

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Austin Harding



Austin started at Stillwater Medical Center in December 2015 and has been with Cimarron Medical Services since November 2016 as a Home Medical Equipment Technician. He appreciates working with customers and helping take care of their needs.

Prior to working within Stillwater Medical Center, Austin worked for Heritage Construction for approximately 10 years and then Lee Glass for 6 years. He is interested in fishing and all types of racing. He is a native of Stillwater and enjoys spending time with his parents here in town.

Please note the following correction to our April issue: The web address to view more information about Advance Directives is okdhs.org. We apologize for the error.

Cimarron Medical Services
is moving to 12th Avenue
this summer!

June is Men's Health Month!



Men's Health Focus by Maria Avers, RN, MSNE, FCN

Health needs for men are specific to the male gender, as there are many conditions which only affect men. Many of the major health risks that men face can be prevented and/or treated with early diagnosis. It's important to get the screening tests you need.

Men should have an annual physical, including measurement of blood pressure. At age 30, a baseline EKG (electrocardiogram) should be done and then repeated annually beginning at age 50.

Rectal exams should be completed with the annual physical exam. At age 50, a PSA (prostate specific antigen) should be completed. If there is a high risk, then the screening should start at age 40. Colonoscopy should be done beginning at age 50, unless there is high risk, in which case the baseline exam should be completed earlier.

Testicular self-exams should be performed monthly by all men to allow for early detection of any mass. Bone health should be checked at age 60 by completing a bone mineral density test.

Visit www.menshealthnetwork.org for more information, and talk with your primary care practitioner about which screenings you should complete in order to stay in a state of wellness.

Cimarron Medical Services Monthly Sales

10% off Cash & Carry Lift Chairs
10% off Medela Nursing Supplies
15% off Stander™ EZ Fold-N-Go Walker

Chocolate Zucchini Brownies Recipe By Stacy Fraser



Ingredients:

8 T. (1 stick) unsalted butter
4 oz. unsweetened chocolate, chopped
1 c. granulated sugar
1 c. shredded zucchini
2 t. vanilla extract
2 large eggs
1 c. white whole-wheat flour
¾ c. chopped semisweet chocolate or chocolate chips
⅔ c. toasted pecans, coarsely chopped, divided (optional)

Instructions:

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with foil, and coat with cooking spray.
2. Melt butter in a large saucepan over medium-low heat. Remove from heat, add unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in zucchini and vanilla. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and ½ cup pecans (if using) until just combined. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with the remaining pecans (if using).
3. Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.

Source: eatingwell.com
Provided by: Katy Edens, RDN/LD

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Quality Services Provided by: Stillwater Medical Center



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Compression Socks for Men

By Paula Yerger

Compression socks can energize your legs, prevent swelling, alleviate achiness & heaviness, slow the progression of spider and varicose veins, and aid in muscle recovery. Compression socks promote the venous blood flow from the feet back toward the heart overcoming the effects of gravity. Properly designed and fitted compression legwear prevent venous blood pooling in the legs and feet, improve leg symptoms, and decrease the risk of blood clots. Compression stockings can help increase blood circulation throughout your body, which helps boost your energy levels and reduce swelling, tiredness, or soreness in your legs and lower body.

Cimarron Medical Services offers a nice selection of compression socks for men including casual socks, dress socks, and socks in popular patterns and colors. With all the new styles, fabrics, and colors available, it has become easier to wear support stockings every day.

Be fitted by Cimarron Medical's knowledgeable staff and get a pair today.



Sources: veinspecialists.com & vimvigr.com



Tip of the Month

By Amy Lindsey

Does your spouse say you snore? Do you wake up feeling groggy? You might have a sleep disorder called Obstructive Sleep Apnea. It's more than just a noisy nuisance. Your health depends on getting enough sleep. If you or your partner experience any symptoms of snoring or sleep apnea, consult a doctor. There are treatments available to help you get your restful nights back.

Prostate Cancer Preventive Behaviors

There are many things that men can do to reduce or delay their risk of developing prostate cancer:

- Eat fewer calories or exercise more so that you maintain a healthy weight.
- Try to keep the amount of fat you get from red meat and dairy products to a minimum.
- Watch your calcium intake. Do not take supplemental doses far above the recommended daily allowance. Some calcium is OK, but avoid taking more than 1,500 mg of calcium a day.
- Eat more fish—evidence from several studies suggest that fish can help protect against prostate cancer because they have “good fat”, particularly omega-3 fatty acids. Avoid trans fatty acids (found in margarine).
- Try to incorporate cooked tomatoes that are cooked with olive oil, which has also been shown to be beneficial, and cruciferous vegetables (like broccoli and cauliflower) into many of your weekly meals. Soy and green tea are also potential dietary components that may be helpful.
- Avoid smoking for many reasons. Drink alcohol in moderation, if at all.
- Seek medical treatment for stress, high blood pressure, diabetes, high cholesterol, and depression. Treating these conditions may help to save your life.

- What about supplements? Avoid over-supplementation with megavitamins. Too many vitamins, especially folate, may “fuel the cancer”, and while a multivitamin is not likely to be harmful, if you follow a healthy diet with lots of fruits, vegetables, whole grains, fish, and healthy oils, you likely do not even need a multivitamin. Ask your doctor about herbal supplements as some may harm you.

- Relax and enjoy life! Reducing stress in the workplace and home will improve your survivorship and lead to a longer, happier life.

- Although living a healthy lifestyle and eating right are a good start to minimize your risks of prostate cancer, these actions will not eliminate the risk in its entirety. We recommend that you have screening and testing performed by your doctor in order to be proactive in your care, rather than reactive. If you are: African American and over the age of 40, over 40 and have a family history of prostate cancer, or over the age of 50, you should consider a yearly rectal examination and PSA test. Please be sure to discuss the risks and benefits of these screening procedures with your doctor.

**From The Prostate Cancer Foundation
Adapted from pcf.org by Zach Hall, MBA**

If you would like to be added or removed from our mailing list, added to our monthly e-mailing, or have comments about the newsletter, please contact Amy at 405-377-9735 or by email at alindsey@stillwater-medical.org