



Connection

Grateful to

RIDE AGAIN

AFTER SURVIVING A HEART ATTACK, ONE LOCAL DIABETIC WAS GIVEN A SECOND CHANCE AT LIVING HIS HEALTHIEST LIFE.

VINCE JAGER HAD no idea he was about to have a heart attack in February 2021. He was 59 years old at the time, and he felt fine as he headed to a cabin for a weekend of snowmobiling with his wife, Brenda and some friends.

However, after a couple of days snowmobiling in the cold, Jager started coughing, and walking short distances left him winded. Jager suspected he had caught a cold or COVID-19. Or maybe the problem was the high elevation or his age.

When he woke up Monday morning, he felt bad enough that he asked Brenda to take him to the emergency room at Huron Regional Medical Center, where doctors delivered surprising news.

“I didn’t have a cold or COVID-19,” Jager said. “I’d had a heart attack.”

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What's Good for the Heart



Erick Larson

AS WE CELEBRATE American Heart Month this February, I've been reflecting on what's good for the heart – and how that encompasses more than a healthy diet, regular exercise and recommended screenings.

What's good for the heart may also be a feel-good experience, such as a picture that calls to mind a fond memory or a quiet moment spent reflecting on what matters most to you. I've often heard people exclaim, "That made my heart feel good!" That goes to show that heart health is about more than how well your heart pumps.

Gratitude can be good for the heart, and over the past two months, I've had a chance to share with our Huron Regional Medical Center practitioners and staff members how grateful I am for them.

In December, I had the honor of presenting two special awards, the UBUNTU and Spirit of Caring awards, to members of our team. "Ubuntu" is a Zulu word that speaks to the interconnectedness of all people. Fittingly, the UBUNTU award honors an HRMC employee who exemplifies our core values of being helpful, knowledgeable and accessible while

recognizing that he or she is part of something much greater than one person. The Spirit of Caring award recognizes one of our fantastic practitioners for dedication, selfless service and willingness to go above and beyond to answer the call to help.

In January, HRMC celebrated employees' milestone anniversaries of five or more years. It's heartwarming to see these longtime staff members show newer employees what success looks like. I also presented the Exceptional Employee of the Year and Mickey Mouse awards. The former honored one of the 12 Exceptional Employee of the Month award winners from the previous year, and the latter recognized a staff member who embodies the geniality and caring attitude of the late Dr. David Buchanan.

I hope American Heart Month prompts you to pause to consider everything that's good for your heart.

Erick Larson
President and CEO
Huron Regional Medical Center

SEND US YOUR Scholarship Submissions

THE APPLICATION DEADLINE
FOR THREE HRMC FOUNDATION
SCHOLARSHIPS IS MARCH 31, 2022.

ENSURING THAT HURON Regional Medical Center continues to have the needed medical professionals is a top priority of the HRMC Foundation. That is why our donors have generously supported the creation of multiple scholarship programs to help people achieve their dreams while ensuring patients have highly trained medical professionals serving them.

The HRMC Foundation scholarships are designed to provide financial support to individuals who are pursuing careers in health care-related fields.

- **Healthy Huron Commitment Scholarship.** For students who intend to pursue degrees in high-need medical fields as determined by the HRMC Foundation. Students must commit to working at HRMC or another participating medical facility following the completion of their degrees.
- **Healthy Huron Interest Scholarship.** Available to students who are interested in exploring careers in health care, but are not sure if they are ready to commit

to returning to Huron after their education.

- **Helping Hands Scholarship.** Available to HRMC employees and family members who want to continue their education.

Scholarship applications for 2022 will be taken through March 31, 2022. Winners will be notified the first week of May 2022.

■ **To learn more about HRMC Foundation scholarships or apply, visit www.hrmcfoundation.org/apply-for-a-scholarship or call (605) 353-6315.**

How SAD Affects Kids

LIKE ADULTS, CHILDREN ARE AT RISK FOR SEASONAL AFFECTIVE DISORDER.

SHORTENED WINTER DAYLIGHT and dreary weather get many people down during the winter. But seasonal affective disorder, or SAD, is more serious than that – and it can affect both adults and older children.

SAD IS A TYPE OF DEPRESSION

Scientists still don't know exactly what causes SAD, but they do know it is a real disorder. Although most people experience it in the winter, some people may also have SAD at different times of the year. And if children develop SAD, they may have it every year, which is why diagnosis and treatment are important.

SYMPTOMS OF SAD

SAD doesn't look the same in every kid. But common symptoms to watch out for include:

- changes in eating and/or sleeping habits
- changes in mood, including increased sadness or irritability
- low energy
- negativity
- social withdrawal
- trouble concentrating in school



If you think your child may have SAD, don't wait until spring for the situation to improve. Light therapy, medication and talk therapy are options to help your child feel better.

■ **If your child seems unusually depressed, make an appointment with a pediatrician or family medicine provider today at www.huronregional.org/find-a-doc.**



Estimating your Health Care Costs

OUR NEW TOOL WILL HELP YOU ESTIMATE COSTS IN ADVANCE.

