "conscious cooking" concept. Allow the ingredients to speak to you; just listen and follow their instructions! About 3/4 of the way through finishing the beans and kale add the carrots and mushrooms. Add the Bragg's Aminos and black pepper and you're done. If you listen correctly you'll have a nice soup that becomes something more than the sum of the ingredients.

This is an incredibly simple soup that never fails to warm the soul and always gets ovations!

White Bean & Kale Soup



White beans
Kale
Water

Mushroom Broth
No-Chicken Broth
Onion
Garlic
Mushroom Stems & Pieces
Carrots

Bragg's Aminos
Black Pepper

1½ pounds
2 Bunches
to cover+

1 qt
2 qt
1 med
1 bulb
(4) 4oz cans
1 pound

(2 tsp) to taste
to taste

Mr. H Visits SCMH



Smith Center's kindergarten classes, taught by Mrs. Benoit and Mrs. Moss, visited SCMh this month for the classes annual field trip to learn about the hospital and other words that begin with the letter "H."

The kids toured an ambulance, the emergency department, acute nursing, radiology, lab and physical therapy before stopping at the café for a snack.

Mr. H, pictured above receiving treatment in the ER, helped teach the students about hurt, heal, healthy and other "H" words. Students received name badges and goodies from each department as well as got some hands-on experience with instruments and machines.

In the lab, the kids played with "blood" made from beads, ping pong balls and foam strips representing red blood cells, white blood cells and platelets. Then, they got to look through the microscope at a real sample.

For more photos of the event, visit the hospital Facebook page at www.facebook.com/scmhks.

SCMH Fundraiser Returns in 2019

Many members of the community have started asking about the annual fundraiser. Due to the time and effort required by the staff in conjunction with our move to the new building, SCMh has elected to skip the fundraiser this year.

The popular event will return again in October 2019 and the planning committee is already discussing plans for next year's fundraiser.

"Traditionally, the group takes applications from the different departments at the hospital and clinic and picks items that are most needed or need extra financial support to purchase," said Julie Haresnape, chair of the planning team.

Funds raised at the 2017 event were used to purchase new chairs for the hospital and clinic lobbies. The chairs were updated as part of the hospital move this summer. More than \$27,000 was collected at the fundraiser.

"We've always appreciated the support for this event," Haresnape said. "We have a good group of community members that regularly come out for the fundraiser and we're looking forward to hosting it again next year."

To make a donation to the hospital's capital campaign or employee fundraiser, contact Amy Doane at amy.doane@scmhks.org or call (785) 282-6845.



**SMITH COUNTY
MEMORIAL HOSPITAL**

Specialty Clinic

921 E Hwy 36, Smith Center, KS | (785) 282-6845 | scmhks.org

NOVEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Orthopedics Dr. Adamson	2	3
4	5 Surgery Dr. Teget OB/GYN Dr. Pankratz	6 Cardiology Dr. Azzam	7 Wound Care Cardiology Dr. Efstratiou	8 Surgery Dr. Banker Nephrology Dr. Ray	9 Pulmonology Dr. Stritt	10
11	12 Surgery Dr. Teget	13 Cardiology Dr. Azzam	14 Wound Care Cardiology Dr. Efstratiou	15 Orthopedics Dr. Adamson	16	17
18	19 OB/GYN Dr. Pankratz Surgery Dr. Teget	20 Surgery Dr. Banker	22 Wound Care	23	23	24
25	26 Gastroenterology Dr. Ellis	27 Cardiology Dr. Efstratiou	28 Wound Care	29 Urology Dr. Evangelidis	30	



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Family Practice offer competitive
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