

Heart Disease and Coronary Calcium Scans

Heart disease, also referred to as Coronary Artery Disease (CAD) is the leading cause of death in the US. Memorial Hospital is now offering scans for this disease called Coronary Calcium Scans. This scan uses CT imaging and is an important way that you and your doctor start to take steps to improve your calcium score.

CAD occurs when the lining of the arteries that supply blood to the heart become hardened, stiffened and swollen with plaque (a buildup of fat and other substances, including calcium), which can, over time, narrow the arteries or even close off blood flow to the heart. The result may be painful angina in the chest or a heart attack.

A heart CT Calcium Score Scan uses relatively low radiation dose and is a non-invasive exam to determine if CAD is present and to what extent, even if there are no symptoms.

Risk factors for heart disease include:

- Abnormally high cholesterol levels

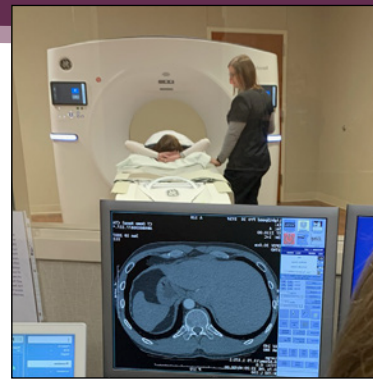
- Male/Female 40 to 70 years of age
- Family history of heart disease
- Smoking history
- High Blood Pressure
- Overweight or physically inactive

This screening may be recommended by a physician for patients with risk factors for CAD. Coronary Calcium Score CT imaging is NOT covered by insurance. The cost is \$119.

Getting your scan close to home saves you time and money. We have friendly and familiar faces with exceptional skills to care for you right here in Seward.

Call your healthcare provider for an order for this scan.

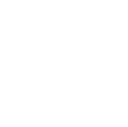
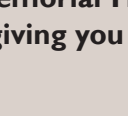
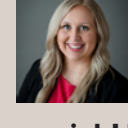
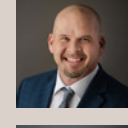
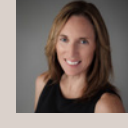
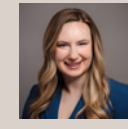
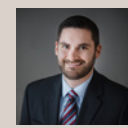
Seward Clinic	Milford Clinic	Utica Clinic
402-643-4800	402-761-3307	402-534-2081



Your Family Practice Providers



It is not always easy to find a good fit for your health care. At Memorial Health Care Systems, we have 9 local family physicians and 5 family practice physician assistants, giving you many options so you're sure to find a health care provider that meets your care needs!



Group picture left to right:
Connie Novak, MD
Trisha Sams, MD
Brandon Henley, DO
James Plasek, MD
Joel Gabriel, MD
J.B. Ketner, MD
Jason Summa, MD
Jacqueline Hobbs, MD
Robert Wergin, MD

Jay Brooks, PA-C
Morgan Chipps, PA-C
Amy Fischer, PA-C
Kurt Schmeckpeper, PA-C
Meghan Schilt, PA-C

HEALTH CARE



Memorial
Health Care Systems

Bringing community health care news to your home. | www.mhcs.us

Summer 2023

Memorial Hospital Recognized Nationally

Memorial Hospital has been recognized as one of the nation's overall top 20 critical access hospitals as determined by the Chartis Center for Rural Health. "It is a remarkable accomplishment to be recognized as a Top 20 Critical Access Hospital," said Roger Reamer, CEO of Memorial Health Care Systems. Reamer continued, "This puts us in the top 1% of 1,353 critical access hospitals in the country."



The Memorial Hospital team works incredibly hard each and every day ensuring patients receive not just exceptional quality care, but compassion that all patients deserve when accessing health care. "We would not have received this level of recognition without the commitment and hard work of our team and the dedication and confidence the area residents have in the quality of care we provide. We appreciate our patients and the support our communities demonstrate when utilizing the services. It takes everyone to help us achieve recognition like this; staff, Providers, volunteers, community and more. Each time our patients give us top scores on patient surveys, it helps us attain recognition such as this," said Reamer.