IN 2021, THE U.S. Centers for Medicare & Medicaid Services began requiring hospitals to provide information about estimated costs of common procedures online. However, Huron Regional Medical Center is going above and beyond that requirement with the new Patient Price Estimator.

The goal of the estimator is to take some of the mystery and anxiety out of preparing for a medical procedure – at least on the financial side.

HOW IT WORKS

When you visit the price estimator website, you can choose from a range of services like MRI, physical therapy, emergency room visits or major surgeries.

When you click on the selected service, it will present an average estimated cost. You can then enter insurance information, including how much of your deductible you have met, for a more tailored estimate.

While the estimate does not offer specific pricing, it will give you a ballpark figure to help you make decisions about your care. From that point, if you have questions about specific costs or payment plans, you can call the HRMC staff for more details.

■ **HRMC's Price Estimator will be available soon! Visit www.huronregional.org/pricetransparency to learn more and watch for launch date announcements.**

A SERIOUS SITUATION

As soon as his heart attack was diagnosed, Jager was airlifted to Sioux Falls for emergency surgery at Sanford Health.

“His heart had what is known as a widow-maker lesion,” says Richard A. Clark, MD, FACC, cardiologist at Sanford



Richard A. Clark, MD, FACC

Cardiovascular Institute. “Without timely treatment, he easily could have died.”

Jager underwent quadruple bypass surgery and cardiac rehabilitation. He had also discovered a new perspective – a perspective that he hopes others will understand before it’s too late.

“It’s really easy to fall off the wagon – to go back to eating stuff you’re not supposed to and to not stay physically active,” Jager says. “But diabetes and heart health should be taken seriously. Your life depends on it.”

A DECADE IN THE MAKING

While the heart attack took Jager by surprise, his other health issue – specifically his diabetes – presented itself more than a decade ago. While at work, Jager felt his toes tingling and knew that something wasn’t quite right.

Jager’s primary care provider suspected a disc in Jager’s back caused the problem and performed an X-ray and other tests to confirm the diagnosis. But the results surprised everyone – and forecasted a comorbid heart complication in the future.

“I didn’t have anything wrong with my back,” Jager says. “My blood sugar was 568. I was a full-blown diabetic.”

Jager’s story is not uncommon. Today, more than 34 million Americans are living with diabetes, and 21% of them don’t know it. Those living with diabetes may also not realize that the condition puts them at higher risk for heart problems. The American Heart Association notes that individuals with Type 2 diabetes are two times more likely to develop heart disease and die from related events, such as heart attack and stroke, underscoring the critical importance of properly managing comorbid conditions.

A SERIES OF LIFE CHANGES

Once diagnosed with diabetes, Jager took action to manage his condition with medication and changes to his diet. Soon, Jager’s blood glucose levels were healthy. But his efforts were a little too late to prevent serious complications related to Jager’s diabetes.



Jenny Reimer, BSN, RN, WOCN

The tingling he had once felt in his feet turned to numbness, and Jager was unable to feel when the arch of one foot had broken.

“The reality is that too often, a lack of sensation to the feet can lead to sores that the patient doesn’t know are there,” says Jenny Reimer, BSN, RN, WOCN, nurse at HRMC. “If a patient does not receive proper foot care early, infection can occur.”

Although Jager began wearing special inserts in his shoes, the arch in his other foot also broke. This time, bone protruded through the bottom of his foot. When infection set in, Jager turned to the HRMC wound care team to treat his wound. Ultimately, the infection spread to his bone, requiring amputation.

A surgeon removed the lower half of Jager’s leg and fitted Jager with a prosthetic. Life changed – but it went on until 2021 – when it almost ended after that weekend of snowmobiling.

“When your doctors advise you to manage your health through healthy life changes, you have to take them seriously, especially if you are facing diabetes and heart disease,” Jager says. “Know your family’s health history. Have recommended health screenings. These simple steps could save your life.”

■ **Is your heart at risk? Find out by scheduling a Sanford Heart or Vascular screening at HRMC’s Legacy Plaza Auditorium on February 28 or March 1. Call (605) 312-2150.**

Be Diabetes Smart

Living with diabetes can be difficult. Understanding the disease makes it easier.

“Education is key to living with diabetes,” says Dennise Brock, RN, BSN, education coordinator at Huron Regional Medical Center. “Knowledge helps you avoid amputation and all the other complications that potentially come with it.”

For Beadle County area residents, ongoing diabetes education is available through the James Valley Diabetes Group. This cooperative group includes health care providers, dietitians and education specialists.

Currently, you can access the group through their Facebook page. In the coming year, they plan to implement group sessions, diabetes self-management education and community activities.

■ **Visit www.facebook.com/JamesValleyDiabetesGroup to join the conversation, grow your knowledge of diabetes and live a healthier life.**

Overheard in Huron:

Hearing Loss Solutions Are Here



Robert Froke, MA,
CCC-A, FAAA



Greg Danielson, MD,
Otolaryngologist



Brooke Espicha, Certified
Physician Assistant

DEVICES TO TREAT HEARING LOSS HAVE COME A LONG WAY, AND THE MOST ADVANCED OPTIONS ARE AVAILABLE AT THE HURON REGIONAL MEDICAL CENTER SPECIALTY CLINIC.

