

Caring Connection



► Jeffrey Bissing, D.O.

Dr. Bissing is accepting new patients at NRMCC Specialty Clinic, 800 S. Ash Street in Nevada. To schedule an appointment, call **(417) 448-2121**.

Matters of the Heart

When it comes to heart care, cardiologist Jeffrey Bissing, D.O., truly wants to make a difference and believes that people need and deserve to stay close to home.

“Heart health shouldn’t be taken for granted.”

Since January of 2017, Dr. Bissing has been allowing community members to do much more of that by providing cardiology services they need at Nevada Regional Medical Center on a weekly basis.

“These days heart health falls down on the list, but with obesity, cholesterol and stress so high, it shouldn’t be taken for granted.” Dr. Bissing said.

Together with NRMCC, Dr. Bissing offers the following services to diagnose and treat heart disease:

- Cardiac Rehabilitation
- Cardiac Ultrasound
- Inpatient and outpatient heart care
- Stress Testing
- Nuclear Medicine

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A health and wellness newsletter from

NEVADA REGIONAL MEDICAL CENTER

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The NRMC Specialty Clinic
brings the
Specialist to

You!

• **Cardiology**

Jeffrey Bissing, D.O.
David Zuehlke, M.D.

• **Dermatology**

Jacqueline Youtsos, M.D., FP

• **Ear, Nose & Throat**

Nathan Box, D.O.

• **Gynecology**

George Hubbell, M.D.

• **Neurology**

Chris Andrew, M.D.
Kent Cooper, M.D.

• **Oncology & Hematology**

Rana Hawamdeh, M.D.

• **Ophthalmology**

Joseph Parelman, M.D. & Steve Unterman, M.D.
Call Mid-America Eye Center (800) 628-4258

• **Pediatrics**

Robert R. Jones, M.D.

• **Podiatry**

Glenda Young, D.P.M.

• **Pulmonology**

Sitaraman Subramanian, M.D.
Navid Zaidi, M.D.

• **Rheumatology**

Connie Teng, M.D.

• **Urology**

Elias Tawil, M.D.

To schedule an appointment
or for more information
about the Specialty Clinic,
call (417) 448-2121.



▶ Andrea Miller, CRT

Pulmonary Rehabilitation: The Lung Function Power Hour

COPD, emphysema and other chronic lung diseases cause sufferers to have difficulty breathing. With a significantly decreased quality of life, symptoms often lead to anxiety and depression as well.

Although pulmonary rehabilitation is not a cure for lung diseases, it can give sufferers a new lease on life by decreasing symptoms, improving breathing and thus the ability to function better in one's daily life.

Nevada Regional Medical Center now offers pulmonary rehabilitation to improve lung function for sufferers of chronic lung diseases.

“Patients gain relationships with others who have similar struggles.”

Pulmonary rehabilitation combines education about specific diseases with monitored exercise at the hospital.

Three times each week, patients spend one hour at pulmonary rehab, learning and training with a variety of aerobic exercises. Education helps patients understand their disease as well as treatments that may be used to manage it.

Each patient's physical ability is assessed with a walk before developing an individual exercise plan. Exercises are designed to build strength and endurance over the course of the program, maximizing the patient's ability to complete the tasks of daily living.

In addition to gaining back control over their lives, Pulmonary Rehab director, Andrea Miller finds her patients gain relationships with others who have similar struggles.

“They look forward to that social interaction and they gain so much confidence in themselves.” Miller said.

Pulmonary rehabilitation requires physician referral, preferably from a pulmonologist. For more information, call (417) 667-3355.

"In-Between" Visits

Better care for people living with chronic illnesses.

Life with multiple chronic illnesses means sometimes a regular doctor's office visit is just not soon enough. With Chronic Care Management, Kim Fleming, RN, is able to help patients in between regular appointments. She also helps patients learn how to effectively manage conditions and stay healthier.

After hours, program participants have access to a 24-hour nurse phone line which also notifies the Chronic Care Management nurse, who will then follow up with the patient.

Chronic Care Management works hand-in-hand with the patient's primary care provider and Medicare Annual Wellness Exams.

Examples of chronic conditions include, but are not limited to:

- Alzheimer's disease and related dementia
- Arthritis (osteoarthritis and rheumatoid)
- Asthma
- Atrial fibrillation
- Autism spectrum disorders
- Cancer
- Cardiovascular Disease
- COPD
- Depression
- Diabetes
- Hypertension
- Infectious diseases such as HIV/AIDS

For more information, call NRMCC Community Care Coordinator Kim Fleming, at (417) 448-3628.

Keeping an Eye on Mental Health



▶ Brian Braumiller, D.O.

May is National Mental Health Month. One out of every five Americans will be affected by a mental health condition in their lifetime and every American is impacted in some way through their friends and family.

Mental health is just like physical health and shouldn't be stigmatized as it often is. Left unattended, mental illness can lead to total self-destruction.

Psychiatrist Brian Braumiller, D.O., who joined Nevada Regional Medical Center in January, is part of a team of healthcare professionals who work with people suffering from mental illness.

