



Vital Signs

Timing is Key to Preventing Stroke

Thursday, Nov. 2, 2017, started out just like any other day for 59-year-old Patti Wilson. But as she sat in her living room watching the morning news and sipping on a cup of coffee, she noticed she was having trouble following the stories. Then the index finger on her right hand began to twitch, and her hand went numb.

“I had rotator cuff surgery on my right shoulder Sept. 19, 2017, and at the time I remember touching my right hand, which was numb from the anesthetic, then wondering if that was what it felt like to have a stroke,” Patti said. “That’s how this felt.”

A licensed practical nurse who has worked for years at Bates County Memorial Hospital (BCMh) on the medical/surgical floor, Patti suspected that was exactly what was happening.

She told her husband what her symptoms were, then said she felt the need to get out of her recliner and lie on the floor. A few minutes later, her husband and family helped her to the car, and as they began

driving, Patti called the BCMh Emergency Department, talking with Kate Long, RN.

“I told Kate we were on our way to the hospital and that I thought I might be having a stroke,” Patti said. “She said they would be waiting for me, but to call when we were closer to the hospital.”

On the 30-minute drive from her home, Patti continued to feel “foggy.” By the time she arrived in Butler, she couldn’t dial the hospital’s number.

Fortunately, the BCMh Emergency Department team had her back—they were waiting for her at the door. A head CT scan confirmed Patti was having a stroke, but thankfully, there was no bleeding in her brain.

After consulting with a neurologist at Research Medical Center, the staff gave Patti a clot-dissolving medication, and transferred her to the city for further care.

“This whole thing started about 7:30 that morning,” Patti said. “About an hour later, the hospital had given me the clot-dissolving medicine. While I was on my way to Research, my husband went home to change his clothes. By the time he arrived in Kansas City, about 11:30 a.m., I felt fine,” she said.

The neurologist at Research observed Patti for two days to be certain the incident was over, then she returned home.

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◀ Patti Wilson, left, with Kate Long, the BCMh Emergency Department nurse who helped her.



Think FAST!

In the event of a stroke, one of the most important things you can do is recognize the sudden warning signs, like Patti did.

FAST:

- F** **Face** – Ask the person to smile. Does one side of the face droop?
- A** **Arms** – Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech** – Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- T** **Time** – If you observe any of these signs, call 911 immediately. Stroke is an emergency.

Beyond FAST, other symptoms you should watch for include:

- > Sudden numbness or weakness of the leg
- > Sudden confusion or trouble understanding
- > Sudden trouble seeing in one or both eyes
- > Sudden trouble walking, dizziness, loss of balance or coordination
- > Sudden severe headache with no known cause

Top 3 Skin Cancer Myths Busted!

Myth: Sunscreen is enough to protect your skin from the sun.

Fact: No sunscreen is 100 percent effective at blocking UV rays, and if sunscreen is used incorrectly, it may not provide much protection. Use about an ounce of sunscreen (roughly a palm full) to cover your arms, legs, and face, and reapply often, especially if you are sweating or swimming. Choose a sunscreen labeled “broad spectrum” with an SPF of 30 or more. Reduce UV exposure by seeking shade and wearing protective clothing to cover your arms and legs, a hat to protect the skin on your head and neck, and sunglasses to protect your eyes and the delicate skin around them.



Myth: Skin cancers aren’t deadly.

Fact: Unfortunately, skin cancer can be deadly. According to the American Cancer Society, more than 9,000 people are expected to lose their lives to melanoma this year alone. Other types of skin cancer can also be deadly, so skin cancer is something that should be taken very seriously. Examine your skin regularly and protect it when you are in the sun.

Myth: Indoor tanning beds aren’t as harmful as the sun.

Fact: UV rays, the type of light rays that have been shown to increase your risk for skin cancer, aren’t just in sunlight. Tanning beds use lights containing UV rays too, and those rays are just as harmful to your skin.

