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MAY + JUNE 2018

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HEALTH

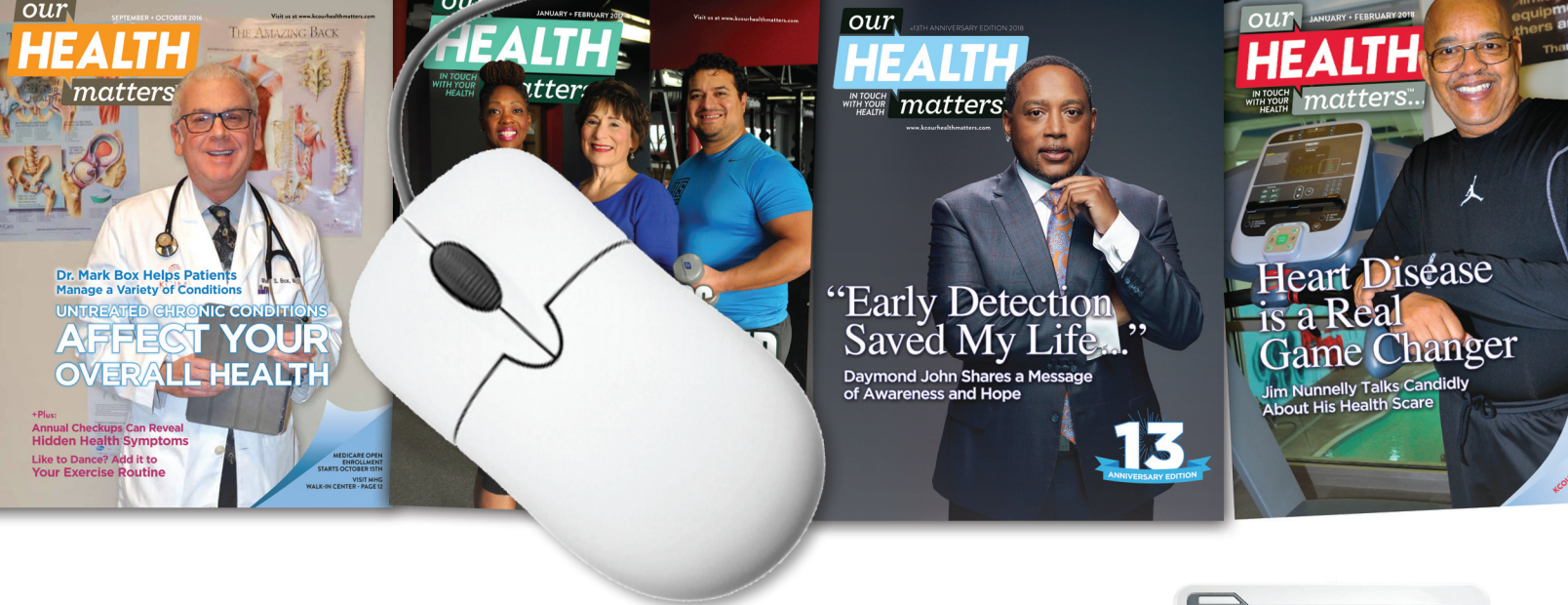
IN TOUCH
WITH YOUR
HEALTH

matters™

Rehab Prepares Patients to Go Home

After Surgery or Injury,
a Team of Medical Specialists Ensure
Recovery Goals Are Met

MidAmerica Rehabilitation Hospital staff:
Kara Kent, CRRN Nurse Manager, Dr. Cielo
Navato-Dehning, Medical Director and
Nicole Bergeson, Occupational Therapist



OHM ONLINE ARTICLES

Remote Devices Monitor Your Health Where You Are

Technology that monitors and records patients' vital signs are becoming more common and acceptable. Visit kcourhealthmatters.com to read about this amazing trend and how remote monitoring supports patient care and treatment.

BONE HEALTH MATTERS

By Amy Hundley, RD, LD

When you lose bone mass, you put yourself at risk for fractures, breaks, or falls. There are a number of nutrients that actually contribute to strong, or healthier bones. Be proactive when it comes to building healthy bones. Get more information and tips on kcourhealthmatters.com.

Food and Exercise Keys to Bone Health

Jonathon Rios, ACE, CSCS

Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain. Visit kcourhealthmatters.com to learn about the "Keys to Bone Health."



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By OHM Staff

Learn what rehabilitation hospitals do to bridge the gap between the hospital and home for patients who have limited functions, due to an injury or illness.



