

# VS

VITAL SIGNS

A Publication of McDonough District Hospital  
Winter Issue 2015



525 East Grant St.  
Macomb, IL 61455

www.mdh.org  
309.833.4101



***“Our experience with Dr. Smith was more than we could have ever expected! She’s thoughtful, respectful and shows empathy when treating you. I could not have asked for a better physician to not only care for me but to also provide prenatal care for our first child.”***

**-Lisa Pershing**

# Vital Signs

Published three times a year by the Public Relations & Marketing team at McDonough District Hospital. *Vital Signs* provides general information on health related topics, MDH services, news and hospital updates. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

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*Vital Signs* can be downloaded/printed from the website at [www.mdh.org](http://www.mdh.org).

This publication was printed by The McDonough Democrat.

If you would like additional information about MDH, please call Public Relations & Marketing at (309) 836-1557.

## Our Mission:

**The mission of McDonough District Hospital, in partnership with its Medical Staff, is to provide health services with a personal approach to care that enhances the quality of life.**

## Our Vision:

**To be your First Choice for First Class Health Services**

## Core Values:

**Honesty and Integrity  
Respect  
Exceptional Service  
Commitment to Excellence  
Teamwork**



McDonough District Hospital  
is accredited by  
The Joint Commission

# Meet our new



## Richard Minter, DO

Board Certified Family Practice physician **Richard Minter, DO** will join the Family & Pediatric Clinic on January 5.

Dr. Minter graduated from Northeast Missouri State University in Kirksville, Missouri. He completed a Doctorate of Osteopathic Medicine from Kirksville College of Osteopathic Medicine in Kirksville, Missouri. Minter has spent the last 31 years practicing with Northeast Missouri Associates, Inc. in Lancaster, Missouri.

Minter has worked with all ages and has experience providing general medical care, diagnosis, care and treatment of simple fractures of the extremities, including casting, DOT physicals, Laceration repairs, OMT (Osteopathic Manipulative Therapy), X-rays and EKGs. He has also done minor surgery in his office including surgical removal of skin lesions, toenails and cryosurgery.

In his free time, he enjoys spending time with his family and watching WIU Women's Basketball games as his son, Seth Minter, is the Associate Head Coach.

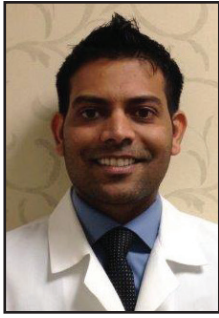
*He is accepting patients age 18 years and up.*

# Welcome Reception

**Wednesday, January 6  
2:00 - 4:00 PM  
Auditoriums A & B**

Stop by to greet Dr. Minter!

# providers



## Prayag Patel, MD

Family Practice physician  
Prayag Patel, MD will join the  
McDonough Medical Group in  
the summer of 2016.

Dr. Patel graduated with a  
Bachelor of Science in Biology  
from Montclair State University in Montclair, New  
Jersey. He completed a Doctorate of Medicine from St.  
George's University SOM in St. George, Grenada.

Patel is currently completing a 36-month Family  
Medicine residency training at St. John Hospital  
and Medical Center in Detroit, Michigan. He is a  
member of the American Medical Association and  
American Academy of Family Physicians as well as  
the American Board of Family Medicine.

In his free time, he enjoys running and hiking. He  
also enjoys traveling and hopes to see the world. In his  
downtime, he prefers spending time with friends and  
family. He is an avid follower of international news  
with a specific interest in international geopolitics.  
In addition, he speaks many languages including  
English, Gujarati, Hindi, Punjabi and Urdu.



## Brianne Wehner, DO

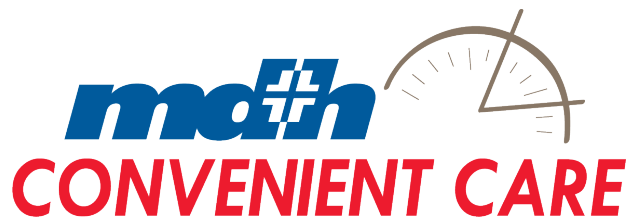
Family Practice physician  
Brianne Wehner, DO will join the  
McDonough Medical Group in  
the summer of 2016.

