Get Ready! Get Set! Go!
CRMC Physical Medicine & Rehab Holds 5K Fun Run/Walk

On Saturday, October 22nd, the CRMC Physical Medicine and Rehabilitation Department held a 5K Fun Run/Walk in recognition of October being National Physical Therapy Month and to promote active lifestyles. With close to 100 men, women, children and dogs (Yes, there was a 1K “Mutt Strut” for our four-legged friends) participating, it was a great success. The proceeds from the event were donated to P.E.T. (Personal Energy Transportation) Iowa, an organization that builds and distributes rough terrain three-wheel carts to people in need in a variety of third world countries. The carts are designed for people who have lost the use of their lower limbs and are powered by using one’s arms. Over $900 was raised for this project.

“It was a beautiful morning for a run and everyone’s support was greatly appreciated. We look forward to holding the event again next year and getting even more people involved,” said Matt Johnson, CRMC Physical Medicine and Rehab Manager.
CRMC Offers Sentinel Lymph Node Biopsy

Surgery and Radiology Departments Team Up in the Fight Against Cancer

Earlier this fall, the Radiology and Surgery Departments at Cherokee Regional Medical Center joined forces to begin offering sentinel lymph node biopsies as an important diagnostic tool in the fight against cancer.

Sentinel lymph node biopsy (SLNB) is a procedure in which the sentinel lymph node (the first lymph node in which cancer is most likely to spread from the primary cancer tumor) is identified, removed, and examined to determine whether cancer cells are present. According to the National Cancer Institute, SNLBs are most commonly used to help doctors determine the stage of breast cancers and melanomas. However, there are studies being conducted to gauge their effectiveness in helping to stage other forms of cancers.

A SLNB begins when a radioactive substance, a blue dye, or both, is injected in a site near the tumor to locate the position of the sentinel lymph node. At CRMC, these injections are performed by our board certified radiologist, Dr. Jeffery Powers. A surgeon is then called in to use a device that detects radioactivity to find the sentinel node. Imaging that looks for lymph nodes stained with the blue dye can also be used. Once the results have been interpreted and the exact location of the sentinel node has been determined, the surgeon makes a small incision (about 1 inch) in the overlying skin and removes the node. General surgeons, Dr. Jason Dierking and Dr. Troy Ivey, perform the sentinel lymph node biopsies at CRMC.

The sentinel lymph node is then checked for the presence of cancer cells by a pathologist. If cancer is found in the sentinel node, the surgeon may remove additional lymph nodes, either during the same biopsy procedure or during a follow-up surgical procedure. SLNBs may be done on an outpatient basis or may require a short stay in the hospital.

Cherokee Regional Medical Center is proud to offer this less invasive lymph node surgery to its patients. For more information regarding SLNB, or the Radiology and Surgery Departments in general, contact CRMC at 712.225.5101.

Welcome Our Newest Physical Therapist

Benjy Deubner, DPT, Joins CRMC Physical Medicine and Rehab

Dr. Jason Dierking, general surgeon, performs sentinel lymph node biopsy procedures with the assistance of in-house, board certified radiologist, Dr. Jeffery Powers, at Cherokee Regional Medical Center.

The Cherokee Regional Medical Center Physical Medicine and Rehabilitation Department is pleased to announce that Benjy Deubner, DPT, has joined their team. Benjy started at CRMC on November 1, 2011, after spending the past six years at Urbana Physical Therapy in Urbana, Ohio.

Prior to working at Urbana Physical Therapy, Benjy earned his Doctor of Physical Therapy degree from the University of North Dakota in 2006. Since graduating, Benjy has thoroughly enjoyed his profession and the diversity it offers. He likes treating clients of all ages and takes pride in educating his clients to the best of his ability. He thinks it is extremely important for each client to have a true understanding of their condition and how various forms of therapy can help them to achieve the best outcomes.

Benjy is a native of Froid, Montana and he and his wife, Ona, have two children, Edith (5), and Frances (2). Benjy is an avid college football fan and he enjoys spending time with his family, cooking, gardening and agricultural in general. He looks forward to the challenges CRMC has to offer and to meeting new people from Cherokee and the surrounding area.
Are You Affected by Diabetes?
CRMC Diabetes Center is Here to Help

The CRMC Diabetes Center, now in its 9th year of operation, offers individual and group education and training sessions for the person with Type 1, Type 2, Gestational and pre-diabetes. Diabetes Education, sometimes referred to as Diabetes Self Management Training (DSMT), or Diabetes Self Management Education (DSME) is a series of training and education opportunities geared to help the person with diabetes to better understand, and develop the skills needed, to self manage the disease.

