

A publication of the Knoxville Hospital & Clinics

HEALTHCARE DESTINATION

Winter 2017-18

'Tis the Season *Diabetes-Friendly Recipe*



Start the Year Off Right Knee Pain Relief

Gorgeous Winter Skin



 **KNOXVILLE**
Hospital & Clinics
Knoxvillehospital.org



You know the
best places to
shop for kids
clothing.

Do you
know the
best
medical
center for
your kids?



Start the Year Off Right: Knee Pain Relief

Simple things, like playing with your grandkids in the snow, can be nearly impossible for people living with arthritic knee pain. Knee pain can rule your life. Get your freedom back. There are many nonsurgical and surgical options available, including robotics-assisted partial knee replacement surgery. Dr. Todd Peterson performs partial and total knee replacement surgeries at KHC. Go to knoxvilleortho.org to hear from individuals who are once again living life to the fullest.

Healthcare for All Stages of Life

There are some things that are important throughout life: a healthy diet, exercise and not smoking are prime examples. Another important constant is receiving regular preventive care. Regular exams allow you to build a relationship with your primary care provider and track your health over time, catching any potential problems early when they are most treatable. Your provider can recommend screenings appropriate for your stage of life. Just call us *"Your Medical Home."* Our Family Medicine clinics are accepting new patients. Call (641) 842-7211.



Take Advantage of Your **FREE** Health Benefit

You might have put off getting annual wellness exams while you were busy working or raising your family. Now is the time to prioritize your health. Once you've been on Medicare Part B for a year, you're eligible for a **\$0 copay annual wellness visit**. The visit begins with a conversation about your medical history, and then focuses on your vision, balance, hearing, etc. Afterward, a personalized health plan is created to address any concerns and schedule further tests, if needed. If everything looks okay, the plan may address ways to stay active and maintain your current health. Call (641) 842-7211 to schedule.

Do you have the winter blues?

Your mood may be falling as fast as the thermometer. Known as seasonal affective disorder, the "winter blues" are very common, and characterized by depression, fatigue, hopelessness, and social withdrawal. **The condition is treatable.** Contact a Family Medicine professional at (641) 842-7211 to lift your spirits and ease the symptoms. If you are concerned about suicide, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). They have trained counselors available 24/7 to speak with either you or your loved one. All calls are confidential.



Gorgeous Winter Skin

The winter outside might be frightful, but your skin doesn't have to be. The cold days of winter can bring uncomfortable dryness, flaking, cracking, and even eczema. You may find a moisturizer works just fine, but if you need someone to help troubleshoot your skin condition and provide you with a proper skin care regimen, schedule an appointment with one of our dermatologists. Call (641) 842-1441.

Straight from the Heart

Cardiac rehabilitation is a customized outpatient program of exercise, training, emotional support, and education. It is designed to help patients improve their health and recover from a heart attack, other forms of heart disease or surgery to treat heart disease. Many individuals who have undergone heart surgery at a major heart center in Des Moines or other location, live in Marion county. We offer cardiac rehab services at the Knoxville Clinic, where they are convenient for patients, preventing the need to travel. If you or a loved one wishes to receive care close to home, ask your physician for a referral.



Paul Conte, MD



Dapka Baccam, MD

Top 4 Winter ENT Problems

Ear, nose, and throat conditions are common this time of the year. The Top 4 are strep throat, influenza, pneumonia, and the common cold. These issues can generally be treated by your Family Medicine provider or through Acute Care. If you are experiencing tonsil problems, hearing loss or a feeling of blockage, nosebleeds, dizziness, ringing in the ear, trouble smelling or tasting, or hoarse voice, you may have a more serious ENT condition. Call (641) 842-1441 for expert ENT care from Dr. Nichole Dean. Dr. Dean is with Mercy West ENT Clinic and sees patients at our Knoxville Clinic.

Drs. Conte and Baccam form KHC's New General Surgery Team

In November, Dr. Paul Conte, MD and Dr. Dapka Baccam, MD joined Knoxville Hospital & Clinics' Medical Staff, forming a new general surgery team. Their patient-focused approach and expertise allows them to provide the highest level of care from referral to follow-up. Whether you need to schedule outpatient or inpatient surgery, KHC has the advanced medical technology and expertise you need for peace of mind. When you schedule a surgery at KHC, you can be confident knowing you're in good hands.



Sugar-Free “Sugar” Cookies

Ingredients

- 3/4 cup unsalted butter
- 1/4 cup light butter
- 1 cup Splenda No Calorie Sweetener, granulated
- 1 tablespoon vanilla
- 1/4 cup egg substitute
- 1/4 cup water
- 3/4 teaspoon white vinegar
- 1-1/2 cups all-purpose flour
- 1-1/2 cups cake flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder

Directions

1. Preheat oven to 350 degrees F. Lightly oil a cookie sheet and set aside.

2. Blend together butters, Splenda and vanilla in a medium mixing bowl. Add egg substitute, water and vinegar. Mix. Add flours, salt and baking powder. Mix on low speed until dough is formed.

3. Remove dough from bowl and place on a floured work surface. Divide dough in half. Pat each half into a circle and cover with plastic wrap. Refrigerate 1 hour.

4. Remove dough from refrigerator and roll out on a floured surface to approximately 1/4 inch thickness.

5. Cut with cookie cutters and place cookies on prepared sheet.

6. Bake 10-12 minutes or until lightly brown on the bottom. Cool on a wire rack. Yield 48 servings.

Calories: 60
 Fat: 3.5 grams
 Saturated Fat: 2 grams
 Sodium: 30 milligrams
 Cholesterol: 10 milligrams
 Protein: 1 grams
 Carbohydrates: 7 grams
 Sugars: 1 grams

Source: Splenda

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.

Managing Your Diabetes

KHC’s Family Medicine providers help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy.

Individual and family diabetes education services are available.

Job Openings

Search and apply at:
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

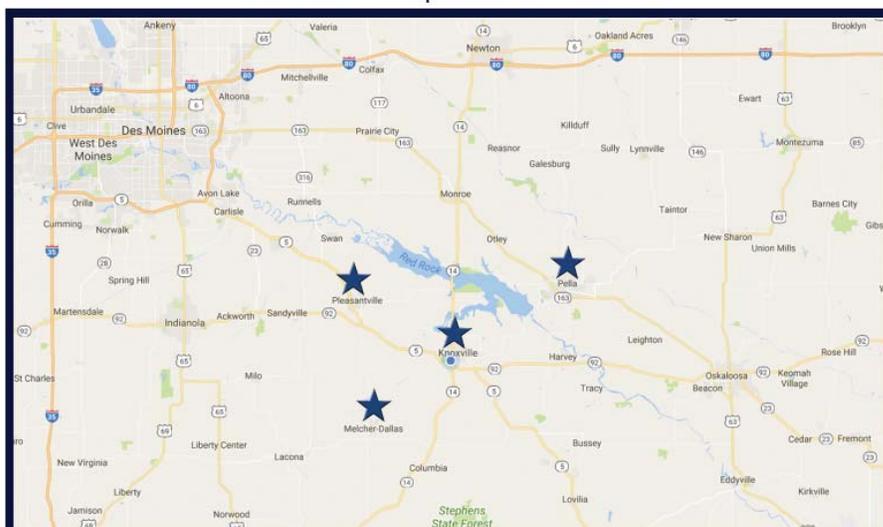
104 N. Washington St.
 Pleasantville, IA 50225
 Ph. (515) 848-3113

Emergency Dept.

1002 S. Lincoln St.
 Knoxville, IA 50138

Hospital

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



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