Report any changes in your skin to your medical professional, or schedule an appointment for a skin cancer check-up by calling 660-200-DOCS (3627) or toll-free 855-414-3627.

Source: American Cancer Society, www.cancer.org

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Six months later, she knows her quick thinking and the emergency department team’s fast action made the difference between a two-day hospital stay, and what could have been a devastating stroke.

“You have about a three-hour window from the onset of symptoms to have the clot-dissolving drug delivered,” Patti said. “Most people don’t realize that.”

Today, Patti is back at work at BCMH. She said she tires a little quicker than before the stroke, and the incident affected her sense of taste, but she’s otherwise healthy.

“The doctors haven’t figured out exactly what caused the stroke, so I’m taking a 325 mg. aspirin daily to thin my blood, as well as blood pressure and cholesterol medications, but that’s it,” Patti said.

“Thanks to God’s good timing and the awesome staff at BCMH, I’m a walking miracle of modern medicine!”

Welcome Kerri Cannon!

Kerri Cannon, RN, RDN, LD, a registered dietitian and registered nurse, has joined the staff at BCMH. Kerri will facilitate our monthly Diabetes Support Group.



DIABETES SUPPORT GROUP

Third Thursday of every month

Meeting Room AB, 2 p.m.

Facilitator: Kerri Cannon, RN, RDN, LD

Last meeting of the year will be in October.



Check out our Facebook page and stay up to date on the latest news at BCMH!

BCMH Cardiac Rehab

Third Time's a Charm for Bates County Resident

Seventy-nine-year-old Gary Hoover is a believer in the power of the cardiac rehabilitation program at Bates County Memorial Hospital (BCMH), but that wasn't always the case for the retired truck driver.

“I had a stent put in my heart to open a blockage in 1996. I went through cardiac rehab then, but didn't go back after I finished the sessions my insurance plan would cover,” Gary admits.

In 2003, he had another stenting procedure, following it up with a second round of cardiac rehab. But again, he didn't stick with the program.

Then, two years ago Gary had six-way cardiac bypass surgery. “After that, I decided I had better wake up, and get with it,” Gary said.

When Gary was officially discharged from cardiac rehabilitation, he continued working out three times a week via the phase IV maintenance exercise/basic vital signs monitoring program.

Cost of the maintenance program typically isn't covered by health insurance, but the hospital is making the program affordable at the low cost of only \$34 a month for individuals; or \$42.50 a month for couples.

For Gary, access to the staff's expertise and caring attitude is worth every penny.

“To me, the hospital's cardiac rehab program is top-of-the-line. The staff keeps tabs on my blood pressure and weight, and makes sure I'm healthy so I can stay active.”

And it's working! Gary enjoys riding his Yamaha 1300 motorcycle, serving as captain for the West Central Missouri Division of the Patriot Guard. In fact, he's ridden on more than 200 missions since he began volunteering with the group.

“The staff at BCMH Cardiac Rehab is awesome,” Gary said. “I'm much more comfortable coming here than going to a gym.”

Before you can begin working out like Gary, you must complete a brief readiness questionnaire to be sure

you are healthy enough to start exercising. The staff also checks each member's vital signs and provides some basic counseling and guidance on beginning an aerobic and strength training exercise routine.

No physician referral is required to participate, unless your readiness score demonstrates the need for clearance from a qualified health care provider. For participation in vigorous exercise, it is recommended that men older than 45 and women older than 50 seek physician clearance. The maintenance program is based on the healthy adult guidelines for a moderate level of exercise intensity.

**For more information, call Jacque Waite, R.N.,
BCMH Cardiac Rehab, 660-200-7128.**



Gary Hoover ►
and the Cardiac
Rehab team:
Jacque Waite,
Andrea Davis,
Marci Denning
and Wanda Barley.



BCMh Supports Local Man's Rehabilitation

When 20-year-old Kameron Williams opened the door to his black Honda Civic the night of Jan. 28, 2017, it only took him a few seconds to climb into the driver's seat, something he had done hundreds of times before.

