



Fillmore County Hospital's Health Update

A QUARTERLY PUBLICATION

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What's New at Fillmore County?

Fillmore County Hospital has recently made some additions that indicate development of specialized health care services is reaching beyond metropolitan-sized cities.

New Cardiac Equipment

The hospital updated its cardiac monitoring system in May by installing a new cable and telemetry system, which is capable of monitoring five patients with heart ailments. A new EKG machine was also purchased to facilitate diagnosis of patients with heart problems.

Surgery Expanded

The surgery department has been remodeled and expanded. A C-Arm was recently purchased which allows x-rays to be taken of the patient during surgery. A new Anesthesia Cart was added which allows more sophisticated patient monitoring during surgery. Averaging the total number of surgeries, surgery is now performed on a daily basis.

Nuclear Medicine Added

Beginning this summer, a truck carrying nuclear medicine equipment began traveling throughout southeastern Nebraska.

stopping at area hospitals, including Fillmore County Hospital. Nuclear medicine offers another method to assist physicians in diagnosing patients by scanning specific organs or bones.

Dietary and Kitchen Remodeling

This summer the dietary department and kitchen underwent

remodeling. A frozen yogurt machine was installed, allowing patients and employees the opportunity to enjoy a new product.

Lifeline System Expanded

Fillmore County Hospital now has 50 Lifeline units available for lease.

Exercise for Fitness

Good Reasons to Keep Exercising

It's easy to become an exercise dropout when you're busy, tired or stressed. Before excusing yourself, consider the reasons why you should continue to exercise. What's in it for you? Here are just a few of the benefits.

- **It can improve your appearance.** As fat melts away and your muscles begin to ripple, you'll feel better and look trimmer, healthier, and younger.

- **It's good for your mental health.** Exercising regularly can help reduce frustration and

depression, and give you a general sense of "well-being" that can make a positive impact on all areas of your life.

- **It helps control your weight.** By participating in regular exercise you can burn excess calories. In addition, regular exercise helps increase your metabolism—even after you've stopped exercising, your body continues to burn calories at a higher rate.

- **It keeps your heart and blood vessels healthy.** When you exercise, your heart can pump more blood through your body with less effort. A strong heart can help you wake up feeling rested, and looking forward to your day.

Consulting Physicians at Fillmore County Hospital

In order to meet the health care needs of this area, Fillmore County Hospital has arranged for consulting physicians to come to Geneva on a regular basis. These physicians are specialists in their respective fields and travel to Geneva from Lincoln and Hastings in order to make health care more convenient, more thorough, and more economical for our patients.

- **GENERAL SURGEON**—Travels to Geneva every Friday and whenever emergencies arise to offer a wide range of surgical procedures.
- **DERMATOLOGIST**—Treats general skin diseases, acne, skin allergies, and performs general dermatologic surgery.
- **OTOLARYNGOLOGIST** (ear-nose-throat specialist)—Besides routine examinations, he performs Tonsillectomies, Adenoidectomies, etc. An audiologist can also be arranged to perform hearing tests.
- **ONCOLOGIST**—Travels to Geneva every four weeks, treating cancer patients.
- **RADIOLOGIST**—Travels to Geneva every Thursday to interpret x-rays, mammograms, ultrasound examinations, and nuclear medicine scans.
- **CARDIOLOGIST**—Three cardiologists travel to Geneva on a rotating basis to treat patients with heart problems.
- **PULMONOLOGIST**—A lung specialist.
- **OPHTHALMOLOGIST**—Besides routine eye examinations, he performs surgical cataract extractions.
- **ORTHOPEDIST**—Every other Thursday, an orthopedist travels to Geneva to treat patients who have any disorder or injury related to the bones.
- **OBSTETRICIAN/GYNECOLOGIST**—Performs Cesarean Sections, Amniocentesis procedures, Laparoscopic tubal ligations, infertility workups, etc.
- **GASTROENTEROLOGIST**—A specialist who treats problems associated with the stomach and/or bowels.

- **UROLOGIST**—Treats patients with bladder, kidney or prostate disorders.
- **NEPHROLOGIST**—Treats patients with special kidney problems.
- **NEUROLOGIST**—Treats patients with any nerve disorders, headaches, etc.
- **PODIATRIST**—Travels to Geneva the third Wednesday to treat patients with any sort of foot disorder or problem.

To make an appointment, or for more information, please contact your local physician.

Family Practice Physicians on staff at Fillmore County Hospital include: Dr. Charles F. Ashby, Dr. Carroll L. Verhage, and Dr. Jeff R. Hollis, and his staff, including one locum tenens physician plus a physician's assistant. They offer 24-hour medical coverage at the hospital and act as liaison between the patient and the consulting physician.

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Your Emotional Well-Being

What Every Child Deserves

How children feel about themselves can have an effect on how they live their lives. A child with high self-esteem will grow up feeling confident. As a parent, you can help your child develop this important sense of self worth. Here are some things you can do:

- 1. Accept your child for who he is.** Assure your child that your love and acceptance are not based on his accomplishments. Let him know he is loved just for himself.
- 2. Offer praise instead of criticism.** What you say to your child becomes part of how he sees himself. Use positive statements that focus on the things your child does well.
- 3. Teach your child to get involved.** Emphasizing teamwork and cooperation will help build your child's confidence—win or lose.
- 4. Supervise and guide.** Help your child handle privileges and responsibilities by setting limits on his behavior.
- 5. Set a good example.** Your child watches you and will behave as you do. Try to let him see you handling disappointments in a constructive way.

