



- ▶ A recent study found that four-year relative survival was 95% or greater for patients diagnosed with stage I breast cancers across all breast cancer subtypes, according to the American Cancer Society.
- ▶ Women (and men) with a family history of breast cancer, especially in a first-degree relative (parent, child, or sibling), are at increased risk for the disease. Compared to women without a family history, risk of breast cancer is about 1.5 times higher for women with one affected first-degree female relative and 2-4 times higher for women with more than one first-degree relative, according to the American Cancer Society.

Bringing comfort, expertise for breast cancer diagnosis and treatment close to home

From mom to daughter, family ties are important. For Kristi Gaylord, a family history of breast cancer was part of her journey to beat off her own breast cancer in its' earliest stages. That journey started with expert care started at Bates County Memorial Hospital (BCHM).

Kristi's cancer was caught early in the disease process. She had a routine mammogram in 2021 at BCMH and the Radiologist had recommended some additional views after first interpreting the results. He suggested Kristi have a follow-up ultrasound and then told her they were going to watch her closely for the next six months. After her six-month follow-up mammogram and ultrasound, a small cyst had grown and a biopsy was recommended.

"I was very glad I could have the Ultrasound Guided Breast Biopsy at Bates County Memorial Hospital," Kristi said. "I felt very comfortable here because it was a stressful time and afterwards I was close to my house and could go home to rest."

Ultrasound Guided Breast Biopsy is a minimally invasive alternative to surgical biopsy to evaluate suspicious masses within the breast that are visible on ultrasound.

After her breast cancer stage 1 diagnosis was confirmed, Kristi reached out to Christa Balanoff, MD, a board-certified breast surgeon at the University of Kansas. Kristi then completed a breast MRI at BCMH prior to surgery. After weighing all the options with Dr. Balanoff, Kristi chose to have a double mastectomy and breast reconstruction.

"I just knew it was the right path for me," Kristi explained.



Breast magnetic resonance imaging (MRI) assists physicians to identify suspicious areas of cancer not detectable on a mammogram or ultrasound. The test is often ordered in women with newly diagnosed breast cancer prior to surgery.

Her oncologist, Dr. Jaswinder Singh, MD, was instrumental in follow-up and making recommendations which included no chemotherapy or radiation. A hematologist/oncologist, Dr. Singh specializes in hematology (the study of the blood's physiology) and oncology (the study of cancer).

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Breast Cancer *continued from page 1*

Kristi is being treated with Tamoxifen, which medically blocks estrogen. Why? Cancer can be sneaky. Those with breast cancer often have an adjunct rise of the cancer returning, especially in the bones or in other areas, in five to ten to twenty years, according to Dr. Singh.

An endocrine or target drug therapy slows or stops the growth of hormone-sensitive tumors by blocking the body's ability to produce hormones or by interfering with effects of hormones on breast cancer cells.

In the past, breast cancer treatment had always included chemotherapy and/or radiation. But in recent years oncologists have many factors to evaluate that determine whether the patient needs chemotherapy or radiation, which often have ill side effects.

Factors they consider include:

1. Is the cancer in the lymph nodes?
2. Is the cancer HER2-positive or negative? HER2 breast cancer is a breast cancer that tests positive for a protein called human epidermal growth factor receptor 2 (HER2)*.
3. What is the size of the tumor?

In Kristi's case her cancer had not spread to her lymph nodes and her cancer was HER2 negative.

"To be able to have a specialist with this expertise like Dr. Singh close by is amazing for our community," Kristi said. Dr. Singh and his cancer care team are able to schedule patients weekly on the BCMH campus.

She was fortunate to have had an early diagnosis with her mammogram and breast examination, according to Dr. Singh. He added, "These detection tools save lives."

"I think there is a common misconception that you have to go to a larger facility or a regional cancer treatment center to receive specialized care; that the grass will be greener at another organization" Dr. Singh commented. "The care provided

by community oncologists is the exact same treatment mode offered at larger institutions.

"The patient undergoing cancer care, whether chemotherapy, or in-between check-up visits can be straining and fatiguing," Dr. Singh explained. "There is a trust factor. Being close to home, limiting the hours of travel can be very positive for a patient receiving cancer treatment."

Kristi urges women to "pay attention" to family members who have a history of breast cancer; she also suggests women perform monthly self-exams. "Learn your family history, whether that it is your mom, an aunt or a grandmother who had breast cancer," Kristi said. "Breast cancer is much more treatable in early stages and I am thankful we found mine early."

