

February is
AMERICAN HEART MONTH

Message from the Administrator

As I consider the activity at Nemaha Valley Community Hospital it is hard to contain my excitement! Over the past few years our staff has worked diligently to improve processes and evaluate opportunities. This looks like the year we will see some of the fruits of our labor. Not only are we still on track to break ground on our new build and expansion project in April, we will be introducing new services, bringing back some services we have been missing for a while, and as always our staff is continually evaluating how we can improve the patient experience.

We know we cannot be all things to all people. That is not fiscally possible. So our focus has been on identifying those services not currently available in our area and those that will serve the most patients. Please watch for announcements coming soon.

While we are excited about new services we are also well aware of the frustrations resulting from one less physician in the building and a medical practice that is growing by leaps and bounds. A couple of months ago Marcy Evans, PA joined Sheri Wessel, PA to work in the emergency room. In January we added Alexis Stallbauer, APRN. Alexis and APRNs Lori Lueger and Erica Winkler are splitting their time between ER and Seneca

Family Practice. Erica Bletscher, APRN is working in our wound clinic and assisting with cardiac stress testing as needed. We also have a visiting APRN and occasionally an additional physician and PA working in the clinic. Our Physicians and these Advanced Practice Clinicians are working together to ensure our patients receive the care they need when they need it.

We do have a waiting list of individuals and families who would like to establish care with our primary care providers. We know this is exasperating. We are doing all we can at this time. Our physicians are constantly evaluating schedules and are working to bring on new patients.

Fortunately, Dr. Alexander Hermesch will be joining us in September and we anticipate an additional physician will join in 2024. Between now and then we ask for your continued patience and understanding. We are consistently working to find the best fit for our patients, adding nursing staff to respond to calls, schedule tests, and coordinate care. Ultimately we are committed to providing the medical care you need and deserve.

Great things are happening at NVCH! Thank you for your continued support.

Kiley Floyd, CEO

CAC Now Available at NVCH

The NVCH Radiology Department is excited to offer Coronary Artery Calcium Scoring (CAC). CAC Scoring is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries – the vessels that supply oxygen containing blood to the heart muscle. “The goal of the CAC - CT scan is to determine if coronary artery disease is present and to what extent,” said Ronda Sunnenberg, NVCH Director of Radiology.

“The CT scan takes approximately 15 minutes to perform and is then analyzed by a Radiologist and the report is sent to the ordering physician” added Sunnenberg. “Because this CT scan is a screening exam, it is not currently covered under most insurance policies. Therefore, the patient is responsible for the \$100 out of pocket expense.”

The screening is recommended for men aged 40 and older and women aged 50 and older, with more than one risk factor for coronary artery disease, which include:

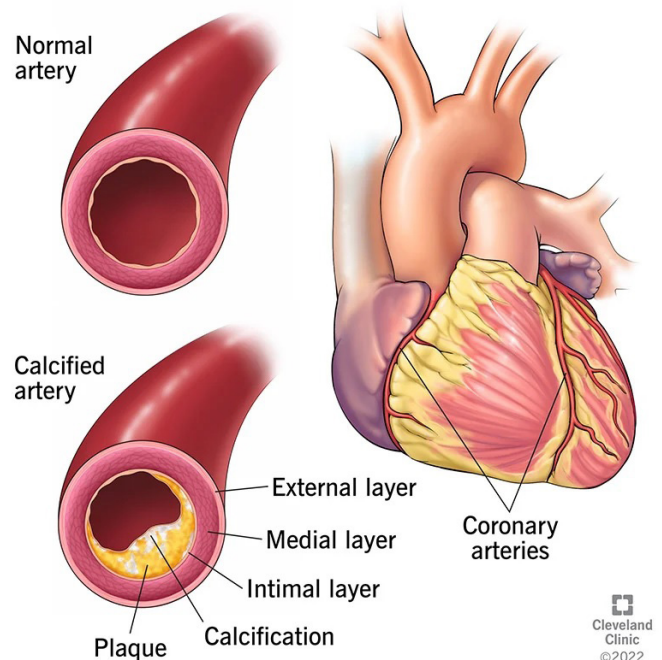
- High blood cholesterol levels
- Family history of heart attacks
- Diabetes
- High blood pressure
- Cigarette smoking
- Overweight or obesity
- Physical inactivity

Although the calcium itself is not dangerous, it contributes to the hardening of the arteries, and its presence and pattern of accumulation reflects other conditions, such as narrowing of the arteries or an increased risk of dangerous blood clots, which can lead to coronary artery disease, impaired heart function or heart attacks.

