



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.

Your Local Family Physicians

- 10 physicians board certified in family practice
- Over 130 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



Colorectal Cancer Awareness

Colorectal cancer is the second leading cancer killer among men and women in the United States. Living a healthy lifestyle can help lower your risk of this type of cancer. If you are 50 or older, getting a colorectal cancer screening test could save your life. Testing can often find colon cancer early, when it's most treatable.

Ninety percent of colon cancer begins when polyps become cancerous. A polyp is a small growth that attaches itself to the inner wall of the colon. Anyone can get colon polyps, but certain people are more likely to get them than others. You may have a greater chance of getting polyps if:

- you're 50 years of age or older
- you've had polyps before
- someone in your family has had polyps
- someone in your family has had cancer of the large intestine, also called colon cancer
- you've had uterine or ovarian cancer before age 50

Some ways to prevent colon cancer can include eating a healthy diet high in fiber and low in fats, maintaining a healthy lifestyle, getting at least

150 minutes of physical activity each week, and decreasing the amount of stress in your life.

The fecal occult blood test (FOBT) is used as a screening tool to check for early colon cancer. "Hidden" blood in the stool may be a sign of early cancer. And, if found early, treatment can start right away, improving the chance of a cure.

This simple test can be done in the comfort and privacy of your own home. A colonoscopy is a procedure that enables a physician to evaluate the inside of the colon (large intestine or large bowel).

J.B. Ketner, M.D. is a physician specializing in family medicine. Dr. Ketner has been practicing medicine at Seward Family Medical Center and has been conducting preventive and diagnostic colonoscopies for over 20 years. Ketner stated, "There are multiple ways we can screen for colorectal cancer, but one of the preferred methods has been colonoscopies. This is because we can find precancerous and cancerous lesions and remove them right in that procedure."

Ketner continued, "It is important to know that this is a common cancer. About 150,000 new cases are

diagnosed each year and it is the second leading cause of cancer related death. Anything we can do to reduce those numbers, such as preventive screenings, are very important."

Memorial Health Care Systems encourages you to get screened for colon cancer. If you are 50 or older or are noticing changes in your bowel movements, talk to your health care provider about getting a FOBT kit, or scheduling a colonoscopy.



Five MHCS physicians perform colonoscopies at Memorial Hospital. (Pictured: Back l to r: Dr. Wergin, Dr. Sams, Dr. Plasek, Dr. Ketner, Front: Dr. Gabriel)

Talk to your doctor about colorectal cancer prevention. More information about this topic and other resources can be found at:

- www.cancer.org/cancer/colonandrectumcancer/
- www.cdc.gov/cancer/colorectal/
- www.fourcorners.ne.gov

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



Enjoy Life - We'll get You Back to Health

The surgical staff of Memorial Hospital knows the benefits of being a rural community health care provider, "The patients we care for often compliment us on the high quality-personalized care we provide," said Megan Burkey, RN, referring to the patient responses received on satisfaction surveys. "When patients have spent time in larger hospitals, they are often quick to compare our 'personalized' care to the treatment found elsewhere. Here, you aren't just a patient, you're a neighbor."

Burkey, Memorial Hospital's surgical department supervisor, is confident that their department provides high-quality care, matching any area hospitals when focusing upon equal surgical procedures. "We are held to the same national standards of care, quality and safety as larger urban hospitals. The procedures we perform are done with the utmost professionalism and competency, utilizing state of the art technology."

MHCS continues to adapt to

the technological advancements and industry changes. One adaptation includes an adjustment from an emphasis in inpatient surgeries and services to an increase in outpatient surgical services. Memorial Hospital continues to remain well prepared for the future of surgical procedures.

"Here, you aren't just a patient, you're a neighbor."

-Megan Burkey, Surgical Department Supervisor

Burkey uses an appendicitis case as an example. "If a person, young or old, presents at our emergency department with abdominal pain, a string of events are rapidly set into motion. Our physicians, laboratory and radiology departments are available 24/7 to conduct preliminary assessments. The surgery team, anesthesia and respiratory departments are also available 24 hours a day."

