



You have the Power!

Eat well. Move more. Keep score.

Employees are working on wellness

For the second year, Ringgold County Hospital employees are participating in a Wellness Challenge. The lighthearted competition gives participants a chance to jump-start their wellness goals for the year. Over 10 weeks, they are held accountable for 30 minutes of exercise at least five days a week and also make dietary changes that are not part of their typical lifestyles.

“We hope by challenging them, it will stimulate a permanent change in their overall lifestyle,” said Jill Ehlen, a member of the employee wellness committee. “There is an entry fee, but that goes towards weekly prizes and the overall team winner.”

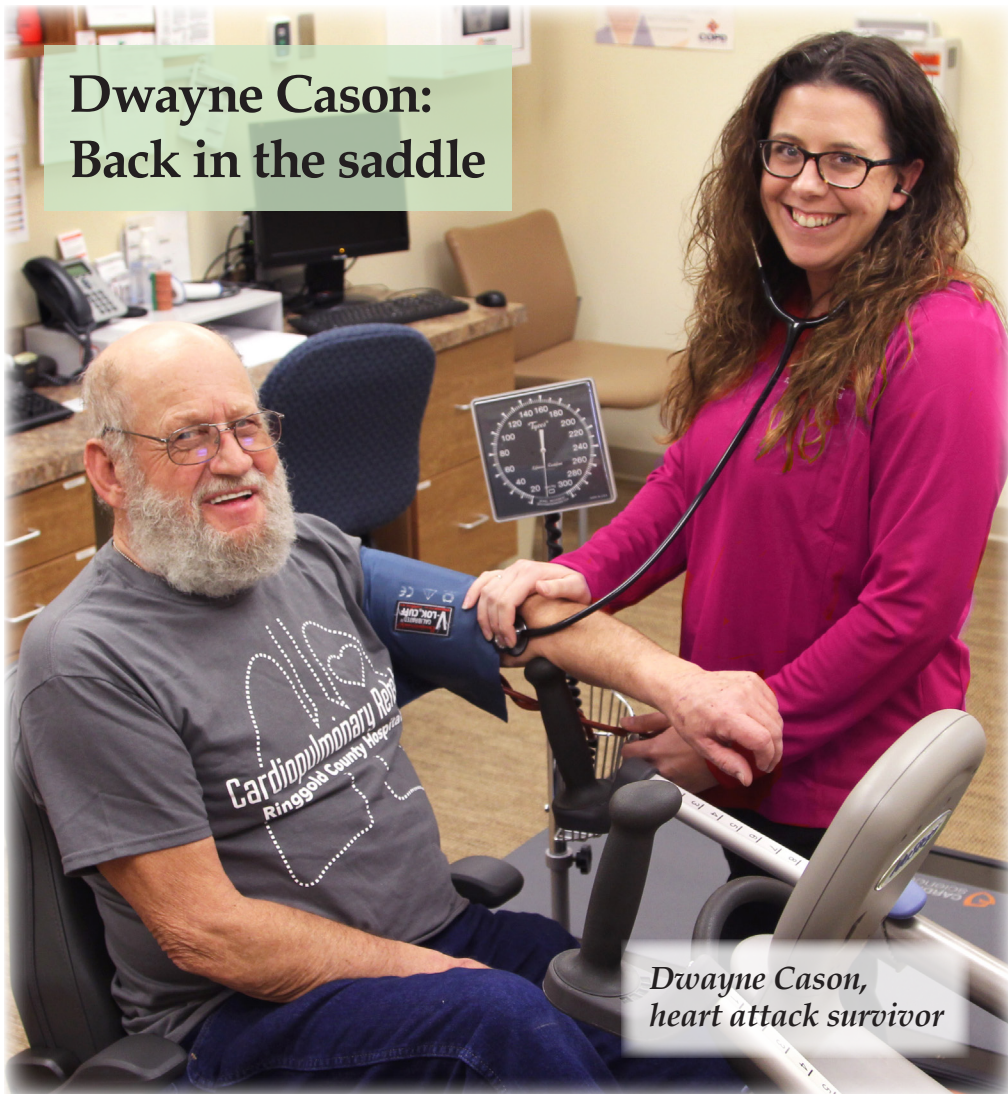
Last year’s program was so successful that the 67 participants collectively lost 187 pounds while exercising for a total of 3,203 hours! If your company or workplace would like to launch a similar program, contact Jill Ehlen at 641-464-4228 for additional details.

