SURPRISING WAYS TO HELP YOUR HEART

FREE UPCOMING HEART RHYTHM DISORDERS SEMINAR

Meet Our New Primary Care Physicians

Olathe Medical Center is the only hospital in Kansas performing a new, cutting-edge procedure to treat heart rhythm disorders. Learn more on page 4.
Safe, Painless Laser Treatment for Toenail Fungus

Laser treatment by an experienced podiatrist can safely, painlessly eliminate nail fungus. David J. Burnett, DPM, with Heartland Podiatry, diagnoses and treats a wide variety of diseases and disorders of the feet. With the help of a new laser treatment, Dr. Burnett now offers a solution for people who are battling toenail fungus.

Patients do not need a physician referral to schedule an appointment with Dr. Burnett.

To make an appointment or learn more about the new laser treatment, call 913-557-2300 or visit olathehealth.org/podiatry.

Don’t Let Tired, Painful Legs Slow You Down

The Vein Care Center at Olathe Medical Center offers patients relief from leg pain using a state-of-the-art, minimally invasive treatment. For more information, go online to olathehealth.org/veincare.

Attend a FREE Screening and informational session*
Conducted by specialists from the Vein Care Center at Olathe Medical Center.

Wednesday, Feb. 13 at 4 p.m., 5 p.m. and 6 p.m.
Wednesday, March 13 at 4 p.m., 5 p.m. and 6 p.m.

Vein Care Center
21080 W. 151st St.
(Located just across the street and to the west of Olathe Medical Center)

Call 913-768-3104 to register.

*Medicare and other federal healthcare beneficiaries are limited to a free informational session.
OLATHE FAMILY PRACTICE WELCOMES NEW PROVIDERS

Olathe Family Practice recently welcomed providers from Delphia Family Practice and The Chartrand Clinic. Each of these three clinics has been serving the Olathe community for more than half a century. Together as one, Olathe Family Practice maintains its commitment to caring for families in the Olathe community.

OLATHE FAMILY PRACTICE
Mahaffie Medical Plaza
18695 W. 151st St.
Olathe, KS 66062
Phone: 913-782-3322

Hours:
Monday – Friday: 8:30 a.m. to 5 p.m.
For care after-hours, call 913-782-3322.

Providers:
John M. Feehan, MD
David B. Karty, MD
Curtis A. Moore, MD
Robert M. Nottingham, MD
James R. Phillips, DO

Meet Olathe Health System’s New Primary Care Physicians

Associates in Family Care of Olathe welcomes Matthew C. Fieleke, MD, to its practice. Dr. Fieleke comes to Olathe from Columbia, Mo., where he was a resident physician at the University of Missouri. Dr. Fieleke received his medical education at the University of Missouri and is board certified in Family Medicine.

Originally from the Kansas City area, Dr. Fieleke said he is happy to be in the Olathe community, which he says is a good place for him and his wife to raise their son. His approach to patient care focuses on listening carefully to his patients’ needs and helping them to be healthy both in the short term and throughout their lives.

To make an appointment with Dr. Fieleke, please call 913-782-7515. Associates in Family Care of Olathe is located in the Blackfoot Medical Plaza near 135th and Blackbob in Olathe.

Associates in Internal Medicine and Pediatrics welcomes Jessica N. Gillespie, MD, to its practice. Dr. Gillespie received her medical education at the University of Missouri-Kansas City and is board certified in Pediatrics and Internal Medicine. She is returning to the area after completing her residency at University Hospital in Cincinnati and the Cincinnati Children’s Hospital Medical Center.

Dr. Gillespie said she is glad to be in the Olathe community and is pleased to join the Olathe Health System team.

To make an appointment with Dr. Gillespie, please call 913-393-4888. The office is located in The Doctors Building I, next to Olathe Medical Center.

GROWING GARDNER COMMUNITY MEANS GROWING SERVICES

As the community of Gardner, Kan. continues to grow, so do the services offered by Olathe Health System.

