

HEALTHCARE DESTINATION

Fall 2017

In 1935, the citizens of Marion county saw the need to build a community hospital in Knoxville. Hence, they began the tradition of providing exceptional healthcare to their neighbors. Today, that tradition continues.

To serve the emerging healthcare needs of South-Central Iowa, Knoxville Hospital & Clinics (KHC) has grown from one hospital into a family of healthcare centers in Knoxville, Melcher-Dallas, Pella, and Pleasantville. This healthcare system enables us to provide a higher level of comprehensive care and more access points for your healthcare needs.

When you come to KHC, whether as a patient or visitor, our staff will provide you friendly, quality and caring services in an environment that is supported by our vision to be recognized as “Your Healthcare Destination, built upon compassion and innovation.”

Read more to learn how KHC is continuing to be a leading healthcare provider in this region. When it comes to your health, you can feel confident knowing that KHC is your one source for healthcare.

Kevin Kincaid, CEO



Wake Up to Snoring?

Do you snore? Maybe. Does someone you love snore? You can answer that more easily.

Loud snoring is a classic symptom of sleep apnea, a common disorder with one or more pauses in breathing or shallow breaths while you sleep. Sleep apnea is a big deal. It can aggravate high blood pressure and lead to heart attack or stroke. It also contributes to depression, anxiety, and even car accidents.

About half of adults with sleep apnea don't know they have it. If you suspect you have sleep apnea, contact one of our Family Medicine providers to see whether our new Home Sleep Test or a sleep lab study may be appropriate for you.

Girls' Night Out

Mark your calendar. The always popular “Girls' Night Out” at the Knoxville Clinic will be held October 12, from 5 – 7 p.m. Join us for shopping, food, giveaways, and fun. Event is held in connection with KNIA/KRLS' *Save a Life Radiothon* supporting breast cancer awareness.

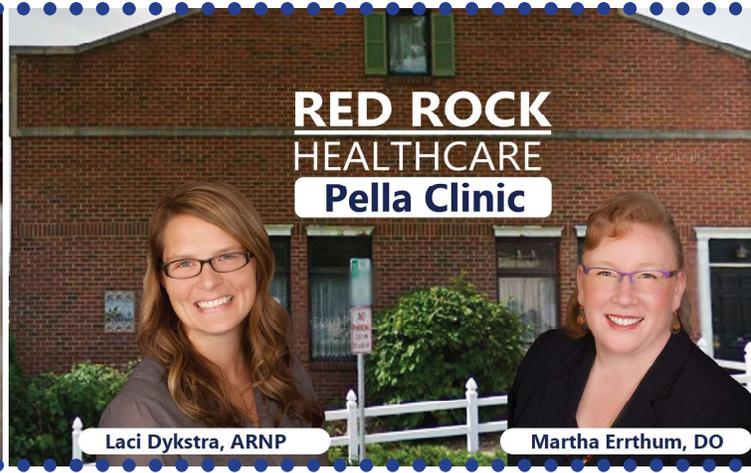
Doctors are in the House

Please welcome physicians Ryan Laughlin, James Benjamin “J.B.” Law, and Cynthia Hoque to Knoxville Clinic's Family Medicine team. Are you looking for a new doctor? Has your doctor retired or relocated; or have you recently moved to Marion County? Call (641) 842-7211 to set up an appointment with one of these new providers.



Most Women Can Survive Breast Cancer, if Found and Treated Early

October is Breast Cancer Awareness Month, and a great time to schedule your mammogram. It is a very important step toward protecting your health. All insurance plans are required to cover screening mammograms for women over 40, without charging you a copayment or co-insurance. It's true, even if you haven't met your yearly deductible. Services must be delivered by a provider in your network.



RED ROCK HEALTHCARE Pella Clinic

Laci Dykstra, ARNP

Martha Errthum, DO

We're Growing

KHC has expanded its Family Medicine services to make access more convenient for patients. Red Rock Healthcare-Pella opened its doors September 5 at 615 Washington Street. The clinic is open Monday-Friday, 7 a.m. - 5 p.m.

Dr. Martha Errthum will be seeing patients on Tuesdays and Fridays; and Laci Dykstra on Monday through Thursday. Call (641) 628-2222 for an appointment.