Diabetes care does not end at the doctor’s office. The majority of diabetes care is in the hands of the person with diabetes, to deliver on a day to day basis. Diabetes Education helps the person with diabetes develop a plan to live healthfully with the disease. Education focuses on healthy eating, being active, blood sugar monitoring, taking medications, problem solving, healthy coping and reducing risks.

Multiple studies have shown positive benefits to attending Diabetes Education including decreased A1c levels, decreased risk of diabetes related complications, and decreased hospitalization rates.

Anyone newly diagnosed with diabetes, with changes to their diabetes care routine, or with questions on how to manage their diabetes, can benefit from Diabetes Education. In order to receive education, you must have a referral from your health care provider. If you are interested in receiving training or question if you need this service, talk to your health care provider or one of the educators at the Cherokee Regional Medical Diabetes Center.

In addition to formal Diabetes Education, the Diabetes Support Group provides a monthly opportunity for those dealing with diabetes, and their families, to continue their learning through monthly presentations on various topics and Q&A time with peers and diabetes educators. For more information on the Diabetes Support Group, contact one of the educators at the Cherokee Regional Medical Diabetes Center at 712.225.3368 ext. 138.

Did you know...

* There are 3 types of diabetes; Type 1, Type 2, and Gestational diabetes.
* 25.8 million people-8.3% of the population have diabetes...
  18.8 million are diagnosed, 7.0 million are undiagnosed.
* Every 17 seconds someone is diagnosed with diabetes.
* Diabetes kills more people each year than breast cancer and AIDS combined.
* By the year 2050, as many as 1 in 3 people in the United States could have diabetes.
* Diabetes is more common among Native Americans, African Americans, Hispanic Americans, and Asian Americans/Pacific Islanders.
* Diabetes is the 7th leading cause of death in the United States.

CRMC diabetes educators (l to r) Nicole Weathers- RN, BSN, Stephanie Jacobson- RD, LD and Diabetes Center Coordinator, and JoAnne Tapper- RN, BSN, are available to answer your questions about diabetes.
Providing Quality Care Close to Home
CRMC Specialty Clinics Offer Diverse Health Services to Area Residents

As a leader in rural healthcare, Cherokee Regional Medical Center continually strives to provide area residents with the quality, professional health care services they deserve. With that in mind, outpatient clinics such as CRMC Specialty Clinics play a key role in the delivery of health care.

Robert Lundquist, a current oncology patient agrees. “I have had my fair share of treatments both out of town and in Cherokee. While I understand that on occasion it is necessary to travel out of town for appointments or treatments, I try to keep it to a minimum,” says Lundquist. “By having an up to date oncology infusion area in the CRMC Specialty Clinic, I am able to have the majority of my chemo treatments in town which makes things easier on me and my wife. I am done within a few hours rather than taking a whole day and since I am so close to home, I drive myself to and from the hospital,” explains Lundquist.

The willingness of the CRMC Specialty Clinic staff and providers to accommodate patients so they may receive care locally is another positive reason to utilize the outpatient clinics provided by CRMC. “There have been a few instances over the years when my oncologist had wanted me to travel out of town for an appointment, but with help of the staff here locally, I was able to get my appointments rescheduled for when my oncologist planned to be in town,” says Lundquist.

Instances like these do not surprise Rita Comstock, CRMC Specialty Clinic Manager. “All of us, the Specialty Clinic staff and providers, understand the need for making care easily accessible to our patients,” says Comstock. “We realize the need for specialized care in some instances and we all find joy in being able to provide quality care and treating our patients in a comfortable, familiar environment. Many of the specialists have been coming to CRMC for quite some time. I think that speaks volumes about their commitment to their patients, but also for the patients who have openly embraced their services over the years.”

If you have any questions regarding the services available through the CRMC Specialty Clinics, we encourage you to contact us at 712.225.1506.

“Throughout the past 11 years I have received dozens of chemotherapy treatments in the oncology area within the CRMC Specialty Clinic. I am fortunate to have such a wonderful facility in town that can accommodate my treatment needs.”