LICENSED AUDIOLOGIST ROBERT FROKE, MA, CCC-A, FAAA, provides hearing loss screenings, diagnostic services and comprehensive hearing device services at the HRMC Specialty Clinic three days per month. That's convenient for patients of all ages, not just older adults, because hearing loss isn't limited to people in their 60s, 70s, 80s or older. Hearing loss also affects:

- children, often because of a middle ear infection that causes fluid buildup behind the eardrum, according to Froke
- young and middle-aged adults, typically related to exposure to loud noise at work or during everyday activities

As you age, your risk for gradual hearing loss increases. A variety of factors, including lifestyle and genetics, affect whether and to what extent hearing loss occurs.

NOW HEAR THIS

Hearing loss can affect nearly every aspect of life, from your independence to your self-esteem and social life. With so many treatments available, there's no reason to put up with hearing trouble.

Froke partners with board-certified ear, nose and throat specialist Greg Danielson, MD, and certified

Physician Assistant Brooke Espicha to offer various hearing solutions.

Hearing aids are a great option, and you may be surprised how different today's devices are from what your parents or grandparents used.

"Thanks to advancements in Bluetooth technology, we're able to audio stream not just a caller's voice through your smartphone or mobile device, but also music, audio books, video clips and live events," Froke says. "I can do those things with the devices I wear, and that makes my grandkids think I'm a pretty cool grandpa. Another exciting enhancement is rechargeable hearing devices, which eliminate the need to buy batteries and can save patients hundreds of dollars every year."



■ Visit www.huronregional.org/find-a-doc to learn more about experts at Midwest ENT & Allergy who visit HRMC's Specialty Clinic.

PUT YOUR KNOWLEDGE TO THE TEST

1

True or false? Age-related hearing loss usually occurs in only one ear.

- A. True
- B. False

Answer: B. False.

In most cases, age-related hearing loss affects both ears equally, with the decline occurring slowly.

2

True or false? Most age-related hearing loss is due to problems with the middle ear.

- A. True
- B. False

Answer: B. False.

Changes in the inner ear are the most common cause of age-related hearing loss.

3

True or false? Feeling limited in your social life because of your hearing, difficulty hearing family members and difficulty hearing the TV unless the volume is high may indicate a hearing problem.

- A. True
- B. False

Answer: A. True

These may be symptoms of hearing loss – and reasons to see an audiologist.



Shawn Martin,
Executive Director

Thank You |

We at HRMC Foundation are incredibly thankful for our generous donors, including those we acknowledge here from the last few months and everyone who has given throughout the year.

We appreciate your support!



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A Generous Gift *from a* **Beloved Donor**

THE HRMC FOUNDATION HAS RECEIVED A DONATION OF \$2,500 IN MEMORY OF SELMA LAABS, AN HRMC FOUNDATION DONOR AND VOLUNTEER SINCE 2008. THE GIFT WILL BE USED TO HELP PROVIDE NURSING SCHOLARSHIPS THROUGH THE HEALTHY HURON COMMITMENT SCHOLARSHIP PROGRAM.



“**SELMA WAS PASSIONATE** about nursing,” says Shawn Martin, executive director of the HRMC Foundation. “Her family feels she would be proud to know that her gift is helping to support the future of health care in our community.”

A GIVING SPIRIT

Selma had a passion for helping others. She was dedicated to her job as a nurse’s assistant at Huron Regional Medical Center, where she worked for 20 years in various departments, including the surgical floor. After retiring, she became a Pink Lady for the HRMC Auxiliary, and in 2016, she was honored as Auxiliary Volunteer of the Year. Selma was also a faithful supporter of the HRMC Foundation.

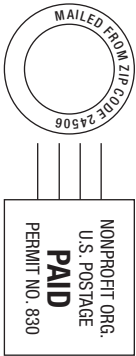
The generous donation will help HRMC provide a nursing scholarship in partnership with Build Dakota Scholarship Fund. Scholarships are open to students pursuing careers in health care who are committed to working at a medical facility in the Huron area after graduation.

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recyclable product.



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


HRMC
HURON REGIONAL MEDICAL CENTER
172 4TH STREET SE
HURON, SD 57350



■ See page 2 for information about Healthy Huron scholarships. If you’re interested in endowing a scholarship, call Shawn Martin at (605) 353-6319.



SAVE THE DATE
PAPA LUIGI GOES TO GREECE
23rd Annual Papa Luigi

join us for an evening of fellowship & philanthropy

Saturday, March 19, 2022
Huron Event Center
Social & Food 5:30 p.m. | Event 7:00 p.m.

Featuring Dueling Duo & Dan Witte, a live & silent auction.
Tickets are \$40/person or \$400/table.
Theme attire is encouraged.

Tickets available online at www.hrmcfoundation.org or by calling (605) 353-6315