

The HEALTHY ADVANTAGE

YOUR HEALTH, YOUR LIFE

WELCOME
WELLNESS

Tips for Your
Home

OPEN. SAFE. READY.
COMMUNITY & CARE

ARE YOU YOUNG
AT HEART?

 **HEARTLAND REGIONAL
MEDICAL CENTER**

Community & Care

IN THE TIME OF COVID-19

In this issue of our community magazine, I'd like to emphasize the word **community**. These are unprecedented times, and although we may be in uncharted waters, I'm inspired by the sense of community this experience has fostered in us all.

HEALTHCARE HEROES

First, I'd like to express my sincere pride in our employees and medical staff for their efforts in recent months. These medical professionals have truly answered the call to care for the sick and comfort alarmed families as the pandemic has evolved. They are true heroes, who stepped up to serve on the front lines of the COVID-19 response. I applaud and thank them for their dedication.

OUR AWESOME COMMUNITY

I would also like to recognize our community. The outpouring of support you showed our team was overwhelming. Whether providing comforting meals for staff, making masks, sending cards and prayers to team members, or just staying home to protect our community — we are so grateful for everyone doing their part and pulling together during this crisis.

RESTRUCTURED FOR THE FUTURE

As you've heard by now, our parent organization also did its part to help ensure we could continue providing services for you and your family by restructuring its debt. This was good news for our hospital and our employees. It allows us to continue providing patient care. As a current or former patient, you may have received a legal

notice by mail. We regret any confusion that this required notification may have caused. The restructuring is concluded, and we are ready to serve you now and into the future.

A NEW WORLD FOR CARE

But rest assured, our Emergency Room is open, safe and ready to provide care for emergencies like heart attacks, strokes and broken bones. We always urge you to dial 911 in an emergency situation and don't delay going to the ER. We've established safety measures, such as separate care areas, new cleaning procedures and protective equipment guidelines to align with guidance from the Centers for Disease Control and Prevention.

And finally, we remind you that in-person appointments are available again at physician offices. You can rest easy knowing these physician offices have adopted additional precautions to help keep you safe when you come in for your appointment. Of course, virtual visits are still available via our telehealth options. Just call your physician's office or visit HeartlandAnytime.com to book an appointment.

Thank you for caring for us, as much as we care for you. It is our privilege to serve you.

Sincerely,

Ed Cunningham

Chief Executive Officer

Heartland Regional Medical Center

Make small, gradual changes to your endurance and strength routines to improve your health and minimize your risk of injury.

Take It to the NEXT LEVEL

Perhaps you've reached an exercise plateau or you're preparing for a vacation packed with activities. Regardless of your fitness level or warm-weather plans, exercises built to improve your strength and endurance can help you lead a healthy and independent lifestyle.

The American Heart Association recommends adults get at least 30 minutes of moderate to vigorous aerobic exercise five days out of the week, as well as working out each muscle group at least twice a week. However, you may require more or less time, depending on your health and fitness level. Here's how to amp up your activity level without hurting yourself.



START BY STRETCHING. Stretching will give your muscles and joints a more complete range of motion, as well as increasing blood flow to the muscles you'll use during exercise. The Arthritis Foundation recommends stretching after a brief warm-up period so the muscles are warmer and more pliable.



GO SLOW. When building up strength and endurance, slow and steady wins the race, especially when exercising with joint pain. Walk an extra five minutes or add an extra three repetitions during your strength training workout.



RECOVER RIGHT. Soreness after a workout is a good thing. It means that your muscles are getting stronger and repairing themselves. Stay hydrated, stretch and rest for at least 48 hours before working out the same muscle group. Ice can help reduce inflammation, heat can increase blood flow to your muscles, and over-the-counter pain medication can relieve muscle soreness.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

WHAT ABOUT JOINT REPLACEMENT SURGERY?

Has pain reduced the quality of your life? Are everyday activities, such as walking, shopping or housework difficult or unbearable? The steps toward recovery start with us. If this describes your situation, it may be time to consider joint replacement.

At Heartland Regional Medical Group — Orthopedics our goal is to help reduce your pain and get you back to your active life as quickly as possible. We offer a range of surgical procedures, including the arthroscopic approach, which is less invasive than traditional surgeries and typically results in less pain, fewer complications, minimal scarring and faster recovery time.

We have created a special program at Heartland Regional that brings together a team of experienced and skilled surgeons with caring and specially-trained nurses, therapists and technicians. Our goal is to provide seamless, coordinated care, and to get you back to your favorite activities as soon as possible.

Is joint pain becoming unbearable? Board-certified orthopedic specialists are here to help. To schedule a consultation, call (618) 427-2481 and ask about same-day appointments.



The steps toward recovery start with us. To schedule a consultation, call (618) 427-2481 and ask about same-day appointments.



MAKE YOUR HOME A

Wellness Retreat

In times of crisis or this new normal, having a home that makes you feel calm and inspired is critical to mental and physical well-being. Take time to turn your living space into a retreat by transforming ordinary rooms into functional areas where wellness will thrive.

