



This September Nemaha Valley Community Hospital and Seneca Family Practice recognize National Suicide Prevention Awareness Month. There are times in life when we give a lot of ourselves to help others in need, and there are also times when we need to be on the receiving end of getting the help we need in order to holistically take care of ourselves and keep growing. We hear it said many times that going through mental struggles is a journey. For many it can be a long and hard journey but know that you are not alone in that journey and there are people that will help you.

Recently the state of Kansas has implemented the new 988 phone number to utilize in times of emotional distress, by call or text. Make it known to yourself that asking for help does not create a burden for someone else, and it just may be the very thing that helps you to begin to live out your purpose and in turn help someone else going through the same thing.

In the month of September NVCH & SFP will partner with area agencies to put an LED candlelight in many of the storefronts to raise awareness of Suicide Prevention Awareness Month. By spreading awareness with the candles, we hope that those who see them will be reminded that our community makes space for caring for those affected by suicide in any way.

As noted above, if you or someone you know is in need of help, please utilize the 988 number, or the suicide prevention hotline, 800-273-8255. For additional information please contact NVCH & SFP Social Services Director, Karla Hermesch at 785-336-0421.

Karla Hermesch, LMSW  
*Director of Social Services*



# In-Lab Sleep Study: What's in it for YOU?

A lot goes on in your brain and in your body while you sleep. Tracking this activity during a sleep study can help your doctor diagnose and treat a variety of sleep disorders, including sleep apnea, narcolepsy, restless legs syndrome, insomnia, and nighttime behaviors like sleepwalking and REM sleep behavior disorder.

A sleep study is a non-invasive, overnight exam that allows a sleep lab technician to monitor you while you sleep to see what's happening in your brain and body. Sleep studies can be done in-lab or in-home. In-home sleep studies allow you to do the testing in the comfort of your own bed, but in-lab sleep studies provide a more detailed study and diagnose a broader range and severity of sleep disorders.

"An in-lab sleep study permits more detailed monitoring of the patient's brainwaves, oxygen saturation, leg motion, heart rate, respiratory effort and airflow and other critical benchmarks for diagnosing many sleep disorders such as REM sleep disorders and insomnia," said NVCH Respiratory Therapy Director Dawn Osterhaus, RRT.

"In-home studies are limited to the diagnosis of only obstructive sleep apnea and cannot detect other sleep disorders."

Sleep studies at Nemaha Valley Community Hospital (NVCH) are completed by one of our trained sleep lab technicians. The studies are usually scheduled for evening and night hours (7 p.m. to 6 a.m.) in one of our private sleep study rooms. "I arrived for my sleep study and Dawn got me set up for the evening, she explained everything in detail before I settled in for the night," said Mark Studer who recently had a sleep study at NVCH. "I was comfortable and fell asleep right away."

If the sleep technician suspects that you have obstructive sleep apnea, you may wear a continuous positive airway pressure (CPAP) machine during the second half of the night in the sleep lab. The technician will adjust the machine and monitor to see if it improves your sleep. "Within the first couple of hours Dawn noticed my oxygen levels dropping so she woke me up and fitted me for a CPAP, I slept great the rest of the night," said Studer.

Studer also mentioned that after his sleep study Dawn reviewed his results with him in detail, helped get him fitted with the proper face mask for his CPAP machine and continues to check in with him frequently to make sure that everything is going well, and he is continuing to feel good. "Dawn and Danielle are incredibly helpful, caring and very knowledgeable," commented Studer.

When asked about what symptoms prompted the need for Studer's sleep study he mentioned waking up exhausted with a dry throat and continuing to feel tired throughout the day. He also remembers struggling to stay awake behind the wheel. Studer was aware that these symptoms were not normal, so he scheduled an appointment with his SFP primary care physician to discuss his options to improve his health and wellbeing. After meeting with Dr. Bartkoski, it was determined that a sleep study was necessary, so Dr. Bartkoski made the referral, and it was scheduled shortly after that. "It was an incredibly easy process," said Studer.

If you are experiencing sleep issues or daytime symptoms such as fatigue, drowsiness, depression, or difficulty concentrating, schedule an appointment with your doctor today. These symptoms often have an underlying issue, and your doctor can help you determine whether a sleep study is right for your health and wellbeing. For additional information about in-lab or in-home sleep studies at NVCH please contact Dawn or Danielle at 785-336-0589.