Kristi's mom, Joyce, had breast cancer twice and passed away from having colon cancer last year. Kristi keeps her mom's memory at heart and with that family history in mind, Kristi has an excellent relationship with her primary care provider, Laura Thiem, DNP, APRN, FNP-BC, Dr. Balanoff and Dr. Singh.

"It's important to talk with your physicians and inform them about your family history," Kristi said.

A 15-year employee of BCMH in the Health Information Management (HIM) department, Kristi is proud to serve as the Assistant HIM Supervisor. Kristi was very happy to return to work in August after a six-week recovery period following her surgery. She gets a bit emotional when describing the care she received at Bates. "The care I received... I just can't say enough about our hospital and how well the staff treated me here," Kristi said. "I was treated with respect and felt comfort and compassion during all of my procedures."

Bates County Memorial Hospital offers the specialists, support services, such as lab, radiology, surgery and chemotherapy, to provide cancer patients with the comprehensive care they need so they can receive treatment closer to home.

**Definition from Mayo Clinic*



BCMHCares Mammogram Fund

Kristi Gaylord collaborated with the BCMH marketing department on a T-shirt fundraiser, the proceeds from which go to BCMH Cares Mammogram Fund. This fund helps support local women who are uninsured or underinsured to receive a breast cancer screening mammogram, as well as follow up diagnostic services when needed.

The T-shirts are available for sale in the BCMH Gift Shop, or order online. Use the QR code for quick access to order and to learn more about BCMH Cares.



10 Healthy Foods that Don't Cost a Lot

As inflation tugs at our wallets, many people are looking for ways to eat for less. While it may seem like an impossible challenge, there's no need to give up on healthy eating if money is tight. In fact, there are many nutritious (and delicious!) foods that are easy on your budget.

LEGUMES: Dry and canned beans are some of the healthiest and cheapest foods you can buy. They're a great source of protein, and are loaded with potassium, iron and zinc. Lentils are also great for the heart and help lower LDL (bad) cholesterol levels.

EGGS: Although the price of eggs has skyrocketed, they're still an inexpensive healthy food that's full of protein. They also have many vitamins and minerals and can be eaten at any meal.

BROWN RICE: This whole grain food provides 4 grams of fiber per cup. That not only makes it filling, but the fiber may help protect you from diabetes and heart disease. Brown rice is a great way to bulk up any meal.

QUINOA: This super grain is an excellent source of protein and essential amino acids. It's also a good source of antioxidants, fiber and iron. Although quinoa costs more than rice, you get a nutrition bang for your buck because of its stellar nutrition profile.

LOCAL PRODUCE: In season produce that's grown locally is typically less expensive, more nutritious and more flavorful than produce shipped from far-off destinations. Look for sales and stock up (but don't buy more than you can eat or freeze before it spoils).

NUTS: You may think nuts are expensive, but a little goes a long way. They contain protein, healthy fats and loads of vitamins, minerals and antioxidants. These little nutritional powerhouses fill you up and make a great snack or add-on to other foods.

GREEK YOGURT: A good source of calcium, protein, probiotics and vitamin B-12, Greek yogurt is good for your bones and your gut. Opt for plain yogurt and add your own flavoring to avoid too much sugar or artificial sweeteners.

POPCORN: For an inexpensive but satisfying snack, pop your own popcorn. This whole grain snack is only 31 calories per cup and contains lots of fiber to fill you up. Flavor with a dusting of cocoa powder, parmesan cheese or your favorite spices.

CANNED FISH: Tuna and salmon are great sources of omega-3 fatty acids, which may reduce the risk of heart disease, blood clots and inflammation. Canned fish is not only less expensive than fresh fish, but it's easy to eat, with no prep work required.

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Key Ingredients: A Story of Diabetes and Determination

BCMh PATIENT STORY: CHANTELLE MUMMA

Chantelle Mumma made a goal for herself when she learned she had Type 2 diabetes in August of 2021: to keep her blood glucose levels (or sugars) in check.

She has achieved that goal, and as an added benefit, she has lost weight and gained more energy and self-confidence. It wasn't easy, but with her family history, she was highly motivated to get control of the disease.

Chantelle sought the help of her health care team at High Street Family Care Clinic right away. With the help of her nurse practitioner, Lori King, and other BCMh services and providers,

Chantelle felt she was given the key ingredients that put her on a path to better health.

Nutrition Counseling

In the early days of any diagnosis, it's normal to feel overwhelmed, and with diabetes in particular, there is a lot of information to digest. One of Chantelle's first steps, on Lori King's recommendation, was to get nutrition counseling, which she was able to schedule at BCMh with Jennifer Lindquist, RDN/LDN. Even with just one consultation, Chantelle felt she learned so much. One tip in particular laid the groundwork for her: count the carbs and the calories will fall into place.