COOK UP A HEALTHY KITCHEN

When you are preparing delicious and healthy meals, you want the preparation and final products to be as safe as possible. Your kitchen is a routine stop on that path to wellness, so keep the following tips in mind as you outfit the room where your family meals are made and enjoyed.

FILTER YOUR WATER.

Keeping water that tastes crisp and clean is a refreshing way to encourage yourself to stay hydrated. Further purifying your water may be beneficial if you have a weakened immune system or another health condition, according to the Environmental Protection Agency. To ensure that your water is as pure as possible, invest in a water filtration system designed to remove contaminants.

CONSIDER YOUR CLEANING SUPPLIES.

EPA-approved disinfectants are effective choices to clean household surfaces and prevent the spread of germs and viruses, such as the flu or COVID-19, according to the Centers for Disease Control and Prevention. Wear disposable gloves while cleaning. Focus on high-touch areas, including tables, doorknobs, light switches, handles, keyboards, remotes and touch screens. For the list, visit [epa.gov](https://www.epa.gov), search for SARS-CoV-2 and choose “List N.”



SET THE STAGE FOR LUXURIOUS REST

Your bedroom can make or break your ability to rest. Everything from lighting to temperature to the thread count of your sheets plays a critical role. As you design your dream space, the National Sleep Foundation recommends you:



CHOOSE DIMMABLE LAMPS. Lowering the lights before bed will signal to your brain that it is time to rest. Covering your windows with blackout curtains or shades can also block out early morning light or the glow of street lamps.



INDULGE YOUR SENSE OF SMELL. An essential oil diffuser or eye pillow filled with lavender may help you relax. This scent may also enhance mood and reduce blood pressure and heart rate.



PAMPER YOURSELF WITH COZY BEDDING. Take time to try out different blankets, mattresses and pillows to find the right fit.

MAKE ROOM FOR MEDITATION AND MOTION

Taking care of your body and mind through stress-reducing activities is essential to heart health, according to the American Heart Association (AHA). Practicing meditation may reduce blood pressure and the risk of heart disease, while exercise may help you manage everything from blood sugar to cholesterol to weight. Encourage your family to spend time on practices by dedicating a corner or a whole room. Keep things simple, outfitting the area with a few key items:

Exercise ball — Develop your core and your balance with an oversized ball. Simply sitting on the ball helps develop your proprioception, or the awareness of where your body is in space and time, while also strengthening your abdomen, back and pelvis. Additionally, the ball is a great tool to strengthen your arms and legs.

Yoga mat — Available in a wide price range, a mat is the perfect place to practice poses that will enhance your strength, balance and flexibility while also boosting your concentration and focus. Your mat can double as a spot to sit on for your morning meditation routines, which may include deep breathing exercises, gratitude affirmations and mindfulness practices.

Resistance bands — Get your two days per week of strength training recommended by the AHA without touching heavy weights or machinery. Resistance bands are easy to store and offer a variety of options to tone your muscles and improve your metabolic rate.



GO FOR GLASS. Clear, sturdy mason jars are a chic alternative to plastic that can make a healthy statement in your kitchen. These storage containers may be used to display fresh flowers on your table, serve fresh orange juice in the morning or store guacamole and colorful fruit salad.



If you're looking for convenient, accessible health care for your whole family, you'll find it at Heartland Regional Medical Group. With same- and next-day appointments often available, there's no long wait to see a provider. Schedule your appointment online at HeartlandAnytime.com.

Rest Easy



Robin Dailey, FNP-C

"Too little sleep can throw off hormones and other chemicals in the body, leading to weight gain, diabetes and more," says Family Medicine Specialist Robin Dailey, FNP-C. "For adults in the family to get the recommended 7 to 8 hours of sleep nightly, ready your brain and prepare the environment before bedtime. And remember, teens and children in your family need even more sleep — 9 to 12 hours for school-age children and 8 to 10 hours for adolescents."

Robin suggests making simple changes to help everyone get to sleep more readily.

"Make sure the bedroom is quiet and comfortable," Robin says. "Don't watch television or look at your phone. Avoid eating heavy meals late in the day. If you are a little hungry before bedtime, aim for a light snack, such as yogurt."

Visit HeartlandMedicalGroup.com for more information about our family medicine providers and their services.

Robin Dailey, Certified Family Nurse Practitioner and member of the allied health staff at Heartland Regional Medical Center, treats patients of all ages.

QUIT YOUR BELLYACHING

Abdominal pain is one of the most common reasons adults visit the emergency room, according to the Centers for Disease Control and Prevention. Learn more about abdominal pain you should not ignore.

APPENDICITIS

The appendix is a small organ attached to the intestines in the lower right portion of the abdomen, and its function is unknown. Blockage or inflammation in the appendix can cause severe pain called appendicitis, which, if left untreated, can cause the appendix to burst.

Appendicitis pain:

- begins near the belly button and moves toward the lower right
- gets worse when you move, cough, sneeze or take a deep breath
- occurs suddenly and worsens over a few hours
- may be accompanied by nausea, vomiting, diarrhea or constipation, fever, and abdominal swelling

Appendicitis is a medical emergency in need of immediate care. In most cases, surgery to remove the appendix is required.

