

HEALTHCARE DESTINATION

Summer 2018

It takes just
15 minutes

Sunburn



*Every one reduces your expected
lifespan by 11 minutes*

Cigarettes

Pain Relief

without the addiction

Effective pain relief treatments
without the downside of prescription
painkillers



 **KNOXVILLE**
Hospital & Clinics
Knoxvillehospital.org



TOP 7 Summer Health Hazards

Stay safe this summer! Enjoy your picnic dinners and trips to the lake...we don't want to meet you in the emergency room suffering from one of the most common summer hazards.

- 1 Mower injuries
- 2 Boating accidents
- 3 Dehydration
- 4 Sunburn
- 5 Picnic food poisoning
- 6 Fireworks
- 7 Insect stings



Time to put snoring to rest

You may be among the 45 percent of adults who snore at least occasionally or you know someone who does. Snoring is serious business. Seventy-five percent of people who snore have obstructive sleep apnea, a condition that increases the risk of developing heart disease.

Beware of stop-snoring aids (guards, strips, sprays, straps) that lack the scientific studies to support their claims. Instead, visit with your doctor about getting a **Home Sleep Test** through the Knoxville Hospital & Clinics.

What your voice might be telling you

Usually when your voice gets a little raspy, you can blame it on overuse, an upper respiratory tract infection or cold, and you can count on having your regular voice back in a few days. When hoarseness lasts longer than two weeks, the condition should be evaluated by an otolaryngologist (a doctor who specializes in diseases of the ears, nose, and throat), such as Dr. Nichole Dean. Hoarseness can result from numerous treatable problems; or may be a sign of cancer, and catching it early improves the odds of successful treatment. Call (641) 842-1441 to see Dr. Dean.



When every second counts, LUCAS is there

When a cardiac arrest patient arrives at KHC's Emergency Department, staff quickly put their lifesaving skills into action. During this critical time, patients require a steady supply of oxygen to their heart, brain, and vital organs. If the heart stops beating and blood flow stops, a person will lose consciousness in 15 seconds. In 30-60 seconds, they will stop breathing, and irreversible damage can occur after several minutes of oxygen deprivation. That's why CPR is so important.

But performing uninterrupted manual chest compressions can be challenging in an emergency setting, especially over an extended period and when a patient is experiencing other life-threatening conditions. That's where the Physio-Control LUCAS 3 Chest Compression System can assist emergency personnel. Acquired through a grant, this mechanical device works by providing continuous, high-quality compressions to the patient. LUCAS is the world's most-used mechanical CPR device, with more than 99 percent of patients treated with the device having a good neurological outcome.



Saved by the scan

Lung cancer is the #1 leading cause of cancer-related death in America, but now there's hope. A low-dose spiral CT ("cat") scan is now being offered by the Knoxville Hospital & Clinics' Imaging Department for detection of lung cancer. According to the American Lung Association, a low-dose CT scan is the only procedure that can reduce mortality for those at high risk for lung cancer.

If you're a current or former smoker over age 55 (smoked at least a pack of cigarettes a day for 30 years; or two packs a day for 15 years), you are at **high risk for developing lung cancer**. Fortunately, an initial CT scan is covered by most insurance plans without co-pay, if you: (1) are at high risk, 55-80 years old, and have private insurance and are in-network; or (2) are at high-risk, 55-77 years old, and have Medicare. If you or a loved one fits the high-risk profile, it is strongly recommended that you get a lung scan --- it has been proven to save lives. Book your appointment by contacting the Imaging Department at (641) 842-1466.



Enough is enough is enough

Living with knee pain can really hold you back. Ignoring it will not make it go away. Over time, osteoarthritis of the knee can cause significant damage to your joint. It's time to do something about it when:

- You plan around your knee pain.
- Your current treatment is falling short.
- Your knee pain is keeping you from daily activity and exercise.

Talking to Dr. Todd Peterson is the best way to start exploring your options. Call (641) 842-1441.

Pain relief without opioids

Approximately 11 percent of U.S. adults suffer from chronic pain. In the past, the condition was commonly treated with opioids (e.g., oxycodone, Vicodin, and many others). This led to a national epidemic of opioid-related addictions, deaths, and overdoses. Today, there are better pain relief options available. KHC offers comprehensive pain management treatments without the addictive pills. Ask your medical provider about other pain-reducing therapies, including anesthesiologist-employed nerve blocks, injection therapies, and targeted drug delivery.



Stay “Sun Safe” this summer

With all the sunscreens available, choosing the right one for your kids can be tricky. Here are five important things to look for on the sunscreen product label.

1. An SPF of 30 or higher
2. Protects against both UVA and UVB rays (a broad-spectrum sunscreen)
3. Water resistant
4. Does **NOT** contain PABA, which can cause skin allergies
5. Contains titanium dioxide, which is good for kids with sensitive skin

Select a Location Convenient for You

Acute Care

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

Family Medicine Clinics

Knoxville Clinic

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

EJ McKeever Medical Center

113 N. Main St., Melcher-Dallas, IA
Ph. (641) 974-2121

Red Rock Healthcare

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

Pleasantville Clinic

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

Emergency Department

Call 911 for life-threatening emergencies.

Knoxville Hospital

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

Upcoming Events

KHC Foundation Golf Classic

July 13, 2018, 11 a.m.
1202 S. Attica Rd, Knoxville

55+ Health Fair

July 19, 2018; 4-7 p.m.
Knoxville Hospital & Clinics

Job Openings

Search and apply at:
knoxvillehospital.org
Equal Opportunity Employer

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.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (641) 842-1421