



New Provider at FAMC!

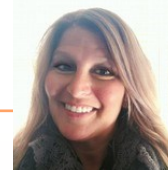
Faulkton Area Medical Center is pleased to welcome Jamie Hartung, FNP to our team of care providers.

Jamie lives in Hoven, SD with her husband, Brady, and their three children, Paxton, Kinsley, and Ella. Jamie started her nursing career in 2013 after obtaining her associate degree. She has a passion for working in critical access where she is allowed the complexity and diversity of acute care, swing bed care, outpatient, and emergency department.

Jamie returned to school and received her Bachelor of Science in Nursing in 2017 through South Dakota State University in Brookings. In 2020, she challenged herself by starting her journey at Mount Marty University to obtain her Masters Degree in Nursing with a focus on Family Practice. In May of 2022, Jamie graduated from Mount Marty and achieved her board certification through the American Association for Nurse Practitioners. Jamie started seeing patients on July 25, 2022.



Insurance Basics Michelle Pudwill, CRCP, FAMC Patient Financial Services



In recent years, insurers have been passing along more healthcare costs to patients. Most patients are now responsible for copays, large deductibles and co-insurance. To help you understand your out-of-pocket costs, here are a few definitions:

Co-pay: A fixed amount you must pay at the time of service. It is common for insurance companies to charge the patient a co-pay for most office visits, urgent care visits and emergency room visits.

FAMC will collect any co-pays from you at the time of the visit.

Deductible: A fee you must pay before your insurance pays for services. Usually, preventative visits are covered and the deductible fee and copay do not apply. However, this is not always the case. Your insurer may charge a fee for some well-visit services. Deductibles are reset annually.

Co-insurance: A fee you pay even after your deductible has been met. It is usually a percentage of the service up to a certain amount. It is typical to pay co-insurance for services such as labs, medical tests and procedures. Co-insurance amounts are reset annually.

When Your Payment Is Due: Within two to four weeks after we file your claim, your insurance company sends us payment (if the visit is covered) with an EOB (Explanation of Benefits) that lists the costs they are responsible for, what cost you are responsible for and what we must discount (or write-off). You will receive an EOB also. Please make sure you read it and understand your portion of cost sharing and call your insurer

**Copays are due prior to services rendered.
Please present your Photo I.D.
and insurance card at
time of check-in.
Thank You!**





The liver is one of the most amazing but underrated organs in our bodies. We cannot live without it, and, unlike the kidney, we cannot bypass it with a dialysis machine. Lose your liver and you lose your life.

The liver is essential for digestion, but also detoxifies our blood, filtering, breaking down, and disposing of chemicals we cannot use. While there are many toxins that can harm the liver cells, it has an amazing ability to regenerate itself. It can suffer immense damage, nearly die out, then recover and allow many more years of life. I had one patient who drank a fifth of whiskey every day of his younger life; by his mid-forties, his eyes and skin were a golden color from severe jaundice, and he was near death. Yet, he stopped drinking and lived another twenty years.

'Hepato' is from the Greek 'hepar' = 'liver'. Thus the word 'hepatocellular' means cells of the liver, and "hepatitis" means inflammation of those cells. Toxins that can cause inflammation are numerous, the most common one being ethanol, or drinking alcohol. However, many chemicals can cause liver damage. Acetaminophen (Tylenol) in excess can harm the liver and it is especially toxic when mixed with high alcohol use. Other commonly used medications that can cause liver damage include aspirin, cholesterol drugs called statins, anti-seizure meds like phenytoin (Dilantin), ketoconazole, some antiviral drugs, and anabolic steroids. Fortunately a simple blood test at the time of your checkup can reveal this before the damage becomes permanent.

The classic forms of hepatitis (Yellow Jaundice) are caused by the hepatitis viruses, A, B, and C. Hepatitis C is particularly aggressive and can cause liver failure, liver cancer and death, but there is now a drug that can kill this virus.