GALLBLADDER

The gallbladder is a small organ located in the upper abdomen. It collects and stores bile, a fluid that helps digest food. Tubes called bile ducts carry bile to and from the gallbladder.

Gallstones are small, hard deposits made primarily of cholesterol. Most gallstones do not cause any symptoms, but some gallstones move into the bile duct and get stuck. This causes severe pain known as a gallbladder attack.

Gallbladder attack pain:

- begins suddenly and lasts for 30 minutes or more
- starts on the right side of the upper abdomen and may move to the upper back
- worsens after eating, especially fatty or greasy foods

If you experience gallbladder attack pain, make an appointment with your physician. If symptoms last longer than 5 hours and you have other symptoms, such as nausea or vomiting, seek immediate care. According to the Society of American Gastrointestinal and Endoscopic Surgeons, most patients return to normal activities in a week after laparoscopic gallbladder removal surgery.

HERNIA

A hernia occurs when an organ or other tissue pushes through a weakened area of muscle, usually in the abdomen. The most common symptom of a hernia is a bump under the skin that may or may not be sore.

Over time, the herniated tissue can become stuck in the hole in the muscle, resulting in severe pain and swelling. Surgery is the only way to permanently repair a hernia.



“ALMOST EVERYTHING I EAT MAKES MY STOMACH HURT. WHAT’S GOING ON?”



Kevin Claffey, M.D.

According to board-certified General Surgeon Kevin Claffey, M.D., “If the pain is in the upper right or upper middle of your abdomen, chances are it’s your gallbladder. When your gallbladder is acting up, you will experience pain, especially from fatty foods. To find out the cause of your pain, it’s important to see a specialist.

“Gallbladder problems are almost always caused by gallstones. Surgical removal of the gallbladder is usually the best way to eliminate the problem, and it’s often a minimally invasive procedure.”

If you’re concerned about your gallbladder, or any digestive issue, schedule an appointment with Dr. Claffey by calling (618) 998-7155.

Dr. Claffey is a member of the medical staff at Heartland Regional Medical Center.



If you’re concerned about chronic heartburn, schedule an appointment with a board-certified general surgeon by calling (618) 998-7155. For more information, visit MyHeartlandSurgery.com.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.



AN EQUAL OPPORTUNITY EMERGENCY

Otherwise known as a “brain attack,” a stroke can affect men and women of any age.

When the word stroke comes to mind, you may think of a medical emergency that occurs later in life. However, this cerebrovascular event, which occurs when the flow of blood to the brain is blocked, can happen to seemingly healthy individuals in the prime of life. The consequence can be brain damage, long-term disability or even death, as we witnessed when a relatively young Hollywood actor succumbed to a stroke during the last year.

TAKING ACTION

The first step to protect yourself from the consequences of stroke is to understand the risk factors. These include diabetes, family history, heart disease, high blood pressure, obesity and smoking. African Americans are also at greater risk for stroke. If you have any of these risk factors, take extra care to reduce your likelihood for experiencing a stroke. Specifically, try to:

- choose foods that are low in saturated fat and sugar

- exercise regularly
- keep blood pressure and cholesterol under control
- maintain a healthy weight
- manage stress
- stop smoking

You may also speak with your healthcare provider about whether medications may be needed to manage your risk factors.

RECOGNIZING STROKE

Even if you and your loved ones are following guidelines for a healthy lifestyle, you are still at risk for stroke. If you suspect that a stroke is occurring, think through the FAST checklist. Stroke may cause:

- Face drooping
- Arm weakness
- Slurred speech

If you notice any of these symptoms:

- Time to call 911

The faster a medical professional treats stroke, the more positive the outcomes will be.

ARE YOU YOUNG AT HEART?

Being young at heart is good for your health. Your “Heart Age” is directly linked to your risk for heart disease. To learn more, take a free five-minute online Heart Risk Assessment. It will calculate your Heart Age and offer advice on how to maintain or improve your heart health. Do it for your heart and for all the people who hold you close to theirs.

Want to know your risk for cardiovascular disease? After you take the Heart Risk Assessment, you can share your results with your doctor. This information will help your doctor assess your individual risk and offer advice about how to stay or get healthy.

Take the assessment today at HeartlandHeart.com/heartbeat.



Heartland Regional Medical Center is an Emergent Stroke Ready Hospital, having complied with stringent criteria in providing emergency care for stroke patients. Learn more at HeartlandRegional.com.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 998-7000 (TTY: (618) 998-7558).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod nume (618) 998-7000 (TTY: (618) 998-7558).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



When should you go to the Emergency Room? *When you have an emergency.*

It's not a trick question. Emergencies don't wait. And you shouldn't wait to seek care if an emergency strikes you or your family.

Chest pain, burns, cuts that won't stop bleeding, potential broken bones, trouble breathing, dizziness or loss of consciousness are all signs that you need help. Immediately. Delaying care in an emergency can lead to worse outcomes and potentially serious complications later. So don't delay seeking help.

By instituting specific protocols that meet or exceed CDC guidelines, we can say that we are open and ready to care for you in an environment specifically designed to keep you safe.



For more information go to HeartlandRegional.com/ER

