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screening mammograms  
for uninsured and  
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This fund has helped  
many women in our  
community to receive  
screening and follow-up  
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## “Boss Hog” vs. Ballard Farmer

*In the first few minutes after he was involved in a farm accident, Alva Thornhill did not realize he needed emergency medical attention.*

On that early fall morning of November 7, 2020, Alva and his fiancé, Becki Smith, were moving sows for breeding on the family farm in Ballard when the accident happened. Alva stepped between two boars to break up a fight, and in a flash, “Boss Hog” swung his head and caught Alva’s leg, causing a gash from under Alva’s knee cap to just above it.

“I really didn’t think that it hurt anything. I told Becki I needed to sit down for a minute because it felt like it made my leg numb,” Alva recalls.

Alva asked for a bandage, but Becki knew with a glance this was not a bandaid situation. She put Alva in their truck with the help of a neighbor and drove to the emergency room at Bates County Memorial Hospital. When they arrived, Alva’s sock was soaked with blood inside his chore boot.

“Everyone was just incredibly fast, prompt, courteous—I mean, it was really amazing to see and experience,” Becki recalled of that Saturday morning in the emergency room—likening it to a war zone. “Because, you know, this is a small-town hospital. It changed both of our perspectives, the level of service that he got when he was here.”

The initial exam by Dr. Robert Johnston in the ER revealed extensive damage to Alva’s leg, which included a fractured femur with damage to his ACL and other cartilage structures around his knee. The accident occurred around 7:30 a.m., and by 12:30 p.m. that day, Alva was in surgery with Dr. Danny Carroll, orthopedic surgeon.

“Sometimes appearances can be deceiving, and things can be far worse than they appear,” said Dr. Ben Crary,



*continued on page 3*



## REHABILITATION SERVICES

# Celebrating 50 Years of Therapy in Bates County



In 1971, Max Ridings was a young physical therapist when he had the opportunity to contract physical therapy services at Bates County Memorial Hospital. He started out in a small room near the ER with a few pieces of equipment and one assistant named Thelma Hammett, a nurse's aide.

"I talked to the doctors, and they didn't know anything about PT [physical therapy], but this was the opportunity I wanted, to be on my own, to provide treatment the way I thought it should be," Max said.

Scott Ridings, Max's son, followed his father in his chosen profession, and took over the director position in the rehab department at BCMH in 1999. They worked together until Max's retirement in 2013.

Occasionally, Scott sees a patient his father treated years before. Many have

told him that Max helped them gain a level of function they didn't think they would have had otherwise.

"I think that keeps every therapist going, to a certain extent, helping someone to achieve what they're capable of," Max said.

"He made an impact on this community, for sure," Scott said. "As a son, it makes me very proud of what he did. The opportunity to continue the legacy of his work is what I want to continue with the current staff and the years ahead."

What did it mean to Max to work with his son?

"A lot of great pride. Respect. How he handles himself and his relationship with others. I'm really pleased and thankful that my son Scott is able to carry on the torch."

Congratulations, Rehab Services, and thank you for 50 years of therapy!



Rehabilitation Services has grown to about 17 staff members including physical, occupational and speech therapists, treating patients from one year of age with services ranging from orthopedic to neurological conditions.

"What I love about our staff is not just their skill level, but their character and the ability to connect well with our patients. We find that patients respond more that way, and have better outcomes," Scott said.

### **Rehabilitation Services—Physical, Occupational and Speech Therapies, including:**

- ▶ Big and Loud Program for Parkinsons
- ▶ Hand Therapy
- ▶ Joint Replacement Rehabilitation
- ▶ Lymphedema Therapy
- ▶ Balance/Vestibular Rehabilitation
- ▶ Shoulder/Hip/Knee Orthopedic Conditions—including a variety of surgical repairs, back/neck conditions and general neurological conditions

**Learn more about BCMH Rehabilitation Services: Visit [www.bcmhospital.com](http://www.bcmhospital.com) or call 660-200-7073**

## Boss Hog *continued from page 1*

a hospitalist physician for BCMH who cared for Alva post-surgery for several days at the hospital. "I've had patients in the past in somewhat minor car accidents that had internal injuries and had poor outcomes because they delayed coming in for an assessment by a medical professional."

