

# HEALTHCARE DESTINATION

Spring 2018

## Sidelined

*Overcoming sports injuries*



*1,252 kids each year end up in the ER because of these*

## Cotton Swabs

## *This birthday,* bottoms up!

A colonoscopy at age 50 greatly reduces the risk of developing colorectal cancer.



 **KNOXVILLE**  
Hospital & Clinics  
Knoxvillehospital.org



Parents know who they should go to when their child is sick. But well-child visits are just as important for healthy children. Visits with your child's primary care provider should begin at age 2-5 days and continue until they reach age 21. These visits are key to preventing illness, tracking growth and development, and working together to address physical, mental or social health issues.



### How often do you really feel 100%?

For many Americans, the answer is “not often.” A study of 2,000 Americans saw as many as a quarter describe themselves as being in some form of pain “all the time.” Joint or foot pain are frequently to blame. There are so many people who live with the discomfort because they don’t know there is a solution. Discover your pain relief options. Start with a visit to orthopedic surgeon Dr. Todd Peterson for your hip, shoulder, or knee pain; and podiatric surgeon Jill Frerichs for your foot or ankle pain. Call (641) 842-1441 for an appointment.

### Spring “allergies” have sprung

Spring is refreshing, but it’s also a key time of the year for seasonal allergies. As plants release pollen, millions of people with hay fever start to sniffle and sneeze. Don’t suffer through the season. Start with a visit to the KHC Allergy Clinic. There are prescription allergy treatments that can ease the symptoms. Our medical staff can evaluate your condition and identify the right medication for you. Call (641) 842-7006 to schedule a visit with Dr. Michael Van Natta.



### School of hard knocks

The Knoxville Hospital & Clinics is the best place for kids with sports-related injuries, such as concussions, sprains, bumps and bruises, broken bones, heat illnesses, and overuse injuries. Our promise is comprehensive, high-quality care for your athletes. The Knoxville facility offers a sports program that specializes in providing sports physicals for local students, teaching warm-up exercises, providing physical therapy, offering game sidelines support, delivering orthopedic care, performing preconcussion baseline testing, and treating injuries. Call (641) 842-1464 to learn more.

### Breathe easier, live better

Persons living with lung and airway conditions (e.g., COPD, asthma, chronic bronchitis, pulmonary fibrosis), often find it easier to breathe, enjoy a higher quality of life, and improve their ability to do daily living activities, after participating in KHC’s Pulmonary Rehabilitation Program. The program involves education, exercise, nutrition, and other activities tailored to each patient’s needs. Our aim is to inspire you and change lives. Speak to your doctor about a referral to the pulmonary rehab program; or call (641) 842-1558 for more information.



### Check in for a checkup!

“Well-child” visits, which promote good health and development, are recommended for all children from newborn to age 21. During these visits, your primary care provider will assess your child’s physical, behavioral, developmental, and emotional status. The visits are a critical opportunity to detect a possible developmental delay or disability, early treatment of which can lessen the future impact on both the child and family. If your child has not received a well-child checkup in the past 12 months, schedule an appointment by calling one of our clinics listed on the back of this publication.

### Colon cancer at-a-glance

It’s true - there are a lot of surprises that can happen in life, but colorectal cancer doesn’t have to be one of them. Colon cancer, when discovered early, is highly treatable. It can often be prevented through regular screening, which can find polyps before they become cancerous. Talk with your doctor about when screening should begin based on your age and family history of the disease. People with an average risk should begin screening at age 50. Individuals with a first-degree relative (parent, sibling) who has (or has had) colon cancer have two to three times the risk of developing the disease.



Amy Hughes, DO

Roy Molina, MD

### Think twice before using a cotton swab

Cotton swabs may seem harmless enough, but should only be used on the outermost parts of your ear - not in the ear canal. In most cases, the ear canal doesn’t need to be cleaned and can be damaged by a cotton swab. Most ear wax will loosen and slough off naturally while you are asleep. Hearing issues, or really any problems with your ears for that matter, should get checked out. ENT specialist Dr. Nichole Dean can diagnose and treat any ear problem like ear wax buildup, swimmer’s ear, earaches, sinusitis, and more. Call (641) 842-1441 to schedule an appointment.