The hospitals recognized as Top 20 Critical Access Hospitals were selected from the Chartis Center for Rural Health's 2023 Top 100 Critical Access Hospital list. The determining factors for the top hospitals are based on the results of the Hospital Strength Index and its eight performance measures, based on data for:

- inpatient market share
- outpatient market share
- quality
- outcomes
- patient survey results
- cost

- charge
- financial efficiency

Connie Novak, MD, Chief of Staff stated, "It is an honor to receive this award but the privilege comes each day, with each patient. Being entrusted to care for our friends, neighbors and communities that we serve is an honor we strive for each day."

The rankings were recently announced by the National Rural Health Association (NRHA), and an awards ceremony will be held during NRHA's Critical Access Hospital Conference this fall. Memorial Hospital has been recognized as a Top 100 Critical Access Hospital in the nation the past 9 years. This is the third time Memorial Hospital has been recognized for a top 20 Critical Access Hospital.



We remember those for who gifts were given from May 1, 2022 through May 15, 2023.

We sincerely thank those offering donations in the names listed below and for partnering with us to ensure exceptional health care services through MHCS.

In Memory

Mel Bolte
Dean Brockhoff
Marlin Burkey
Helen Bushboom
Jay Cattle
Earl Cooksey
Jim Ehlers
Eva Einspahr
Bernadine Fiala
Gene & Evelyn Fougeron
Janice Goldsmith
Vera Havener
Jeannie Jeary
Bob Kirkland
Betty Lou Kobza
Mike Lynn
Edmund Martens
Leanna Nagel
Dick O'Dell
Ginny Petersen
Virginia L. Peterson
Phyllis Philson
Gladys Roebke
Oswald & Ella Schaffert
Jean Skilton
Dick Stillahn
Kermit & Blanche Swanson
Myrna Swanson
Roy Uden

Frank & Ann Marie Vrba
Neil & Donna Wurst

In Honor

Jordan Anderson
John & Bev Barry
Danessa Bierman
Don & Julie Biggs
Mark & Kim Blazek
Elle Borgmann
Judy Bors
Isabelle Boyll
Jay Brooks, PA-C
Mindy Brose
Gary Croke
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Chad & Stacey Doebling
Jerry & Trudy Dvorak
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Colby & Vikki Perry
Pam Peters
Marv. Plauman
James Plasek, MD
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Jane Rehmer
Margaret Ritter
Brenda Roth

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Jerod & Michelle Spahr
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Jack Swanson
Doug & Shawn Thomas
Vera Thorell
Harriet Tonniges
Becky Tyser
Nicole Vandenberg
Frank & Cindy Vrba
Michael Wachal
Elizabeth Wake
Iris Wake
Lynn Wake & J.P. Wehrman
Steve Wake
Walmart Pharmacy Gretna
Robert Wergin, MD
Lori Williams
The Zumba Gold Class

Memorial
Health Care Systems

300 N. Columbia Ave.
Seward, NE 68434



Welcome Morgan Chipps, PA-C

Join us in welcoming Physician Assistant Morgan Chipps to Memorial Health Care Systems and the community of Seward.



Morgan’s interest in medical care began at a young age as her mom works in the area of women’s health care. Morgan knew she had an interest in health and nutrition, and wanted to take a path where she could have significant patient interaction. She loved the flexibility and different roles PAs can have, and knew that would be a great fit for her. Morgan’s interest in the family practice specialty grew as she continued her journey as a PA. Through great mentors along the way, she saw firsthand the critical role a family practice provider plays in the overall health and wellness of their patients. Morgan said, “I value the long-term relationships that primary care providers have with their patients. Patients achieve better outcomes when they have communication, trust, and a partnership with their family practice provider. I enjoy the opportunity to know patients as people, not just as a patient.”

Morgan was raised in Roca, NE. She earned a Bachelor’s Degree from the University of Nebraska in Nutrition Science, and graduated from St. Ambrose University with a Master’s

Degree in Physician Assistant Studies. Morgan’s goal as a provider is to deliver effective and efficient medical care while showing her compassionate and professional attitude. In her free time, Morgan enjoys spending time outdoors, exercising, trying new foods, and cooking.