According to the Center of Disease Control and Prevention, heart disease is the leading cause of death for both men and women in the United States. With this scan physicians can determine whether patients are at a low, normal, or high risk of coronary artery disease and guide patients to reduce their risk through changes.

Your calcium score can help you make lifestyle changes needed for a long healthy life. Take control of your health today and contact your SFP Primary Care Physician at 785-336-6107 to get a referral for your CAC scan.

Coronary artery calcification



Ancillary Services: It's Your Choice

We make choices every day. We make so many choices that we tend to gloss over them and don't recognize the process of choosing.

In health care there is a common belief that you are limited to the options your specialist suggests for your ancillary services including lab work, imaging, therapy and other diagnostic testing. The truth is, you have the opportunity to make a decision

on where you go for those services, depending on your insurance coverage.

Nemaha Valley Community Hospital provides a wide range of ancillary services to best fit the needs of you and your family. Please visit www.nemvch.com to view a list of our current services or contact our main office at 785-336-6181 to determine if we provide the ancillary services that meet your needs.

6 Things Every Woman Should Know About Heart Health

According to the American Heart Association heart disease is the nation's leading killer of women. But paying attention to risk factors and living a healthy lifestyle can help keep heart disease at bay.

Women in mid-life are definitely at the highest risk. It's a volatile time for women, as the menopause transition is marked by changes in body composition, fat distribution and an increase in cholesterol levels.

Among women, 90% have one or more risk factors for heart disease at some point in their lives, according to American Heart Association statistics. Yet 80% of cardiovascular diseases are preventable.

Get annual checkups

It's important to get annual checkups to assess heart-health risk and take action. Prepare for the appointment, much as you would when gathering documents to meet with a financial adviser.

Become knowledgeable of your key health numbers, such as blood pressure, cholesterol and blood sugar levels. Call Seneca Family Practice at 785-336-6107 and schedule your annual checkup today!

Know the symptoms of a heart attack

Women's heart attack symptoms may cover a wider spectrum compared with symptoms in men. Women may experience the "classic" heart attack symptoms of chest pressure, chest discomfort or shortness of breath, just as men do. Women also may have symptoms such as back pain, usually on the left side; shoulder pain; a fullness in the stomach; or nausea as signs of an impending heart attack.

Tell your doctor if you had a pregnancy complication

Recent research has focused on heart disease linked to pregnancy-related complications. Diabetes and hypertension during pregnancy as well as early delivery have been linked to increased cardiovascular disease risk years later.

Get enough sleep

Lack of sleep – getting less than six or seven hours a night – is connected to heart disease, research has shown. Poor sleep has been linked to high blood pressure, can make it difficult to lose weight and may make you less likely to want to exercise.

Tame stress

Chronic stress is another area of concern for women. It can lead to behaviors and factors that impact heart disease, such as high blood pressure, high cholesterol, inactivity and overeating.

To cope with stress, eat healthy foods, exercise and get plenty of sleep. Consider talking to others about your stress, including a friend, parent, doctor or counselor.

Find a health partner

Work with your health care provider to find a customized treatment plan that fits your daily life and medical needs. A friend, family member or co-worker also can be a good partner for getting physically active and sticking with a healthy eating plan.

Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!



2023 HEALTH FAIR

SATURDAY, APRIL 22ND
8AM - 11AM

ADDITIONAL DETAILS TO FOLLOW

NEMAHA COUNTY COMMUNITY BUILDING
1500 COMMUNITY DRIVE | SENECA, KS



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Why Do Routine Blood Work?

As adults, when we see our primary care physician for check-ups, it usually means rolling up our sleeves.

With most routine blood work, physicians are trying to catch early warning signs of disease—before symptoms arise. Blood work helps establish a baseline for essential functions and then follow-up regularly. Baseline tests check for blood sugar levels, blood cell counts and metabolic function (how your body converts what you eat and drink into energy).

Understanding each individual's needs is at the core of patient-centered medicine. Routine blood work helps your physician understand you and your body.

So let's roll up those sleeves and stay happy and healthy together!

Join our healthcare family! NVCH might have the perfect position for you.

Please visit the employment section of our website at www.nemvch.com to find out.



STATE OF THE HOSPITAL

LUNCH AND LEARN

WEDNESDAY, FEBRUARY 15TH

11:30-1:00PM - *LUNCH PROVIDED*

SENECA KNIGHTS OF COLUMBUS

- Update on hospital expansion/remodel project
- Capital Campaign discussion
- Question & Answer session

To RSVP please contact Courtney Schmelzle at 785.336.0426

NEMAHA VALLEY
Community Hospital & Seneca Family Practice