GARDNER FAMILY CARE EXPANSION
Gardner Family Care has expanded the existing clinic. This includes more parking spaces, a larger waiting area and additional exam and treatment rooms. Gardner Family Care is located at 18320 S. Center St. in Gardner. You can walk in for a same-day appointment, or call 913-856-5577 to schedule an appointment.

Providers:
Todd W. Morrison, MD
Kevin J. Punswick, DO
John L. Sherard, MD
Robert M. Shively, MD
Angela M. Rupp, APRN
Misty R. Koch, PA

THE REHAB PLACE OF GARDNER
Olathe Medical Center has opened a new rehabilitation clinic in Gardner. The new clinic offers physical therapy, including a sports clinical specialist. The community is invited to a ribbon cutting and open house event to celebrate the opening of The Rehab Place of Gardner and the expansion of Gardner Family Care.

Wednesday, Feb. 6 at 8:45 a.m.
The Rehab Place of Gardner - 824 Main St.
A new technology has made the treatment for heart rhythm disorders safer and more effective for patients, and Olathe Medical Center (OMC) has the only doctor in Kansas using this new technology to treat patients with irregular heartbeats.

Ravi Yarlagadda, MD, a cardiologist specializing in electrophysiology at OMC, is using a cryoablation catheter system to restore patients’ normal heart rhythm by freezing and disabling the heart cells that were creating an irregular heartbeat.

“This treatment can be an improvement over the heat ablation treatment,” Dr. Yarlagadda said. “The advantages of cryoablation are less chest pain and complications after the procedure, less radiation exposure, shorter length of procedure and faster recovery time. In addition, using cold, rather than heat, minimizes the risk of damaging healthy heart tissue and other structures surrounding the heart.”

Tom Dials, a retired Army Colonel, was one of Dr. Yarlagadda’s first patients to have this new procedure, and he is very happy with the results.

“Since my procedure, I haven’t had any irregularity with my heart,” Dials said. “About 60 days after the procedure, I was laying in bed, and it was very quiet, and I could hear that my heartbeat was much stronger. I could hear the rush of the blood. That’s a good sign.”

Dials was diagnosed with a heart rhythm disorder more than 10 years ago after an EKG during his annual physical exam showed he had atrial fibrillation. He was referred to a cardiologist and spent years using medicine to manage his heart rhythm disorder.

During those years, Dials didn’t have the usual outward symptoms of a heart rhythm disorder, like faintness or shortness of breath. But, he was worried about what might be happening on the inside of his body and the long-term effects to his health.

So, in 2010, he took a friend’s advice and made an appointment with Dr. Yarlagadda. At first, he continued with the drug regimen. But, when a sonogram showed that Dials was getting thickening in the wall of his heart and the drugs were losing their effectiveness, Dr. Yarlagadda decided it was time to move forward with a heart procedure. He recommended the new cryoablation procedure because of its improved patient outcomes.

Dials had the procedure in July 2012. He has had no difficulties since the procedure and is back to his normal, active life. For more information about heart rhythm disorders and treatments, visit olathehealth.org/heartbeat.

FREE HEART RHYTHM DISORDERS SEMINAR

Tuesday, Feb. 20 at 6:30 p.m.
Olathe Health Education Center
(Johnson County Community College building west of Olathe Medical Center)
Advanced registration required. Visit olathehealth.org/classes or call 913-791-4396 to register.

If you have been diagnosed with a heart rhythm disorder, trust the specialists at Olathe Medical Center to give you cutting-edge care with a personal touch. At this free seminar, the electrophysiologist at Olathe Medical Center will talk about the symptoms, causes, risks and treatments of irregular heart beats.
SURPRISING WAYS TO HELP YOUR HEART

LAUGH
It relaxes the lining of blood vessel walls and increases blood flow. Laughter can also lift your mood and relieve stress.

