



HEALTH CARES

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Spring 2017



Your Local Family Physicians | Caring for You for Life

Research shows that people who have an ongoing relationship with a family physician have better overall health outcomes, lower death rates and lower total costs of care.

Your family physician is uniquely trained to care for you as a whole person, regardless of your age or sex. Following medical school, family physicians complete a formal three year residency during which they receive training in several medical areas and patient populations.

Your Local Family Physicians

- Nine physicians board certified in family practice
- Over 120 years of combined service in caring for Seward County
- Adhere to the highest standards of medical care
- Deliver the dedication to their patients that truly gives a personal touch and puts the 'care' in health care

The Right Choice for Maternity Care

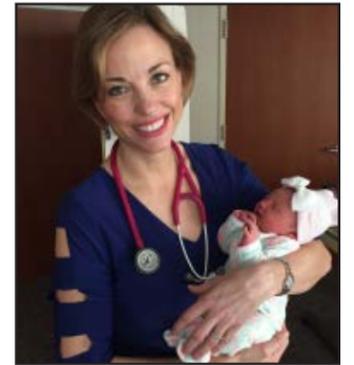
A Amber Dirks is a beaming new mother of a precious daughter Brooklyn Kinsey Dirks. Brooklyn is a beautiful and healthy addition to the Dirks family. She was born on February 20th, 2017 at 2:34 AM and weighed 7 lbs and 4 oz. Amber recalled the exciting experience of finding out they were pregnant. With news of a baby on the way, there was no place the Dirks wanted to be but close to home. Amber and her husband are Seward residents and longtime Seward Family Medical Center patients. Landon works in Seward and Amber works in Lincoln, giving them many options when choosing a hospital for their birthing experience. Selecting Memorial Health Care Systems was an easy choice for Landon and Amber because they were confident in the services Amber would receive with doctors they trusted.

Amber is thankful she had a team she could trust for the care of her and her baby.

There are countless perks to having your baby at Memorial Hospital. Amber easily scheduled appointments that worked with her and Landon's work schedules and never had long waits at the doctors visits. Throughout her prenatal care, labor and delivery, and postpartum care, Amber stated, "I felt comfortable asking questions and Dr. Novak took the time to explain every stage of the process." Amber and baby maintained good health throughout the pregnancy. Amber was truly thankful that she received all her prenatal care and experienced her labor and delivery process with Dr. Novak. Amber and Brooklyn will both be able to continue primary care with Dr. Novak which has added a sense of ease and comfort for their follow-up care.

Memorial Health Care Systems will assist in education and support your birthing wishes. Our lactation consultants are able to provide abundant reassurance and support for mom and baby. MHCS offers a range of medical care around the clock for maternity needs and can continue both mom and baby's care beyond their stay at Memorial Hospital.

Welcome to the world Brooklyn and thank you Dirks family for allowing us to care for you. From birth, to childhood, and beyond, we promise to be here for your entire family!



Top: Dr. Novak and Brooklyn pose before Brooklyn's departure from Memorial Hospital. Bottom: Brooklyn's first photo shoot!



L to R: Brooklyn, Amber and Landon Dirks.



Memorial
Health Care Systems
300 N. Columbia Ave.
Seward, NE 68434

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Learn more about our
Women's Health Services at
www.mhcs.us/services/womens-health

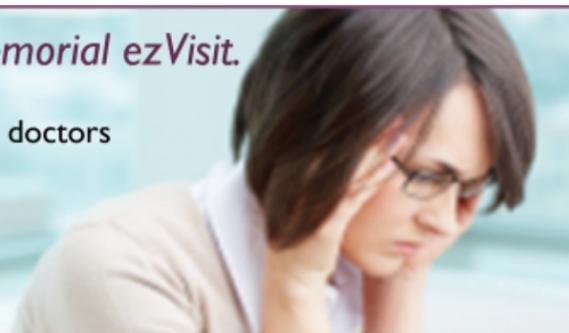


Women's Health
Seward | Utica | Milford

Memorial Health Care Systems

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Nebraska board certified doctors



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How Memorial ezVisit works

- Answer a few questions online
- Receive a diagnosis and treatment plan
- Prescriptions, if needed, are sent to a pharmacy of your choice
- Response time: Average is less than 20 minutes, guaranteed within one hour
- Only \$35

Conditions we treat

- Bladder infections
- Cold sore, canker sore or fever blisters
- Cold, cough or sore throat
- Eczema or dermatitis
- Flu symptoms and fever
- Pink eye (conjunctivitis)
- Sinus infection
- Yeast infection
- Back pain
- Diaper rash
- Minor burns
- Motion sickness
- Seasonal allergies
- Shingles
- Stye

