

MMG Family Clinic

Pgs. 4 & 5

VS

VITAL SIGNS



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Macomb, IL 61455

www.mdh.org
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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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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 providers



Lyndsay Bedwell, FNP

McDonough District Hospital is pleased to announce the addition of Family Nurse Practitioner Lyndsay Bedwell to the McDonough Medical Group.

Lyndsay earned a Master's of Science in Nursing and has recently completed the Family Nurse Practitioner Program at Maryville University in St. Louis,

Missouri. She received her Bachelor of Science in Nursing degree from Blessing-Rieman College of Nursing in Quincy.

Lyndsay previously worked as a Registered Professional Nurse at Blessing Hospital Emergency Room in Quincy for seven years. She is certified with American Association of Nurse Practitioners and qualified in Healthcare Provider CPR, Non-Violent Crisis Intervention and Advanced and Pediatric Cardiovascular Life Support.

In her spare time, she enjoys spending time with family, being outdoors, hunting, fishing, camping and traveling.

Lyndsay is working at the Convenient Care Clinic at Hy-Vee, 1600 East Jackson Street, Macomb. For more information call (309) 836-1700.



Julie Haggerty, PMHNP-BC

McDonough District Hospital is pleased to announce the addition of Board Certified Family Psychiatric and Mental Health Nurse Practitioner (PMHNP-BC) Julie Haggerty to the McDonough Medical Group working with Drs. Sarwar and Wright and Layne Stambaugh, PMHNP-BC in the MDH Psychiatry office.

Julie completed a Bachelor of Science in Nursing at Saint Francis Medical Center College of Nursing in Peoria. She earned her Master of Nursing from University of Illinois in Chicago.

Julie has over 30 years of nursing experience in a variety of settings including medical, surgical and cardiac patients in hospitals, corrections, inpatient addiction recovery, outpatient dialysis, mental health and older adult mental health. Most recently, Julie has 5 years' experience as a Psychiatric Mental Health Nurse Practitioner at the Department of Veterans Affairs in Peoria.

In her spare time, she enjoys spending time with her family, sewing, swimming and gardening. She also spends time advocating for animals and has an interest in nutrition.

Her office is located in Health Services Building 2, Suite 212. In addition to the Psychiatry office, she will be assisting in the Senior Behavioral Health Unit. For more information or to schedule an appointment call (309) 836-6400.



Accepting New Patients

Haseena Mazhar Ali, MD

Internal Medicine

Health Services Building 2 | Suite 111

She is accepting patients 18 years of age and over.

Haseena M. Ali, MD enjoys working in outpatient medicine because it gives her the opportunity to work with a patient long term and bring positive changes to their life. She also enjoys the dynamic aspect of building trust with her patients and what that brings to each of their lives. It keeps things interesting to be able to handle different scenarios every day.

Dr. Ali considers MDH to be very welcoming. She appreciates that staff are always willing to help and likes how they work as a team. The Macomb community is very friendly and she believes this to be a good place to settle down and raise children.

For more information or to schedule an appointment call (309) 837-9926



HOLIDAY HOURS

Thanksgiving Day: 9:00 AM - 5:00 PM

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



Lyndsay
Bedwell, FNP



Kaye
Stone, FNP



Krystal
Wagner, FNP

(309) 836-1700

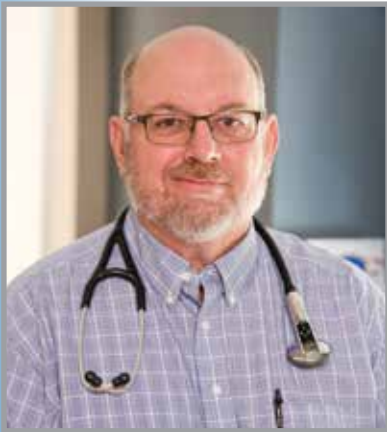
When you need it, the Emergency Department is always open.

Get to Know the Family Clinic Providers

NOW OFFERING *extended hours*

Monday-Thursday 7:30 AM - 7:30 PM Friday 8:00 AM - 5:00 PM

For more information or to schedule an appointment call (309) 837-MYDR (6937)



Richard Minter, DO is interested in all aspects of adult care because he enjoys being involved with many different areas of medicine. He is especially strong in diabetes care, back pain and geriatrics. His favorite aspect of working with patients every day is talking with people.