Dr. Wehner graduated with a  
Bachelor of Science in Exercise  
Science from Truman State University in Kirksville,  
Missouri. She also received a Bachelor of Science  
in Nursing from University of Missouri, Columbia.  
She completed a Doctorate of Osteopathy from A.T.  
Still University, Kirksville College of Osteopathic  
Medicine.

Wehner is currently completing a four year post  
graduate residency in Family Medicine and  
Neuromuscular Manipulative Medicine at Northeast  
Regional Medical Center in Kirksville, Missouri.  
She has also been working since 2014 as an Acute  
Care clinic physician at Pershing Memorial Hospital  
in Brookfield, Missouri. She is a member of the  
American Academy of Family Physicians and  
American Academy of Osteopathy.

In her free time, she enjoys building LEGO towers  
with her children, spending time with family, cooking,  
gardening, swimming, reading to her children and  
quilting.

*MMG looks forward to welcoming Dr. Patel and Dr. Wehner to the Macomb  
community and the Family & Pediatric Clinic at MDH in the summer of 2016.*



*Quality care. Your health. Your schedule.*

## Holiday Hours

### Christmas Eve

9:00 AM - 5:00 PM

### Christmas Day

CLOSED

### New Year's Eve

9:00 AM - 5:00 PM

### New Year's Day

9:00 AM - 5:00 PM

# MDH Obstetrics & Gynecology Clinic

The MDH Obstetrics & Gynecology Clinic provide quality care to patients from adolescent to elderly, seeing women through all transitions in their life including puberty, pregnancy, postpartum and postmenopausal stages. The goal of the Clinic is to ensure that patients feel cared for and their medical concerns are heard and addressed with excellence, timeliness and the most current modalities available.



*You care for everyone else, let us care for you!*



## Dr. Tamara M. Smith

- Board certified Obstetrician-Gynecologist
- **Medical School:** University of New England Osteopathic Medical School
- **Obstetrics & Gynecology Residency:** Detroit Riverview Hospital associated with Michigan State University
- Practicing medicine for over 18 years

### Procedures offered in-office:

Evaluations of the cervix and intrauterine cavity as well as a variety of biopsies to detect abnormalities. IUD placement for long acting birth control, biopsy of the lining of the uterus for abnormal bleeding and more.

### In-hospital procedures:

Minimally invasive surgery including; laparoscopic gynecological procedures for treatment of pelvic pain, cysts, endometriosis and scar tissue. Laparoscopic and vaginal hysterectomies as well as out-patient procedures to stop or decrease bleeding without having to have a hysterectomy.



*“ I always knew I wanted to help females in their transitions through life. I wanted to provide a safe place where women could turn to and talk about issues as their body goes through various changes from adolescence all the way through pregnancies, menopause and beyond. I enjoy the excitement of delivering a new life into this world and being a part of all pregnancies. Seeing the end result as a success is very rewarding. As an Ob-Gyn I have seen growth in families and have been able to both rejoice and cry with them through their life events. I love that my staff also get to participate and care for patients at the same time.”*

*-Dr. Smith*



➤➤➤ **Outpatient services offered in Rushville at Culbertson Memorial Hospital the first and third Tuesday of each month.**

**For more information or to schedule an appointment with Dr. Smith call (309) 836-6937.  
Health Services Building 2 | Suite 112**

# *New Year's Resolutions for the* **MIND & BODY**

The New Year is a time we tend to reflect on our lives and consider ways to make improvements. Losing weight is a perennial favorite New Year's resolution. However, losing weight is not about eating less but eating right, having a healthy lifestyle and minimizing stress. Although losing weight and getting healthy is a noble goal for the New Year, have you thought about resolving to improve your mental health as well?