Danielle Dalinghaus, RRT; Mark Studer & Dawn Osterhaus, CRT and Respiratory Therapy Director



# Please Join Us for our Upcoming Lunch and Learns



## MEDICARE 101

### LUNCH AND LEARN

THURSDAY, SEPTEMBER 29  
NOON-1:15PM - *LUNCH PROVIDED*  
SENECA FREE LIBRARY

What is Medicare? | Eligibility | How do I sign up?  
Original Medicare: Part A and B, Medigap  
(supplement insurance), Part D  
Medicare Advantage Plans | How to get help  
paying for Medicare costs?

To RSVP please contact Karla Hermesch at 785.336.0421



## SLEEP DISORDERS

### LUNCH AND LEARN

WEDNESDAY, OCTOBER 26  
NOON-1:00PM - *LUNCH PROVIDED*  
SENECA FREE LIBRARY

- What are sleep disorders
- The dangers of sleep disorders
- Signs and symptoms of sleep disorders
- Common types of sleep disorders
- Diagnosis and treatment of sleep disorders

To RSVP please contact Courtney Schmelzle at 785.336.0426



## Are You Protecting Your Precious Cargo?



Car crashes are a leading cause of death for children. On average, two children under 13 were killed and an estimated 374 were injured every day in 2019 while riding in cars, SUVs, pickups or vans.

Dana Deters, RN, Nemaha Valley Community Hospital, is a nationally Certified Child Passenger Safety Technician (CPST). National CPS Certification Training is a program of Safe Kids Worldwide.

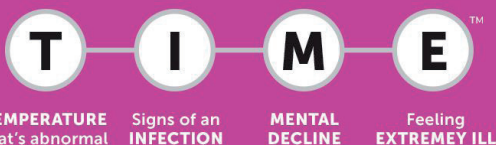
As a CPST, Dana uses her knowl-

edge and expertise to provide hands-on assistance and proper education to parents and caregivers regarding child seat safety. She also follows the latest technical information about child passenger safety.

Contact Dana at 785-336-6181 for more information about child passenger safety, to have your car seat inspected or installed.

## THIS SEPTEMBER, TAKE THE TIME TO KNOW THE SIGNS

More than 80% of sepsis patients are **50 years of age or older.**



**For every hour treatment is delayed, the risk of death increases by as much as 8%. If you suspect sepsis, seek urgent medical care.**

**SEPSIS** >> SAY SEPSIS SAVE LIVES  
**SEPTEMBER**  
 SepsisAwarenessMonth.org

September is Sepsis Awareness Month. Sepsis is the body's overwhelming and life-threatening response to infection, which can lead to tissue damage, organ failure and death.

While sepsis can impact anyone, including the sick, the well and people of all ages, some groups are more likely to be affected.

These include very young chil-

dren, older adults and those with a weakened immune system.

Help us raise awareness of the signs and symptoms of sepsis so people in our communities know when to seek emergency care.

Together, we can help save lives and limbs from sepsis. Learn more at SepsisAwarenessMonth.org.



Seneca Family Practice is excited to announce that we are now offering an extra level of care to Medicare patients! Our new care management program, called ChartSpan, provides you with a variety of extra benefits. This program will give our Medicare patients access to healthcare professionals 7 days a week, 24 hours a day, 365 days a year.

Beginning September 1st, Seneca Family Practice patients may receive a call from our new healthcare partner. If you are contacted by ChartSpan please know that this is not a scam. The goal of this program is to keep our Medicare patients healthier by staying in touch with each patient between medical provider appointments.

Once enrolled, patients may contact ChartSpan at any time with questions, concerns regarding their health, chronic conditions, medications, or any healthcare related questions. For additional information please talk to one of our NVHC or SFP team members today!



Gynecological cancers encompass all cancers of the female reproductive system, including the cervix, ovaries, fallopian tubes,

uterus, vulva, and vagina. All women are at risk for these cancers.

According to the Centers for Disease Control, each year in the United States, approximately 89,000 women are diagnosed with gynecological cancers, and over 29,000 die from them. Each gynecological cancer has different signs and symptoms, as well as different risk factors. Risk increases with age.

It is important to pay attention to your body and know what is normal for you, so you can recognize the symptoms of gynecologic cancer. If you notice anything unusual and it goes on for two weeks or longer, please contact your SFP primary care physician at 785-336-6107



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