

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff: Devon Whitaker



Devon has been with Cimarron Medical Services since October 2016 in rehab and assistive technology. She assists with the processes required by Medicare and other insurance providers in order to provide wheelchairs and other complex rehab equipment. She enjoys working with the great people at Cimarron and loves getting to know their patients.

Originally from Stillwater, Devon attended OSU and graduated in 2010. She now attends graduate school at the OSU Center for Health Sciences, and was nominated for Student Employee of the Year for 2017. She worked in a microbiology lab for several years, and then in physician licensing before coming to work for SMC.

In her spare time, she enjoys yoga, playing with her dog, and watching Thunder basketball with her family and friends.

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

May is Women's Health Month!

Preventative Health Behaviors for Women

By Maria Avers, RN, MSNE, FCN

Women's Preventative Services Initiative was released in 2016 with recommendations for screening for women. The following areas are included and address the majority of adult women's needs:

Blood pressure – Annual screening recommended if blood pressure is between 120/80 and 139/89. Blood pressures equal to 140/90 should be monitored more frequently under the care of a physician. Otherwise, have your blood pressure measured at least every 2 years.

Bone mineral density test – Obtain at least once at the age of 65 or older; talk with your nurse or physician if needed more frequently. If at high risk, physician may suggest as early as age 50.

Breast cancer screening (mammogram) – Starting at age 50 through age 74, obtain a mammogram every 2 years. The physician will address if you need further mammograms beyond age 74 or if you need to start the process at age 40 if at high risk.

Cervical cancer screening (Pap test) – Starting at age 21, have a pap test every 3 years until 30. At age 30 if HPV testing is also done, it can be completed every 5 years if you have a cervix until age 65. At that point, the physician will discuss the need for further testing.

Cholesterol – Obtain a test at age 20 and then complete regularly at physician discretion if at high risk.

Colorectal cancer screening – Starting at age 50, obtain regular testing. The primary care provider will recommend the frequency needed based on risks and results. Continue through age 75.

Diabetes screening – Screen for diabetes if your blood pressure is greater than 135/80 or if you are on medication for high blood pressure due to higher risk.



While the WPSI recommended other health measures to address, the avenue to prevention is based upon screening and action as well as early intervention for the best possible outcome.

Cimarron Medical Services Monthly Sales

Save \$40 on LifeLine® Installation
10% Off CPAP Pillows
10% Off Stander™ Bed Assists

Creamy Avocado & White Bean Wrap

Recipe by: EatingWell Test Kitchen



Ingredients:

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chiles in adobo sauce
- ¼ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- 1 15-oz. can white beans, rinsed
- 1 ripe avocado
- ¼ cup shredded sharp cheddar cheese
- 2 tablespoons minced red onion
- 4 8-to-10 inch whole-wheat wraps or tortillas

Instructions:

1. Whisk vinegar, oil, chipotle chiles and salt in a medium bowl. Add cabbage, carrot, and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap/tortilla and top with about ⅓ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

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

Cimarron Medical Services

723 Eastgate

Phone: 405-377-9735

Toll free: 1-800-368-1346

www.cimarronmedical.com

Quality Services
Provided by:

Stillwater
Medical Center



1201 S Adams

Phone: 405-624-6578

www.smchomehealth.com

3D Mammography Has Arrived at Women First!

By Dava Judd, ARRT (R)(M)(CV)



Women First is an off-site clinic of Stillwater Medical Center offering Screening and Diagnostic Mammograms as well as Bone Densitometry. Breast Tomosynthesis, or 3D Mammography, came to Women First in May 2016. This equipment offers next generation technology in the effort towards early detection of breast cancer.

Why is 3D Mammography so important? It allows radiologists to view breast tissue in slices, similar to a CT scan. Our equipment takes images at one millimeter increments throughout the breast. This is incredibly helpful in all breast tissue types, but particularly in the dense breast. Providing 3D Mammography has greatly decreased the need for additional imaging to determine if a new finding is actually present or if it is just normal breast tissue. Patients save money on the costs associated with extra tests, and are not subjected to added anxiety while waiting for results. This technology also allows radiologists to detect abnormalities at much smaller sizes.

Please call central scheduling at (405) 742-5622 to schedule a 3D Mammogram. Screening exams do not require a doctor's order, and results can be called to the patient within 24 hours if she chooses.

Tip of the Month By Amy Lindsey



TheraCane is a self massager used to apply pressure to sore muscles. Treat yourself to deep relief from painful, knotted, spasmed muscles, even in the middle of your back. The unique design of the TheraCane lets you apply deep pressure massage to hard-to-reach areas of your body on your own. TheraCane is available at Cimarron Medical Services.



Benefits of Breastfeeding Your Baby

By Jeanne Campbell, RN, Lactation Consultant MCHU and SMC HH

SMC is working toward becoming Baby-Friendly. This is a hospital initiative to help moms who plan to breastfeed be more successful.

Why Breastfeed?

Importance for Baby:

- *Easier to digest for most babies
- *Changes to meet the baby's growing needs
- *Helps prevent sudden infant death syndrome (SIDS)
- *Improves healing
- *Lowers risk of obesity
- *Lowers risk of some childhood cancers
- *Lowers risk of diabetes (type 1 and 2)
- *Lowers risk of digestive disease (Celiac, Crohn's)

Importance for Mom:

- *Helps with weight loss after the baby's birth
- *Protects for ovarian and breast cancer
- *Protects from osteoporosis
- *Lowers risk of heart disease and diabetes
- *Lowers risk of rheumatoid arthritis
- *Lowers risk of the baby blues after the baby's birth
- *Gives mom time to relax and quietly bond with baby
- *Saves time and money by removing the need for formula and bottles

Other resources for parents:

SMC WISHH Program (Women and Infant Skilled Home Health Services)

SMC Inpatient and Outpatient breastfeeding support from Lactation Consultant or Breastfeeding Educators

SMC Breastfeeding classes and Childbirth Preparation classes

Oklahoma Breastfeeding Hotline 1-877-217-MILK (6455)

(Information provided by Oklahoma Breastfeeding Resource Center)

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