**Here are some resolutions to help you improve your mind and body for 2016!**

## **MIND**

1. Begin by making self-care a high priority. Increase your awareness of your needs and attend to them.
2. Set boundaries
  - *Physical* and *emotional* limits which protect us from being used, taken advantage of or manipulated into doing things we'd rather not go along with.
  - Establish them.
3. Learn to say no. People-pleasers try to make everyone happy even at their own expense.
4. If you work best by following a schedule, limit volunteering to take on responsibilities during time you had already planned for other things.
5. If you function best with 8 hours of sleep, avoid activities that infringe on your sleep time.

When we establish healthy boundaries we tend to feel more self-confident, we communicate more effectively with others, our relationships are more fulfilling and we have greater self-respect.

## **BODY**

1. Serve a vegetable with each meal and have fruit and vegetables readily available for snacks.
2. Eat out only once a month. Cut your meal in half and ask for a box.
3. Try not to keep trigger foods easily accessible.
4. Have a list of distracting activities which can help re-direct you away from eating.
5. Keep a food diary.
6. Find time, a minimum of 3 days a week, to exercise for at least 30 minutes. Choose the exercise that will fit your lifestyle. Take a walk, use the stairs, or play with your kids/grandchildren.

Be sure to celebrate successes along the way. Each day, reflect on one good things that happened and one thing that can be improved. By noticing and celebrating changes along the way, you are more likely to stick with your goals and improve your life.

**BEST OF LUCK FOR A NEW YOU IN 2016!**



**BALANCE**

# Obstetrics Department

## Ask the MDH Experts

	What is your favorite holiday food?	What is your favorite childhood memory?	Who is your hero?	What advice would you give new parents?	What is your favorite Christmas movie?
 Wendy Cameron, RN	Turkey - but I love any desserts!	Vacations	My oldest daughter - Alexandra	Seize the moment, it goes by fast.	<i>A Charlie Brown Christmas</i>
 Crystal Dobbs, RN	Pumpkin bars	Going on vacation with my parents.	Nurses and first responders that put other lives before their own.	Enjoy every moment, they grow up so quickly!	<i>Miracle on 34<sup>th</sup> Street</i>
 Julie Elliott, RN	My mom's dressing and homemade fudge	My favorite dog had passed away and my dad surprised me with a new puppy.	My dad	Take a deep breath and enjoy your new baby, try not to be overwhelmed.	<i>Rudolph the Red Nosed Reindeer</i>
 Sara Jones, RN	Grandma Betty's corn bake	Going to LaVeta Christmas parade and spending New Year's Day with family and friends.	Mom and Dad	Love and treasure your children always. Store up memories in your heart!	<i>Christmas Vacation</i>
 Stephanie McCleery, RN	Chocolate fudge	Sledding at my grandparents house.	The children at St. Jude Children's Research Hospital	Remember to have alone time with your baby.	<i>Elf</i>
 Janet Sullivan, RN	Pumpkin pie	When my mom used to read to us	My dad	Follow through with what you say.	<i>It's a Wonderful Life</i>