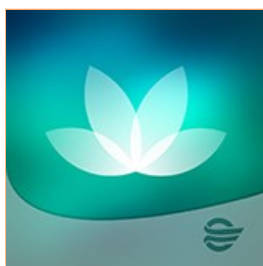
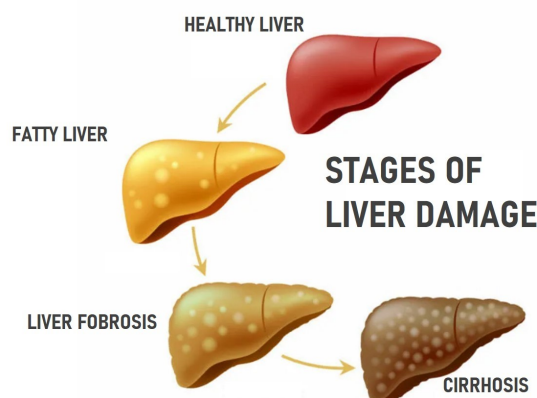
Unknown to many people is the fact that even some herbs and supplements, used excessively, can cause liver damage. Comfrey, black cohosh, aloe vera, cas-

cara, kava, and chaparral are just a few; even vitamins taken in quantity have poisoned the livers of children who mistook them for candy.

Industrial chemicals are well known for causing liver damage. These include carbon tetrachloride (dry cleaning), vinyl chloride (making plastics), paraquat (herbicide), and one of the most famous, polychlorinated biphenyls or PCBs, uncovered by Erin Brochovich who helped 650 plaintiffs from the community of Hinkley, California win a 333 million dollar out-of-court settlement for contamination of their water and the multiple health problems that ensued.

Although alcoholic hepatitis causing cirrhosis (liver scarring) is well known, fatty liver is fast becoming one of the most common forms of liver damage in our obese society. Fatty infiltration of the liver cells causes inflammation just like alcohol and other toxins. NASH (nonalcoholic steatohepatitis) is the worst form of this and can lead to cirrhosis, liver failure, liver cancer, and death. There is no medication for this; the only cure for this is significant weight loss.

A simple blood test can show if your liver enzymes are in the normal range or if they are showing inflammation. Catch it early, and you might prevent the long-term complications.



HealtheLife is the FAMC Patient Portal. HealtheLife helps individuals and families to stay informed, stay educated, and take a more active role in their health. Through the HealtheLife mobile app, you have real-time and easy access to your health care organization's online portal. This portal shows your latest health care information and provides services needed to plan, understand, and engage in your care.

Sign up for access with the FAMC Patient Registration team or call 605-598-6262!

New Services Available at FAMC Behavioral Health

Faulkton Area Medical Center is excited to announce a new service in the clinic, behavioral health. FAMC has partnered with Integrated Health Centers (IHC) to provide behavioral health services to our patients through telehealth. With this partnership we are pleased to announce that Patricia Reed, CNP, and Angela Braaten, LCSW, will be seeing patients via telemedicine.

Patricia Reed, CRNP, PMHNP-BC, brings with her over 12 years of experience in the nursing industry. Starting as a patient care tech, she worked her way up to her current role of mental health provider. Patricia holds an Associate in Nursing (ADN) and an Associate in Allied Health, both from Faulkner State Community College in Bay Minette, AL. In 2015, Reed earned a Bachelor of Science in Nursing from Troy State University in Troy, AL. She later pursued her Master of Science in Nursing at the University of Alabama located in Tuscaloosa, AL; with this degree conferred in 2018. Patricia is dually certified by the American Nurses Credentialing Center as a Psychiatric-Mental Health Nurse Practitioner (PMHNP-BC) and a Family Nurse Practitioner (FNP-BC). Reed is an active member of the American Nurses Association and the Alabama State Nurses Association. Patricia has worked full-time as an outpatient psychiatric provider for the last 3 years while also taking weekend call as a FNP rounding on adults and children admitted to inpatient psychiatric hospitals.

MEET OUR
NEW NP



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with
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BEHAVIORAL HEALTH, MENTAL HEALTH, AND
PSYCHIATRIC SERVICES FOR CHILDREN & ADULTS

Areas of Focus:

- *Psychiatric Care
- *Medication Management
- *Anxiety, Depression, and Personality Disorders
- *Trauma

Experience:

- *Board Certified Psychiatric Mental Health Nurse Practitioner
- *Family Nurse Practitioner
- *10+ Years of Nursing and Leadership Experience

Telehealth
Available!

Call and Schedule Today!
(605) 598-6262

WE BILL MEDICARE, MEDICAID, AND MOST COMMERCIAL PAYORS

MEET OUR
NEW LCSW





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BEHAVIORAL HEALTH, MENTAL HEALTH, AND
PSYCHIATRIC SERVICES FOR CHILDREN & ADULTS

Areas of Focus:

- *Cognitive and Dialectical Behavioral Therapy
- *Adolescent and Family Therapy
- *Substance Abuse, Trauma, Crisis Intervention
- *Treatment and Case Management

Experienced as a:

- *Licensed Clinical Social Worker
- *Individual, Group, and Family Therapist
- *Crisis/Medical Social Work
- *15+ Years of Clinical Therapy & Leadership

Telehealth
Available!

