

our

JANUARY + FEBRUARY 2018

HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters...™

30 minute time
limit on cardio
equipment when
others are waiting.
Thank you.

Heart Disease is a Real Game Changer

Jim Nunnelly Talks Candidly
About His Health Scare

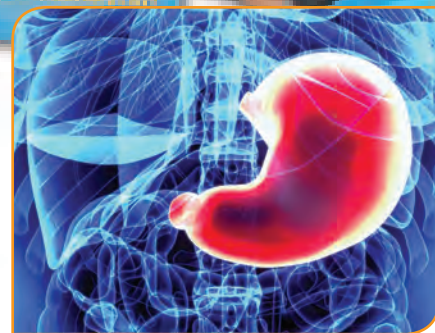
VISIT
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FOR EXCLUSIVE
ONLINE ARTICLES



DIGEST THIS! YOUR STOMACH MAY NEED A BOOST

By Lauren Cooper, Contributing Writer

This is a must-read article. Lots of people have problems with digestion and look for supplemental products to resolve it. Be sure to visit kcourhealthmatters.com to learn about ways to increase the “good” bacteria known as probiotics.



DO YOU KNOW ABOUT HIDDEN FIGURE VIVIEN THOMAS?

Learn about an extraordinary medical procedure to address the “blue baby syndrome,” discovered by Vivien Thomas, medical researcher and instructor. Read this amazing story online at kcourhealthmatters.com



IS BROKEN HEART SYNDROME REAL?

American Heart Association

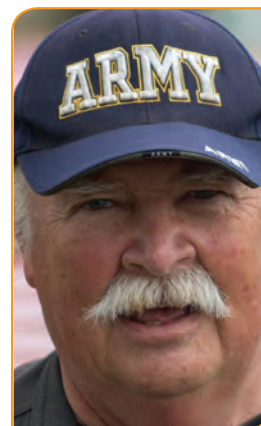
Have you ever heard someone say...“she/he died of a broken heart?” Women are more likely than men to suffer from this disease that causes sudden, intense chest pain as the result of a stressful event. Read this article at kcourhealthmatters.com. Click on the comment box and let us know your thoughts.



VETERANS GET HELP TO QUIT SMOKING

Shannon M. Huebert, Ph.D. Health Behavior Coordinator, Kansas City VA Medical Center

Approximately 20% of Veterans in our region use tobacco, and it is estimated that 70% of these individuals want to quit. Visit kcourhealthmatters.com to learn about a quit-smoking program available to veterans.



Advertise in *Our Health Matters*.

Our audience is looking for quality healthcare providers and services to support their health and wellness goals.

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Heart Disease Is a Game Changer

By James T. (Jim) Nunnally MS, MPH

It took a serious heart event to get Jim Nunnally's attention. Read about the good and the bad choices in his life that impacted his health.



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The Healthier We Eat, The Healthier We Live

By Lydia Kaume, Ph.D., RDN. LD

Asst. Extension Professor, Regional Nutrition and Health Education Specialist, University of Missouri Extension- Jackson County

Changing old eating habits can be hard. Take small steps each day to help reduce your heart attack risk.



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Health Technology Gathers Momentum

Up-to-date patient records improve your doctor's ability to make well-informed treatment decisions quickly and safely. Learn more about electronic health records and how they help improve healthcare delivery.

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Time for a Heart-to-Heart

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Our risk for developing heart disease increases as we age. Dr. John Miller shares how we can reduce our risk of developing it.

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Matters of the Heart

By Andrea Yang, M.D.,
Board Certified Cardiologist
HCA Midwest Health

Each year thousands of deaths occur as a result of heart disease. Learning about factors that cause heart disease and making an effort to adopt prevention, could add years to your life.

From Our Heart to Yours...

Our “hearts” are sensitive and powerful organs that carry lots of responsibility. One can reflect on the heart as the physical part of the body, or in symbols, imagery and emotion.

We generally associate feelings of the heart with that of “falling in love” – floating through the day with feelings of peace and serenity.

Physically, we hear and feel the beat of our heart as it pumps blood through our veins, day in and day out. No matter which one of these scenarios play out, one thing is for sure, we must learn to guard and protect our physical hearts from unnecessary dangers that are evident in how we live.