Oh...the Sweet Aroma

A bouquet of freshly brewed gourmet coffee now greets patients, families and community members as they enter KHC. The Coffee Connection West is located just inside the front door of the Knoxville Clinic. The coffee bar features a host of regular brews, in addition to lattes, espressos, cappuccinos, premium teas, lemonades, and other hot and cold specialty beverages. Open 7-11:30 a.m. and 1-3 p.m. weekdays. Stop by anytime.



"The Name Says it All - Pleasantville"

Earlier this year, Peoples Bank generously donated their bank building in Pleasantville to KHC so that medical services in the community can be enhanced and the adjacent clinic expanded. Preliminary planning is underway to redesign the clinic and raise funds for the project. A community group has been assembled to help raise awareness about the project and solicit input from the community regarding unmet healthcare needs. It is anticipated that the bank building will become available sometime in 2018.



Can You See Me Now?

An Aquilion PRIME 40 - that sounds like the name of a new Transformer movie character. Actually, it's the most advanced computer tomography (CT) technology, which was acquired this year by KHC's Imaging Department. This cutting-edge system is fast (0.35 second rotation), takes 40 image slices every rotation, exposes patients to less radiation because it adjusts to the patient's shape and size, has a wide bore hole for patient comfort, and provides improved diagnostic accuracy.

In Case of Emergency: Who's in the ER?

KHC's Emergency Department plays an important role in providing treatment to patients requiring acute and life-saving care, and in stabilizing critical patients so they can be transferred to major hospitals for specialized care. Leading the effort is Dr. Hassan, Emergency Department Director. Dr. Hassan recently joined KHC's medical staff. He graduated with honors from Saba University of Medicine in the Netherlands. He has been in practice for 7 years and completed his residency at Saint Luke's Hospital in Missouri.



Ahchoo!

Autumn has arrived, and you can't stop sneezing and sniffing. What's going on? You may be suffering from pollen allergy. Ragweed is a primary allergy trigger in the fall. Three out of four people who are allergic to pollen are allergic to ragweed. Over the course of a single year, one ragweed plant can produce one billion grains of pollen. There are effective ways to curb the symptoms of fall allergies and sinusitis. Start with a visit to Dr. Van Natta and find out if KHC's Allergy Services can benefit you. Call (641) 842-7211.

Knoxville Ortho's Prestigious Surgical Team

The orthopedic surgery team at KHC offers trusted surgeons who have vast training and experience. Two members of that team were recently added to KHC's Medical Staff - Dr. Todd C. Peterson and Dr. Jill Frerichs. Both were previous visiting specialists. Dr. Peterson specializes in total joint arthroplasty, robotics-assisted partial knee replacement, arthroscopic surgery, sports medicine, and orthopaedic trauma. Dr. Frerichs specializes in foot and ankle reconstruction, ankle arthroscopy, and foot and ankle injuries.

2017-2018 Flu Season is Upon Us

Getting an annual flu vaccine is the best way to protect yourself, and your friends and family from the flu. Flu vaccines are covered by most insurance plans with no copayment or co-insurance. The flu vaccine is available at all KHC clinic locations.

Job Openings

If you're looking for an opportunity to work with a team who will empower you to provide the best patient care, please search and apply for one of our career openings at:

knoxvillehospital.org.

EOE

Stop by the **Flutterbye Gift Shop** from 9 a.m. - 4 p.m. weekdays for a wide selection of fashionable and affordable clothing, gifts and accessories. Support the KHC Auxiliary.

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.
1202 W. Howard St.
Knoxville, IA 50138

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

Get Help to Pay Your Medicare Costs

Many lowans, especially those living on a fixed income, may need help paying for their Medicare premiums, deductibles, co-insurance, and drug costs. Call the Iowa Senior Health Insurance Information Program at 1-800-351-4664 (TTY 800-735-2942) to apply for assistance.

New Look, Better Future

Prior to this summer's renovation, the hospital's 300 Wing was stuck in a 1980s time warp. Long since abandoned as patient rooms and converted to makeshift offices, these rooms lacked the obvious curb appeal. Today, the wing has been converted into sophisticated and comfortable exam rooms and a waiting room. Patients are enjoying the healing environment and easy-to-navigate design.

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.
Rufnummer: 1-515-282-8269, erweiterung 19.

New Patient Exam Room



**Exceptional Care.
Your Healthcare Destination.**