Call and Schedule Today!
(605) 598-6262

WE BILL MEDICARE, MEDICAID, AND MOST COMMERCIAL PAYORS

Angela Braaten is a Licensed Clinical Social Worker. Angela grew up in Topeka, Kansas, and received her graduate degree in clinical social work at Washburn University. She started her career in community behavioral health, where she provided services to teens and families. Angela worked with patients struggling with addictions, chronic mental illness, and acute crisis. Angela has also worked in the hospital settings providing crisis assessment, end of life discussions, goals of care and trauma case management. She is skilled in palliative care consults and geriatric interventions, as well. Most recently, she has worked in a primary care clinic providing services for patients struggling with addictions, domestic violence, anxiety, depression, PTSD, relationship conflicts and other mental health symptoms that are connected to overall wellbeing and health. Angela is trained in dialectical behavioral therapy, cognitive behavioral therapy, trauma work, motivational interviewing, and solution focused interventions. She prides herself in providing services with safety, dignity, and respect. Angela's approach is patient-centered and guided by trauma-informed care. She believes that advocacy and honoring a patient's self-

determination will lead to the most effective outcome for mental and physical health. Angela strives to provide a therapeutic connection-to be seen, heard, and valued in each interaction. Angela is a proud mother of 2 adult children and 2 beautiful Great Danes. She loves hiking, camping, and cooking in her spare time. Helping others find balance and joy is what brings her to this work every day.

FAMC is currently scheduling appointments, if you have any questions or would like to schedule an appointment with Patricia or Angela call 605-598-6262.

Multivitamin—Yes or No? April Sorensen, RDN



Short answer, Yes! However, make sure it is a high-quality vitamin to get benefits. Even if you consider yourself a healthy eater, it's probable that you don't get the 40-plus necessary nutrients needed daily in the proper amounts. Consider a multivitamin to be like insurance for filling in the nutrition gaps. Vitamins and minerals help with every body function including strengthening immune system, turning food into energy, brain health, cleansing, repair, and hormonal regulation. Multivitamins are meant to fill in nutrient gaps in your diet.

They are not a replacement for a healthy diet.

Mild nutritional deficiencies are common. There are several reasons for this. Most people do not eat enough fruits and vegetables (5 cups per day is the recommended minimum). People also fall short of eating enough healthy fats and lean proteins and overconsume processed foods. Processed foods deplete your body of necessary nutrients because they require additional nutrients to break them down. Stress also depletes our body and improper gut flora can add to that effect. These healthy bacteria help us digest our food and absorb nutrients. If you have been on a course of antibiotics lately, this can deplete your body of your healthy gut bacteria. You may benefit from eating a cultured yogurt or taking an over the counter probiotic supplement in addition to a multivitamin.

Study after study shows that taking a daily multivitamin has more positive benefits than negative but the key to getting these benefits is taking a high-quality product. Below are things to look for when choosing a multivitamin

- **Third-party testing.** Look for the cGMP (good manufacturing practices) facility stamp. This ensures what the bottle says the supplement contains is actually what it contains. Third-party testing is when a manufacturing company sends its product to an outside, unbiased lab for testing to ensure that what is on the label is actually inside the product. Without third-party testing, companies can manufacture and sell products that don't work as advertised. This can be due to the company just trying to make quick money and using cheaper ingredients, or genuinely not knowing the quality of their ingredients sourced from outside the U.S. The supplement industry is not regulated which means it is voluntary for companies to test their products. Other seals that indicate quality include USP (United States Pharmacopeia); (NSF) NSF International or (CL) Consumer Labs.
- **Form of nutrients.** Often companies use the cheapest form, and these are not absorbed well which means you will not get the benefit promised. Two nutrients to avoid are calcium carbonate and magnesium oxide. These work well for heartburn, but that's about it. If your multivitamin contains these forms of nutrient, very little will get absorbed into the bloodstream. Calcium carbonate can cause calcium deposits in your body because it has nowhere else to go. Magnesium oxide can cause diarrhea when taken in excess. To get maximum benefit, the minerals should be chelated (connected to) an amino acid. These get absorbed

into the bloodstream at high rates and give you the benefit promised. My favorite is magnesium glycinate or bi-glycinate. This one can help with sleep, relaxation, migraine headaches and more. Other forms of magnesium that get absorbed well are magnesium citrate, theonate and malate. Each has its own unique benefits! A RDN can help you determine which would be best for your individual needs.