February is American Heart Month and the observance serves as a way to encourage people to live “heart healthy” lives through better food choices and increased physical activity.

In this edition of *Our Health Matters™*, Kansas City resident, Jim Nunnally takes us on the journey he experienced with a significant heart event. His health challenge made him examine his lifestyle and eating habits. Nutritionist Dr. Lydia Kaume reminds us that what we eat and how we eat can impact heart health. Dr. Andrea Yang, a Board Certified Cardiologist, stresses the importance of “knowing your numbers” – blood pressure, blood sugar, cholesterol – in order to manage your risk of heart disease.

If you resolved to be a healthier you in 2018, just remember we will continue to support you as we have for more than twelve years. We are taking this journey together and will always bring you the latest and most important health issues of the day.

Happy Healthy New Year!



Ruth Ramsey, Publisher and CEO



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Trust our

Experts with your Ticker



Heart Health Fairs

Receive a full lipid profile along with a check of your height, weight, body mass index, blood pressure and blood sugar level. Get your questions answered by healthcare professionals.

Gladstone Community Center Feb. 1 7:30-11 a.m.

NKCH Wellness Corner at Zona Rosa Feb. 17 9 a.m.-noon

Riverside Community Center Feb. 22 7:30-11 a.m.

Worth Harley-Davidson (Harley & Hearts) Feb. 27 6-9 p.m.

All health fairs are free; registration required (except for Harley & Hearts)

Register | nkch.org/HeartMonth

Heart Scan

Reduce your risk for heart disease with a Calcium Scoring Cardio Scan. This 30-minute, painless screening detects the amount of calcium build-up in your coronary arteries, giving you a calcium score that can indicate your risk of heart disease.

Knowing your score can help you and your doctor determine the best treatments or lifestyle changes that can help you slow, stop or even reverse heart disease.

Find out more or request an appointment at
TestYourTicker.com.



The Healthier We Eat, The Healthier We Live

Healthy eating starts with learning new ways to eat.

For many years, the Centers for Disease Control and Prevention (CDC), have reported heart disease as the number one cause of death for both men and women. About 600,000 Americans die from heart disease every year. Although heart disease describes several problems, heart attack is the most common result of heart disease. A heart attack results from damage to the heart muscle or blocked/reduced blood flow. CDC estimates that about 525,000 people will have a heart attack for the first time in 2018. Every 40 seconds, someone in the United States has a heart attack! (CDC, 2017)

Issues contributing to heart disease are unhealthy diets, inactivity, and obesity. Having high blood pressure, high cholesterol, chronic stress, diabetes, smoking tobacco, and a family history of heart disease, also increases the likelihood of heart disease.

Lifestyle changes that reduce risk of heart disease include:

- Reduce waist size. If your waist is more than 35 inches (women) or 40 inches (men), you may be at risk and should take measures to lose weight.
- Learn to read the nutrition label on foods.
- Eat healthy food in moderate portions. On a 9-inch plate you should have:

- > ½ of your plate should have non-starchy vegetables (leafy greens, carrots, tomatoes, broccoli etc.)
- > ¼ plate with whole grains (brown rice, whole grain bread or cereals, etc.)
- > ¼ plate with protein foods (lean meats, beans, lentils, nuts, seeds, eggs etc.)
- > On the side, have ½-cup fruit, and 1 cup dairy.
- Avoid sugary and highly salted foods.
- Eliminate soda and drink water instead.
- Improve your immunity by eating more fermented foods (yogurt with live culture, kimchi etc.)
- Cook and eat healthy meals at home and avoid fried foods. Involve children or grandchildren to teach the next generation how to prepare meals.
- Be your own health advocate. Know your numbers, such as blood pressure, cholesterol, blood sugar and your family history. Schedule regular health checkups to stay abreast of your health status. Identify healthcare providers that accept your medical plan, or provides support if you are uninsured.
- Be active at least 30 minutes a day. Find something you enjoy doing, like walking, dancing, etc.
- Reduce stress in your life by practicing mindfulness, gratitude, meditation, and/or prayer.