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Bones. Joints. Rehab. Recovery.

I frequently encounter people who have undergone replacement arthroplasty (joint replacement surgery), an orthopedic surgery procedure in which an arthritic or dysfunctional joint surface is replaced with an orthopedic prosthesis. Each person says they tried to hold out as long as possible because of the tremendous pain and costs associated with surgery.

According to the Mayo Clinic an estimated 4.7 million Americans have undergone total knee replacement and 2.5 million have undergone total hip replacement and are living with implants.

Medicare reported in 2014 that they paid for more than 400,000 joint replacement surgeries, which cost \$7 billion for hospitalizations alone. The average cost for these procedures, including hospitalization and recovery, ranged from \$16,500 to \$33,000, depending on geographic location, not including rehabilitation costs.

The best way to care for your joints is to keep your muscles, ligaments, and bones strong and stable. Find a low-impact exercise program that's appropriate for your age and weight, and stick with it. It's equally important that you watch your weight. Weight-bearing joints, such as your knees, hips, and back, have to support some, if not all, of your body weight. Research has shown that with every pound gained, a person puts four times more stress on the knees alone.

When severe pain or joint damage limits your daily activities, joint replacement may still be your best option. A surgeon's experience matters. It is recommended that you choose a physician or hospital that conducts many of these procedures each year. However, physical therapy is key to your recovery. Moving is critical not just in the days following surgery, but in the weeks and months ahead. The more you move, the better your long-term outcome.

I want to take this opportunity to thank the leadership at MidAmerica Rehabilitation Hospital, especially Tiffany Kiehl, CEO and Cielo Navato-Dehning, MD, Medical Director, for their invaluable contribution to post-operative care and rehabilitation.

As with every edition, we endeavor to share relevant information that keeps you healthy and moving for years to come. *So eat well, keep moving and schedule that annual checkup with your physician.*

Be happy and healthy!

Ruth Ramsey

Ruth Ramsey, Publisher and CEO



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pain-free playtime with my granddaughter

These days everyone is pulled in a hundred directions. When you hardly have time for your “to do” list, how can you find the time to schedule surgery for pain that you’ve learned to live with? But what if taking a few weeks to treat the source of your pain would not only help with everyday activities, but get you back to doing the things you thought you’d never do again?

There have been many advancements in joint replacement surgery – which means quicker recovery and better results. And with seven hospitals in the area offering leading-edge treatments and comprehensive rehabilitation services, improving your quality of life is more convenient than ever. *What are you waiting for?*

Make every day matter.

hcamidwest.com/joint-relief



**Healthcare takes a
turn for the better.**

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KNEE

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WRIST

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KNOW SOMEONE WHO IS?

The Kansas City Healthy Start Initiative will connect you to the people, programs and information you need to have a healthy baby and a healthy lifestyle!