- **Dosage.** Another sign of poor quality is if you only take one capsule/tablet per day. Getting optimal amounts usually requires at least two capsules per day. You can look at dosage on the label. Recommended nutrient intakes (often called percent daily value (%DV) or recommended daily allowance (RDAs) have been established as *minimum* guidelines for healthy individuals. These guidelines can help prevent severe nutrient deficiency but are not a reflection of optimal daily intake for prevention of disease. While it is easy to think "more is better", that is not the case when it comes to multivitamins. There is also an upper tolerable limit and it is important to stay under this number. Look for a multivitamin that supplies 100% Daily Value for most of the micronutrients, this way you are guaranteed to get the amount you need without getting close to the upper tolerable limit.
- **Who is the product designed for.** The amount of vitamin and minerals your body needs depends on your age, activity level, health history, medications and gender. Make sure you are taking the formula designed for the stage of life you are in. For example, most women benefit from a supplement that has iron, but if postmenopausal, iron may do you more harm than good. Also, some vitamins and minerals can interact with medications so it is important to visit with your physician or dietitian about all the medications and supplements you use.

Remember, a multivitamin is not a replacement for eating healthy but it can help fill gaps. Visit with your physician or dietitian to see what formula will work best for you.





School Vaccines **Karla Hall, LPN**

Kindergarten Vaccination Requirements

(can receive at age 4)

- Four or more doses of diphtheria, tetanus, and pertussis (DTaP) vaccine, at least one dose on or after age 4.
- Four or more doses of poliovirus vaccine, at least one dose on or after age 4.
- Two doses of a measles, mumps, and rubella vaccine (MMR). Minimum age for the first dose is 12 months.
- Two doses of varicella (chickenpox) vaccine. Minimum age for the first dose is 12 months. History of disease is acceptable with parent or guardian signature.

NOTE: Although not required for school entry, Hib, Hepatitis A, Hepatitis B, Influenza, and Pneumococcal vaccines are also recommended for your kindergartener.

6th Grade Immunizations:

Must be 11 years of age

- Tdap* (Tetanus, Diphtheria, Pertussis)
- MCV4* (Meningococcal)
- HPV (Human Papillomavirus)

*School entry REQUIREMENT for South Dakota 6th grade students.

Age 16 is when your child should receive the 2nd dose and completion of the MCV4* (Meningococcal) series.

Age 16-18 (parents may choose to give before heading off to college) the Meningococcal B, this is a 2 dose series with shots being given 1 month apart.

If you have questions about your child's vaccination record, please call the Faulkton Clinic at (605) 598-6262

Foot Care at FAMC **Kelci Schulz, RN**



FAMC offers a foot care clinic to patients weekly. A registered nurse provides this service. During your appointment, a nurse will perform an inspection of your feet and trim your nails. Screening your feet includes inspecting for swelling, cracks in the skin, temperature changes, calluses, corns, and ingrown toenails. During each appointment, the nurse will use sterilized equipment designed for toe and foot care. For more information about our foot care clinic or to schedule an appointment, call (605) 598-6262.



FREE **Skin Screening** **Lumps, Bumps, Moles**

FREE Evaluation of any skin concerns, skin tags, lumps, bumps, moles, discolorations etc.

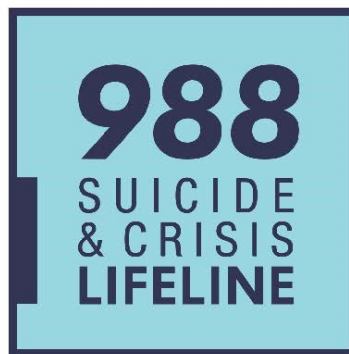
Monday 9/26/2022

Tuesday 9/27/2022

Wednesday 9/28/2022

Call (605) 598-6262 to schedule an appointment.

This is being offered as a free service from Faulkton Area Medical Center.



There is hope



Talk with us.



If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**



PEP 22-09-03-004

Self-Measured Blood Pressure A Free Program at FAMC

What is self-measured blood pressure (SMBP)? SMBP is when you measure your blood pressure outside of the doctor's office or other health care settings. SMBP allows you to measure at different times throughout the day and over a longer period of time, helping your doctor get a more complete picture of your blood pressure. By using SMBP you and your care team can come up with a treatment plan to better control your blood pressure, which can prevent more serious health problems.