By Lydia Kaume, Ph.D., RDN, LD

Asst. Extension Professor, Regional Nutrition & Health Education Specialist, University of Missouri Extension- Jackson County

Starting new habits and set realistic goals, such as:

- Walking for 15 minutes.
- Replacing fried foods with baked or grilled.
- Avoiding soda.
- Adding a new vegetable to a meal.

Never underestimate the power of making small changes. Your life depends on it! Consult with your doctor and seek out a nutritionist to help create a plan that's best for you. For more information email kaumel@missouri.edu.

FOOD PANTRY IS A LIFELINE FOR SPECIAL NUTRITIONAL NEEDS



Food allergies and celiac disease affect people at all income levels. The effects can be severe, even life-threatening, but a proper diet can make living with these problems much easier.



Kansas City, Missouri-based Food Equality Initiative (FEI) — founded by Emily Brown in 2014 was the first program of its kind in the nation providing “free-from” foods. “Free-from” refers to foods that do not contain ingredients, such as peanuts and the gluten from wheat, rye and barley that can trigger uncomfortable and dangerous reactions. Just as important, FEI offers nutrition education and advocacy for low-income families who have trouble finding and affording the right foods.

The Food Equality Initiative offers nutrition education and support for low-income families who have trouble finding and affording the right foods.

“We’re much more than a food pantry,” said FEI CEO Emily Brown. “We educate physicians and healthcare leaders on the importance of food insecurity screening and work to bridge the nutrition gap in the management of both food allergies and celiac disease.”

According to the U.S. Centers for Disease Control and Prevention, four to six percent of children and four percent of adults in this country live with food allergies. Around 2.5 million Americans have it but remain undiagnosed and at risk for long-term health consequences.

To qualify for assistance from FEI, applicants have to meet just two requirements:

- A completed Rx Diet Order Form from a physician.
- An income no more than 250 percent of the Federal Poverty Level.

This locally founded program is spreading to communities around the country. Help FEI continue its efforts here at home by providing financial support, volunteering and food donations. For more information call 816-800-0884, or visit www.foodequalityinitiative.org.



**Emily Brown, Founder & CEO
Food Equality Initiative**





Heart Disease is a Real Game Changer

By **Jim Nunnally**, Contributing Writer

A successful gentleman was asked by a reporter, “what is the secret to your success?” He answered simply that the secret was “good judgment.” The reporter followed with, “how did you get that?” The gentleman quickly responded, “experience.” Then, really confused, the reporter continued, “how did you get that?” The successful gentleman responded, “bad choices.”

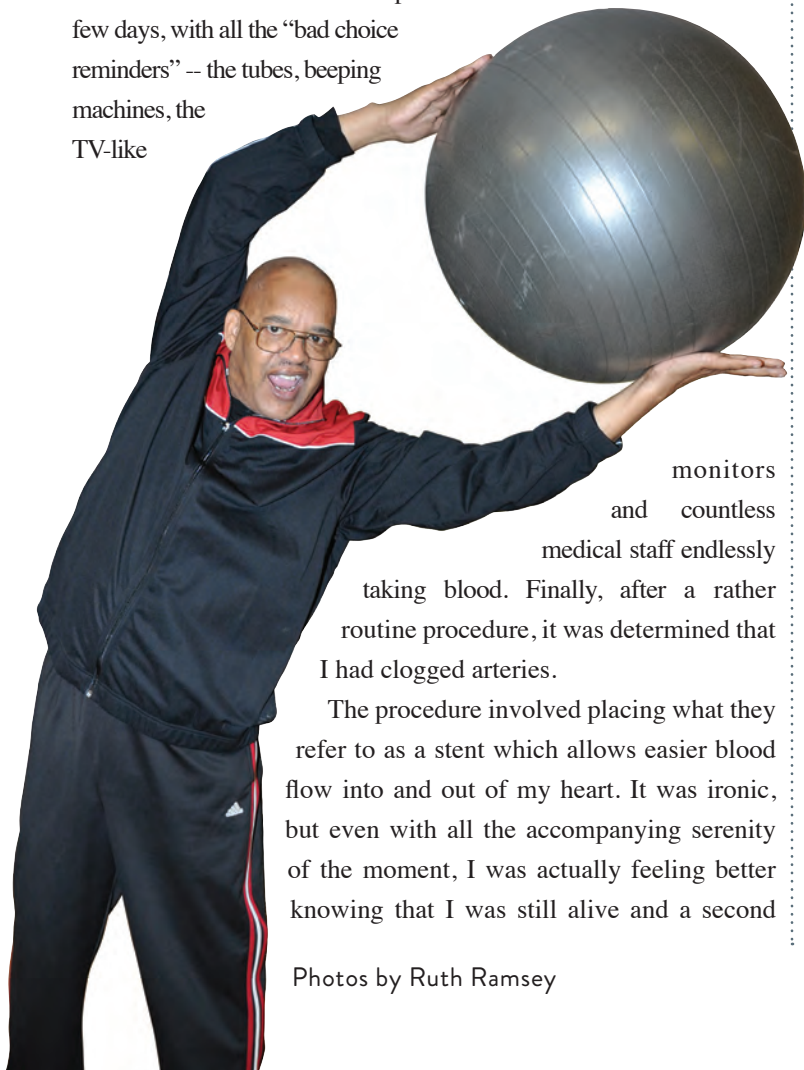
That story mirrors my life, especially as it relates to my much-improved life after suffering a combined heart and diabetes scare more than five years ago. Let’s start with