### Drs. Hughes and Molina establish oncology-hematology services at Knoxville Clinic

In January, Amy Hughes, DO, and Roy Molina, MD began seeing patients at the Knoxville Clinic. Both individuals are double board certified in medical oncology and internal medicine. They are part of the Cancer Center of Iowa-Medical Oncology and Hematology Associates. As visiting specialists, they will be caring for patients with cancer and blood diseases. Bringing specialized services closer to where our patients live is an important part of our vision to be your healthcare destination. Visit our website for more information about these and other cancer-related services.



## Untreated obstructive sleep apnea side effects

People with sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer.

While snoring may be one of the most noticeable sleep apnea side effects, there are other signs and symptoms to be on the lookout for when this serious, life-shortening condition remains untreated:

- high blood pressure
- heart disease

- heart attack
- irregular heartbeat
- stroke
- motor vehicle accidents caused by falling asleep at the wheel
- Type 2 diabetes
- depression
- weight gain
- trouble concentrating and forgetfulness
- irritability
- headaches in the morning
- dry mouth or sore throat when you wake up
- daytime sleepiness or fatigue

Persons with untreated obstructive sleep apnea may have one, some or all of these symptoms.

**You deserve your rest.** Speak with your primary care provider about getting a referral to KHC's Sleep Disorders Clinic for appropriate testing and treatment recommendations.

Knoxville Hospital & Clinics complies with applicable civil rights laws and does not discriminate, exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-515-282-8269, extension 16.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 1-515-282-8269, extensión 19.

AUFMERKSAMKEIT: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.

## Upcoming Events

### Kids' Health Fair

April 5, 2018; 4:30 -6:30 p.m.

210 N. Iowa St., Knoxville

### 55+ Health Fair

July 19, 2018; 4-7 p.m.

Knoxville Hospital

## Job Openings

Search and apply at:

[knoxvillehospital.org](http://knoxvillehospital.org)

*Equal Opportunity Employer*

### Acute Care

1202 W. Howard St.  
Knoxville, IA 50138  
Ph. (641) 842-7211

### Clinics

**Knoxville Clinic**  
1202 W. Howard St.  
Knoxville, IA 50138  
Ph. (641) 842-7211

### EJ McKeever

**Medical Center**  
113 N. Main St.  
Melcher-Dallas, IA 50163  
Ph. (641) 947-2121

### Red Rock Healthcare

615 Washington St.  
Pella, IA 50219  
Ph. (641) 628-2222

### Pleasantville Clinic

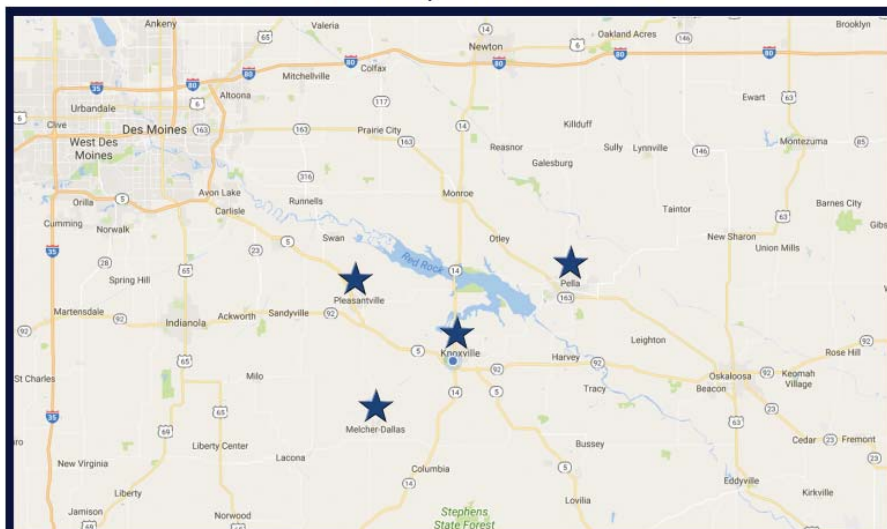
104 N. Washington St.  
Pleasantville, IA 50225  
Ph. (515) 848-3113

### Emergency Dept.

1002 S. Lincoln St.  
Knoxville, IA 50138

### Hospital

1002 S. Lincoln St.  
Knoxville, IA 50138  
Ph. (641) 842-2151



**Exceptional Care.  
Your Healthcare Destination.**