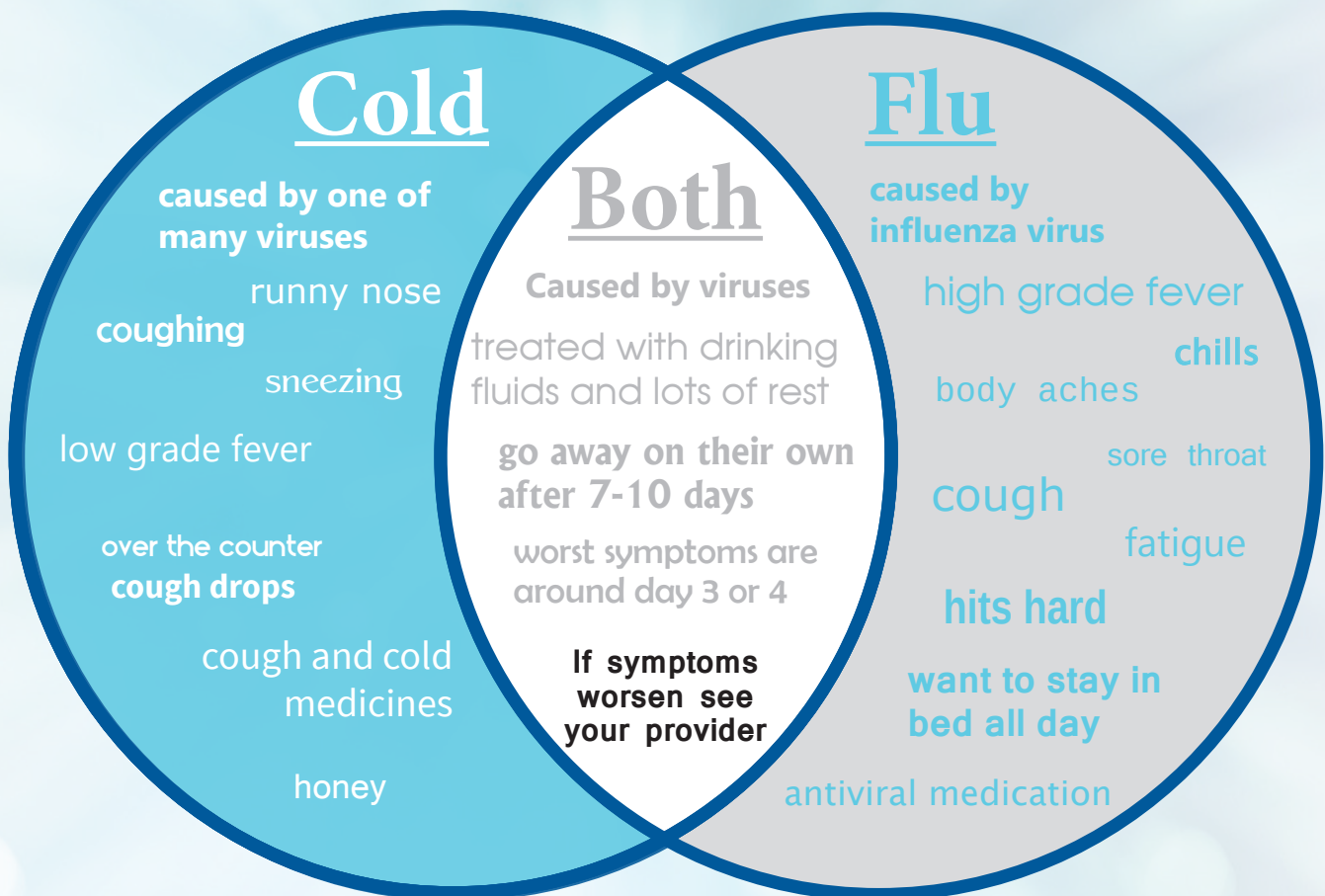
**Did You know?**

The MDH Obstetrics Department has 21 nurses on staff totaling over **300 years** of experience!

LOCAL  
 POSTAL CUSTOMER

# COLD VS FLU

It is that time of the year again; a time of sneezing, coughing and runny noses. The Centers for Disease Control and Prevention recommends everyone six months of age and older receive a flu vaccine every season. The flu vaccine is designed to protect against the most common viruses. You have received your flu vaccine. You have stocked up on as many medications and vitamins you can think of to prevent getting sick. Even then, you still end up getting sick, but which is which? Flu? Cold? When should I be seen by a doctor? These are very common questions.



Information provided by, Weili Zhang, DO, Family Medicine physician with McDonough Medical Group Internal Medicine. Her office is located in Health Services Building 2, Suite 111. For more information or to schedule an appointment call (309) 837-9926.