my “good choices.” Today, I am at the gym, doing my usual five-times-a-week, light workout. I say “light” only because it is no longer stressful or painful. In fact, if I don’t go to the gym, I start to hurt all over, feel useless and a bit frustrated. On the way to my routinely scheduled morning workout, I actually begin to feel better. At first, it felt silly to ride a stationary bike and lift weights that a 5-year-old could lift, and stretch up and down with an inflated ball, 10 times larger than a basketball. That’s now what I call practicing “good choices.”

Eight years ago, I led a very hectic life. For me, it was “get up and go”...anywhere, anytime, for anything. Just go. In my mind, all the moving around had to be good for my mental health. People depended on me and I helped everyone that requested my help. Even though I was blessed, I didn’t feel blessed. I didn’t realize it, but I was tearing myself down. I was sleeping and eating terribly, but still kept going and going, and doing more and more. Until one day, it finally caught up with me.

I was on the way to the grocery store with my grandson and started to feel unwell. My body hurt all over – not a lot, but enough for me to know that something just wasn’t right. I quickly took my grandson home and drove myself to Research Hospital. The medical team quickly concluded that I was having a “heart event.” I was scared, but kept wondering what was going on with me as the attendants strapped me to a gurney, took my blood pressure and asked me questions about the day’s activities, as well as why I had come in? A cardiologist (Dr. Willie Lawrence), I had met socially a few years back, happened to see me as he was leaving for the day, and stopped to ask the same questions, this time though, he was literally taking over the conversation and took the lead for my care. It became clear to me that something awful had happened. My “bad choices” were coming back to haunt me.

I even had to remain in the hospital for a few days, with all the “bad choice reminders” – the tubes, beeping machines, the TV-like



monitors and countless medical staff endlessly taking blood. Finally, after a rather routine procedure, it was determined that I had clogged arteries.

The procedure involved placing what they refer to as a stent which allows easier blood flow into and out of my heart. It was ironic, but even with all the accompanying serenity of the moment, I was actually feeling better knowing that I was still alive and a second

chance was on the way. I was really happy to return home, I kept thinking to myself that I didn’t want this to happen again. I had to make changes. My bad choices had to be converted.

Visit kcourhealthmatters.com to learn about various types of cardiovascular (heart) diseases and conditions.

Before I was discharged from the hospital, I was introduced to a nutritionist. Her language was less urgent, however, she assured me that “it [my health] doesn’t have to be this way.” Thus, she proceeded to enroll me in an exercise class, right across the hall from the cardiologist’s office. So, here I am, I went every day, and every day, the team charted my weight. Back in the day, I had been as skinny as a rail. Now my weight had ballooned to 262 pounds! I didn’t realize that I was that huge. I became very familiar with the mantra, “get a handle on all that excess weight.” I also became familiar with terms like meal-planning, portion-control, and ideal weight and began to think about my bad choices.