Looking back, Alva and Becki were grateful for the way things worked out.

"The doctors, nurses, all the personnel were so good," Alva said. "And they acted like they cared about you, it

wasn't just like you were a number, or a body lying around, they stopped and talked to you. It was nice for them to talk and act like they cared—and I'm sure they did."

Alva's care included follow-up services in the hospital's outpatient orthopedic clinic, and soon he was able to return to light duties on the farm.

"They got me patched up so I could get going again," he said.

"His greatest day was the day he got to climb up in the tractor," Becki added.



### BOSS HOG'S STATUS

During Alva's stay at BCMH, Dr. Cray chatted with him daily about his farm and his animals. He was curious if the boar that caused the accident would be sent to the butcher.

"The boar did not intend to hurt me. I just happened to be in the way," Alva said. "Boss Hog is alive and well!"

### In their own words:

View Alva's story on video. Visit [www.bcmhospital.com](http://www.bcmhospital.com) or YouTube @bcmhospital



## Always Ask: Is My Health Insurance Plan Accepted?

Before you schedule a procedure, test or appointment with a new health care provider, it's good to make sure your health insurance plan is in-network. This is especially true when you have a special procedure or surgery that requires the services of multiple health professionals. This will help you avoid surprises in your medical bill and allow you to make the best health care decisions for you.

**Our Patient Benefit Advisors are here to help.**  
**Call 660-200-2370**



### Family Care Clinics

*Treating all ages, from newborn to the elderly—  
and every family member in between.*



Call 660-200-DOCS (3627)  
or toll-free 855-414-3627.

Find a clinic near you in  
Adrian, Butler and Rich Hill.

## Upcoming Blood Drives

with the Community Blood Center



December 1, 2021 & February 9, 2022

12-5 p.m. in the BCMH Education Center

Appointments: [savealifenow.org/group](http://savealifenow.org/group),  
enter group code **KCBS**

### Looking for a family doctor?



Get to know our primary care providers!

View their bio videos online:  
[@batescountymemorialhospital](https://www.youtube.com/@batescountymemorialhospital)



**NEW**

## Specialty Clinics for ENT and Balance

Bates County Memorial Hospital now offers Ear, Nose and Throat (ENT) services and Vestibular Evaluation and Therapy two days a month in the hospital's Outpatient Specialty Clinics. For your convenience, ENT, Vestibular Evaluation and Audiology clinics are held on the same days, as many patients will need overlapping services. Vestibular Therapy is available in Rehabilitation Services.

**To schedule, call 660-200-7006.**

### OTOLARYNGOLOGY/ENT

**Peter Gochee, MD, PhD, FACS,** a board-certified otolaryngologist (commonly called ENT), treats patients for a variety of conditions and diseases related to the ear, nose and throat, including cancers. Dr. Gochee also has expertise in head and neck surgery. Dr. Gochee treats both pediatric and adult patients. Some of the most common conditions include:



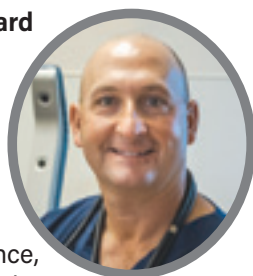
- ▶ Allergic Rhinitis, Sinusitis and Rhinosinusitis
- ▶ Deviated Septum
- ▶ Post-Nasal Drip
- ▶ Thyroid Surgery
- ▶ Hearing Loss
- ▶ Adult/Pediatric Chronic Ear Disease

Dr. Gochee will hold clinics in the Outpatient Specialty Clinics at BCMH.

After receiving his bachelor's degree in Chemistry and biology from the University of Puget Sound, Dr. Gochee received his PhD in Molecular Biology from the University of Queensland Australia. He completed his medical degree at the University of Rochester School of Medicine and Dentistry. In 2011, he completed a Fellowship in Otolaryngology and Neurology at the Ear Science Institute in Perth, Western Australia.

