



Message from the Administrator

I love it when a plan comes together! It is exciting to see the steel beams up for our new patient wing and the progress inside the building is moving along as well. Of course, this also means we are seeing some detours and re-routing inside the building. As frustrating as this can be sometimes, we all know it will be well worth it when the project is completed. Please do not hesitate to ask for assistance to get around inside the building.

Progress on our construction also means we have started ordering equipment for the new space as well as replacing equipment that has reached the end of its life cycle. Most recently, a new Ultrasound unit was purchased for our Radiology department. We also ordered an MRI and it will be part of our new space as well.

While much of the equipment planned for our new construction space was included in the budget for financing through the USDA loan, we were not able to include all of the equipment needed. We will consider our options when the time comes for those purchases. Right now, the priority is keeping our current equipment updated and purchasing what we can without additional debt. The Nemaha Valley Healthcare Foundation has a list of this equipment if you are interested in donating. Please contact Courtney Schmelzle at 785.336.0426.

Our ability to keep our current equipment updated and planning for future equipment is one way the sales tax money the hospital receives is used. We do not take the sales tax money for granted and are constantly looking for grants to purchase equipment and to pursue activities.

One such grant is the result of Courtney Strathman's efforts to secure funding for the Progressive Agriculture Safety Day® program. This program, recognized as the largest rural safety and health education program for children in North America, provides education, training, and resources to make farm, ranch, and rural life safer and healthier for all children and their communities. Scheduled for May 25th in Seneca, the Progressive Agriculture Safety Day® is open to children going into the 1st through 6th grade this upcoming school year. Planned activities include demonstrators and discussions on numerous safety-related topics.

Your continued support of our staff and services is greatly appreciated. Please do not hesitate to contact me at 785.336.6181 if you have any questions.

Kiley Floyd, CEO

The Facts About High Blood Pressure

High blood pressure, also known as hypertension, is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high.

To survive and function properly, your tissues and organs need the oxygenated blood that your circulatory system carries throughout the body. When the heart beats, it creates pressure that pushes blood through a network of tube-shaped blood vessels, which include arteries, veins and capillaries. This pressure — blood pressure — is the result of two forces: The first force (systolic pressure) occurs as blood pumps out of the heart and into the arteries that are part of the circulatory system. The second force (diastolic pressure) is created as the heart rests between heart beats. These two forces are each represented by numbers in a blood pressure reading.

The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels — making them work harder and less efficiently.

Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries. In turn, LDL (bad) cholesterol forms plaque along tiny tears in the artery walls, signifying the start of atherosclerosis.

The more the plaque and damage increases, the narrower the insides of the arteries become — raising blood pressure and starting a vicious circle that further harms your arteries, heart and the rest of your

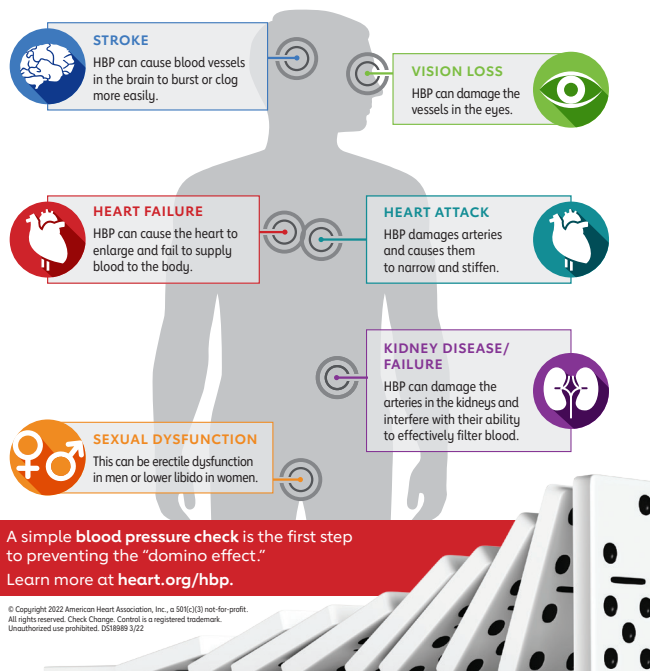
body. This can ultimately lead to other conditions ranging from arrhythmia to heart attack and stroke.

High blood pressure is a 'silent killer.' You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter in order to prevent or manage high blood pressure.



Consequences of High Blood Pressure

High blood pressure (HBP) is often the first domino in a chain or "domino effect" leading to devastating consequences, like:



Shaking the Salt Habit to Lower High Blood Pressure

Do you know the most common sources of sodium?

Many Americans have acquired a taste for a high salt diet. One way to cut back is to skip the table salt. However, most of the sodium in our diets comes from packaged, processed foods.