Give your heart a Valentine!

Take advantage of **FREE** cholesterol screenings offered by Ringgold County Hospital

February 13-17, 7:00-10:00 a.m.
Hospital lobby

Dwayne Cason: Back in the saddle



Dwayne Cason,
heart attack survivor

When you talk to Dwayne Cason, you know right away that he’s been through a lot. The 71-year-old Viet Nam veteran has had his share of injuries, but perhaps none as life threatening as the heart attack that forced him to have open heart surgery last June. “I was taking care of 37 acres and walking five miles a day,” he said. “And I still had a heart attack!”

Luckily for Dwayne, he knew where to find the best cardiac rehabilitation in Southern Iowa – with Jennifer England at Ringgold County Hospital.

CONTINUED ON BACK

You have a Partner!

Ringgold County Hospital. Your partner in health.

504 North Cleveland Street • Mount Ayr, IA 50854 • 641-464-3226 • www.rchmtayr.org

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CONTINUED FROM FRONT

“On a scale of 1 to 10, I’d give Jennifer a 12!” He’d worked with her in 2010 after having a stent put in, so he knew how she worked and that she would help him after his surgery.

“Jennifer’s the best. I told her ‘I want you to push me. Push me hard.’ And she really pushed me.”

Dwayne explained that each session began with warm ups like leg lifts, squats, and stretching his muscles. Then they’d lift weights. “I started lifting at three pounds. She got me up to eight. And Jennifer does every one of them with you. She always had two pounds more than me.”

For many cardiac patients, time on a treadmill is part of their rehab. Not so for Dwayne. “You can walk forever,” said Jennifer. So instead he spent time on a bike. “We bumped up the resistance and I’d ride for 30 minutes.”

According to Dwayne, his doctors told him he won’t feel 100% better until a year after his surgery. But he’s working hard to beat that prediction. With the great start he received from RCH cardiac rehab, he’s well on his way.

Food for Thought



Life’s Simple 7

Eric Martin, M.D.

Wednesday,
February 22,
Noon
Hospital cafeteria

Dr. Martin’s presentation on heart health is free and includes lunch.

Please reserve your seat by calling 641-464-4401 by Monday, February 20.

Healthy Heart Tips

Keep your heart beating strong by following these healthy heart tips!

- **Improve your blood pressure**
Have your blood pressure checked frequently by your doctor and keep a record so you can identify and track changes.
- **Live Smoke Free**
Smoking narrows your blood vessels which can increase your blood pressure.
- **Maintain a Healthy Weight**
Being overweight makes your heart work harder causing high blood pressure.
- **Eat less sodium**
Eat less than 2300 milligrams of sodium a day.
- **Be more active**
Exercise can help lower your blood pressure and your weight. Aim for 20-30 minutes of moderate exercise each day.
- **Manage the stress in your life**
You will always have some stress, but learn to control it.
- **Learn to relax**
When you relax, your blood vessels relax too.
- **Take blood pressure medicine**
If your doctor prescribes it, take it!
- **Know your numbers**
Don’t let your numbers be a mystery. Know them and track them to keep up with your progress and so you can watch for any changes.

UNDERSTAND YOUR RESULTS

Total cholesterol

Best: less than 200
Borderline high: 200-239
High: 240 or higher

HDL (Good) cholesterol

Low: less than 40 for men,
less than 50 for women
Good: 40-59
Very good: 60 or higher

LDL (Bad) cholesterol

Best: less than 100
Near best: 100-129
Borderline high: 130-159
High: 160-189
Very high: 190 or higher

Triglycerides

Normal: less than 150
Borderline high: 150-199
High: 200-499
Very high: 500 or higher

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