### VESTIBULAR TESTING AND THERAPY

**Michael Woodward MPT, CVRT,** is a licensed Physical Therapist.



The vestibular part of your inner ear controls balance, and vestibular testing assesses how that part of your inner ear is working. These tests may be ordered if you have vertigo, dizziness or balance issues. Results may show if you have an inner ear problem, or if a neurological problem is the cause, and will help your provider decide on the right plan for treatment.

Vestibular therapy can treat some balance issues. These therapies may focus on gaze stability, posture stability, or other exercises that improve vertigo and activities of daily living. If vestibular or balance therapy is prescribed, patients can receive these treatments in BCMH Rehabilitation Services.

Michael Woodward will see patients in the Outpatient Specialty Clinics at BCMH.

Michael graduated from Missouri State University and earned his Master's Degree in Physical Therapy from Rockhurst University. Michael has received several certifications, and is an associate professor for Rockhurst and St. Mary's University physical therapy programs.

### AUDIOLOGY

**Angela Fyffe, AuD,** has traveled to BCMH since 2018, seeing patients for audiology services every Wednesday in the Rehabilitation Services department. With ENT services now available, Dr. Fyffe will also see patients in coordination with those clinics twice a month.



Patients see an audiologist for issues like hearing loss, tinnitus, or imbalance. Comprehensive testing performed at BCMH through Dr. Fyffe can help determine if a hearing aid is appropriate, or if their condition can be treated medically or surgically. In those cases, patients would be referred to ENT or vestibular evaluations.

"I'm glad to see ENT services coming back to Bates County, because we have those patients who need that, and now can get that easily here," Dr. Fyffe said.

Dr. Fyffe has been in practice as an audiologist for 25 years, and at points in her career has worked in ENT offices and with otologists in hospital systems. She has been in private practice for 12 years, and is the owner of Wright Audiology in Belton, Mo.



**Medicare requires a physician referral for ENT, vestibular testing, and audiology services.**

## Why Am I Feeling Dizzy?

**Dizziness** is a broad term that could be used for several sensations, which include vertigo, lightheadedness or feeling faint, or feeling off balance. These sensations could be caused by something going on in your body—your eyes, ears, or your brain—or by something external, such as motion sickness.

If symptoms are ongoing, feeling dizzy or out of balance can really restrict your movement. The fall risk alone is worth consulting medical help. Thankfully, there are many ways to treat or reduce symptoms, such as medication, diet and lifestyle changes, vestibular therapy, or surgery.

## Vertigo

**Remember that feeling** you had as a kid when you stepped off a merry-go-round at the playground, and everything around you kept spinning for a while? That's what vertigo feels like. Sometimes, the cause lies within the inner ear, which works with your brain to help your body keep its balance as you move.

Some of the more common causes of vertigo include:

**Benign paroxysmal positional vertigo (BPPV)** – the most common cause of vertigo. In some cases, tiny crystals in your inner ear are temporarily dislodged, causing brief but intense episodes of vertigo when you turn your head or roll over in bed.

**Viral Infection** – Affects the vestibular nerve, which may cause intense, and more prolonged, bouts of vertigo.

**Meniere's disease** – A condition typified by episodes of vertigo that can last hours, ringing in the ears (tinnitus) and hearing loss that comes and goes.

**Migraine** – Can cause multiple symptoms, including vertigo, with or without a headache.

## Be Alert!

**Vertigo can be a symptom of stroke.** Get emergency medical help if you have sudden vertigo along with other concerning symptoms like sudden loss of vision in one or both eyes, double vision, numbness or tingling, nausea, vomiting, slurred speech, new loss of coordination or confusion, or trouble swallowing.

Other causes of dizziness:

- ▶ Neurological conditions
- ▶ Medication side effects
- ▶ Low Iron (Anemia)
- ▶ Low Blood Sugar (Hypoglycemia)
- ▶ Carbon Monoxide Poisoning
- ▶ Overheating/Dehydration
- ▶ Poor Blood Circulation
- ▶ A Drop in Blood Pressure

**Sources:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3096243/>

<https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>



## Early Colorectal Cancer Screening Saves Lives

Laura Piland was only 38 when she was diagnosed with colon cancer.