Learn more at mhcs.us/ezvisit



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**Appointments Available
7 a.m. - 5 p.m.**

Pete Christensen, OTR/L
Occupational Therapist

Jon McClung, PT, DPT, OCS, CSCS, PES
Physical Therapist

Barb Leymaster, PT, MPT, GCS
Physical Therapist

Mary Ann Sides, DPT
Physical Therapist

Jane Wachal, PT
Physical Therapist

Bob ten Bense, PTA
Physical Therapist Assistant

Kylee Sisel, PTA
Physical Therapist Assistant

**Jacqueline Hobbs,
MD to join MHCS**



Memorial Health Care Systems is excited to announce the upcoming addition of Jacqueline Hobbs, MD to our medical team. Dr. Hobbs will join the Seward Family Medical Center the summer of 2017 and brings a wealth of knowledge and experience in her practice as a Family Practice Physician. Dr. Hobbs is a native Nebraskan and graduated from the University of Nebraska Medical Center. Dr. Hobbs completed her Family Practice Residency with St. Vincent's Family Medical Residency.

Areas of interest include:

- Obstetrics
- Women's Health
- Preventive Care



Women's Health
Seward | Utica | Milford

Memorial Health Care Systems

Comprehensive Women's Health Services

- Pregnancy, Childbirth Care & Education
- Bone Density & Osteoporosis Testing
- Ultrasound, MRI, CT, Nuclear Med
- Digital Mammography
- Rehabilitation & Physical Therapy
- Aquatic Therapy
- Gynecological Care
- Family Planning
- Colonoscopy
- Diabetic Education & Support
- Cardiac Services
- Respiratory Therapy

Local Business Owner Raises Awareness for Colorectal Cancer

Talking about colorectal cancer and the symptoms is not glamorous, but that is what Tina Schaben is ready to discuss. As part of March's colorectal cancer awareness month, Tina was eager to provide details of her care in order to raise awareness for colorectal cancer and urges everyone to be aware of changes and irregularities of your bowel movements. Colorectal cancer is preventable, treatable and beatable, especially when caught early on.

Tina, a happy go lucky successful business women of Seward was always on the go and was not going to let a little constipation slow her lifestyle down. After a week of painful constipation, Tina finally decided to call her family practice office, Seward Family Medical Center. Tina remembers calling in first thing on a Monday morning and asking to speak to a nurse. Tina tried to downplay her symptoms, but her nurse insisted she stop in to be seen that very morning. Tina's primary care physician, Dr. Summa ordered an x-ray. Later a CT scan was ordered. Scans were sent to Dr. Pitsch and a colonoscopy was ordered for that week. Dr. Pitsch is a colon and rectal surgeon specializing in the diagnosis and surgical treatment of the large bowel and rectum. Dr. Pitsch regularly practices at the MHCS Specialty Clinic.

When Tina received her results in September of 2013, she was notified that her tumor was larger than a grapefruit. Tina's diagnosis was stage IV cancer. Stages are determined on

the extent of the cancer and other factors. Stage IV generally means that the cancer cells have spread to distant organs and tissues such as the liver and lungs. With this advanced diagnosis, Tina's health care providers and the entire community rallied behind her and her family.

As of March, 2017, Tina continues treatment from many specialists and several different cities to continue her specialized treatment for her advanced condition. She has also continued her care with Seward Family Medical Center and Memorial Hospital. Tina is able to have convenient access to care, close to home from care providers who know her health history and go the extra mile to care for their neighbor in need. Care continues for primary care services, port care and other follow up procedures as needed. Dr. Summa stays in communication with the specialists and ensures all records are up to date and that we are able to care for Tina's changing needs.

Through all of her treatments Tina has not lost her spark or her positive attitude. Tina knows so many people in the community have united to support her. "I never feel like I can thank everyone enough," Tina said with the utmost gratitude. From her amazing employees that kept the business going, to her son's baseball team, and the entire community, Seward shows support!



Tina Schaben, owner of Hairtrix Salon & Day Spa, is all smiles, staying busy at her salon and staying focused on her health.

**Know the
Signs & Symptoms
of Colorectal Cancer: ***

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by having one
- Rectal bleeding with bright red blood
- Blood in the stool, which may make the stool look dark
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

* <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/signs-and-symptoms.html>

Pictured Below: Staff of Memorial Health Care Systems are wearing blue to raise awareness for Colorectal Cancer.