SLEEP
Not getting enough quality sleep can increase your risk for high blood pressure and heart disease. It can also increase stress and depression, both of which can take a toll on your heart. How much sleep you need varies from person to person. While there is no magic number, seven to nine hours of sleep a night is a good target for most adults.

EAT CHOCOLATE
(Dark chocolate, of course.) The flavonoids and antioxidants it contains help the body (and the heart) to fight damage from free radicals and toxins. Moderation is key, and if you are overweight or at risk for diabetes, you may want to avoid the extra sugar and calories. You can also increase your antioxidants in other ways. Try blueberries, cranberries, almonds, sweet potatoes, spinach, kale, citrus fruits or tea.

DANCE, JUMP ROPE OR WALK YOUR DOG
Exercise is vital to a healthy heart. The American Heart Association recommends 30 minutes of moderate activity a day. Don’t have 30 minutes? Break it up into three 10-minute periods of activity; it’s almost as beneficial to your overall fitness and can be easier to fit into a busy schedule.

KNIT A SCARF OR PRACTICE YOGA
Activities that help you to de-stress and lower blood pressure can have serious heart benefits. Yoga, for example, can improve respiratory function and heart rate and boost circulation. Calming activities like knitting can help lower anxiety and stress and reduce tension.

Sources: US Department of Health & Human Services, National Institutes of Health, American Heart Association

HEART-HEALTHY RECIPES

February is heart month. Eating the right foods is an important way to keep your heart healthy and reduce your chances of developing heart disease. To help you incorporate these foods into your diet, Olathe Medical Center Dietitian Diana Roberson offers some heart-healthy recipes.

EASY TRAIL MIX
Mix equal parts of:
- Unsalted nuts, peanuts, cashews, or almonds
- Sunflower seeds
- Dried fruit
- Multi-grain Cheerios
- Whole wheat Chex cereal
- Kashi cereal
- Fiber One cereal
- Granola

Serving size of 1/4 cup provides: calories 92; protein 3g; total fat 5g; saturated fat 0g; monounsaturated fat 2g; polyunsaturated fat 2g; sodium 38 mg; carbohydrate 13g; fiber 3g

CHICKEN BROCCOLI STIR FRY
(Serves 4)
1/3 c. orange juice
1 Tbsp. low sodium soy sauce
1 Tbsp. Schezuan sauce
2 tsp. cornstarch
1 Tbsp. canola oil
1 lb boneless chicken breast cut in 1 in. cube
2 cups frozen broccoli florets
1 6-oz package frozen snow peas
2 c. shredded cabbage
2 c. cooked brown rice
1 Tbsp. sesame seeds (optional)

Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in small bowl. Set aside.
Heat oil in wok and add chicken. Stir fry about 5-7 minutes.
Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through.
Serve over brown rice. Sprinkle with sesame seeds.

Calories: 340; Fat: 8 g; Saturated Fat: 2 g; Sodium: 240 mg; Carbohydrate: 35 g; Fiber: 5 g; Protein: 28 g

For more information about nutrition resources available at Olathe Health System, please see the “Classes and Events” section on pages 6 and 7.
HEALTH SCREENINGS AND
COMMUNITY EDUCATION CLASSES

To learn more or to register, visit olathehealth.org or call 913-791-4312.

CHILDBIRTH & PARENTING

PLANNING A PREGNANCY
What should be done and what should be avoided before and during pregnancy to give your baby the best chance for a healthy start? Risk factors and hazardous exposures, as well as emotional and financial issues will be addressed.
Call for dates.