At first, she thought the fatigue and weakness could be chalked up to stress. When she noticed blood in her stool, she consulted her primary care doctor, Dr. James Miller. Lab tests revealed abnormally low hemoglobin levels. Dr. Miller was concerned, and referred Laura to the visiting oncologist in the Outpatient Specialty Clinics of Bates County Memorial Hospital (BCMh).



After more tests performed at BCMH, including a CT scan and colonoscopy, the diagnosis was stage 3 colon cancer. It came as a complete shock.

"You always think, that won't happen to me," Laura said. "Most of us think, that person with colon cancer probably had a horrible diet, a family history, or other factors. I didn't have any of those."

Laura would need colon resection surgery, which was completed at Menorah Medical Center, as well as chemotherapy. Laura chose the Oncology Clinic at BCMH for her chemotherapy treatments. After a few weeks, she felt so ill from the side effects of chemotherapy that she needed to replenish her fluids by IV nearly every day in the oncology unit.

"I couldn't imagine having to drive to the city every day for fluids," she said. "At that point, I felt awful. It helped that it was a three-minute drive from home."

It also helped to have support. Laura's mother, Joyce Fitzpatrick, never missed an appointment or treatment. Joyce, a retired nurse from BCMH, was one of the reasons Laura was well acquainted with the hospital and staff. She knew she would be in good hands.

"It was nice to be around people that I was already familiar with," Laura said, "But honestly, I came here because I knew the level of care I would receive. I've seen other cancer centers where a lot of patients are put into one big room to receive treatments. Down here, you get your own room, a lot of privacy, and pretty special treatment."

It was the little things that meant so much to Laura, such as when the nurses set up a table so she and her mom could play cards to pass the time. She still remembers how her nurses went out of their way to bring her mashed potatoes for every visit, because it was one of the few things she could keep down.

"It wasn't a fun time, but the nurses certainly made it much easier," she said.

Laura is now in remission, and she is a strong advocate for colon cancer screening because it can save lives.

Dr. Donald Clement, the gastroenterologist who performed Laura's diagnostic colonoscopy, says appropriate screening is a key feature of colon cancer management.

"A colonoscopy remains the gold standard for colorectal cancer prevention and is utilized for screening, diagnostic and therapeutic purposes," he said. "Regardless of the type of screening that is performed we encourage timely tests, such as at age 45, or possibly earlier, dependent on family history."

A colonoscopy as a procedure remains quite safe and is well tolerated, Dr. Clement added.

Colon cancer (or colorectal cancer) is the third leading cause of cancer deaths for both men and women—many of which could have been avoided with earlier screening.

Whether you have experienced symptoms or not, start the conversation about colorectal cancer screening with your primary care provider.

"Nobody likes to talk about this, but we have to," Laura said.

### COLORECTAL CANCER SIGNS AND SYMPTOMS

- ▶ A change in bowel habits that lasts for more than a few days
- ▶ A feeling that you need to have a bowel movement that's not relieved by having one
- ▶ Rectal bleeding with bright red blood
- ▶ Blood in the stool, which might make the stool look dark brown or black
- ▶ Cramping or abdominal (belly) pain
- ▶ Weakness and fatigue
- ▶ Unintended weight loss

## SURGICAL SERVICES AT BCMH



A variety of surgeries and procedures can be performed right here, in the surgical suites of Bates County Memorial Hospital.

**Call 660-200-7134**

- ▶ Appendectomy
- ▶ Colonoscopies/Endoscopy procedures
- ▶ Bowel Resection
- ▶ Gall Bladder
- ▶ Hemorrhoid Removal
- ▶ Hernia repair
- ▶ Wound Care

**Meet our General Surgeon, ▶  
William Joyce, Jr., DO, FACOS**

[View his bio video](#)

[www.bcmhospital.com/william-joyce-jr-do/](http://www.bcmhospital.com/william-joyce-jr-do/)



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## BCM Outpatient Specialty Clinics