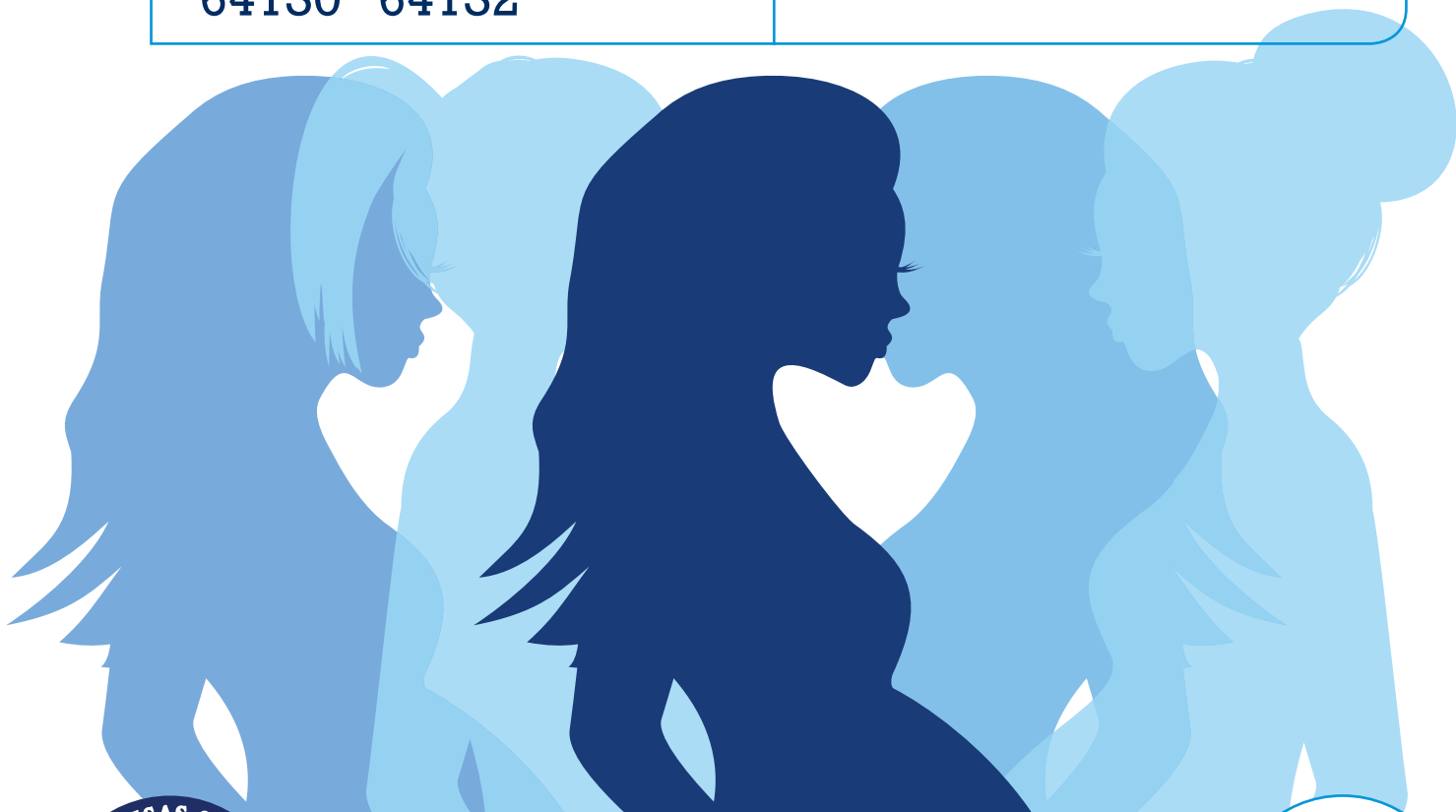
If you are pregnant, and live in one of the following ZIP codes, this program is for you!

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64106 64109 64110
64111 64112 64124
64126 64127 64128
64130 64132

Wyandotte County, KS

66101 66102
66103 66104
66105 66106



It's a FREE program! Together we can help you and your baby.

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www.KansasCityHealthyStart.net

Kansas City Healthy Start is a Program of Mother & Child Health Coalition.





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Photo by Ruth Ramsey

Betsy Wilson, Physical Therapist, Kara Kent, CRRN Nurse Manager,
Samantha Pence Hafkesbring, Speech Therapist,
Mikhaelle Heald, Case Manager, Nicole Bergeson, Occupational
Therapist and Dr. Cielo Navato-Dehning, Medical Director.

Rehab Prepares Patients to Go Home

After Surgery or Injury, a Team of Medical Specialists Ensure Recovery Goals Are Met

It's a well-documented fact that patients who have the opportunity to participate in rehabilitation after injuries, surgeries, or other serious illnesses show improved mobility over those who do not. Rehabilitation in the appropriate setting provides the maximum potential for recovery. The higher level of care provided in an acute rehabilitation facility allows for improved outcomes and discharge destinations in a shorter amount of time.

During a recent search for rehabilitation facilities, *Our Health Matters* discovered one of the nation's leaders was right here in our community. Located in Overland Park (KS), MidAmerica Rehabilitation Hospital has earned the Gold Seal of Approval by the Joint Commission's National Quality of Approval. The hospital offers comprehensive rehabilitation services designed to return patients to leading active and independent lives.

Rehabilitation Care

An acute rehabilitation hospital setting offers a full continuum of rehabilitative programs and services for individuals who have suffered a major accident or illness,

Careful physician supervision ensures that each patient's rehabilitation is compatible with and appropriate for their medical condition.

including trauma, stroke, head injury, spinal cord injury, amputation, arthritis, chronic pain, and neuromuscular and

“Our goal is for our patients to become as independent as possible. Patients in our rehabilitation hospital reach their full potential because we address their diverse needs. They receive care in ambulation, activities of daily living, caregiver training, bladder and bowel control, proper seating and splinting, training in feeding and guidance in transfer technique. We strive to help our patients reach their goals to get home!”