After the classes, I enrolled at a community center to keep it going. I noticed that the more I went to the gym, the less I hated it. I saw others struggling with their diabetes, but attending anyway. I hated the equipment because it made me ache, but I kept going, encouraged by the

“THE WEIGHTS I SHUNNED BECAME A STRENGTH SYMBOL, AND THAT BIG ROUND STRETCHING BALL BECAME MY OWN, PERSONAL “PROMISE KEEPER” THAT I WOULD NOT LET THIS HAPPEN TO MYSELF AGAIN.”

new friends I had made. At some point, I stopped feeling like a “fitness nerd” and started to feel more like “a new and improved me.” The bike I hated became a friend. The weights I shunned became a strength symbol, and that big, round stretching ball became my own, personal “promise keeper” that I would not let this happen to myself again.

Nunnelly works hard to make lifestyle modifications that support a better quality of life. **Read part two and of Jim’s story in its entirety on our website kcourhealthmatters.com.** •

Jim Nunnelly was one of the first African Americans to graduate from the University of Missouri in 1966. He received the President’s full ride scholarship to the University of Michigan, School of Public Health. Nunnelly collaborated on the plan to develop Kansas City’s first in the nation community health center called Wayne Minor (now Samuel U. Rodgers Health Center).

Photos by Ruth Ramsey

ELECTRONIC MEDICAL RECORD

Personal Information

Social Information

Insurance

Diagnosis

Treatment

Medical History

Healthcare Calendar

Schedule

Health Technology Gathers Momentum

An electronic health record (EHR) is the modern term for medical health record. It is a digital version of a patient's paper chart. EHRs are real-time, patient-centered records that make information available instantly and securely to authorized users. While an EHR does contain the medical and treatment histories

One of the key features of an EHR is that health information can be created and managed by authorized providers in a digital format capable of being shared with other providers across more than one health care organization. EHRs are built to share information with other health care providers and organizations. Many targets of this

infrastructure, created by electronic health records (EHRs), leverages digital progress and transforms the way care is delivered and compensated.

The Health Information Technology for Economic and Clinical Health (HITECH) Act represents the nation's first substantial commitment of federal resources to support the widespread adoption of EHRs.

“To improve the quality of our healthcare while lowering its cost, we will make the immediate investments necessary to ensure that within five years all of America’s medical records are computerized. This will cut waste, eliminate red tape, and reduce the need to repeat expensive medical tests.”

**— President-elect Barack Obama,
Jan. 8, 2009**

of patients, an EHR system is built to go beyond standard clinical data collected in a provider's office and can be inclusive of a broader view of a patient's care. EHRs can:

- Contain a patient's medical history, diagnoses, medications, treatment plans, immunization dates, allergies, radiology images, and laboratory and test results.
- Allow access to evidence-based tools that providers can use to make decisions about a patient's care.
- Automate and streamline provider workflow.

information include laboratories, specialists, medical imaging facilities, pharmacies, emergency facilities, school and workplace clinics. Their critical importance is they contain information from all clinicians involved in a patient's care.

With the introduction of EHRs healthcare systems improve patient care coordination

The world continues to be radically transformed by digital technology – smart phones, tablets, and web-enabled devices are the norm. Medicine is an information-rich enterprise. A digital healthcare

Better Decisions. Coordinated Care.

Up-to-date patient records improve providers ability to make well-informed treatment decisions quickly and safely. Benefits of EHRs:

- Improved patient care.
- Improved care coordination.
- Practice efficiency and cost savings.
- Increase patient participation.
- Improved diagnostics and patient outcomes.

EHRs are an important step in the continued progress of healthcare that can strengthen the relationship between patients and clinicians. •

**Source: Medical Economics,
HealthIT.gov**

Time for a Heart-to-Heart

North Kansas City Hospital

One in every four deaths in Kansas City is related to heart disease, making it the leading cause of death in our city. But, it doesn't have to be. "Heart disease is not a natural progression of aging," says John T. Miller, MD, a cardiologist with Meritas Health Cardiology. "It's a disease that can be treated, and we can reduce our risk of developing it."

