

SEPTEMBER  
**NATIONAL SUICIDE PREVENTION**  
AWARENESS MONTH



Each September, Nemaha Valley Community Hospital and Seneca Family Practice recognize National Suicide Prevention Awareness Month. We take the opportunity during September to highlight specific resources, but the need and the care provided, are year-round. No one is immune to stress, whether from isolation, perceptions, financial instability, or medical complications. Each one of us is subject to stress every day. We often give so much to help others we forget to take care of ourselves.

As a nation we are becoming more aware of the impact of mental health issues to our economy. Last year the State of Kansas implemented the new 988 phone number. Individuals can call or text any time. As a society we are breaking down barriers to care. We are more open about our individual needs. We are realizing that asking

for help is not a sign of weakness but rather a sign of strength.

In August, Seneca Family Practice was happy to welcome therapists from Integrative Health Centers (IHC). Staff members from IHC are available for telehealth visits for therapy and medication management. While we continue our search for a Licensed Clinical Marriage and Family Therapist or Licensed Clinical Social Worker, we are very happy to have IHC on our team.

For more information on scheduling an appointment with IHC contact staff at Seneca Family Practice 785-336-6107.

Kiley Floyd, CEO

*"No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow." — Maya Angelou*



Gynecological cancers encompass all cancers of the female reproductive system, including the cervix, ovaries, fallopian tubes, uterus, vulva, and vagina. Every woman is 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. The major gynecological cancer categories include:

- Cervical
- Ovarian
- Uterine
- Uterine Sarcoma
- Vaginal
- Vulval

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.

**FOR A SAFE PLATE,**

**DON'T CROSS-CONTAMINATE**

7 Tips to Keep Your Food Safe

**1**

**Separate meat, poultry, and seafood** from other food in shopping cart.

**2**

**Keep raw meat, poultry, seafood, and eggs separate** from all other foods in the refrigerator.

**3**

**Raw chicken is ready to cook.** It doesn't need to be washed first. Washing it can spread germs to other foods. If you wash it, immediately clean and thoroughly sanitize sink and surrounding area.

**4**

**Use one cutting board or plate** for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.

**5**

**Wash hands for 20 seconds with soap and water** after touching raw meat, poultry, seafood, or eggs.

**6**

**Wash your utensils, cutting boards, and countertops with hot, soapy water** after preparing raw meat, poultry, seafood, or eggs.

**7**

**Use separate plates** for raw meat and cooked meat. The same advice applies to poultry and seafood.

**LEARN MORE:** [cdc.gov/foodsafety](https://www.cdc.gov/foodsafety)

**988**

**SUICIDE  
& CRISIS  
LIFELINE**

**Call for yourself or someone you care about. You're not alone.**

# Fall Prevention is for everyone!

September is Fall Prevention Awareness Month. It is estimated that one in four Americans aged 65+ takes a fall every year in the United States.

Fall prevention is a crucial step in avoiding serious injuries and hospital stays that can be costly to the individual's bank account and mental health. According to the Centers for Disease Control (CDC), among older adults, falls can be life threatening and are the most common cause of non-fatal injuries and hospital admissions. Additionally, falls are associated with poor health outcomes and a sense of fear that can hinder independence, activity, and strength in older individuals.

However, falls are also preventable! Research shows that understanding risk factors and implementing fall prevention strategies into a daily routine can be extremely beneficial. It is important to note that falls are not inevitable in older age, but the risk is greater. Therefore, understanding risk factors becomes increasingly important.

It is never too late to make steps toward improving balance and mitigating risk factors. Additionally, remember that fall prevention can reduce financial burden and injuries, increase independence, and can even save a life!

## JOIN OUR FALL PREVENTION PROGRAM

TAKE YOUR FIRST STEP TO PREVENTING FALLS

### Classes are:

- For caregivers and individuals 65 and older or who have a high fall risk
- Held every Monday in October (2, 9, 16, 23)
- 10:30-11:30am
- \$20 registration fee
- Offered at the Seneca Free Library
- Focused on fall prevention education and exercise



To register call the NVCH Therapy Department at 785-336-0428.

Space is limited so register today!