But as he sped along a stretch of state Highway D north of Butler, everything about his mobility was about to change dramatically.

"The car became airborne and I lost control when it landed," Kameron said. The Civic flew off the right side of the road through a barbed-wire fence, overturned and struck a tree before coming to rest in a creek, not far from the road, but out of the view of other drivers.

As Kameron lay there drifting in and out of consciousness for seven and one-half hours in below-freezing temperatures, he could hear cars driving by. Finally, a driver noticed a piece of Kameron's clothing dangling from a broken tree. She stopped and called for help.

When first responders reached him, Kameron's body temperature had dropped to 81 degrees. His back was broken in four places, he had a concussion and his lung was partially collapsed. LifeFlight Eagle transported him from that Bates County creek to the Overland Park Regional Trauma Center.

"They didn't really think I would make it," Kameron said, "but I did." Seventeen days later he was transferred to Madonna Rehabilitation Hospital in Lincoln, Neb., a facility that specializes in caring for patients with severe spinal cord injuries.

"I am paralyzed from the chest down, so at Madonna, they helped me retrain to live my life from a chair and regain my strength," Kameron said.

After three months, Kameron returned home to continue his rehabilitation, working with the

physical and occupational therapists at Bates County Memorial Hospital (BCMh), and with his primary care physician, James Miller, D.O., Nursery Street Family Care Clinic.

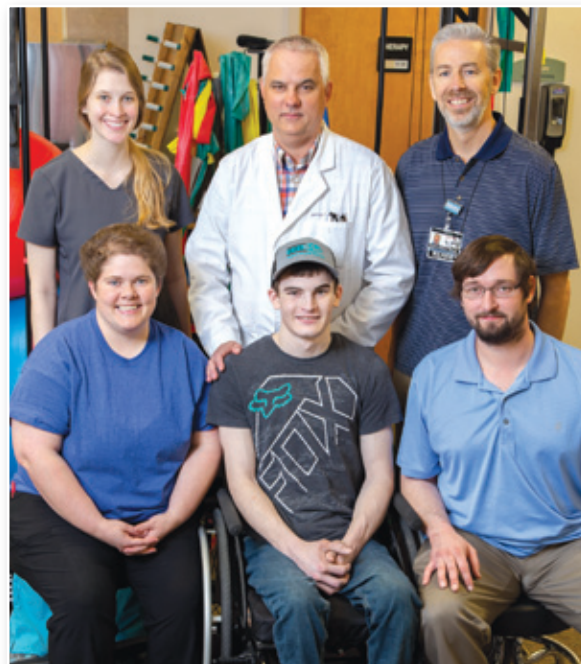
"The hospital's occupational therapists helped me with problems like my balance, and re-learning basic skills of daily living," Kameron said. "The physical therapists helped me get my strength back, especially in my upper body. They all helped me any way they could. They were awesome!"

"We talked with Kameron about his personal goals and tailored his rehab to meet those," said Shanya Hedrick, occupational therapist. "For Kameron, that included being able to drive again and adapting to his 'new normal,' including assessing accessibility concerns in his home and in public places."

Jeremy Jones, physical therapist, said it was important to help Kameron strengthen his core and improve his balance so that he could be more mobile. "Kameron has a complex spinal cord injury that required him to learn how to use his muscles in a different way," Jeremy said.

Dr. Miller continues to stay on top of Kameron's overall health concerns at monthly check-ups, making sure his patient receives the ongoing medical care he needs.

Thanks to the collaborative care Kameron has received at BCMh, his health is stable, making it possible for him to attend classes at Crowder



Front row: Annie Johnson, COTA, Kameron Williams, patient, and Bryan Gentry, PT. Back row: Shanya Hedrick, OTR, Dr. James Miller, and Scott Ridings, PT, Rehabilitation Services Director.

College's Nevada campus to pursue a business degree.

"Rehab at the hospital definitely gave me the confidence and the skills I will need to live on my own one day and to be able to drive to classes," he said. And though it now takes Kameron several minutes to safely transfer himself from his chair to his car instead of seconds, he's learned to do it.