"I went in thinking; I don't know how I'm going to do this. And when I left, I was like wait a minute, I think I can do this," Chantelle said.

"I think prior to coming to see me, there's a lot of fear about being put on a restrictive diet," said Jennifer. "I'm always upfront that we're going to take a non-diet approach to this, they just need to look at food differently. The real hero in this is Chantelle. I provided the tools, and she figured out how to make it sustainable for her lifestyle, and that's the key."

Free Foods

One of these tools was a list of free foods that sparked an "aha" moment for





Chantelle Mumma before her weight loss.

Chantelle. Jennifer told her all foods are okay in moderation, but free foods have very low/no carbs or calories, which allows you to eat enough to feel full.

"The fun part is creating new recipes by using my free foods," Chantelle said. "It became a challenge to see what I could cook and how low-carb I could get it."

Cauliflower became a favorite free food, as it readily picks up flavors in a recipe. One winning combination was a potato salad using cooked cauliflower instead of potatoes. This recipe, among many others, has been a hit with friends and family.

Making it All Work Together

Chantelle's focus was to follow her provider's and dietitian's guidelines, including testing her blood glucose levels twice a day, every day, and staying within recommended carb counts per meal. Within three months of keeping

her sugars in check, Chantelle realized she was losing weight and had more energy. When she started walking, she noticed that exercise helped decrease her sugar levels, compared to days she didn't exercise but ate the same foods.

"I wasn't focused on weight loss, but it's been a silver lining for keeping my sugars where they need to be," she said. "When you see it all work together, it's easier to stay motivated."

Motivation

Chantelle's dedication to improving her health has been notable.

"Chantelle was determined right from the beginning and I was so proud of her for what she has accomplished," said Lori King. "As a provider I know it takes discipline, drive, and perseverance to accomplish the goals Chantelle has obtained, and I am so proud of her for taking such great care of her health."

Chantelle says her motivation has little to do with willpower. She points to the death of her mother, who passed away in 2020 due to complications of diabetes.

"If I hadn't watched my mom struggle so much, I don't know if I would have been as motivated," she said. "It's that nagging picture of what my mom went through—amputations, dialysis, a triple bypass—and I just don't feel like I have a choice. It's either do this, or end up like my mother did. If giving up something now means I'm going to give up dialysis later, then it's worth it."

"It's not easy, but it's doable," Chantelle added. "I have had the best support system, and that makes a difference, too."

Make the Most of Your Major Medical Premium

If you are paying for major medical health insurance, you may as well enjoy the benefits of free preventive services these plans are required to cover. As long as services are delivered by a doctor or other provider in your plan's network, preventive services such as well women visits or well baby/well child visits are free. You will not need to pay a copayment or coinsurance, even if you have not met your deductible. Preventive services that are covered for you will depend on your age, gender, and other factors.

A few examples of covered preventive screenings are:

- ▶ Bone density screening
- ▶ Breast cancer mammography screening
- ▶ Cervical Cancer Screening (Pap test)
- ▶ Cholesterol screening
- ▶ Colorectal cancer screening
- ▶ Depression screening
- ▶ Diabetes (Type 2) screening
- ▶ HIV and sexually transmitted infections (STIs) screening and/or counseling
- ▶ Lung cancer screening
- ▶ Routine Immunizations

You may qualify for several preventive screenings. Ask your health care provider, or use the MyHealthfinder online tool at <https://health.gov/myhealthfinder> to discover which screening tests you and those you love need to stay healthy.

A free nutrition class, **Eat Well to Live Well**, is offered every first and third Tuesday of the month from 11 am-12 pm, led by Jennifer Lindquist, RDN/LDN.

The class is held in the BCMH Education Center at 615 W. Nursery, Butler.

For more information, call 660-200-7007.





MEET OUR NEW HEALTH CARE PROFESSIONALS



Brionna Smith, LCSW, is an experienced therapist seeing patients ages 10 and older at High Street Family Care Clinic. A physician's referral is not required.

Schedule an appointment by calling 660-200-3627.



Muhammad A. Shoaib, MD, a board-certified neurologist seeing patients in the Outpatient Specialty Clinics twice a month. A physician's referral is not required except for EMG (Electromyography) nerve conduction studies.

To make an appointment for neurology clinics, call 660-200-7006.