- Robert Lundquist
(Pictured with Specialty Clinic Manager, Rita Comstock)
A team of caring and highly trained doctors, nurses and staff is what you find at the CRMC Specialty Clinics. We offer a variety of different health care specialties through the clinics. Before traveling to another hospital or facility for tests or treatment, check with CRMC first!

In October, Dr. Ashar Luqman began providing nephrology services to area residents through the Specialty Clinic at Cherokee Regional Medical Center. His scope of practice includes, but is not limited to, internal medicine specializing in and treating many different kidney disorders including: acid-base disorders, electrolyte disorders, nephrolithiasis (kidney stones), hypertension (high blood pressure), acute kidney disease and end-stage renal disease. Dr. Luqman sees patients in the CRMC Specialty Clinic on the second Tuesday of every month from 1:00-4:00 p.m. Referrals are necessary.

Dr. Luqman is Board Certified in Internal Medicine specializing in Nephrology. He completed his post graduate training in June 2011 at the University of Tennessee Health Science Center in Memphis, TN. Upon completing his training, Dr. Luqman joined Renal Associates, PC in Sioux City, Iowa.

“We are pleased to announce the addition of Dr. Luqman’s services to our current offerings,” said Rita Comstock, CRMC Specialty Clinic Manager. “We know there is a need for these types of services within our area and hope that adding a nephrologist to our local Specialty Clinic will help to ease the burden of those suffering from various kidney ailments.”

For more information or to schedule an appointment with Dr. Luqman, contact the Cherokee Regional Medical Center Specialty Clinic at 712.225.1506.
Surviving the Holidays: Tips for Eating Healthy, Staying Active and Avoiding Weight Gain

Contributed by CRMC Registered Dietician, Stephanie Jacobson - RD, LD

It’s the holiday times. Time for family gatherings and parties with friends. Time for holiday meals and large platters of sweets and snacks. Time for overeating, less moving and a little weight gain. Want to get through the holiday season without the added pounds? Here are six tips to help maintain your weight during the holiday feasts!

#6 Enjoy and savor your food.
Eating can be one of life’s greatest pleasures, but the fast pace of the holidays and life in general can get in the way of really tasting and enjoying your food. This holiday season, take a moment to really pay attention to each bite and how you feel while you are eating. Take one bite and think about how the food tastes, how it smells and how it feels in your mouth. Repeat with each bite of food and stop when eating that food no longer brings the same pleasure as that first bite. You may find that you are satisfied with a smaller portion.

#5 Be Assertive.
Don’t be afraid to say no. No host wants you to walk away hungry so they will offer and encourage you to eat more. Learn to say no politely, “No thank you. I couldn’t eat another bite. Everything was so delicious!” If you are the host, be understanding if your guests choose to stop eating before the food is all gone.

#4 Bring a lighter dish you would enjoy eating.
Going to a potluck? Bringing treats to work? Bring something that you know will be healthier for you to balance out the splurges. How about a tray of fruit and vegetable slices with low fat dips. Or lighten up some of your holiday favorites by substituting low fat plain Greek yogurt for sour cream or reducing the sugar called for in a recipe.

#3 Move more!
It’s hard to get away from the extra calories that come along with the holidays. Balance those extra calories with a little extra movement. Get friends and family to take a walk after a meal. Sign up for a new exercise class you’ve wanted to try. Dust off the stationary bike or treadmill and ride or walk during your favorite T.V. program.

#2 Have a plan for relieving stress.
Along with the fun of the holidays, there can also be an increase in stress. Sit down and make a list of healthy ways you can deal with any stress that may come your way. How about moving more? Physical activity can be a great stress reliever. Other ideas – call a trusted friend or family member, take some “me” time and read a book, write in a journal or meditate, and get plenty of sleep.

#1 Focus on your family and friends.
Remember the reason for the holidays. The food may be wonderful, but it is the time spent with family and friends and the memories made that matter.

Sweet Potato & Banana Puree

3 lbs Sweet Potatoes 1 tsp Vanilla
1 Ripe Banana 2 tsp Cinnamon
1 Tbsp Butter 1 Tbsp Milk
1 Tbsp Maple Syrup 1/2 cup Sugared Pecans (optional)

Preheat oven to 400 degrees F. Pierce the sweet potatoes with a fork and bake until tender, about 1 hour. Roast the banana, with the skin on, for the last 15 minutes of cooking time. Remove from the oven and allow to cool. When the potatoes and banana are cool enough to handle, cut the potatoes and banana down one side and squeeze or scoop out the inside into a food processor or mixing bowl. Pulse or mix until the potatoes are chunky. Add the butter, maple syrup, vanilla, cinnamon and milk and continue to mix until smooth. Transfer to a casserole dish and smooth out the surface with a spatula. Bake at 300 degrees F for 20 minutes or until heated through. Top with sugared pecans and serve.