Start by assessing your risk. Look at which factors you cannot control and which ones you can. "For example, you can't change your gender, age or family history," he explains. You can control your diet, lifestyle and stress level.

Men age 45 or older, women age 55 or older, and people with a family history of heart attacks have an increased risk for heart disease. "People with inherited risk factors can still reduce their chances of developing the disease," Dr. Miller notes. "The key is to identify what's controllable and take action."

Know Your Numbers

A quick blood sugar level test and blood pressure screening can help determine your risk for diabetes or high blood pressure – two conditions that can lead to heart disease.

Control Diabetes

If you have diabetes, work with your doctor to get — and keep — your blood sugar in a healthy range. Follow your doctor's guidelines for blood sugar testing and take medicine as instructed.

Manage High Blood Pressure

High blood pressure is very treatable. There are some great medications available, and several options. Work with your doctor to find what is most effective for you.

Eat Healthy

The American Heart Association recommends eating a variety of vegetables, fruits, whole grains and lean meats while limiting sodium, sugar and processed foods. Eat real food, the kind without a label, whenever possible. The fresh foods



"...you can't change your gender, age or family history...[but] you can control your diet, lifestyle and stress level."

— John T. Miller, MD,
Meritas Health Cardiology

located around a grocery store's perimeter are usually a safe bet and healthier.

Exercise

Exercise helps lower blood pressure and cholesterol. "You don't have to run a marathon," Dr. Miller explains. "Moderate activity like walking or aerobic exercise can make a difference." He suggests finding an activity you enjoy doing for 20-30 minutes a day. "If it's enjoyable, you'll stick with it."

Stop Using Tobacco

"The most important thing you can do is stop smoking," he says. "Smoking causes heart attacks. It's not a matter of 'if' you'll experience a heart attack, it's a matter of when."

Attend one of North Kansas City Hospital's free **Test Your Ticker health fairs in February** to assess your risk. Medical professionals screen for diabetes and high blood pressure and answer your health-related questions. Visit nkch.org/HeartMonth for dates, times and locations. •



Matters of the Heart

Make this the year you take control of maintaining a healthy heart for life.



By Andrea Yang, M.D.,

Board Certified Cardiologist

HCA Midwest Health

Perhaps you're one of the millions who ended the year with resolve to take charge of their health and turned over a new leaf in January, with a firm commitment to a personal health makeover.

If you need a jumpstart to clean up your act, consider this: Heart disease accounts for nearly 25 percent of all deaths in the U.S., according to the National Center for

Health Statistics. Ischemic heart disease—or Coronary Artery Disease — along with stroke are the biggest killers of women, accounting for about one in every four deaths. Make 2018 the year to support your personal heart health — for life.

Know Your Risk Factors

Achieving heart health can seem overwhelming, so I educate and empower patients by helping them understand risk factors that that often are simply beyond control, like age and family health history. Manageable risk factors include smoking, diet and exercise.

Know Your Numbers

Most of us don't know the four most important numbers that can help indicate risk of developing heart disease: Blood pressure, blood sugar, blood cholesterol and body mass index (BMI). Combining and reviewing these stats help your doctor determine where you stand with heart disease.

Preventing heart disease is evaluating the big picture, and your numbers play a critical role. Request the standard blood work next time you're at the doctor — and if it's been

awhile since you've visited your healthcare professional, schedule an appointment today.

Practice Prevention

When it comes to protecting your heart, practice doesn't always make perfect, but 80 percent of the time, heart disease is preventable. Here are three key strategies to help you get started — but there are more like sleep, weight and stress management and regular health screenings.

SMOKING. Using tobacco of any kind represents one of the most significant risk factors for developing heart disease. Chemicals found in tobacco can damage the heart and blood vessels, eventually leading to narrowing of the arteries due to plaque buildup. If you can't stop smoking on your own, consult with your physician or ask your employer about smoking cessation classes.

EXERCISE. Regular physical activity can help control weight and reduce your chances of developing other health conditions that can strain the heart, like high blood pressure, high cholesterol and diabetes. The Department of Health and Human Services recommends 150 minutes a week of moderate aerobic activity, 75 minutes a week of vigorous aerobic activity or a combination of the two.