The consequences of hypertension can be costly ... and deadly.



of Americans with high blood pressure are **not** controlled

FAMC has a free SMBP program that allows patients to borrow a blood pressure cuff for a period of two or more weeks. Patients can also use their own home blood pressure monitor. Once referred to the program, you will be set up with a visit with a clinic nurse or the dietitian and they will check the machine you are using for accuracy and teach you how to properly take your blood pressure. They will get you the forms needed to keep track of your blood pressure numbers and explain what the blood pressure readings mean and what to do if your blood pressure is out of the expected range.

What do the numbers mean when I take a blood pressure reading?

Systolic blood pressure (SBP or SYS): The top number of your blood pressure reading. It indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic blood pressure (DBP or DIA): The bottom number. It indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Pulse: Number of times the heart beats per minute.

Control your blood pressure

Helpful resource to understand your numbers

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120 – 129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	higher than 180	and/or	higher than 120

Join the FAMC Self Monitoring Blood Pressure Program
Contact Kelci Schulz, RN or your Medical Provider for more
Information - 605-598-6262



Dr. Ken and Twyla Bartholomew Scholarship

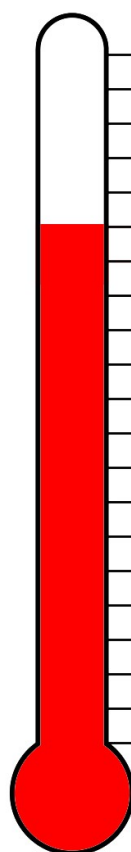
The Dr. Ken and Twyla Bartholomew Scholarship continues to seek pledges to meet the challenge set forth by the Bartholomews to qualify for matching funds of \$50,000. This scholarship fund will be used to recruit and retain a physician to serve our community for years to come. Our goal is for the scholarship to become a perpetual funding source that continues to grow and secure the future of FAMC. The Foundation's 2022 goal of raising \$50,000 to receive matching funds is just the start! Please consider making a one-time donation or a pledge spread out over five years or less to continue to help keep the community of Faulkton vibrant and healthy. As a community, we are fortunate to have medical care and professionals right here in Faulkton; most citizens of small communities must travel miles to get simple medical care. Continuing to have the hospital we have in our community keeps millions of dollars in jobs and economic benefits in the Faulkton area. We are indeed fortunate,

but we must continue to be proactive. Contact Kelly Ortmeier with the FAMC Foundation at (605) 598-1144 for more information or go to www.faulktonmedical.org/foundation



2022 FAMC Foundation Board: Blythe Smith, Michelle Pudwill, Chelsea Odden, Heather Bode, Kelly Ortmeier, Kelli Rhodes, Beverly Fischer, Jami Huss, MaKenzie Sindelar

Scholarship Progress



We are now over half way to our \$50,000 goal before the end of 2022. With your help, we have been able to raise just under \$38,000.

Want to be set up for pledge payments?

The Faulkton Area Medical Center Foundation can set up recurring payment reminders.

Go to www.faulktonmedical.org and select the Foundation tab and click on the "Donate to Fund" button under the Dr. Ken and Twyla Bartholomew Scholarship.

Or fill out the form on the back and mail to:

FAMCF
PO Box 100
Faulkton, SD 57438

In Memory/Honor Of

Richard Bent Memorial
- Steve & Deb Roseland

Leo Naber Memorial
- Roger & Janet Melius

Marion Armstrong Memorial
- Roger & Beth Deiter
- Roger & Janet Melius
- Jim & Virgene Wagner

Jerry Kegler Memorial
- Kurt & Karla Hall
- Steve & Deb Roseland
- Roger & Janet Melius

Don Edgar Memorial
- Roger & Janet Melius

Robin Young Memorial
- Roger & Janet Melius

Equipment Purchases 2022

- Pediatric pump
 - Pediatric airway simulator
- Approx.
\$31,000

Faulkton Area Medical Center & Foundation



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We're on the Web
www.faulktonmedical.org

Have you or a loved one been a patient in our facility?
Would you like to give a gift in honor or memory of someone?
Make a tax free donation or contribution to FAMCF.

OR you may go to www.faulktonmedical.org/giving and donate online!

In support of Faulkton Area Medical Center Foundation, I/we would like to make a donation:

I choose to make a gift of \$ _____ to FAMCF/ Dr. Bartholomew Scholarship

MAKE CHECKS PAYABLE TO:

FAMC Foundation, PO Box 100, Faulkton, SD 57438

- OR -

Please bill my: VISA MasterCard Discover Am Ex

Card # _____ Exp Date _____

CVV Code _____ Name _____

Signature _____

Billing Address _____ Phone _____

City _____ State _____ Zip _____

Thank you for your support!