Nutrition Facts (1/2 cup serving without pecans): 124 Calories, 1.6g Fat, 26.4g Carbohydrate, 20mg Sodium, 3g Fiber
Nutrition Facts (1/2 cup serving with 1 Tbsp sugared pecans): 210 Calories, 9.8g Fat, 30.4g Carbohydrate, 20mg Sodium, 4g Fiber
CRMC Hosts “Experience Health” Day Camp

Students Explore Healthcare Careers

Cherokee Regional Medical Center and West Central Iowa Area Health Education Center (WCI AHEC) partnered to present the first “Experience Health” occupation exploration day camp on Wednesday, October 19th at CRMC. Micki Paulsen, WCI AHEC Recruitment Coordinator, Administration, and staff at CRMC worked together to coordinate the event.

A total of 17 area students attended an eight hour activity packed day at Cherokee Regional Medical Center to explore a multitude of different careers available to students in healthcare. CRMC healthcare professionals were involved to extend knowledge of their chosen occupation and the benefits of working in a rural hospital or health environment. They also addressed questions and inquiries of future health related occupation choices.

Throughout the day, healthcare professionals and students involved themselves in various hands-on activities, discussions, and rotations through the ER, Ambulance, Obstetrics, Physical and Occupational Therapies, Laboratory, Pharmacy, Surgery, Radiology and Nursing.

“We were pleased to partner with West Central Iowa Area Health Education Center to offer this opportunity to area students interested in further exploring a possible career in healthcare,” said John Comstock, CEO of Cherokee Regional Medical Center. “The intent of programs such as the “Experience Health” Day Camp is to provide a meaningful, hands-on experience that will hopefully lead some of these bright, young minds to pursue a career as a rural healthcare professional.”
**CRMC Hospice Trees of Light**

Memorial Service and Tree Lighting to be held Tuesday, November 29, at 6:30 p.m. on the CRMC Grounds

Cherokee Regional Medical Center Hospice will have lighted Christmas trees in Cherokee, Marcus, Aurelia and Holstein during the holiday season. These trees are a special way of remembering loved ones. You may help light the trees through a tax-deductible donation of any size. The money raised through this holiday tradition will help CRMC Hospice continue to serve and provide end-of-life and bereavement care in the area. The trees will glow throughout December.

A tree lighting and memorial service will be held at Cherokee Regional Medical Center in Cherokee on Tuesday, November 29th at 6:30 p.m. on the lawn in front of the Beck (east of the hospital). The evening will include the tree lighting, music, readings, and a message of hope for the holiday season. A reception will follow the service in the CRMC cafeteria. The public is invited to attend.

The program’s highlight is the reading of the names, beginning with the names of deceased Hospice patients served since last year’s ceremony. In addition, the community is offered the opportunity to honor loved ones by making a donation of any size to the Cherokee Regional Medical Center Hospice program. Last year, over 150 names were read followed by the lighting of the tree. The service provides a special time of healing for those in attendance by being able to see that others have walked a similar path.

To make a donation you may use the attached form or call CRMC Hospice at 712.225.6459 for more information. As a non-profit provider of hospice services, CRMC Hospice appreciates your support.

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**Diabetes Support Group** - December 5, 2011 6:30 p.m. in the CRMC Education Room

This group will allow you to offer and receive peer support regarding diabetes in a caring, small group atmosphere.

**CRMC Auxiliary “Sweet Affair”** - Wednesday, December 7, 2011 10 a.m. until gone

Take advantage of this tasty holiday fundraiser! Call Peggy at 712.225.4094 to pre-order your goodie trays today!

**F.I.T.– In Cherokee Challenge… Round 2** - Begins January 17, 2012

Take part in this 3 month weight loss challenge! Call the CRMC Wellness Center at 712.225.6858 for more details.

**CRMC Specialty Clinics** - Calendars available online!

Go to [www.cherokeermc.org](http://www.cherokeermc.org) for Specialty Clinic dates or call us at 712.225.1506 for more information.