"I just want to thank everyone at the hospital for all they have done for me. They have thought of everything."

The community of Butler has rallied to Kameron's side as well. "I'll never be able to thank everyone enough for all they have done for me and my family these past few months," Kameron added. "Butler has raised over \$20,000 to help me with my medical bills, and to get a car equipped with hand controls. I'm just so proud to be a part of this community. They have helped make my recovery possible, too."

Auxiliary Donates Funds to Enhance Patient Care

The Bates County Memorial Hospital (BCMh) Auxiliary has donated \$23,000 to the hospital to purchase four infusion recliners for the Outpatient Clinic; a defibrillator for the stress lab for Imaging Services; a blood and fluid warmer for the inpatient nursing unit; a high-low treatment table for Rehabilitation Services; and an endo stratus insufflator unit for GI/Surgery. Proceeds from a

variety of fundraisers held throughout the year, as well as Gift Shop sales, helped to fund their donations.

If you would be interested in becoming a hospital volunteer, please call Human Resources at 660-200-7044 or complete a Volunteer Application, available at the hospital's Information Desk.



Pictured at the 2018 Volunteer Recognition Program are, front row, left to right: Eleanor Gebo, Dorothy Kincaid, Leland Hursh, Helen Hursh, June Ray, Paula Shaffer and Mary Carpenter. Middle row, left to right: Paula Brede, Alvina Harrison-Wells, Missie Good, Pat Friederich, Doris Null, Charlotte Guss, Dr. John Bustle, CEO, Faye Hunt, Ramona Snyder, Sherry York, Kathleen Eckert, Donna Huber and Mildred Chenault. Back row, left to right: Chaplain Larry Flatt, Chaplain Mike Humphrey, Chaplain J.R. Beck, Clay Nichols, Chaplain Wendell Teagarden, Bob Thomas, Liz Schlechty, Bob Johnson and Dee Hall. Not pictured: Beverly Wainwright, Gerry Ketron and Kathy Bunch.

2018 AUXILIARY EVENTS

- > **Jewelry Sale:** Tuesday, July 17, 7 a.m. to 3 p.m., Hospital Lobby
- > **Scrubs on Site Scrub Sale:** Wednesday, Oct. 3, 7 a.m. to 4 p.m., BCMH Education Center
- > **2-Day Book & Gift Sale by Collective Goods:** Wednesday, Oct. 25, 9 a.m. to 5 p.m.; Thursday, Oct. 26, 7 a.m. to 4 p.m., Hospital Lobby
- > **Gift Shop Christmas Sale & Open House:** Tuesday, Nov. 20, 6:30 a.m. to 5:30 p.m.

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John Bustle, M.D., Chief Executive Officer

Please direct any comments or suggestions to our editor:

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Volunteer of the Year



Charlotte Guss, BCMH Volunteer of the Year with John Bustle, CEO. Charlotte joined BCMH as a volunteer in 2010 and is a valued member of the hospital team.



Three Providers Join BCMH Team

James Wirkkula, D.O.

Dr. Wirkkula is seeing patients primarily at the Adrian Family Care Clinic. Many local residents know Dr. Wirkkula, who was a member of the BCMH staff beginning in 2010, and had seen patients at the High Street, Nursery Street and Adrian Family Care Clinics for several years.



Dr. Wirkkula earned his medical degree from the Kansas City College of Osteopathic Medicine in 1996, and completed his internship and residency with the University of Kansas Medical Center in 1999. His specialty is family medicine.

To schedule an appointment with Dr. Wirkkula at the Adrian Family Care Clinic, call 660-200-DOCS (3627) or toll-free 855-414-3627.

Shahzad Raza, M.D.

Dr. Raza, part of a team from Saint Luke's Health System, is seeing patients monthly in the BCMH Oncology/Hematology Clinic.