Eating these foods less often can help reduce your sodium intake, lower your blood pressure and/or prevent high blood pressure, also known as hypertension, from developing in the first place.

The American Heart Association recommends no more than 2,300 milligrams (mg) a day and an ideal limit of no more than 1,500 mg per day for most adults, especially for those with high blood pressure. Even cutting back by 1,000 mg a day can improve blood pressure and heart health.

1/4 teaspoon salt = 575 mg sodium
1/2 teaspoon salt = 1,150 mg sodium
3/4 teaspoon salt = 1,725 mg sodium
1 teaspoon salt = 2,300 mg sodium

We're Here to Support Your 2024 Wellness Journey

Starting your wellness journey can be a little overwhelming. Wellness is about moving toward a healthy lifestyle that has a positive impact on your physical and mental health. Popular practices include getting plenty of sleep, building healthy habits and avoiding unhealthy ones, eating a well-balanced diet, exercising and indulging in self-care.

A wellness journey puts these practices into action and altering your lifestyle to better support your needs. It's essential that when you get started with your wellness journey you are setting it up to work for you. Your journey can be whatever you want it to be as there is no right or wrong way to do wellness. As long as you feel healthier and happier than you did the year before then you're doing it right!

In the ever-evolving landscape of healthcare, the role of a primary care physician (PCP) has become increasingly crucial in guiding individuals on their wellness journey. The physicians at Seneca Family Practice (SFP) serve as the first point of contact for our patients.

Through building trusting relationships, providing preventive care, offering diagnostic expertise, coordinating comprehensive care, managing chronic conditions, addressing mental health concerns, and empowering patients through education, our physicians contribute significantly to the overall well-being of our patients.

Take the first step in your wellness journey and schedule an appointment with your SFP primary care physician. Call 785.336.6107 today and make 2024 your best year yet!



American Heart Association.

Healthy for Good™

Life's Essential 8



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems. **Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.**



EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.

MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.



BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.

CONTROL CHOLESTEROL

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.



QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. And about a third of U.S. children ages 3-11 are exposed to secondhand smoke or vaping.

MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.



GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).



Learn more at heart.org/lifes8

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2024 HEALTH FAIR

SATURDAY, APRIL 20TH
8AM - 11AM

LABS INCLUDE: CBC, CMP, LIPID PANEL, A1C, TSH
\$35 FOR ALL LABS. men can add PSA for \$15

K-STATE RESEARCH & EXTENSION BUILDING
1615 BRANCH ST. | SENECA, KS



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Looking for a Specialist?

Nemaha Valley Community Hospital's Outpatient Clinic offers an extended variety of health care options to the Nemaha County area.

Our Outpatient Clinic has many specialty physicians from across the region that provide you, our patients, with exceptional care so you don't have to travel long distances to get the care you deserve. We are committed to providing these specialty clinics so our community can have easier access to specialty services.

To learn more about our Outpatient Clinic and the specialty physicians please contact Stephanie Wurtz at 785.336.6181 or visit our website at www.nemvch.com.

- Allergy, Asthma & Immunology
- Audiology
- Cardiology
- Dermatology
- Diabetes
- Dietitian
- Ear, Nose & Throat
- Endocrinology
- General Surgery
- Nephrology
- Neurology
- OB/GYN
- Oncology & Hematology
- Ophthalmology & Cataracts
- Orthopedics
- Pain Management
- Podiatry
- Psychiatry
- Pulmonology
- Urology
- Wound Care

Floyd Joins the KHA Board of Directors



Kiley Floyd, Chief Executive Officer, Nemaha Valley Community Hospital, was recently elected to a one-year term as a Director on the Kansas Hospital Association Board of Directors. This term fills an unexpired three-year term. The election took place during the association's annual meeting in Wichita. The 21-member governing body oversees the organization's strategic activities.

"This is an incredible honor for me," said Kiley Floyd. "The work the Kansas Hospital Association does on behalf of its member is vital to the success of our organizations and our ability to care for our communities. I am excited this opportunity will give NVCH additional exposure, and potential influence, to the issues impacting our health care industry."

The Kansas Hospital Association is a voluntary, non-profit organization existing to be the leading advocate and resource for members. KHA membership includes 240 member facilities, of which 122 are full-service, community hospitals. Founded in 1910, KHA's vision is: "Optimal Health for Kansans."

A graphic with a golf ball on a tee, a golf club, and the text "Save the Date" in a cursive font. Below it, "28th Annual Nemaha Valley Health Care Foundation" is written in a bold, sans-serif font.

Charity Golf Classic

06.14.24

Spring Creek Golf Course
Seneca, KS
springcreek-seneca.com



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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