

YOUR *gateway* TO HEALTH
YOUR HEALTH, YOUR LIFE

WELCOME
WELLNESS

Tips for Your
Home

OPEN. SAFE. READY.
COMMUNITY & CARE



**GATEWAY REGIONAL
MEDICAL CENTER**

**STEPS TO KEEP
FEET HEALTHY**

Community & Care

IN THE TIME OF COVID-19

In this issue of our community magazine, I'd like to emphasize the word **community**. These are unprecedented times, and although we may be in uncharted waters, I'm inspired by the sense of community this experience has fostered in us all.

HEALTHCARE HEROES

First, I'd like to express my sincere pride in our employees and medical staff for their efforts in recent months. These medical professionals have truly answered the call to care for the sick and comfort alarmed families as the pandemic has evolved. They are true heroes, who stepped up to serve on the front lines of the COVID-19 response. I applaud and thank them for their dedication.

OUR AWESOME COMMUNITY

I would also like to recognize our community. The outpouring of support you showed our team was overwhelming. Whether providing comforting meals for staff, making masks, sending cards and prayers to team members, or just staying home to protect our community — we are so grateful for everyone doing their part and pulling together during this crisis.

RESTRUCTURED FOR THE FUTURE

As you've heard by now, our parent organization also did its part to help ensure we could continue providing services for you and your family by restructuring its debt. This was good news for our hospital and our employees. It allows us to continue providing patient care. As a current or former patient, you may have received a legal notice by

mail. We regret any confusion that this required notification may have caused. The restructuring is concluded, and we are ready to serve you now and into the future.

A NEW WORLD FOR CARE

But rest assured, our Emergency Room is open, safe and ready to provide care for emergencies like heart attacks, strokes and broken bones. We always urge you to dial 911 in an emergency situation and don't delay going to the ER. We've established safety measures, such as separate care areas, new cleaning procedures and protective equipment guidelines to align with guidance from the Centers for Disease Control and Prevention.

And finally, we remind you that in-person appointments are available again at physician offices. You can rest easy knowing these physician offices have adopted additional precautions to help keep you safe when you come in for your appointment. Of course, virtual visits are still available via our telehealth options. Just call your physician's office or visit GatewayAnytime.com to book an appointment.

Thank you for caring for us, as much as we care for you. It is our privilege to serve you.

Sincerely,

Patrick Garvey

Interim Chief Executive Officer
Gateway Regional Medical Center

What New Moms Really Need

Before you register for your baby shower, find out which items will be most helpful for you and your little one.

If you are a first-time mom, you are learning how overwhelming putting together a baby shower registry can be. It begins from the moment you open your first online registry and continues with furor as your inbox swells with suggestions for must-have items. Urgent announcements broadcast your need for blankets, bunnies, sleepers, swings and that expensive bassinet that imitates your womb. But is it all really necessary for the comfort, happiness and safety of baby?

GIFT BUYERS' BEST PRACTICES

Keeping the following guidelines in mind will help your friends and loved ones choose gifts that will be most helpful to you and your baby.



Breastfeeding is wonderful, but it can be a little uncomfortable. Cooling gel pads can help soothe sore nipples. And for the mom who needs to use a pump to express extra milk, a hands-free pumping bra can offer a little extra freedom.



Car seat/stroller combos are perfect for the mom-on-the-go. Choose an option that is not too heavy and folds up easily. When you do get your car seat, visit the nearest child safety seat inspection station to make sure it is installed properly.



Diapers are always in style. They are also expensive. Buying boxes of diapers in a variety of sizes is a great way for your friends to pamper you.



Less is more when it comes to your crib. The most current safe sleep guidelines advise against having blankets, bumpers, pillows or stuffed animals in your baby's crib. Instead, invest in a comfy but firm mattress and tight-fitting sheet.



Organization is the name of the game. Having a diaper bag or toiletry kit with designated pockets and pouches for your changing pads, creams and diapers makes life much easier for sleep-deprived parents.



Ready to welcome your new baby? Gateway Medical Group's family practice providers can help take care of your little one throughout their life. Visit GatewayAnytime.com to learn more.



WHAT DOES A FAMILY PRACTICE PROVIDER DO?



Wendy Frazier, M.D.

Family practice providers and pediatricians are both trained to take care of your child's healthcare needs. So what is really the difference?

When choosing a provider, consider the provider's training, how convenient their location and hours are, and what your insurance covers.