The Doctors Are IN



Welcome to our new partnering hospitalist group, ConnectCare Hospitalists. In September, the KC-based group joined our own staff hospitalist, Benjamin Crary, DO, FAAFP, in the care of patients admitted to the medical-surgical unit or critical care unit (CCU). A hospitalist is a physician who specializes in the medical care of hospitalized patients. They coordinate the care inpatients receive from other care providers, including primary care physicians, specialists, surgeons, nurses, home care agencies, therapists and nutritionists.

Bates County Memorial Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. BCMH has arranged for language assistance services free of charge. Call 1-660-200-7090 (RTT: 660-464-0303).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-660-200-7090 (RTT: 660-464-0303).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-660-200-7090 (RTT: 660-464-0303).



Community Health Needs Assessment

BCMh has been working with area providers to update the Bates County, Mo. Health Needs Assessment (CHNA) for 2022. VVV Consultants LLC, an independent research firm, has been retained to conduct this county-wide research. A brief community survey has been developed in order to accomplish this work.

If you would like to participate in this important work, visit our website, Facebook page, or
https://www.surveymonkey.com/r/CHNA2022_BCMH_BatesCoMO

Medication Disposal

If you have unused medication from your prescription, use the MedSafe kiosk to safely dispose of it. We are providing this service to help prevent prescription drug misuse and keep our water supplies safe from unused medicine. The MedSafe receptacle is located in the hospital near the pharmacy and is accessible Monday through Friday from 6:30 am to 5:00 pm.



Family Care Clinics

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BATES COUNTY COMMUNITY HEALTH FOUNDATION NEWS



Foundation Exploring Options for Proposed Regional Activity Center

Bates County Community Health Foundation (BCCHF) has formed an action committee made up of foundation board members and local business leaders to actively pursue the development of a Proposed Regional Activity Center. This project has tremendous potential to impact the health of our community and our youth.

You can be involved by taking a survey
or volunteering to help. Learn more at

<https://www.bcmhospital.com/community-center-proposal/>



Join us for the BCCHF 5K fundraiser

to kick off the **Butler Chamber of Commerce Huckster's Day**
on Saturday, October 15,

to be held on BCMH grounds at 7:30 am.

Proceeds from the \$25 registration fee will benefit the Foundation.

Register online at <https://www.bcmhospital.com/bcchf-5k/>

BCMh 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

Todd Kilgore, MD

Frank Totta, MD

General Surgery

William Joyce, Jr., DO

Nephrology

Ryan Lustig, MD

Neurology

Muhammad Shoaib, MD

Oncology, Hematology

Jaswinder Singh, MD

Heather Dains, NP

Moied Riaz, 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**

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Greg Weaver, Chief Executive Officer

Editor: Andrea Jackson, Marketing/Public Relations Coordinator

Mission: To continuously improve the health of the people of our community.

Vision: To be the provider of choice for quality patient-centered care and health services in the community.

Core Values: To share Compassion, Accountability, Respect, Excellence and Smiles with everyone we serve and work alongside.



VitalSigns

Mango Brie Quesadillas

Serves 6

These delicious, low-calorie quesadillas combine Brie cheese and ripe mangoes. Served with a sweet raspberry dip, these quesadillas are an easy appetizer, brunch or lunch dish.



Ingredients

- 2 Tbsp honey
- 1 cup raspberries, pureed
- 1 tsp lemon juice
- 1 cup diced peeled mangos
- 1 Tbsp chopped fresh chives, plus additional for garnish
- 1 Tbsp lime juice
- 1 1/2 Tbsp chopped fresh cilantro
- 3 oz light brie cheese, thinly sliced
- 4 low fat flour tortillas (8-inch diameter)
- Sliced jalapeño pepper (optional)

Preparation

1. In a small bowl, combine honey, raspberries and lemon juice. Set aside.
2. In another bowl, combine mango, chopped chives, lime juice and cilantro, tossing gently to coat. In a medium nonstick skillet, heat mango mixture over medium-high heat for 2 minutes, or until mixture is heated through.
3. Divide mango mixture and Brie among each tortilla and fold tortillas in half.
4. Lightly coat another medium skillet with nonstick cooking spray and heat over medium heat. Cook 2 quesadillas in skillet for 2 minutes on each side, or until tortillas are lightly browned and crisp. Remove from skillet and keep warm. Repeat with remaining quesadillas.
5. Cut each quesadilla into 3 wedges and serve with sauce. Garnish with chive strips and sliced jalapeños, if desired.

✓ Diabetic

✓ Heart Healthy

Nutrition Facts

Serving size:
2 pieces

Per Serving

Calories: 172
Fat: 3g
Saturated Fat: 1g
Cholesterol: 8mg
Sodium: 336mg
Carbohydrates: 31g
Fiber: 4g
Protein: 7g

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