Everyday activities are now a little easier for Floyd Hook, who got an anterior hip replacement in March. “Prior to my surgery, I had to lean on the cart while shopping with my wife,” he says. “Now I can shop with her without pain.”

Floyd’s hip pain and difficulty walking had led him to contact Blake Peterson, MD. Having worked at St. Francis Hospital for decades, Floyd knew he could choose who he wanted to do his surgery. So he did his research. He talked to fellow Maryville residents and read a story about Dr. Peterson in the local newspaper. He was intrigued by the anterior hip replacement procedure, and after meeting Dr. Peterson at his first consultation, he was confident he made the right decision.

“Dr. Peterson was personable and so knowledgeable,” recalls Floyd. “He gave my wife and I the confidence to make the decision to schedule the surgery.”

**A personal connection**

Floyd remembers connecting with Dr. Peterson on a very personal level as well. “I told him I had worked as a director of radiology for 40 years. He and I read my x-rays together and talked a lot about radiology.”

After his first consultation, everything was scheduled—the educational classes to prepare for the surgery, the surgery itself and then each follow-up appointment—all at Mosaic Life Care at St. Joseph.

“Having patients like Floyd makes my job easy,” Dr. Peterson says. “Motivated individuals who are frustrated with the pain and limitations from hip arthritis are ideal for anterior approach hip replacement.”

Floyd’s face lights up when he

—Continued on back page
Are you immunized?

Don’t skip this healthy habit

Sure, you eat right, exercise regularly and do other things to protect your health. But are you really doing enough to stay well? The answer is no, if you aren’t getting the immunizations you need.

Even as an adult, you need vaccines to help prevent diseases that are serious enough to land you in a hospital—or worse. Why? For one, immunity from some vaccines can fade with time. So you may need a booster shot. Or you may need other vaccinations because of reasons such as:

- Your age (the immune system weakens with age).
- Your lifestyle.
- Your health—for instance, if you have a weakened immune system or a chronic disease.
- Shots you missed when you were a kid.

What adults may need

Ask your doctor if you’re due for any vaccinations, including:

- The zoster vaccine to prevent shingles, a painful disease.
- Yearly shots to prevent the flu.
- Pneumococcal vaccines to prevent lung and bloodstream infections.
- Td/Tdap to prevent tetanus (lockjaw), diphtheria and whooping cough.
- Vaccines to prevent hepatitis A and B infections.
- MMR shots to prevent measles, mumps and rubella.
- A vaccine to help prevent meningitis (inflammation around the spinal cord and brain).
- Human papillomavirus (HPV) vaccines that help prevent cervical cancer in women and certain other cancers in both women and men.

One more thing: Getting your vaccinations doesn’t just protect you. It can help protect any friends and family—including babies and older adults—around you from getting very sick too.

Source: Centers for Disease Control and Prevention

Rx for aging well: Stay social

Friends can be good for your health. You know that getting regular exercise, eating nutritious foods and not smoking are all good for your body. But did you know that having an active social life can help you stay physically and mentally healthy, too, as you get older?

Taking part in social activities has been shown to:

- Lower the risk for certain diseases.
- Increase lifespan.
- Increase happiness and reduce depression.
- Improve your thinking abilities.

What you can do

If you don’t have much of a social network, it’s never too late to build one.

- Take a class. Many community colleges offer free or low-cost classes for older adults. You never know who you’ll meet in a cooking, painting or computer class.
- Indulge in a hobby. Are you a bird watcher? Hiker? Do you knit? There may be local groups, like the Audubon Society, already formed that focus on your hobby.
- Visit a senior center. Meet people who like to play cards or other games.
- Form your own club. Organize a book or movie club that meets regularly. Hold discussions at a local coffee shop or other venue where you might meet more people.

Sources: Health in Aging Foundation, National Institute on Aging

MAKE A DIFFERENCE!

Volunteering is one way to meet people and stay social. Call 660.562.7049 to learn about our volunteer program.
Healthy weight loss

There’s a right and a wrong way to do most things, including making pounds disappear. Some tactics that might surprise you tip the scales in favor of losing weight—and in a healthy way. Others backfire. Here are some simple do’s and don’ts that can help you successfully slim down.

Try this, not that

**DO:**
- **Shave calories with small changes that add up.** Lighten up your coffee with fat-free milk, for example. Trim the skin from poultry. And swap sugary sodas for sparkling water.
- **Downsize dishes.** Smaller plates and bowls help make modest portions of food look generous. So you’re less likely to overeat.
- **Fill half of your plate with fruits and veggies.** They’re high in fiber—which helps fill you up—and are usually low in calories.
- **Hide temptation.** Keep candy, chips and other high-calorie foods out of sight, where you’re less likely to reach for them. Better yet, leave them in the grocery store.