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice

# Don't just think they're in the right seat!



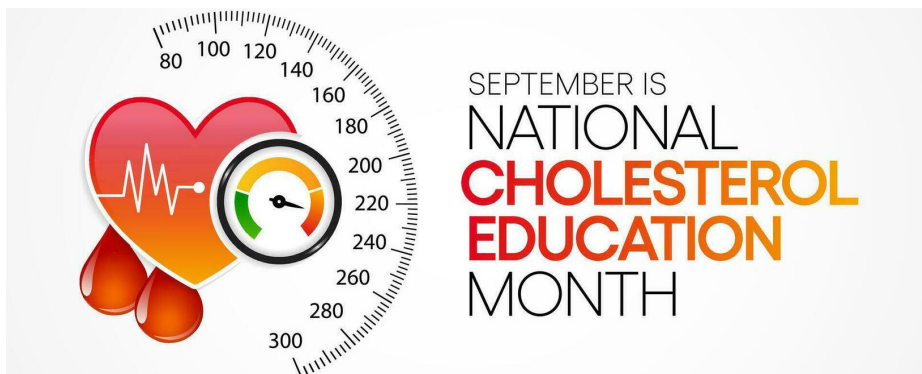
Car seats and boosters provide protection for infants and children in a crash, yet car crashes are a leading cause of death for children ages 1 to 13. That's why it's so important to choose and use the right car seat correctly every time your child is in the car.

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 knowledge 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.





According to the Centers for Disease Control and Prevention (CDC), heart disease is the number one leading cause of death in the U.S. More than one million Americans have a heart attack each year and about 500,000 die of heart disease. High blood cholesterol is one of the major risk factors for heart disease, which causes heart attacks and strokes.

### What is Cholesterol?

Cholesterol is a fat-like substance in the blood and when there is too much in the bloodstream it builds up in the artery walls. There are two types of cholesterol: High-Density Lipoprotein (HDL) also known as the good cholesterol, and then there is the “bad” cho-

lesterol Low-Density Lipoprotein (LDL). The body produces cholesterol primarily through the liver, but the rest come from the foods we eat. Over time, the build-up can create a narrow blood flow to the heart and a potential blockage which can be fatal.

A diet filled with highly saturated and trans-fat foods will cause the liver to produce more cholesterol than it normally would. Therefore, it is important to be mindful of the foods we put into the body. Foods such as meat, poultry, dairy products, and tropical oils should be eaten in moderation. Other factors which can affect cholesterol levels are inactivity, smoking, obesity, age, and family history.

### How Do We Test Cholesterol?

Cholesterol levels are checked through a “fasting lipoprotein profile” blood test. The test is broken down into four measurements: Total Cholesterol (Desirable to be less than 200 \*mg/dL), Triglycerides (Desirable to be less than 150 \*mg/dL, LDL (Desirable to have a level lower than 100 \*mg/dL), and HDL (Desirable to have a level greater than 60 \*mg/dL).

\*Milligrams (mg) of cholesterol per deciliter (dL) of blood.

The goal is to have lower LDL levels and higher HDL to have reduced chances of heart disease. The American Heart Association recommends all adults start regular cholesterol screenings at the age of 20. According to the CDC, 71 million Americans have high LDL cholesterol and do not even know about it because they have no symptoms.

### How Do We Treat High Cholesterol?

Treatment will be recommended by your trusted physician based on an individual’s risk category. Minor changes such as diet and physical activity may be enough for some while others need a weight management program or a regiment of prescribed medications that can disrupt the production of cholesterol and stop plaque formation inside the artery.

Call your SFP Primary Care Physician at 785-336-6107 today to schedule your routine lab work including your cholesterol.

## FLU SHOT CLINICS

<p><b>DRIVE THRU CLINICS</b> <small>No appointment needed</small></p> <p><b>SEPTEMBER 27TH</b> 8AM - 6PM</p> <hr/> <p><b>OCTOBER 4TH</b> 8AM - 6PM</p> <hr/> <p><b>OCTOBER 11TH</b> 8AM - 6PM</p> <hr/> <p>Hospital Parking Lot 1600 Community Drive   Seneca, KS</p>	<p><b>SATURDAY CLINICS</b> <small>Walk-ins welcome but appointment preferred</small></p> <p><b>OCTOBER 7TH</b> 9AM - NOON</p> <hr/> <p><b>OCTOBER 14TH</b> 9AM - NOON</p> <hr/> <ul style="list-style-type: none"> <li>Flu consent forms available the day of or visit <a href="http://www.nemvch.com">www.nemvch.com</a> to print off and fill out ahead of time.</li> <li>Please wear a short sleeve shirt if possible.</li> <li>Questions or to schedule an appointment call SFP at 785-336-6107.</li> </ul>
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