Upon diagnosis, a treatment plan is

established. Should an emergency surgery be necessary, the surgical team is available for such circumstances. The patient can go from the emergency room, to being admitted to the hospital and in surgery.

When asked about the benefits of coming to Memorial Hospital for surgical care, Burkey said, "It really comes down to the in-

dividualized care. With our lower staff to patient ratio, we are able to spend more time caring for the patient. You truly can expect a private, and skilled experience and we will make you as comfortable as possible with individualized care. Also, our surgery team has a great relationship with specialty physicians and our family physicians creating a seamless transition of care."

The MHCS physicians and visiting specialists, along with the hospital's advanced technology and equipment make it possible to perform a wide array of procedures that include: knee replacements, c-sections, hysterectomies, laparoscopic abdominal procedures, knee and shoulder scopes.

Upon discharge from the hospital, patients have ready access to follow-up care from our family physicians or their specialist through the Memorial Hospital Specialty Clinic. There is a collaborative approach to a patient's transition from surgery, recovery, discharge to follow up care with your family doctor.

Memorial Hospital prides itself in delivering high quality, technically advanced care while maintaining the benefits of personal attention that is unique to smaller facilities.

If you would like more information on surgical care, call Memorial Hospital surgery department at 402-643-2971, or speak to your MHCS physician to learn more about the hospital's incredible surgical capabilities.



Pictured are members of the surgical department. (Back L to R): Kari Olson, Kylie Schweitzer, Brittany Snyder, Dawn Hain, and Megan Burkey. (Front L to R): Sara Theobald, Amanda Coleman, Kelli Whitney, and Paula Martin.

Community Education FRIDAYS FOR YOU!

Friday, May 10, Noon-1 p.m.

Seward Family Medical Center
Lower-level Vahle conference room | 250 N. Columbia Ave. | Seward

"Safety First-Drowsy Driving is Distracted Driving"



*Presented by Simera Reynolds, M.Ed.
Sponsored by Four Corners Public Health*

Light lunch served. RSVP required by Friday, May 3, at 402-646-4707 or email: Shana.Glover@mhcs.us

Community Education FRIDAYS FOR YOU!

Friday, June 7, Noon-1 p.m.

Seward Family Medical Center
Lower-level Vahle conference room | 250 N. Columbia Ave. | Seward

"10 Warning Signs of Alzheimer's"



Presented by Mollie George, The Alzheimer's Association

Light lunch served. RSVP required by Friday, May 31, at 402-646-4707 or email: Shana.Glover@mhcs.us

MHCS Virtual Care

Receive online diagnosis and treatment 24/7.

Visit our website:

www.mhcs.us/services/memorial-ezvisit

Examples of treatments include:

Cold, Flu, & Allergies
UTI
Pink Eye
Muscle Strains
Skin Conditions

Keep Memorial ezVisit at your fingertips with our free app!



Financial Assistance Available

Memorial Hospital is committed to caring for our patients, including patients who financially are unable to pay for hospital services. We encourage patients to apply for financial assistance if they believe that they are unable to pay all or part of their hospital bills.

Learn about our financial assistance program by contacting the hospital patient accounts department at Memorial Hospital, 300 N. Columbia Ave., Seward, NE, 68434 or call (402) 646-4704 or visit our website www.mhcs.us.

Health Cares is published by Memorial Health Care Systems

300 N. Columbia | Seward, NE 68434 | 402-643-2971 | www.mhcs.us

MHCS Mission: We enhance the quality of life for individuals in our communities by providing excellence in health care services in the most appropriate settings.

Memorial Health Care Systems is a non-profit 501(c)3 corporation governed by its Board of Directors and the citizens who serve as members of the corporation. The purpose of this publication is to inform the community about the Systems' services, events, and to foster wellness by providing its readers with general health education. Please address questions concerning this publication to its editor Mallory Gibreal, 402-646-4627 or Mallory.Gibreal@mhcs.us. © 2019 - MHCS

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