**Scheduling: 660-200-7006**

### Audiology

Angela Fyffe, AuD

### Cardiology

Jeffrey Bissing, DO

### Endocrinology

Susana D'Amico, MD, FACE

### ENT (Ear, Nose, Throat)

Peter Gochee, MD, PhD, FACS

### Gastroenterology

Donald Clement, MD

Todd Kilgore, MD

Frank Totta, MD

### General Surgery

William Joyce, Jr., DO

### Nephrology

Ryan Lustig, MD

### Oncology, Hematology

Jaswinder Singh, MD

Carson Burns, NP

Moied Riaz, NP

Brandi Sampson, NP

### Ophthalmology

Joseph J. Parelman, MD

### Orthopedics

Danny Carroll, MD

Kim Winkley, MSN, APRN

### Pain Management

Matthew Nadler, MD

### Podiatry

Robert A. Shemwell, DPM

### Pulmonary

Timothy W. Smith, MD, FCCP

Jeremy C. Strom, MD

### Urology

Mark Austenfeld, MD, FACS

### Vestibular Evaluations

Michael Woodward, MPT, CVRT

**For more information visit  
[www.bcmhospital.com](http://www.bcmhospital.com).**

Why am I  
dizzy?

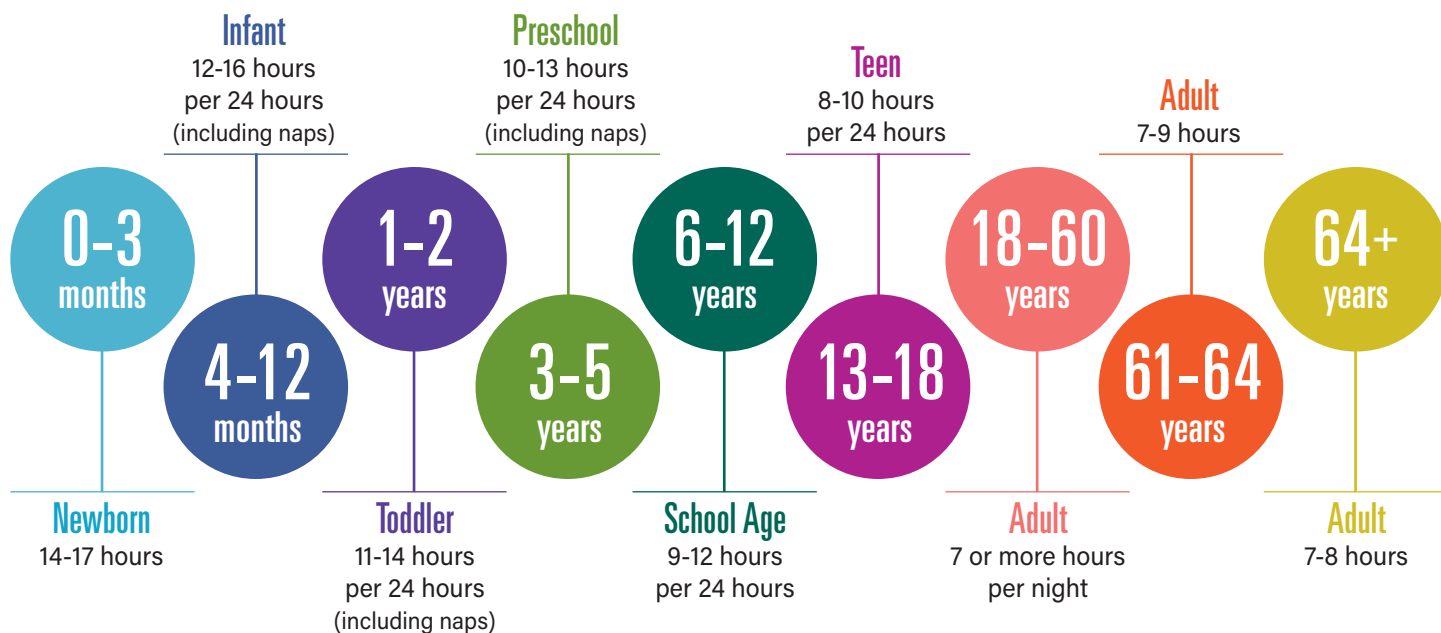


See pages 4-5.



**VitalSigns**

## How Much Sleep Do You Really Need?



Source: Centers for Disease Control and Prevention, [cdc.gov](http://cdc.gov)  
[https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)