Dr. Braumiller cares for individuals' mental well-being through outpatient visits as well as through the New Beginnings Behavioral Health inpatient program for adults and senior citizens at Nevada Regional Medical Center.

Dr. Braumiller is accepting new patients. To schedule a visit, call us at (417) 448-3690.

Dedicated to Women's Health

At the NRMCC Primary Care Center, gynecologist, Dr. George Hubbell provides high-quality healthcare specific to women including office procedures, minimally invasive pelvic surgery and primary care services.

Gynecologists are consulted by women as the main point of care for their overall wellbeing including: diseases of the female organs; contraception, menstruation and menstrual difficulties and menopause.



George Hubbell, M.D.

To schedule an appointment with Dr. Hubbell, call (417) 667-6800.

CaringConnection

Steve Russ, Chairman, NRMCC Board of Directors

Kevin Leeper, President and CEO

Judith Herstein, Community Relations/Foundation Director

The **CaringConnection** is published by the community relations department at Nevada Regional Medical Center. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call (417) 448-3620.

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Upcoming Events



Blood Pressure Screening

Get a quick pressure check each month.
Dates/Times: Mar 15, Apr 19, May 17 | 10:45 a.m.
Location: Vernon County Senior Center
Free screening!

Caregiver's Support Group

Discussion meeting for family members and caregivers of those with Alzheimer's disease and related dementia. **To learn more, call Barone Alzheimer's Care Center at 417-448-3999.**
Dates/Times: Mar 8, Apr 12, May 10 | 1:30 to 2:30 p.m.
Location: Barone Alzheimer's Care Center
Free support group!

13th Annual Community Health Fair

Featuring a wide variety of FREE screenings, safety information, snacks, giveaways and much more! To register for discount lab testing, call 417-448-3622.
Date/Time: April 8 | 9 a.m. to 12 p.m.
Location: Osage Prairie YMCA
Free admission!

Tuesday/Thursday Childbirth Class

Intended for women in the last trimester of pregnancy. Includes information about childbirth, infant care and emergency planning and breastfeeding, as well as a tour of the maternity department.
Dates and Times: Mar 7/9, Apr 18/20, May 16/18 | 6 to 8:30 p.m.
Location: Medical Arts Building, 3rd Floor Classroom
\$15 Registration Fee. To register, call (417) 448-3622.

Saturday Childbirth Class

Intended for women in the last trimester of pregnancy.
Date and Time: Mar 4, Apr 22, May 20 | 8 a.m. to 12:30 p.m.
Location: Medical Arts Building, 3rd Floor Classroom
\$15 Registration Fee. To register, call (417) 448-3622.

Lunch & Learn: Don't Breathe on Me!

A pathological trip down the respiratory tree presented by Ron Jones, M.D.
Date and Time: March 24, 12 p.m.
Location: Mezzanine Conference Room
Free seminar! Reserve a \$3 lunch by calling (417) 448-3622 or you're welcome to bring your own.

Colon Cancer Screening

Are you 50 or older? Consider picking up a free in-home test kit to screen for colon cancer, the second-leading cause of cancer death for men and women. It's easy, painless, private, and it could save your life.
Date and Time: March 3 | 9 to 4 p.m.
Location: NRMCM Main Lobby Information Desk
Free screening!

Sibling Celebration

Designed for children ages 2 to 6. Helps kids celebrate becoming a big brother or sister.
Date and Time: April 4 | 3:30 to 4:15 p.m.
Location: Medical Arts Conference Room
Free class!

NRMCM 14th Annual Caring with Pride Foundation Golf Tournament

Golf for a cause. 3-person teams and sponsorships available.
To sign up, call (417) 448-3620.
Date and Time: May 12 | 9 a.m.
Location: Frank E. Peters Golf Course

Lunch & Learn:

Autism Spectrum Disorder - Pieces of the Puzzle

Presented by Sonja Albright, DNP, APRN-BC
Date and Time: April 7 | 12 p.m. **Location:** Healthy Nevada Innovation Center, 212 W. Walnut, Suite B
Free seminar! Reserve a \$3 lunch by calling (417) 448-3622 or you're welcome to bring your own.

Blood Drive

Give the gift of life to a neighbor in need. Just one donation can help save the lives of two local hospital patients.
Date and Time: May 17 | 1 to 5 p.m.
Location: Moore-Few Community Room
To make an appointment, call (417) 448-3622.

Scan the QR code for quick registration via email.

Find us on 



Registration is required for all programs. For more information, or to register, please call NRMCM Community Education at (417) 448-3622 or email community@nrmchealth.com.

Come one, Come all
to the 13th Annual
Community Health Fair

Saturday, April 8
9 a.m. - Noon

At the Osage Prairie YMCA,
500 W. Highland, Nevada

Discount Lab Testing Available!



Register for door prizes
and take advantage of a
wide variety of health and
safety information and
free screenings.

THE COMMUNITY HEALTH FAIR
IS SPONSORED BY:

Nevada Regional Medical Center
Osage Prairie YMCA
ABK Hearing Center, LLC
Air Methods MedFlight

Nevada Regional Technical Center PN Program
West Central Missouri Community Action Agency
Wilkinson Pharmacy
Vernon County Sheriff's Office