Dr. Raza is a board-certified hematologist/oncologist and an expert in the field of malignant hematology. He joined Saint Luke's Cancer Institute (SLCI) from New York Presbyterian Hospital/Columbia University Medical Center, New York, an NCI-designated comprehensive cancer center where he worked as assistant professor of hematology and oncology with a focus on treating complicated cases of multiple myeloma, AL amyloidosis and malignant lymphomas.

He has also served as principal investigator and co-investigator for clinical trials including chemotherapies and immunotherapies that have aimed at developing new treatments for multiple myeloma and AL Amyloidosis.

He is widely published in many peer-reviewed journals; is an external reviewer for various top medical journals; has received awards recognizing his medical research; and serves as mentor for medical students, residents and fellows.

To schedule an appointment with Dr. Raza, call the BCMH Outpatient Clinic at 660-200-7006.

Angela Fyffe, Au.D.

Dr. Fyffe provides audiology and hearing aid services at the BCMH Rehabilitation Services Department. She has been practicing for more than 20 years, and in 2009 opened Wright Audiology and Hearing Aids in Belton, Mo.



Dr. Fyffe holds a doctorate of audiology degree, the highest level of professional achievement in the field.

Dr. Fyffe sees patients at the BCMH Rehabilitation Services Department on Thursdays. To schedule an appointment with her, call 816-322-8883.

BCMH Specialty Clinics

Bates County Memorial Hospital makes quality health care convenient for area residents by bringing medical specialists to our community on a regular basis. To schedule an appointment with one of the specialists, contact the number below.

Audiology

Angela Fyffe, Au.D. 816-322-8883

Cardiology

Jeff Bissing, D.O. 660-200-7006

Gerald Mancuso, M.D. 913-956-2250

Craig Lundgren, M.D. 913-956-2250

Jin Park, M.D. 913-956-2250

Francisco Lammoglia, M.D. 913-956-2250

Endocrinology

Susana D'Amico, M.D. 660-200-7006

Gastroenterology

Donald Clement, M.D. 660-200-7006

Todd Kilgore, M.D. 660-200-7006

Russell Wade McCullough, D.O. 660-200-7006

Frank Totta, D.O. 660-200-7006

General Surgery

William Joyce, D.O. 660-200-7134

Hematology/Oncology

Timothy Pluard, M.D. 660-200-7006

Aimee Kohn, M.D. 660-200-7006

Shahzad Raza, M.D. 660-200-7006

Nephrology

Ryan Lustig, M.D. 660-200-7006

Ophthalmology

Joseph Parelman, M.D. 800-628-4258

Orthopedics

Danny Carroll, M.D. 816-348-4270

James Whitaker, M.D. 660-200-7006

Pain Management

Roger Misasi, M.D. 800-858-8131

Podiatry

Robert Shemwell, D.P.M. 660-200-7006

Psychology/Counseling

Jerry Morris, Psy.D., MBA, MSPHarm, ... 660-200-7528

ABPP, ABMP, NBCC, NCSP, CCM

Pulmonary

Timothy Smith, M.D. 660-200-7006

Urology

Robert F. Smith, M.D. 660-200-7006

William Wilson, M.D. 660-200-7006

**For more information
visit www.bcmhospital.com.**

They're the Tops!

Congratulations to **James Miller, D.O.**, Nursery Street Family Care Clinic, who made the list of "Kansas City's Top Doctors 2018" in *435 Magazine*.

Call 660-200-DOCS (3627) or toll-free 855-414-3627 to schedule an appointment with him.



James Miller, D.O.

Other physicians who made the list and who practice at BCMH include:

- > **Aimee D. Kohn, M.D., Ph.D.**, Oncology
- > **Craig Lundgren, M.D.**, Cardiology
- > **Joseph J. Parelman, M.D.**, Ophthalmology

To schedule an appointment with one of these "top doctors," call the BCMH Outpatient Specialty Clinic at 660-200-7006.

Need a Primary Care Provider?