DIET. Eating a heart-healthy diet rich in fruits, vegetables and whole grains helps reduce heart disease risk. Add in beans, low-fat or fat-free dairy products, lean meats and fish and you have a winning recipe. Avoid too much salt and sugars and limit saturated and trans fats.

If you or a loved one has signs or symptoms of heart attack (chest pressure, sweating, nausea, cold clammy skin for men and shortness of breath, fatigue, nausea and confusion for women) call 9-1-1 or go immediately to the nearest emergency room. •

To take a Heart Risk Assessment,
visit <https://hcamidwest.com/service/heart-care>

TAKE ACTION AGAINST FOOD INSECURITY

The United States Department of Agriculture (USDA) defines food insecurity as a state in which *“either due to lack of money or other resources, constant access to sufficient food is limited at times during the year.”*

Nearly 145,000 Kansas City Metro area households don't know where their next meal is coming from. And because the rate of food insecurity has continued to increase nationally — by almost a third since 2007 — its negative impact continues to expand.

The Health Care Foundation of Greater Kansas City (HCF) has launched a campaign to highlight the problem. They have partnered with the HSM Group to develop a Cost of Food Insecurity (CFI) calculator that gives decision makers information to assess the impact of food insecurity in their communities.

View the Food Insecurity Calculator at CostofFoodInsecurity.com to understand the devastating impact of food insecurity—and measures the best ways to reduce it. You can also sign the Take Action Pledge at hcfgkc.org/pledge.

If you have questions or need assistance, contact Ross Jensby at rjensby@hcfgkc.org



Let Our Family Take Care of Your Family



Rodgers Health Center provides healthcare services for all ages – from newborns to seniors. Our team of doctors and staff deliver quality healthcare to you and your family.

Annual Checkups Contribute to Better Health Outcomes

Make family checkups a priority. Preventive care and early detection help to identify harmful health conditions. Undiagnosed chronic conditions such as diabetes, heart disease and uncontrolled high blood pressure can become life-threatening over time. If you are looking for a medical practice to meet your family's needs – then Rodgers Health is the place.

Types of services include:

- Comprehensive health exams for men, women and children
- Women's health services: pap tests, mammography (breast health), family planning, birth control and pregnancy services
- Children's health services: immunizations, well-child exams and treatment of childhood illnesses and infections, WIC services
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- Behavioral health services
- On-site pharmacy, laboratory & imaging services

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Liberty, MO 64068

Northland Prenatal and Pediatric Clinic
5330 North Oak Traffic Way, Suite 104
Kansas City, MO 64118

Cabot Westside Medical
2121 Summit Street
Kansas City, MO 64108



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2018 EDITORIAL CALENDAR

— New In These Editions —
“Trends in Technology”

APRIL 2018

OUR HEALTH MATTERS’ 13TH ANNIVERSARY EDITION

Celebrate with us all year long.

It’s our 13th anniversary! Take time to send us congratulatory messages by email at info@kcourhealthmatters.com and be sure to LIKE us on [Facebook.com/kcourhealthmatters](https://www.facebook.com/kcourhealthmatters).

Watch for our April edition focused on understanding cancer in men, women and children. Cancer impacts people of all races and age. Learn about the signs, symptoms, trends, treatment and care.

Technology: Health APPS, Kiosks & Podcasts

May-June

Trends in Orthopedic Care

Exploring common causes, care and treatment for muscle and bone injuries and related chronic conditions.

Technology: Remote health monitoring devices

July-August

Mindfulness

Mindfulness goes mainstream as more people understand and apply it.

Technology: Trends in Mobil Health APPS/Devices

September-October

Understanding Memory Loss

Recognizing the difference between age-related memory loss and signs of more serious impairment or dementia.

Technology: Memory loss and medical alert devices

November-December

Seasonal Depression

Some episodes of depression are linked to seasonal changes, especially during fall and winter months.

Technology: Wearable Technology

Departments

Our Kids Matter, Food & Fitness, Financial Health, Community Spotlight, Health Careers

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