

Take Charge of Your Health by Doing These 4 Things

**Here's how to make sure you're
the most important player in
your health care journey.**

Want to stay healthier?
Of course, going to the doctor
is important. But the most
essential aspect of managing
your health starts with you.
By taking charge of your health
and being proactive in your
health care, you can make
a positive difference in how
healthy you are and how
good you feel.

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**Here are 4 ways to take charge so you are
in the driver's seat of your own health:**

Keep track of your health information.

When you go to the doctor, they keep track of key health indicators such as your weight, blood pressure, cholesterol and blood sugar levels, vaccinations, screenings, prescriptions and other information. While it's important for them to have this information on file, it's equally important that you keep track of it, too. We offer a patient portal so it's easier to find your health information when you need it. This makes it easier for you to see what you need to work on and to track progress as you make strides toward a healthier you.

Be your own advocate.

Take an active role in your health care by speaking up and asking questions. Let doctors know how you feel. Tell them your preferences for tests, treatments and procedures (but also listen to their expert opinions). Ask specific questions about any aspect of your health you're not sure of, whether it's about treatment options, costs, prognosis or side effects. If you feel that a doctor is not supporting your choices or does not appear to make recommendations that align with your expectations, find a new doctor.

Make appointments for screenings.

It's up to you to keep track of when you need recommended health screenings and to make appointments to have them done. Make a list of any health screenings you need and how often you should get them. Then put it on your calendar so you remember when it's time to schedule appointments. If you're not sure when you're due for a screening, ask your doctor.

Make health care a priority every day.

Don't just focus on your health when something hurts or doesn't feel right. The best way to live a healthier life is by working to prevent health issues from occurring, rather than having to treat them once you're dealing with a problem. To that end, make it a priority to put your health first each and every day. Focus on eating healthy food, getting regular exercise and maintaining a healthy weight. Get enough sleep and find ways to minimize stress. Don't smoke and limit alcohol. Keep your mind active and nurture social relationships. Laugh and have fun.



BCMh PATIENT STORY: ANGELIA CUMPTON

Taking Care of Each Other

Healthcare workers are human and need care, too. Angelia Cumpston, LPN is a chronic care management nurse for Family Care Clinics and when she learned she had breast cancer in February 2023, she admits she was terrified.

As a chronic care management nurse, Angelia makes sure her patients are taking medication as directed and are getting the quality measures that Medicare offers. In the same way, Angelia's care team at BCMH made sure she was ticking all the boxes to take care of her own health.

Angelia's breast cancer was discovered in a somewhat unusual way. She had faithfully performed self-exam checks and received annual mammogram screenings for breast cancer, except for the year she skipped it because she had suffered a heart attack. The day she was scheduled for her annual mammogram,



she was having surgery for stent placement, and she didn't reschedule the mammogram.

Ironically, it was a hernia that sent Angelia to Dr. William Joyce's clinic, leading to the discovery of breast cancer. As he prepared to order a CT scan at BCMH Imaging Services, Dr. Joyce noticed she was overdue for her annual mammogram, and he asked if she wanted to get that done on the same day. Angelia did, and the 3D mammogram revealed a marble-sized nodule.

With most of the difficult treatments behind her now, Angelia is regaining strength. She still has a battle to fight,

and though she has days when she feels down, she says her spirits have remained good.

"I knew that I had to fight it because the only way you get well is to be positive. My grandkids, and knowing I wanted to see them grow, kept me positive, because I didn't want to lose them. My five-year-old granddaughter told me I had to fight, because she needs me," Angelia said, adding, "I do want to say, please get your mammogram – they're so important."

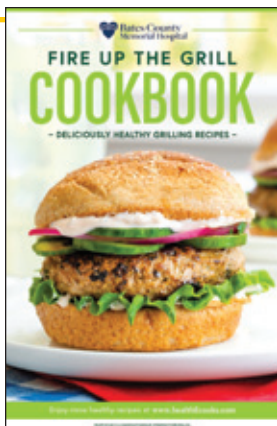
Visit our website to hear Angelia's story in her own words.

Sign up for our e-Newsletter and get a free digital cookbook!

Subscribe to BCMH's eNewsletter, *Live Well*, to keep up with our latest news and get health tips, recipes and more.