HEALTHY PREGNANCY
For expectant parents in their first or second trimester. Information provided on nutrition, exercise, fetal growth and development, and coping with common discomforts of pregnancy.
Feb. 11 and May 13

CHILDBIRTH PREPARATION
Childbirth preparation techniques, emphasizing a family-centered approach to birth options, comfort measures, breathing techniques, partner coaching, informed choices and total body relaxation during labor and birth. Information on postpartum care, newborn care and safety. A tour of The Birth Place is included.
FIVE-WEEK PREPARATION
Feb. 18 – March 18, Feb. 26 – March 26 and March 14 – April 11
ONE-DAY PREPARATION
March 2, April 6 and May 4

BREASTFEEDING
Review the basics of breastfeeding, including benefits to mom and baby, latch-on, frequency and length of feedings, and common problems and solutions. Information on pumping and what to do when you return to work. Your support person is encouraged to attend.
March 20, April 3 and May 8

GRANDPARENTING AND SIBLING PREPARATION CLASSES
Grandparenting class teaches current methods of childbirth, infant care and safety. The sibling preparation class helps children feel more comfortable with the hospital setting and with the new family addition. Sibling class content is most appropriate for ages three to 10, but other ages are welcome.

GRANDPARENTING PREPARATION
April 27

SIBLING PREPARATION
March 9, April 13 and May 11

INFANT CARE
An overview of baby care basics: how to hold, diaper, swaddle and bathe a newborn and what to expect in the first few weeks at home. Safety issues and common concerns are addressed.
Feb. 13, March 6 and April 10

TOURS OF THE BIRTH PLACE
The Birth Place at Olathe Medical Center hosts free tours for prospective moms. Tours provide an opportunity to meet the staff of The Birth Place and view the unique delivery rooms and amenities. Dads, siblings, grandparents and friends are welcome to attend. Tours are also included with all Childbirth Preparation classes.
Please visit olathehealth.org to view upcoming tours or call 913-791-4311.

KIDS & TEENS

BABYSITTER SAFETY
This American Safety & Health Institute (ASHI) program, taught by certified instructors, is intended for babysitters ages 11 to 15. Participants will learn helpful tips and techniques on care for infants and children, home safety, first aid and managing choking. Participants will receive a two-year certification in babysitting.
March 9, April 13 and May 11

FIRST AID 4 KIDS
This class is intended for children ages nine to 12 and focuses on safety and prevention of injuries, as well as the treatment of choking, bleeding and various medical and environmental emergencies. This class fulfills the first aid scouting badge requirement. This class is available upon request for community groups.
April 10 and June 26

CPR 4 KIDS
This non-certified CPR class teaches basic adult, child and infant CPR skills and how to aid a choking victim. This class is targeted for ages nine to 15. No test is required and no certification card is given. Parents are asked to accompany their child to and from class.
March 30 and June 12

GIRLS GROWING UP
Girls Growing Up is designed to guide the eight- to 11-year-old girl and her mom or guardian through the changes of puberty and menarche in a gentle, humorous, non-threatening way. Private classes available.
Feb. 19, March 13 and March 27

WEIGHT MANAGEMENT, NUTRITION & EXERCISE

AQUATIC EXERCISE
Eight-week sessions, either two or three days per week, designed for individuals with special needs such as arthritis, fibromyalgia, joint problems, etc. Includes flexibility, range of motion and strength activities. This class is ongoing.
Please call 913-791-3596 for upcoming dates.
HEALTHY WEIGH – WEIGHT MANAGEMENT PROGRAM
Meet one-on-one with a registered dietitian to discuss personal eating habits, develop goals and establish a plan for managing weight.
Call 913-791-3500 ext. 4014 to make an appointment with a registered dietitian.

COOKING FOR DIABETES
Learn how to plan, shop and prepare healthy meals to help manage diabetes. Presented by a Registered Dietitian and Certified Diabetes Educator. Topics include basic meal planning, shopping tips and recipe makeovers. Taste-test a recipe and take home a collection of specially-selected recipes for your family.
Call 913-791-4382 or visit olatethehealth.org/classes to register.