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

Bates County Memorial Hospital's Family Care Clinics located in Butler, Adrian and Rich Hill are accepting new patients.

- **Adrian Family Care Clinic (Adrian)**
 - James Wirkkula, D.O.
 - Glenn Gardner, MS, PA-C
 - Laura Thiem, DNP, APRN, FNP-BC, PMHNP-BC
- **High St. Family Care Clinic (Butler)**
 - William Haynie, M.D.
 - James Patterson, D.O.
 - Bethany Fast, BSN, MSN, FNP-C
- **Nursery St. Family Care Clinic (Butler)**
 - James Miller, D.O.
 - Glenn Gardner, MS, PA-C
 - Megan Reno, PA-C
- **Rich Hill Family Care Clinic (Rich Hill)**
 - Misty Tourtillott, MSN, APRN, FNP-C



The Pros and Cons of Probiotics

When most of us think of bacteria in the body, we think of the bad bacteria that can make us sick, but not all bacteria are bad. In fact, most are part of the human microbiome, an internal system that includes billions of beneficial bacteria that can promote digestive and immune system health.

According to Donald Clement, M.D., a gastroenterologist on staff at Bates County Memorial Hospital (BCMh) who sees patients in the hospital's specialty clinic, a number of problems can affect the delicate balance of bacteria necessary for good digestive health.

"Antibiotics, if not used appropriately, can destroy the bad and the good bacteria in the body," Dr. Clement said. "That can result in serious digestive issues, and is one of the reasons it's important to only use antibiotics when necessary as prescribed."

Other digestive conditions, including irritable bowel syndrome, can cause abdominal pain, bloating, gas, diarrhea and constipation. In some cases, these symptoms may be related to an unhealthy balance of bacteria in the gut.

"Probiotics are helpful bacteria that promote health in the body, and can help re-balance the bacteria in the digestive system," Dr. Clement said. But can probiotics help everyone?

"If you eat a well-balanced diet, you probably get enough probiotics from the foods you eat to maintain good digestive health," Dr. Clement said.

But, some people eat healthy and still have problems. That's when a probiotic might be helpful. "You can add probiotics to your diet by eating yogurt with live or active cultures daily, or you can take an over-the-counter probiotic supplement," Dr. Clement said.

Generally, over-the-counter probiotics are safe for a healthy person with digestive symptoms like abdominal bloating, constipation or diarrhea. Dr. Clement suggests trying an over-the-counter probiotic and taking it for 30 days.

"If your symptoms don't improve in 30 days, or you are having severe abdominal pain or bleeding, see your doctor," Dr. Clement said. "You could have an underlying disease, like colorectal cancer, or you may have a food allergy, gluten sensitivity, be lactose intolerant, or have another problem that won't respond to a probiotic. If that's the case, you may need further evaluation to determine the source of the problem."

To schedule an appointment with a gastroenterologist, call the BCMH Specialty Clinics at 660-200-7006.



Donald Clement, M.D.



P.O. Box 370
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Butler, MO 64730

www.bcmhospital.com

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VitalSigns

SIGN UP NOW FOR



The Bates County Community Health Foundation Golf Tournament is the organization's largest fundraising activity. Proceeds go to provide scholarships for students from Bates County who are pursuing careers in the health care field, and fund the ImPACT Concussion Program for area high schools.

What: 14th Annual Two-Person, 27-Hole Golf Tournament
9 Holes Best Ball, 9 Holes Alternate Shot, 9 Holes Scramble
When: Sunday, June 24, 2018
Where: Butler Country Club
Time: 7:30 a.m., Check-in; 8 a.m., Shotgun Start
Entry Fee: \$75 Per Person (includes lunch)

For more information or to register your team, contact:

Shannon Bjerke, Administration
Bates County Memorial Hospital
P.O. Box 370, Butler, MO 64730

660-200-7072 or

Shawn McVey, BCCHF Foundation member, 816-914-0901

Entry forms also are available on the BCMH website at www.bcmhospital.com or at the front desk of the hospital.