

# You have the Power!

Eat well. Move more. Keep score.

## Coach's Corner

*Advice from Leslie Dredge-Murphy, Health Coach at the Mt. Ayr Medical Clinic.*

With Thanksgiving approaching, let's all be thankful for turkey! Not only is it on many traditional menus this time of year, it's also actually really good for you!

- Turkey is a rich source of protein.
- Skinless turkey is low in fat.
- Turkey meat is a source of iron, zinc, potassium and phosphorus.
- It is also a source of vitamin B6 and niacin, which are both essential for the body's energy production.
- Regular turkey consumption can help lower cholesterol levels.
- Turkey contains the amino acid tryptophan which plays an important role in strengthening the immune system.
- It is also a source of selenium which is essential for thyroid hormone metabolism. It boosts immunity and acts as an antioxidant.

### Turkey Tips

- A turkey roast is cooked properly when it is piping hot all the way through.
- Store turkey separate from any gravy, stuffing or raw food.
- Refrigerated uncooked turkey will keep for about one or two days. Cooked turkey will keep for about four days.

## Amy Ford: A breath of fresh air

Amy Ford is a bowler, a golfer, a wife, a mother, and a grandmother. Oh, and she's also a double lung transplant survivor. Almost three years since her surgery, she's thriving and enjoying her life in Mt. Ayr.

A life-long Ringgold County resident, she was 19 and had gone away to college when she started becoming short of breath. Initially, her doctors blamed it on stress. "It didn't matter what I believed," said Amy. "They were convinced it was just stress. So I switched doctors and got a second opinion."

After extensive tests, she was diagnosed with pulmonary hypertension and lupus. Pulmonary hypertension is a type of high blood pressure that affects arteries in the lungs and the right side of the heart. Tiny arteries and capillaries become narrowed, blocked or destroyed. This makes it harder for blood to flow through the lungs, and raises pressure within the lungs' arteries. As the pressure builds, the heart's lower right chamber must work harder to pump blood through the lungs. Untreated, the heart muscle will weaken and fail.

Amy's condition didn't go untreated, however. For 18 years, 24 hours a day, she wore a pump that kept the oxygen moving in her lungs. "When I went in to get the pump, I couldn't walk 50 yards. After I had the pump, I could walk and talk as much as I wanted. It didn't cure anything, but it kept it so I didn't get worse," Amy says. CONTINUED ON BACK



# You have a Partner!

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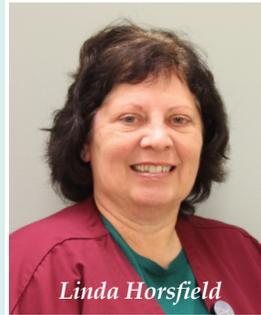
The problem was that she kept getting line infections. “Anytime you have something embedded in your body, you increase the risk of infection,” she said. At the same time, she was in “uncharted territory.” She had been on the pump for longer than almost anyone in the US. Her doctor recommended she get on the list for a lung transplant.

At first, she thought she’d be headed to Pittsburgh to await the call that lungs had become available. She and her family would have had to relocate, because a transplant recipient must be within a two-hour drive of the hospital if they want to be on the list. Luckily, her doctor in Iowa City agreed to perform the surgery, so she could stay at home while they waited.

One early morning in February, 2013 she got the call. “We have lungs for you. I hope you haven’t eaten anything today!” So Amy and her husband headed to Iowa City. Her 14-hour surgery began late afternoon and lasted into the early morning. She was hospitalized for 30 days.

But that was then. This is now. She is able to take advantage of Ringgold County Hospital’s state-of-the-art lab and testing capabilities. “The doctors here work really well with my outside doctors,” said Amy. “They’re really on the ball and keep me straight.” Every three or four months she travels to see her specialists, but otherwise has all she needs right here.

There was a time when her doctors cautioned her that she wouldn’t see her twin sons graduate from high school. Now they’re adults with families of their own and she’s very much here to enjoy them. When she’s not working, bowling, or golfing, she’s spending time with her grandchildren and doing outreach for the Iowa Donor Network. “Every day is a blessing.”



Linda Hosfield

## Chew on this!

### Chronic Obstructive Pulmonary Disease

5:00 p.m.

Monday, November 14

Hospital Cafeteria

Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. Join Registered Respiratory Therapist Linda Hosfield for an educational seminar on “Living with COPD.” The program is free, but please call 641-464-4401 by November 4 to reserve your place.

## The Great American Smokeout

Every year, on the third Thursday of November, people who smoke across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting – even for 1 day – people will be taking an important step toward a healthier life and reducing their cancer risk.

### Tips for Helping a Smoker Quit

- Tell your friend that you think he or she can succeed this time, even if he or she has tried to quit before and failed. We encourage people who smoke to think of those past tries as “practice quits” and to learn from them as they plan their next quit attempt.
- For the first few days after someone quits, be ready to help. He or she may just want to talk, or your friend may want extra help when a tough situation arises, such as a party, or a crisis at home or work.
- Offer to call or visit to check on them. Ask how your friend is feeling, not just whether or not they are still off cigarettes.
- No nagging, scolding or preaching—that just doesn’t work. Instead, let your friend know how much you admire them for trying to quit.
- Give lots of praise and offer rewards for getting through a day, a week or a month without smoking. Rewards can be simple—flowers, a lunch treat, or even doing a chore for your friend around the house or office.
- Give rewards right away. For example, let your friend watch his or her favorite TV show while you do the dishes. Giving rewards right away works better than promising rewards for the future.
- Remind your friend to do some deep breathing if they feel tense. Breathing in and out slowly brings more air into the lungs, which will help your friend relax.
- Do things together; go to a movie or take a walk. Stay away from places where other people may be smoking.

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