**DON’T:**
- **Skimp on sleep.** Too little shut-eye raises your level of ghrelin, a hormone that makes you hungry.
- **Miss chances to move more.** Turn your commute into a workout and bike to work. See a set of stairs? Head to them, not the elevator. At your child’s soccer practice, take a power walk around the field at halftime.
- **Be a distracted eater.** If you combine nibbling with other things—like chatting on the phone or watching TV—you’re likely to lose track of how much you’re eating.
- **Fall for fad diets or bogus weight-loss products.** Eat spicy foods to lose weight! Melt fat while you sleep! If a diet or product sounds too good to be true, you should assume it probably is.
- **Eat when you’re stressed.** Instead of reaching for food to help calm down, relax and try to think of pleasant things.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention; National Institutes of Health
A new era of care

After 125 years of hospital service to the northwest Missouri region, we have a new name—Mosaic Medical Center – Maryville—and a variety of new services that are changing health care for the future.

**myMosaic Portal**

If you’re like most people, you have several health concerns and may visit multiple doctors and pharmacies. Keeping track of it all can be a challenge. myMosaic Portal is an online resource that allows you to access your medical records, send messages to your care team, schedule appointments and more. To sign up, have your medical record number ready and visit myMosaicLifeCare.org/Portal.

**Community Nurse Line**

Help is always available with the Community Nurse Line. Highly trained nurses with volumes of information at their fingertips are ready to respond whenever you or your loved one needs it most. From medication and symptoms to wellness tips and care for chronic diseases, you can rest assured the information you receive is accurate and timely.

The Community Nurse Line can help with:

- Scheduling an appointment.
- Triaging to the right destination for care, including the emergency department.
- Assessing needs through clinical after-hours calls and recommending action using accredited physician guidelines.
- Discussing discharge follow-up care, reinforcing physician instructions and clarifying pre- and post-procedure care and satisfaction surveys.
- Assisting high-risk patients who need help understanding how to manage their disease.
- Providing care to high-risk patients who need daily vital signs monitoring and symptom management related to chronic conditions.

Call the Community Nurse Line 24/7 at 816.271.4000 or 877.432.7800.
World-class care close to home

Mayo Clinic Care Network FAQs

What does it mean to be a member of the Mayo Clinic Care Network?
The Mayo Clinic Care Network connects our providers to Mayo Clinic specialists and resources. This collaboration allows us to bring Mayo Clinic knowledge and expertise to our area, so you’re receiving the finest care anywhere.

How do your doctors work together with Mayo Clinic doctors?
This collaboration forms a new relationship between your doctors and Mayo expertise. As a member of the Mayo Clinic Care Network, our doctors have access to tools such as AskMayoExpert, eConsults, eTumor Boards and more.

Will patients see a Mayo Clinic doctor?
No. Whenever possible, we want to provide care close to home.

Through the network, our doctors have unique access to Mayo Clinic knowledge and resources. The connections we have with Mayo Clinic are shared through the doctors to the patients.

What are eConsults?
eConsults help our doctors connect quickly with a Mayo Clinic expert to get input on a specific question about patients. This connection helps our patients receive the benefit of Mayo Clinic resources.

What is AskMayoExpert and how does it work?
AskMayoExpert is a state-of-the-art tool that Mosaic Medical Center – Maryville doctors can use to access Mayo Clinic’s knowledge in disease management, clinical care guidelines, treatment recommendations and reference materials for a variety of medical conditions.

Are patients’ records safe during the exchange of information?
We take patient privacy very seriously and have many safeguards in place to protect your health information. Anything shared with Mayo Clinic related to your care plan is sent through a secure connection. Mayo Clinic has a secure, confidential electronic medical record. We can assure you that all patients’ medical records remain safe, secure and confidential.

What does it cost patients if their doctor talks to a doctor at Mayo Clinic? Will they receive a charge from the Mayo Clinic doctor?
If your doctor requests a second opinion (eConsult) for advice on your care, you will not be charged.

Does membership in the Mayo Clinic Care Network mean that my case will be automatically referred to or reviewed by Mayo Clinic?
No. Case referral and review is decided by your doctor on an individual need basis. The main goal of our collaboration with Mayo Clinic is to incorporate the world-class insight of Mayo Clinic with the expertise of Mosaic Medical Center – Maryville doctors so they can continue delivering outstanding care, close to home.
Lung cancer is the second most common cancer in both men and women in the U.S. It’s also the No. 1 cause of cancer death in this country. Fortunately there is a screening test that has the potential to find lung cancer early, when it’s usually easier to treat. And the test is painless and noninvasive.