Dr. Minter thinks Macomb is a very nice area and is impressed with how much this community has to offer for its size. He likes the fact that patient care is the number one focus at MDH and appreciates how much they are investing back into the structure and systems to help improve patient care. *Accepting patients 18 years and older.*



Sue Adams, FNP was born and raised in Macomb. After living in Chicago for 13 years, she moved back because Macomb is friendly and she wanted that sense of connection that comes with a small community. “You see people you know wherever you go here and it’s easy to feel connected here.” She feels the same connection at MDH and is “proud to belong to this organization.”

Sue especially enjoys working with children because of how fun they are. She likes the challenge that comes with treating patients with chronic illnesses and enjoys helping them manage their conditions. Sue has an interest in women’s health as well as helping patients work towards and achieve health-related goals. *Accepting patients 6 months and older.*



Weili Zhang, DO has clinical interests in mind-body medicine, nutrition and lifestyle changes. She completed an Integrative Medicine Fellowship at the University of Arizona. Dr. Zhang appreciates how open the community is to an integrative treatment approach.

She enjoys giving patients the knowledge to make changes for themselves. Dr. Zhang believes wellness includes the mind and body as well as all aspects of lifestyle. “By changing the way we live our lives we can promote healing within the body.” *Accepting patients 6 months and older.*

Jodi Heller, FNP enjoys many aspects of helping patients, but believes the most rewarding is to help a patient with a chronic illness take control of their life and disease. She believes preventative medicine is a very important aspect of keeping these patients healthy and preventing long term damaging effects from their disease.

Jodi also loves hearing different stories from her patients and getting to know them. She enjoys promoting healthy lifestyle choices. Jodi has spent several years working as a nurse in this community and is “always impressed with the professional and competent care that is provided to our patients.” *Accepting patients 6 months and older.*



Prayag Patel, MD enjoys communicating with his patients, learning about their backgrounds and work/life dynamics, because of the important role these play in an individual's overall well-being. Although he is new to the Macomb community and MDH, he finds the people very friendly.

Dr. Patel has an interest in clinic procedures. He especially enjoys joint injections because it often provides quick relief from the patient's symptoms. When asked what he likes about MDH, he notes the progressive administration. Dr. Patel appreciates their innovation and interest in the future of the hospital. *Accepting patients 6 months and older.*



Brianne Wehner, DO has varied clinical interests from women's health to chronic disease management and has completed a special post-graduate residency in Neuromuscular Manipulative Medicine. She enjoys the variation in her schedule working with patients of all ages and interacting with them for a variety of reasons from wellness exams to disease management and acute injuries.

Since coming to Macomb, Dr. Wehner and her family have appreciated how welcoming and inviting everyone has been. “It feels like the community has gone above and beyond to make us feel at home and welcome in our new surroundings. The people of Macomb are amazing.” *Accepting patients 6 months and older.*



Megan Clemens, FNP has worked at MDH her entire professional career and she still remembers her first day. “I felt valued and knew there was a sense of community in the organization, and that was something I definitely wanted to be a part of.”

Megan's passion lies with decreasing stigma associated with depression and anxiety. She loves helping those patients increase their quality of life because she has seen what proper medical support and emotional management can do for this population.

She enjoys taking the time to explain things in detail and let the patient know she is listening. Megan also finds it exciting to help a patient reach a health goal. *Accepting patients 6 months and older.*



We look forward to serving your primary care needs!



“Partnering with MDH LifeSteps as the provider of our health and wellness program has surpassed my expectations! Through their biometric screening, they provide our organization with information about the general health and well-being of our staff, and the individual employee with personalized information,” says Dr. Patrick Twomey, Superintendent of Schools. “Their Mayo Clinic trained health coaches provide an exceptional service to our employees. When you add it all up, it equals a happier, healthier school district!”

Over the next three years, MDH LifeSteps will be expanding the program for the school district to incorporate the following programs:

- Snacking with the Provider
 - Providers will give a presentation about a health topic of their choice
 - MDH will provide a healthy snack for the faculty & staff
- WIU Nutrition Student Educational Programs
- 3 Employee Wellness Challenges
 - Walktober, Amazing Race, Community 5k Challenge
- Robust Online Health Risk Assessment
- Weekly Employee Wellness Program Newsletter

MDH provides free consultations of employee wellness needs. To learn if the MDH LifeSteps Wellness Program would enhance your organization, please contact Stephanie Crockett, MS, CHES at (309) 836-1584 or slcrockett@mdh.org.

* The benefits seen by employers who implement an employee wellness program like the MDH LifeSteps Wellness Program are:

- Lowered health care costs
- Reduced workers compensation costs
- Lowered disability related costs
- Less absences which in turn increases productivity
- Improved the employee morale and dependability
- Reduced injuries

* Society for Human Resources

LifeSteps

Wellness Program

McDonough District Hospital’s LifeSteps Wellness Program is an employee health and wellness service. The service includes biometric screenings, wellness coaching, and online resources such as health risk assessments, educational library, and monthly newsletters, challenges and wellness activities. MDH employees are provided this program as an incentive to live well and adapt healthy habits. LifeSteps is also available to local organizations interested in employee wellness.