WEIGHT LOSS FOR PEOPLE WITH DIABETES
Taught by a Registered Dietitian. Weight loss can help improve diabetes control and protect your health. Learn how to get started losing weight, how fast you should expect to lose and what foods to eat to stay healthy and not hungry. Take home a basic diet plan, sample menus and recipes.
Feb. 9 and April 13

WELLNESS & EDUCATION

SIGN LANGUAGE
Learn the basics of American Sign Language. “The American Sign Language Phrase Book” by Lou Fant is included in the price of registration. This eight-week class meets two days a week and covers Sign Language I & II. The course is designed for those who are at least 14 years or older. Certificates will be awarded upon completion.
Call for class times.

PRE-DIABETES CLASS
Certified diabetes educators teach risk factors, why routine screenings should be done and what steps you can take to prevent or delay diabetes.
OMC: Feb. 20, March 16, April 15
MCMC: Call 913-294-6638 for class times.

DIABETES SELF-MANAGEMENT
Our staff is specifically trained in diabetes management and can help you achieve your diabetes goals. Diabetes education classes are designed for adults with a diagnosis of type 1 or type 2 diabetes. Patients must be referred by their physician for the class cost to be covered by insurance. Cost may be covered by your health insurance plan (individual policies vary, check with your insurance provider to verify coverage).
OMC: Call 913-791-4382 for class times.
MCMC: Call 913-294-6638 for class times.

HEARTSAVER CPR/AED
This American Heart Association course is designed for the lay rescuer requiring certification. This course teaches adult, child and infant CPR, how to aid a choking victim and AED use. A certification card valid for two years will be issued after successful completion of the skills test. Participants will have hands-on practice, so comfortable clothing is recommended. Book included.
OMC: March 25 and May 20
MCMC: March 8

HEARTSAVER FIRST AID, CPR AND AED
This American Heart Association course is designed for the lay rescuer requiring certification. This hands-on first aid class covers how to manage illness and injuries in the first few minutes until professional help arrives. In addition the course teaches adult, child and infant CPR, how to aid a choking victim and AED use. A certification card valid for two years will be issued after successful completion of the skills test. Participants will have hands-on practice, so comfortable clothing is recommended. Sack lunch suggested. Book included.
Feb. 23 and April 20

FAMILY AND FRIENDS CPR (ALL AGES)
This non-certified class teaches basic adult, child and infant CPR skills and how to aid a choking victim. No test required and no certification card is given.
OMC: March 11, April 1 and May 6
MCMC: March 28

SUPPORT GROUPS
Learning to deal with the loss of a loved one or coping with illness can present challenges to everyday life. Olathe Health System support groups provide an outlet for individuals seeking help, encouragement and companionship. Support groups are available for:
- breastfeeding
- cancer
- cardiac and pulmonary
- diabetes
- grief and loss
- obesity and bariatric surgery
- pregnancy and infant loss
- stroke

Call 913-791-4312 for more information.

KNOW YOUR NUMBERS

WALK-IN CHOLESTEROL AND GLUCOSE SCREENINGS
Drop by Olathe Medical Center for a quick cholesterol and glucose screening. No appointment necessary. Fasting is recommended.

With this simple screening, you can monitor these important measurements of your health: total cholesterol, HDL (“good” cholesterol), LDL (“bad” cholesterol), and glucose. Just drop by between 6:30 a.m. and 6:30 p.m., Monday through Friday. Check in at The Doctors Building I, Suite 150.

Visit olatethehealth.org or call 913-791-4396 for more information.
MIAMI COUNTY MEDICAL CENTER: THE CARE YOU NEED, WHERE YOU NEED IT

Miami County Medical Center, located in Paola, Kan., provides quality medical care close to home. The hospital has a comprehensive outpatient clinic and a number of specialists, including cardiology, emergency care, general surgery, orthopedics and more. View our video or visit olathehealth.org/mcmc to learn how Miami County Medical Center brings a variety of resources together to serve a single specialty: you.

To view our video about Miami County Medical Center, scan this QR code with your smartphone, or go to olathehealth.org/mcmc.