Morgan is serving patients at Seward Family Medical Center and is accepting patients. We are thrilled to have her join us and contribute her skills and expertise to the care of patients. She will provide emergency care through the Emergency Department, assist patients with chronic disease care management, work with her patients on their health and wellness, and provide care for walk-in/sick visits.

Morgan is thrilled to be in Seward and is looking forward to being a part of the MHCS family and the Seward community. Welcome, Morgan!

To schedule an appointment with Morgan, call the Seward Family Medical Center at 402-643-4800.



Urgent Care Walk-ins Available

Seward, Milford & Utica Family Medical Centers

Monday-Friday 8 am-4:30 pm

Saturday 8-11:30 am (Seward Only)

Get relief for

- cough
- colds
- sore throat
- flu
- fever
- allergies
- insect bites
- rash
- UTI
- ear pain
- pink eye
- diarrhea
- headaches

Visiting your local family medical centers for urgent care needs gets you experienced providers right in your home town. Best of all, all your health history is in one record.

Reminder Schedule your annual school physical.



Milford Clinic 761-3307 Seward Clinic 643-4800 Utica Clinic 534-2081

Memorial Health Care Systems is proud to provide the Athletic Trainer to the athletes of Seward High School.

Total Care for your Total Knee

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. © 2023 – MHCS

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Memorial Health Care System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-402-643-2971. Tiếng Việt CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-402-643-2971.

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.

Experienced General Surgeons added to Rotation

Memorial Hospital is pleased to welcome two experienced general surgeons from Lincoln to the rotation of visiting specialists. Drs. Fitzke and Tabatabai practice at Surgical Associates, PC in Lincoln and will be consulting with patients in the clinic and performing surgeries at Seward Memorial Hospital on Wednesdays. To learn more or schedule an appointment, call the Specialty Clinic at 402-646-4651.

Dr. Greg Fitzke General and Advanced Laparoscopic Surgeon

EXPERT IN OTHER AREAS OF GENERAL SURGERY:

- Bowel Procedures
- Breast Procedures

Call for an appointment 402-646-4651

Dr. Anthony Tabatabai General, Metabolic & Bariatric Surgeon

INTERESTS INVOLVING LAPAROSCOPIC & ROBOTIC SURGICAL APPROACHES

- Bariatrics
- Foregut
- Hernias
- & all aspects of general surgery

Call for an appointment 402-646-4651

Have Your Surgery in Seward

Facing surgery can be stressful, but our experienced staff at Memorial Hospital believes having surgery available close to home by a qualified and trusted surgical team can ease the situation. In addition to emergency surgeries we offer a wide array of elective procedures right here close to home.

We have built a network of cooperation between our family practice providers and visiting specialists. Our professionals have access to enhanced facilities and state-of-the-art surgical equipment including minimally invasive robotic surgery.

The following is a list of some of the procedures available at Memorial Hospital. Contact our OR Supervisor for additional information (402)643-2971.

- Cardiology Cardioversion TEE
- Endoscopy Upper Endoscopy (EGD) Colonoscopy
- ENT General ENT Procedures Adenoidectomies
- Myringotomies with Tubes Tonsillectomies
- General Surgery Appendectomy: Robotic, Laparoscopic and Open Bowel Resections Breast Biopsy Cholecystectomy: Robotic, Laparoscopic and Open Groshong Fissurectomy Fistulectomy Hemorrhoids Herniorrhaphy: Inguinal, Femoral, Incisional, Ventral: Robotic, Laparoscopic and Open Incision and Drainage Lumpectomy/Partial Mastectomy
- OB/GYN A & P Repair C-Sections D & C Endometrial Ablation Hysterectomies: Robotic, Laparoscopic, Abdominal, Vaginal Hysteroscopy Interstim Placement Laparoscopies: Diagnostic and Operative Tubal Ligation
- Ortho General Orthopedic & Hand Specialties ACL repair Anterior Hip Replacement Arthroscopy of: Knee, Shoulder
- Carpel Tunnels Closed/Open Reductions of Fractures Hand Surgery Hip Pinning Hip Prosthesis Reduction of Fractures Tendon Repair Total Knee Replacement
- Pain Management Epidural Steroid Injection Pain Stimulator Trial
- Podiatry Bunions Hammer Toes
- Urology Circumcision Cystoscopy Hydrocele Repair