Family practice providers are trained to take care of patients from newborns to the elderly, so they can treat the whole family. When your entire family is sick, you all can go to one provider.

Convenience is important. Find a provider who works with your family's schedule and your insurance plan.

Wendy Frazier, M.D., Family Practice Provider, is now accepting new patients. Visit GatewayAnytime.com to schedule an appointment.

Dr. Frazier is a member of the medical staff at Gateway Regional Medical Center.



MAKE YOUR HOME A

Wellness Retreat

In times of crisis or this new normal, having a home that makes you feel calm and inspired is critical to mental and physical well-being. Take time to turn your living space into a retreat by transforming ordinary rooms into functional areas where wellness will thrive.

COOK UP A HEALTHY KITCHEN

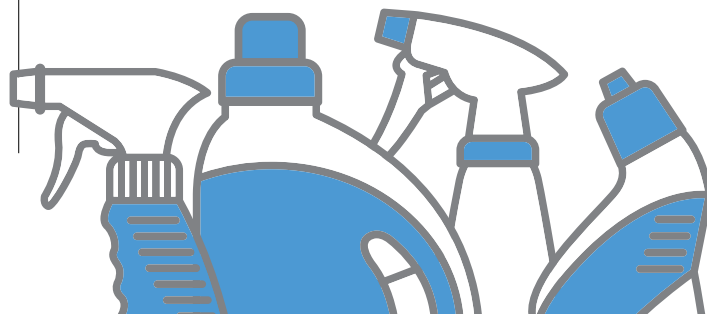
When you are preparing delicious and healthy meals, you want the preparation and final products to be as safe as possible. Your kitchen is a routine stop on that path to wellness, so keep the following tips in mind as you outfit the room where your family meals are made and enjoyed.

FILTER YOUR WATER.

Keeping water that tastes crisp and clean is a refreshing way to encourage yourself to stay hydrated. Further purifying your water may be beneficial if you have a weakened immune system or another health condition, according to the Environmental Protection Agency. To ensure that your water is as pure as possible, invest in a water filtration system designed to remove contaminants.

CONSIDER YOUR CLEANING SUPPLIES.

EPA-approved disinfectants are effective choices to clean household surfaces and prevent the spread of germs and viruses, such as the flu or COVID-19, according to the Centers for Disease Control and Prevention. Wear disposable gloves while cleaning. Focus on high-touch areas, including tables, doorknobs, light switches, handles, keyboards, remotes and touch screens. For the list, visit [epa.gov](https://www.epa.gov), search for SARS-CoV-2 and choose “List N.”



SET THE STAGE FOR LUXURIOUS REST

Your bedroom can make or break your ability to rest. Everything from lighting to temperature to the thread count of your sheets plays a critical role. As you design your dream space, the National Sleep Foundation recommends you:



CHOOSE DIMMABLE LAMPS. Lowering the lights before bed will signal to your brain that it is time to rest. Covering your windows with blackout curtains or shades can also block out early morning light or the glow of street lamps.



INDULGE YOUR SENSE OF SMELL. An essential oil diffuser or eye pillow filled with lavender may help you relax. This scent may also enhance mood and reduce blood pressure and heart rate.



PAMPER YOURSELF WITH COZY BEDDING. Take time to try out different blankets, mattresses and pillows to find the right fit.

MAKE ROOM FOR MEDITATION AND MOTION

Taking care of your body and mind through stress-reducing activities is essential to heart health, according to the American Heart Association (AHA). Practicing meditation may reduce blood pressure and the risk of heart disease, while exercise may help you manage everything from blood sugar to cholesterol to weight. Encourage your family to spend time on practices by dedicating a corner or a whole room. Keep things simple, outfitting the area with a few key items:

Exercise ball — Develop your core and your balance with an oversized ball. Simply sitting on the ball helps develop your proprioception, or the awareness of where your body is in space and time, while also strengthening your abdomen, back and pelvis. Additionally, the ball is a great tool to strengthen your arms and legs.

Yoga mat — Available in a wide price range, a mat is the perfect place to practice poses that will enhance your strength, balance and flexibility while also boosting your concentration and focus. Your mat can double as a spot to sit on for your morning meditation routines, which may include deep breathing exercises, gratitude affirmations and mindfulness practices.