National Mental Health Association

Making Medications Work for You

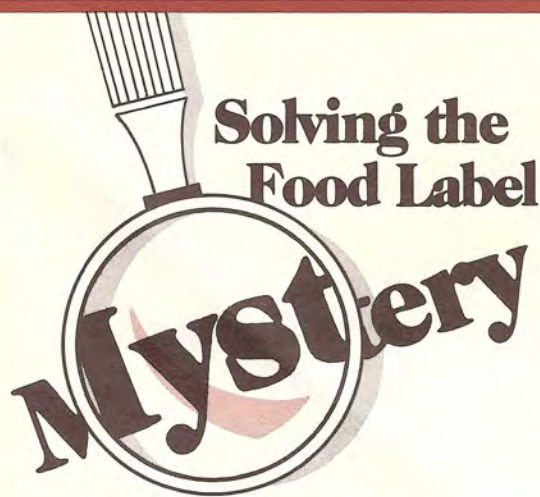
Thousands of people are hospitalized each year because they fail to take prescription medications correctly. The most common mistakes can be avoided if you learn about your medications and how to take them. The following precautions can help you get the safest, most effective use of the medications you are taking.

- Find out what you are taking and what the medication is supposed to do. Ask about any possible side effects and what to do if they occur.
- Know when and how often your medication should be taken. Find out if you should take it before or after eating, with food or without, or with water or some other fluid. Take the exact amount prescribed.
- Don't "double-up" on your medication. If you forget to take it, contact your doctor or pharmacist to find out what you should do.
- Ask if your medication can be taken safely with other drugs. When taken together, some drugs will interact with one another, causing an abnormal reaction or an increase or decrease in the effect. Be sure to tell your doctor about all the other medications you are taking.
- If you are taking several medications, keep a daily record of each drug you take and when you take it, the doctor who prescribed it, and the amount taken.
- Take your medication for as long as it is prescribed, even if you're feeling better. If you stop taking it too soon, you may prevent the drug from doing a complete job.
- Don't take medications prescribed for someone else. Your symptoms may be the same, but medications don't always produce the same effects in everyone.

Remember, a medication strong enough to treat an ailment is also strong enough to cause harm if it is not used correctly. Contact your doctor or pharmacist if you have questions or concerns about any medication you are taking.

Food and Drug Administration





Solving the Food Label Mystery

Confused about cholesterol? Baffled by beverage labels? Decoding food labels can be as mysterious as an Agatha Christie novel. Sometimes there's a big difference between what a product claims to be and what it actually is. Being aware of these misleading phrases can help you make healthier food choices.

Light foods. The word "light" (or lite) on a label doesn't necessarily mean lower in calories. Light tuna refers to the color of the meat. Light syrup is made with less sugar, but (depending on the brand) may not have fewer calories. Light beers and wines may have lighter taste or decreased alcohol, but calorie counts vary from brand to brand, and the calorie savings is usually small.

No cholesterol. Products labeled "no cholesterol" may not contain any cholesterol, since cholesterol can only be found in animal products, but they can still be high in saturated fat.

Pure vegetable oil. Many vegetable oils touted as being 100 percent pure actually contain tropical oils such as palm or coconut oil, which are high in saturated fat.

Low-fat milk. Milk labeled "low-fat" may not be low in fat at all. The two percent listing refers to the milk's fat by weight. Thirty-eight percent of its calories come from fat.

Food and Drug Administration

What You Should Know About AIDS

Despite tremendous media attention and information recently sent out by the Surgeon General, many people continue to be confused about the chances of becoming infected with AIDS.

While there is no cure for AIDS, scientists do know how it is spread. Unlike other infectious diseases, the AIDS virus does not travel easily from person to person. AIDS cannot be transmitted through casual contact because the virus dies quickly in the presence of air. AIDS patients carry the virus inside them; they do not leave it on objects they touch or exhale it into the air when they breathe or sneeze.

Although the virus has been found in the tears and saliva of AIDS patients, the concentrations are so weak that most health experts don't consider them a threat.

How is the virus that causes AIDS transmitted from one person to another? It is only transmitted by having sex with an infected person, sharing drug needles and syringes with an infected person or, less often, through blood or blood products.

Regardless of what you may have heard, the AIDS virus is hard to get and is easily avoided. Taking precautions and learning the facts can ease your fears and help you protect yourself.

Watch for more information on AIDS in future issues.

Your Nutrition

Decaffeinating Your Life

Reducing your caffeine intake may be a healthy choice. Although the long-term effects are not yet known, scientists have found that in susceptible people too much caffeine can cause headaches, restlessness, insomnia, heart palpitations, and even panic attacks.

Until more is known, experts suggest limiting your daily intake to the equivalent of two or three cups of coffee. These tips can help you cut down.

- Choose a different method of making coffee. (Automatic drip coffee contains about 137 mg. of caffeine per cup, percolated coffee contains about 117 mg., instant contains about 60 mg., and decaffeinated contains about 3 mg.)
- Try brewing equal parts of regular and decaffeinated coffee for a few days.
- Substitute caffeinated coffee with an extended coffee made from a blend of coffee and chicory or coffee and wheat.
- Switch to caffeine-free soft drinks. Make sure the label reads "caffeine-free." Many regular, diet, and citrus-flavored sodas contain caffeine.

It's best to reduce your caffeine intake gradually. By slowly cutting back, you can avoid the effects of caffeine withdrawal and decrease possible health risks associated with the heavy use of caffeine.