MDH LifeSteps has been partnering with Macomb Community Unit School District #185 for two years offering biometric wellness screenings for faculty and staff each year, as well as educational programs on sleep, diet and fitness. Opportunities for additional screenings such as bone density, blood pressure and sun damage have been offered as well as wellness coaching.

Laurie's Story

After 30 years as a volunteer firefighter and EMT, Laurie Martin was devastated when she found out she had to give up that part of her life. Laurie had Alpha-1 Antitrypsin, a genetic lung disease. A lung volume reduction surgery in early 2010 started her long, hard fight for life.

Laurie and her husband Eric live in Astoria, so choosing MDH Sports Medicine and Rehabilitation was about convenience and being close to home. She completed the first two phases of the Pulmonary Rehabilitation program. Although the first surgery and following rehabilitation was designed to help improve the efficiency of her lungs, she was still in need of a lung transplant.

She decided to continue with the optional Phase III because she knew she needed to continue exercising. *"As hard as it was, it kept me stronger. I needed to stay as strong as I could for the transplant, not even knowing if I was going to get it,"* she stated.

One day, a trip to the doctor found her at 18% lung capacity. She was on oxygen, having a difficult time living her everyday life, and was feeling down and hopeless. On March 13, 2016 she finally got her double lung transplant at Barnes Jewish Hospital in St. Louis. Her husband was by her side through her whole recovery, but she couldn't wait to get back to the gym with her friends.

It has been six years since she started coming to MDH Pulmonary Rehabilitation with Exercise Physiologists Alicia Ladd and Linda Kane and Ginger Shawgo, RN. Laurie says she couldn't have done it without their cheerleading and friendship. When asked what she liked best about coming to MDH Sports Medicine and Rehabilitation Services, she happily boasted about these girls. *"They laughed with me and cried with me the whole way,"* she said.

Since the department moved to the third floor in 2015, Laurie has really been enjoying the new space. The brand new gym has given her different choices of equipment to work out on and more space to move around in. She has made a lot of new friends in the Phase III program as well.

Now Laurie is loving her new life. She even got to enjoy a Florida vacation with her son, Austin. *"I'm living again,"* she said tearfully. She still regularly works out in the gym with all her friends. It has been an emotional journey and she is thankful for all the encouragement from the staff at MDH. She is getting stronger every day and hopes to one day get back to firefighting and being an EMT.



JOIN OUR TEAM

RN Opportunities

- Acute Care
- ICU
- Obstetrics
- Emergency Room
- Home Health
- Hospice
- Senior Behavioral Health
- McDonough Medical Group

Job Opportunities

- Paramedic
- Occupational Therapist
- Speech Language Pathologist
- Informatics RN
- LAN Administrator

Benefits include:

- Competitive salary pro-rated based on years of experience
- Health, Dental and Vision Insurance
- Free Life Insurance
- Free Long term disability
- Paid vacation, sick time, personal days and holidays
- Tuition reimbursement
- Deferred Compensation and 401(a) Pension Plan

For more information, please visit our [Career Opportunities](#) page at mdh.org or call (309) 836-1577.

LOCAL
POSTAL CUSTOMER

Eating Tips for Seasonal Allergies

Many of us may be suffering from fall allergy symptoms. There are many foods that can be included in the diet to help ease these symptoms.

- To decrease inflammation, try tuna or salmon 2-3 times per week. These contain healthy fats called omega 3 fatty acids which can decrease inflammation.
- Try a daily serving of fermented foods that contain probiotics such as yogurt, kefir, sauerkraut or kimchi to help decrease congestion and runny nose.
- Broccoli, cauliflower, onions, parsley, apples and berries all contain a flavonoid called quercetin which may help decrease the release of histamines, resulting in less sneezing and congestion.
- Ease swelling of the nasal passages with foods high in vitamin C such as oranges, peppers and tomatoes.
- Fresh pineapple contains an enzyme called bromelain which may decrease the irritation of allergic reactions.
- Garlic may actually prevent the allergic reaction from taking place.
- Eating small amounts of locally harvested raw honey early in the year may help desensitize you to environmental allergens in your area.

Remember these healthy foods may help ease your environmental allergy symptoms but they are not a replacement for your allergy medication.

Information provided by Lynn Henderson, RDN, LDN, Clinical Dietitian with McDonough District Hospital.