**— Tiffany Kiehl
Chief Executive Officer
MidAmerica Rehabilitation Hospital**

pulmonary diseases. A team of highly skilled physicians, physical therapists, occupational therapists, speech therapists, nurses and support staff provide rigorous therapies. There is greater physician involvement and therapy time as well as increased availability of pharmacy, respiratory therapy, dialysis, and laboratory services compared to other levels of rehabilitative care.

Navato-Dehning, MD, a physical medicine and rehabilitation physician and Medical Director at MidAmerica Rehabilitation Hospital. “At our hospital, a physician will often see a patient every day. Physicians also lead weekly team meetings to discuss each patient’s progress towards meeting their rehabilitation goals.”

Patients at MidAmerica Rehabilitation Hospital benefit from fully equipped

movements and robotics to help patients with walking disorders.

Demonstrating Results

In 2002, The Joint Commission launched its Disease-Specific Care Certification program, the first of its kind in the country. To earn this distinction, a disease management program undergoes an extensive, unannounced, on-site evaluation by a team of reviewers every two years. The program is evaluated through an assessment of the program’s ability to evaluate and improve care within its own organization and through interviews with patients and staff. MidAmerica Rehabilitation Hospital received Disease-Specific Care Certification in four rehabilitation programs: Stroke, Spinal Cord Injury, Brain Injury and Amputation.

The Joint Commission’s evaluation of the MidAmerica Rehabilitation stroke program solidified the hospital’s commitment to investing in quality care. Evaluations conducted by the Commission provide direction towards continually improving the care hospitals administer. More importantly, this accountability gives patients peace of mind because they know they are receiving the industry’s highest standard of care.

About MidAmerica Rehabilitation Hospital

MidAmerica Rehabilitation Hospital is a 98-bed inpatient rehabilitation hospital that offers comprehensive inpatient and outpatient rehabilitation services throughout the Kansas City area. MidAmerica Rehabilitation Hospital is a joint venture of HealthSouth Corporation and Shawnee Mission Medical Center. For information (913) 491-2400 or visit www.MidAmericaRehabHospital.com. •

The hospital offers comprehensive rehabilitation services designed to return patients to leading active and independent lives.

MidAmerica, like other rehabilitation hospitals, is led by a medical director who supervises a multi-disciplinary team. This team of professionals provides a coordinated program of care including goal setting, treatment plans, family education and discharge planning. Careful physician supervision ensures that each patient’s rehabilitation is compatible with and appropriate for their medical condition.

“We are team oriented and hands on in our approach to rehabilitation,” said Cielo

therapy gyms housing the latest in rehabilitative technology. The use of innovative technologies helps patients walk again, regain use of their arm and hand, swallow more efficiently, improve communication and regain concentration and balance. For example, the AutoAmbulator, created by and exclusive to HealthSouth Rehabilitation Hospitals, improves a patient’s ability to walk and move around. This cutting edge treadmill device uses the therapeutic concept of body-weight-supported

“I Have Lived With Serious Pain...”

By Myra Christopher

It's hard for people who know me to imagine that more than 50 years ago I belonged to one of those high-kick dance teams. We wore short skirts and white leather boots which we kicked over our heads when performing during half-time at high school football games or marching in parades for miles and miles wearing leather flat-soled boots.

It might have happened otherwise, but for nearly twenty years, I have lived with serious pain associated with advanced osteoarthritis. In part, I attribute it to the pounding and stress I put on my joints as a teenager. I have had two shoulders and one knee replaced. I'm nearly four inches shorter than I was

“I have taken buckets-full of prescription pain medications and hated every one of them...”

in my young adult years, and the TSA screens light up like a Christmas tree when I am traveling.

I have taken buckets-full of prescription pain medications and hated every one of them. They made me constipated, dry-mouthed and fuzzy-headed. However, at certain times they allowed me to continue to function, as I awaited a surgical procedure or recovered from one. Given what I know, I think I am one of the lucky ones who, as soon as post-operative pain subsided, I was able to simply stop taking these meds without side effects – no withdrawal symptoms. HOWEVER, for me, opioids are a last resort, NOT my first choice, and it is rare that I have to turn to them. But I am grateful for them when needed.

What works for me is comprehensive chronic pain care, which has included opioid therapy. Equally important has been what is referred to as “alternative” therapies. I reject this notion because, frankly, I want it all. So, I choose, as do most of those who work in this space, to refer to them

as “complementary” therapies or treatments.