Sign up on our website:
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615 West Nursery | PO Box 370, Butler, MO 64730 | 660-200-7000

Greg Weaver, Chief Executive Officer

Editor: Andrea Jackson, Marketing/Public Relations Coordinator

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Meet Our New Providers



Abigayle Shubert, Physician Assistant

Early in her high school career, Abby knew she wanted a career as a health care provider, and her goal was to practice in a rural community. Abby sees patients in collaboration with Dr. James Patterson at High Street Family Care Clinic. **Scheduling: 660-200-3627**



Bre Thompson, Family Nurse Practitioner

Bre comes to our rural health clinics with previous experience as a board-certified primary care provider as well as a nurse in a neuro intensive care unit. Bre sees patients in collaboration with Dr. James Wirkkula at Nusery Street and Adrian Family Care Clinics. **Scheduling: 660-200-3627**



Dr. Tyson Travis, Orthopedic Surgeon

Tyson Travis, DO is an orthopedic surgeon collaborating with Dr. Danny Carroll. Orthopedic Clinics are held every Monday in our Outpatient Specialty Clinics. **Scheduling: 660-200-7006**



Dr. William Herre, Urologist

William Herre, MD practices all aspects of urology but has a particular interest and expertise in minimally-invasive treatment of kidney stones, enlarged prostates and robotic surgery. Dr. Herre sees patients two times a month in our Outpatient Specialty Clinics. **Scheduling: 660-200-7006**



Dr. Jeffrey Marks, Urologist

Jeffrey Marks, MD is a urologist seeing patients for a wide range of conditions including kidney stones, genitourinary cancers, prostate issues, erectile dysfunction and incontinence. Dr. Marks sees patients once a month in our Outpatient Specialty Clinics. **Scheduling: 660-200-7006**



Dr. Farid Namin, Gastroenterologist

Farid Namin, MD is board certified in gastroenterology and internal medicine, seeing patients two times a month in our Surgery Department. **Scheduling: 660-200-7000, ext. 7191**

New in Rehabilitation Services ▶

Welcome to two new Physical Therapists who joined Rehabilitation Services this year!

Call 660-200-7073 or visit our website to learn more about Rehab Services at BCMH.



Whitli Thomas,
PT, DPT



Ashley Hodges,
PT

BCMH Outpatient Specialty Clinics

Scheduling: 660-200-7006

Audiology

Angela Fyffe, AuD

Cardiology

Jeffrey Bissing, DO

Endocrinology

Susan D'Amico, MD, FACE

ENT (Ear Nose, Throat)

Peter Gochee, MD, PhD, FACS

Gastroenterology

Todd Kilgore, MD

Farid Namin, MD

Frank Totta, MD

General Surgery

William Joyce, Jr., DO

Nephrology

Ryan Lustig, MD

Emily Johnston, RN, MSN,
FNP-C, CNN-NP

Oncology/Hematology

Jaswinder Singh, MD

Heather Dains, NP

Ophthalmology

Joseph J. Parelman, MD

Orthopedics

Danny Carroll, MD

Tyson Travis, DO

Pain Management

Matthew Nadler, MD

Podiatry

Robert A. Shemwell, DPM

Pulmonary

Timothy W. Smith, MD, FCCP

Urology

William Herre, MD

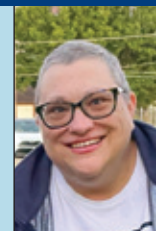
Jeffrey Marks, MD

Vestibular Evaluations

Michael Woodward, MPT, CVRT

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**Take Charge of
Your Health by Doing
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Meet our New Providers

VitalSigns

BCMh Awarded ARPA SLFR Grant for New EMS Command Vehicle

Bates County Memorial Hospital Awarded \$20,000 Toward Emergency Services Vehicle Thanks to the SFY 2023 American Rescue Plan Act (ARPA) State and Local Fiscal Recovery Funds (SLFR) Emergency Medical Service Providers Grant

Bates County Memorial Hospital was awarded \$20,000 in grant funding this year to purchase an EMS Command vehicle by the SFY 2023 American Rescue Plan Act (ARPA) State and Local Fiscal Recovery Funds (SLFR) Emergency Medical Service Providers Grant. Russell Whisenand, Paramedic and BCMH Ambulance Supervisor, says the EMS Command Vehicle will be dedicated to special tasks such as advanced life support or basic life support response and will be deployed for large and small incidents such as moving vehicle collisions, spotting during severe weather, EMS equipment transfers, and occasionally transporting patients for certain cases. Emily Gilkey, EMT-B is our Compliance Quality Coordinator as well as our grant writer, and this vehicle represents the first grant awarded to BCMH that she has written.