A low-dose CT scan can help find abnormalities in the lungs that may be cancer. Studies have shown that using low-dose CT scans to screen people for lung cancer saves more lives than using chest x-rays. That's because a CT scan produces detailed, cross-sectional images of the lung that can find small abnormalities better than a chest x-ray.

Who should be screened?
The American Cancer Society recommends yearly lung cancer screening tests for people who meet the following criteria:

- Are current smokers or smokers who have quit in the past 15 years.
- Have at least a 30-pack-year smoking history. This refers to the number of years you smoked and how much you smoked daily. So if you smoked two packs a day for 15 years, you also have a 30-pack-year history.
- Received counseling to quit if they are current smokers.
- Have been told by their doctor about the potential benefits, limits and harms of screening.
- Have a facility where they can go that has experience in lung cancer screening and treatment.

If all of the above apply to you, you may want to talk with your doctor about screening for lung cancer.

Are there risks to screening?
CT scans are so detailed that they can find a lot of abnormalities. These may need to be checked out further with additional testing.

Low-dose CT scans also expose people to small amounts of radiation. It’s less than the dose of a regular CT scan but higher than that of a chest x-ray.

Your doctor can tell you whether the risks of annual CT screening outweigh the benefits for you.

Call Mosaic Medical Center – Maryville’s Imaging Department at 660.562.7907 to schedule your lung cancer screening.

A CT scan produces detailed, cross-sectional images of the lung that can find small abnormalities better than a chest x-ray.
The single most important thing to remember about colorectal cancer? These two vitally important words: Get screened.

Colorectal cancer screening tests and exams help your doctor detect the disease at an early stage, before it has had a chance to spread. That’s typically when treatments for colorectal cancer are most likely to succeed.

Better yet, screening can even help prevent colorectal cancer. One type of test lets doctors find and remove intestinal growths, called polyps, which can become cancerous.

Thanks in part to screening, colon cancer death rates have been declining, although the disease is still a leading cause of U.S. cancer deaths. That’s why everyone needs to be screened, as recommended.

**Screening options**

Different colorectal cancer screening tests are available, including:

- **Take-home stool tests.** You return these to a lab or your doctor’s office.
- **Flexible sigmoidoscopy.** This uses a lighted viewing scope to check part of the colon.
- **Virtual colonoscopy.** This is a computed tomography (CT) scan of the colon and rectum.
- **Colonoscopy.** This is the most complete test because it checks the entire colon and rectum for polyps and cancer. And if you decide to have one of the other screening tests and you get an abnormal result, you will need a colonoscopy next.

**The American Cancer Society recommends that most people get screened for colorectal cancer starting at age 45. You may need to start earlier if you’re at high risk for the disease.**

**Pick one and get it done**

There are pros and cons to each of the screening tests for colorectal cancer. You can discuss those with your primary care provider. Choose a test that works for you. The most important thing to remember: Any test is better than no test.

Source: American Cancer Society

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**Make this happen now**

Why screening for colorectal cancer should be on your must-do list

**Take cover**

Your mother was right when she told you to cover your mouth when you cough or sneeze. It’s some of the best advice for stopping the spread of contagious diseases like colds and the flu.

Coughing or sneezing releases a spray of tiny droplets that can travel as far as 6 feet. The germs in those droplets can land on surfaces someone might touch—or even in another person’s eyes, nose or mouth. So be thoughtful:

- Always cough or sneeze into a tissue, then throw it away.
- If you don’t have a tissue, cough or sneeze into your upper sleeve—not your hands.
- Wash your hands after sneezing and coughing.

Sources: Centers for Disease Control and Prevention; Cystic Fibrosis Foundation

**Talk to your primary care physician or a surgeon about your options. Call Mosaic Specialty Care – West at 660.562.2525.**
Back in the swing of things
—Continued from front page

talks about what happened right after his surgery. "One hour after surgery, I walked 50 feet one way and 50 feet back with a walker," he says. "In the next two weeks, I had graduated to using just a cane."

According to Dr. Peterson, the anterior approach to hip replacement allows for a quicker recovery with fewer restrictions. This slightly less invasive approach allows patients to be back on their feet within hours of surgery, and often they can go home later the same day.

Since the arrival of summer, Floyd is enjoying walking his dog around the neighborhood. "I love golfing and will be back to it soon," he says. He’ll even save some drive time because he can see Dr. Peterson for follow-up appointments at Mosaic Medical Center – Maryville.

Today, Floyd counts greater mobility and less pain among his blessings. His relationship with Dr. Peterson also makes the list. "We have just been blessed to know him," says Floyd.