Resistance bands — Get your two days per week of strength training recommended by the AHA without touching heavy weights or machinery. Resistance bands are easy to store and offer a variety of options to tone your muscles and improve your metabolic rate.



GO FOR GLASS. Clear, sturdy mason jars are a chic alternative to plastic that can make a healthy statement in your kitchen. These storage containers may be used to display fresh flowers on your table, serve fresh orange juice in the morning or store guacamole and colorful fruit salad.

The primary care providers at Gateway Medical Group can help you develop your wellness plan. To schedule an appointment, visit GatewayAnytime.com.



Melissa Kalaher, M.D.

Where the Germs Are

Your home is your sanctuary — but it may not always be the cleanest place to be. For example, surfaces in your bathroom and kitchen that are frequently damp and/or warm may also be home to bacteria, such as salmonella and E.coli, which may indicate the presence of fecal contamination, according to NSF International. Other common areas where this type of bacteria may be found include:

- bathroom faucet handles
- kitchen sinks
- counter tops
- toothbrush holders
- cutting boards

To clean these surfaces effectively, begin with soap and water to wipe down and remove grime from surfaces. Follow up with a sanitizing spray or cloths to kill lingering germs.

Choose sanitizers that are not in concentrated form and never spray them near children. If you elect to use a cleaner containing bleach, make sure the cleaner is not concentrated and never mix it with ammonia — a blend that can create a poisonous gas, according to the American Academy of Pediatrics (AAP). Further, the AAP recommends storing all cleaners, sanitizers and disinfectants in containers with clear labeling in a secure place to protect children and pets.

YOUR Farmers Market Guide

Grab your tote bag and get ready to shop local.

Looking for an opportunity to celebrate spring? The farmers market is a great way to support your local community, spend time in the open air and score some seasonal fruits and vegetables.

WHAT'S IN SEASON?

According to the U.S. Department of Agriculture, spring is the season for produce such as:

- apricots
- kale
- radishes
- apples
- lettuce
- rhubarb
- cabbage
- mushrooms
- spinach
- collard greens
- onions
- strawberries

Your options at the farmers market will vary depending on your local harvest. While browsing, look for produce that is free of bruises, cuts or mold. Be sure to wash all produce before eating.

STAY FRESH

To store produce, the Academy of Nutrition and Dietetics suggest you:

- **Keep cool.** Set your refrigerator to 40 F or lower. Apples, apricots, broccoli, cabbage, cantaloupe, cucumber, honeydew melon and lettuce all go in the fridge.
- **Make room.** Not everything will stay fresh in the fridge. Avocados, bananas, peaches, tomatoes and watermelon are cold-sensitive and should be kept at room temperature. Potatoes, onions, garlic and squash belong in a cool, dry space, such as a cabinet.
- **Stop the rot.** Some foods, such as apples, avocados and tomatoes, give off ethylene gas, a ripening agent. It can cause other foods, such as bananas, leafy greens and squash, to go bad. Make sure to store these foods separately.



Your primary care provider (PCP) can offer advice on incorporating more fruits and vegetables into your meals. Need a PCP? Visit GatewayAnytime.com.



DO I HAVE A HERNIA?

Five Symptoms That Point to Yes

A hernia occurs when an organ pushes through something it shouldn't, like muscle or tissue.

Hernias can appear in different parts of the body, but they always involve an opening plus pressure. Common places where hernias can develop include the outer groin, belly button, upper stomach and through an abdominal incision or scar.

Although symptoms may differ by individual or type of hernia, some frequent indicators include:

1. a noticeable bulge or lump
2. pain or discomfort when coughing, straining or lifting
3. acid reflux or difficulty swallowing
4. feeling full or constipated
5. severe pain, nausea and vomiting

If you are experiencing severe pain, nausea, vomiting and constipation, you should seek immediate medical attention because these can be life threatening.

An untreated hernia in adults will not go away, but hernias are treatable. If you experience any of these hernia symptoms, make an appointment with your physician. With an early diagnosis or lifestyle changes, you can avoid serious complications.



Think you may have a hernia and want to get it checked out? Give the providers at Gateway Medical Group a call at (618) 451-7600.



Gustavo Von Der Lancken, M.D.

STEP UP FOR YOUR FEET

You depend on your feet, so take steps to keep them healthy.

PRESCRIPTION FOR RELIEF

Here's what you can do at home to treat three common foot conditions.

CORN.