Some of the things I do to control my condition, rather than my pain controlling me.

- I walk five miles every morning before I begin my day.
- I take Ibuprofen and use Tiger Balm (a topical liniment) by the gallons.
- I am mindful that certain foods seem to cause my pain to flare and try to avoid them.
- I regularly see an “acupressurist” for massage that is therapeutic, NOT pleasurable, and from time to time, I go to an acupuncturist for my foot problems.
- I meditate every morning and night to keep a lid on stress associated with work and everyday life.
- I try to keep my weight down, although I'm not as good at that as I want to be.
- I am very active and a fanatic about my sleep regime.
- I soak my feet regularly and keep a heating pad by my bed and an ice pack in the freezer at all times.

Sometimes, I think the most helpful “therapy” for me is that, before I close my eyes, I remember three things that have happened that day for which I am grateful. There are no quick fixes to serious orthopedic problems and chronic pain often associated with it, but I am very grateful for the rich life I lead and those who love and care about me – professionals, friends and family.

For a more detailed description of “complementary chronic pain care,” go to painsproject.org/educational-brief-what-is-biopsychosocial-pain-care/.

Myra Christopher is the Director of the PAINS Project, a program of the Center for Practical Bioethics dedicated to transforming the way pain is perceived, judged and treated (www.practicalbioethics.org)



Tawny McClellan Returns to What She Loves — Cycling

For more than three decades, avid cyclist Tawny McClellan's knees powered her through countless miles on trails and the open road. The outdoorsy 68-year-old Olathe resident was a runner before hopping on the bike and knew that eventually her knees would surrender to strenuous physical activity.

the bike riding—while doing her best to ignore her knee's increasing pain level.

During a trip to Atlanta to visit grandchildren, McClellan had repeated episodes of the right knee locking and swelling and upon her return to Kansas City decided it was time to see an orthopedic surgeon. She underwent surgery with Daniel Farrell, M.D., a



Daniel Farrell, M.D is a leader in robotic-assisted surgery and first surgeon in Johnson County to use the innovative MAKO robotic-arm surgery for a total knee replacement.

"I started experiencing knee pain a couple of years ago," McClellan says, "and it was a matter of time before the wear and tear caused an injury."

Pedaling one lovely spring morning from Olathe to Prairie Village in May 2017, McClellan's knee signaled: her

board-certified orthopedic surgeon at Overland Park Regional Medical Center, part of HCA Midwest Health. McClellan was the first patient to undergo the innovative MAKO robotic-arm surgery for a total knee replacement with the cutting edge robotic system.

"This is a new chapter in orthopedics," Dr. Farrell says. "There's nothing like it,

For the next several months she tried performing regular daily activities—minus the bike riding—while doing her best to ignore her knee's increasing pain level.

borrowed time was up. "The right knee went out and I could barely stand or walk or ride my bike," she says.

For the next several months she tried performing regular daily activities—minus

and to be able to help a patient like Tawny who is so active get back to her love of cycling is remarkable."

McClellan reports that she's never felt so strong and that her knee's primary



purpose "to support me is back. I didn't realize how much I was compensating for my damaged knee until after surgery." She went through physical therapy, including inpatient, home rehab and outpatient, after surgery. "I can't express how excited I am—it feels like Christmas with my new knee."

For more information on orthopedic services visit: hcamidwest.com/service/bone-joint-care.

"Come and examine for yourself a peculiar city, which is rapidly growing," reads a century-old invitation from Kansas City, Kansas. "This state of Kansas will have what belongs to her—a great city."

KCK has seen its ups and downs since then. Today, the "Great City" is on an upward swing, thanks in part to the work of the Central Avenue Betterment Association and Partners.

Toward a better city now and tomorrow

CABA has a mission: to improve the quality of life and economic development of the Central Avenue area and CABA's territory of operation, which includes the community surrounding the core commercial district. To accomplish its goals, CABA is working to:

- Promote youth education.
- Improve family structure and stability.
- Promote neighborhood enhancement and maintenance.
- Promote culture.
- Facilitate entrepreneurship.
- Increase business growth.

CABA's is an ambitious agenda, but the organization is working hard to carry it out. It has introduced a number of programs aimed at enhancing opportunities for the current and next generation. Here are just two examples.

La Placita: The place to start a business

Held in Bethany Park, La Placita is a bi-monthly market featuring vendors, entertainment and a chance for members of the community—people from many walks of life—to show what they have to offer and to make connections. It is, in fact, a business incubator.