Soften this tough area of skin by soaking in warm water and applying lotion.

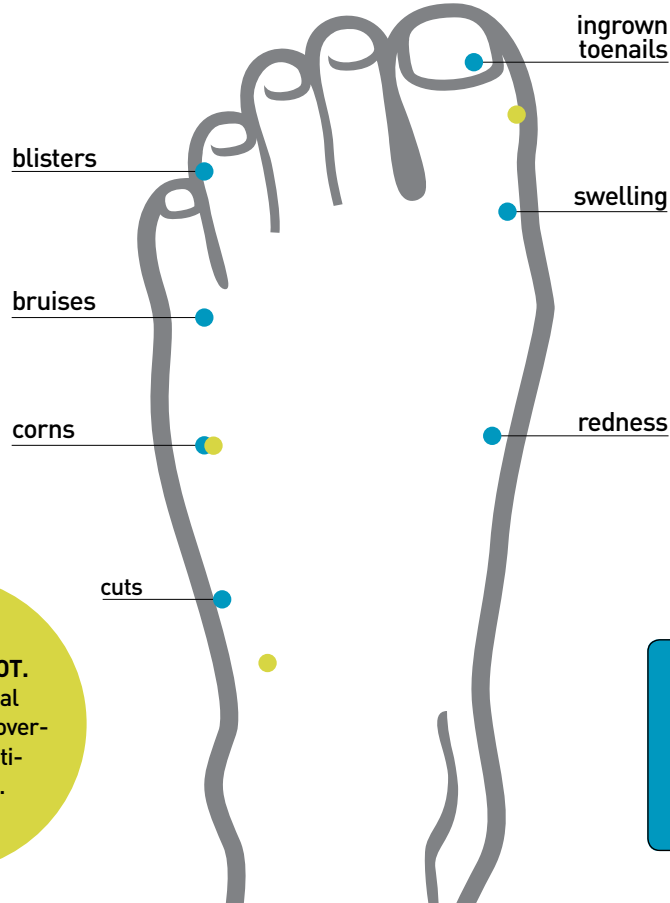
ATHLETE'S FOOT.

Treat this fungal infection with an over-the-counter anti-fungal cream.

FOOT SCAN

It's important to check the condition of your feet regularly, especially if you have diabetes.

Scan your feet from toes to heel for:



BUNION.

Wear shoes that give your toes plenty of wiggle room, apply ice a few times daily and cushion the bony bump on your outer big toe with bunion pads.



Jacob Blakeman, DPM



Stop ignoring your feet! Let the podiatrists at Gateway Medical Group keep your feet healthy. Call (866) 451-4236 for an appointment.

FIND THE RIGHT FIT FOR FITNESS

Here's how to choose footwear to suit your preferred form of exercise.

CYCLING. You want a close but comfortable fit with padding for the ball of the foot.



HIKING. Look for plenty of tread and stability all around, especially for the ankle.

RUNNING. The less arch you have, the more cushioning and stability you'll want for your mid-foot.



WALKING. Prioritize shock absorption and arch support.



Gateway Regional Medical Center
2100 Madison Avenue
Granite City, IL 62040

PRSR STD
U.S. POSTAGE
PAID
LYNCHBURG, VA
PERMIT NO. 500

WANT TO READ MORE?

Visit GatewayRegional.net/signup to receive other health and wellness articles and register for our eNewsletter.

Gateway Regional Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at GatewayRegional.net. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (618) 798-3000 (TTY: (800) 526-0844).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 798-3000 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 798-3000 (TTY: (800) 526-0844).

VOLUME 12 • ISSUE 2 | *Want More?* Visit GatewayRegional.net/signup to sign up for our eNewsletter! | GatewayRegional.net

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

When should you go to the Emergency Room? *When you have an emergency.*

It's not a trick question. Emergencies don't wait. And you shouldn't wait to seek care if an emergency strikes you or your family.

Chest pain, burns, cuts that won't stop bleeding, potential broken bones, trouble breathing, dizziness or loss of consciousness are all signs that you need help. Immediately. Delaying care in an emergency can lead to worse outcomes and potentially serious complications later. So don't delay seeking help.

By instituting specific protocols that meet or exceed CDC guidelines, we can say that we are open and ready to care for you in an environment specifically designed to keep you safe.



**GATEWAY REGIONAL
MEDICAL CENTER**

For more information go to GatewayRegional.net/ER