The market is entirely secured and promoted by CABA with help from the Unified Government's Parks and

Recreation Department, along with many businesses, other organizations and volunteers. Vendors at La Placita keep 100 percent of their profits.

The purpose of La Placita is straightforward: to provide a venue for community members to explore their ability to produce and commercialize any product without the pressure of a major up-front investment. Each startup is guided through the process of building a path to financial success.

Summer mentoring: Opportunities for the next generation

Each year, CABA sponsors a student program, funded in part by a Board of Public Utilities grant and open to Central Avenue-area high school students. The program:

- Provides 4th-year high school students with mentors and real-life experiences plus good work practices designed to prepare students for personal success.
- Builds self-esteem, giving young people the ability to resist negative pressure.
- Gives the community positive student/resident/business interaction.
- Pays a stipend after completion of a contract.

To date, the summer mentoring program has been very well received by community leaders. More and more leaders and professionals are expressing interest in becoming mentors.

Making a new history

Through CABA, Kansas City, Kansas, is once again reinventing itself. It will take hard work and the support of the community to achieve CABA's goals. For more information and to contribute time and/or financial support, visit www.cabakck.org or call (913) 707-4622.



Free Wheels 4 Kids



La Placita



WHEN THE FARM COMES TO THE CITY, COMMUNITIES GROW

“Urban farm” might sound like a contradiction, but for the Urban Farming Guys, it makes perfect sense. For people in the city — especially those who live in impoverished areas where fresh food is hard to find, transportation is lacking and the crime rate can be high — cultivating a little ground and growing nutritious crops can be a way to connect with the community. And the possibilities grow from the ground up.



START WITH GOOD FOOD AND GROW FROM THERE

Founded a decade ago, The Urban Farming Guys began with a mission: to rebuild challenged communities from within. The focus was on building the local economy, capacity and resiliency. With this goal in mind, UFG chose to start with one of the most disadvantaged areas in the Kansas City area, the Lykins neighborhood in the Historic NorthEast, just 3 miles from downtown KCMO.

First came community gardens and afterschool programs in available spaces to give adults and children the knowledge they needed to cultivate a better future. Before long, the neighborhood saw a growing campus and new opportunities for the generation to come. Today, the community sees:

- A steady drop in crime.
- Multiple gardens.
- Greatly increased knowledge of where food comes from, healthy eating and healthy lifestyle.
- Greenhouses with aquaponics & smart hydroponic systems and a large Makerspace with programs that have expanded from urban agriculture to art, nutrition and afterschool robotics, with access to advanced tools, teachers and mentors.

PLANT THE SEEDS AND SPREAD THE WEALTH

Since its beginning, The Urban Farming Guys has used DIY (do it yourself) tutorials, inspiring videos and word of mouth to spread the word and bring a better way to live to other communities. In fact, the message has gone global. YouTube views alone have exceeded 4 million.

UFG has become much more than a promoter of urban farming. The organization offers opportunities for anyone who wishes to participate, whether as a volunteer or as someone seeking a healthier lifestyle. Using UFG's resources, people have:

- Quit drugs and alcohol.
- Fixed up their homes.
- Started to grow their own food.
- Learned new skills.
- Connected with their community.
- Found a better job.
- Begun to pursue lifelong dreams.



FERTILIZE WITH HELP FROM AND FOR THE COMMUNITIES SERVED

Volunteers and financial donations are the lifeblood of The Urban Farming Guys. A little time and a little money from many people go a long way toward creating vital, vibrant neighborhoods.



**TO VOLUNTEER AND DONATE,
VISIT WWW.THEURBANFARMINGGUYS.COM OR
EMAIL TO INFO@THEURBANFARMINGGUYS.COM**



our **HEALTH** *WHAT'S NEXT?* IN TOUCH WITH YOUR HEALTH *matters...*

What YOU Should Know and Understand about Diabetes

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a report released in 2017 by the Centers for Disease Control and Prevention.

Diabetes is a disease in which the body is unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream — causing one's blood glucose (sometimes referred to as blood sugar) to rise too high.

It's a fact, diabetes can cause heart attacks, strokes, blindness, kidney failure, nerve damage, impotence in men and blood vessel disease that may require an amputation.

In our next edition learn what's trending in the fight to prevent, treat and manage diabetes.

JULY-AUGUST 2018 EDITION

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