

our

November + December 2014

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HEALTH

INTOUCH
WITH YOUR
HEALTH

*matters...*TM

**HEALTH CARE
PROFESSIONALS
MAKING A
DIFFERENCE**

From Dream to Reality



Laughter is the Best Medicine

**IS GENETIC TESTING ON
YOUR DOCTOR'S LIST?**

Don't Ignore Toy Safety Tips



Make 2015 a Healthy Year! (Our 10th Year)

Watch for more valuable health news and information to maintain the best health; learn about preventive health methods to strengthen the mind and body; discover health careers; learn about medical providers in Kansas and Missouri who provide “patient-centered care.” Get introduced to new and established medical doctors, dentists, mental health counselors and medical specialists. And as always we will be here to encourage you to “get started” on your journey to better health.

Thank you again and Have a Happy New Year!

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Thank You!

There are hundreds of thousands of people working in the field of health care. From academic institutions to the doctor's office we encounter professionals who realized their dream to serve others. They have dedicated many years to become the experts they are today—to meet the needs of the people they serve.

Our Health Matters is recognizing several local health care professionals who are thriving in their respective fields of expertise.

At the beginning of 2014 in our January-February edition we challenged everyone to "Make 2014" a healthy year. How did you do? In this issue we are happy to share the story of Scott and Claudia who persevered, reached some milestones and continue to build on their commitment to a healthier lifestyle.

Also in this edition: as one of the busiest seasons of gift-giving approaches, get tips on selecting safe toys for children; are you aware that health care providers want you to have the best "patient experience" possible? Read to find out what you should expect.

The holiday season can be a time of great joy with family and friends, but totally the opposite for others who may feel sad or lonely. Susan Crain Lewis, President & CEO of Mental Health America of the Heartland offers valuable advice for persons who need resources and support.

We hope you enjoyed each edition this year and encourage you to "Live. Laugh. And Love Life." As we look forward to 2015 and our 10th year we want to thank our advertisers and you, our valued readers and supporters.

Have a healthy and safe New Year!

Ruth Ramsey, Publisher and CEO



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1734 E. 63rd Street
Suite 509
Kansas City, MO 64110
816.361.6400
kcourhealthmatters.com

PUBLISHER
Ruth Ramsey
ruthramsey@kcourhealthmatters.com

EDITORIAL & STRATEGIC PLANNING
Donna Wood
dwood@kcourhealthmatters.com

EDITORIAL ASSISTANT
Jeanene Dunn

EVENT COORDINATOR
Barbara Bartholomew
bebe@kcourhealthmatters.com

**HAVING AN EVENT?
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info@kcourhealthmatters.com

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CONTRIBUTORS
Captain Jose Belardo
Bradley Freilich, MD, AGAF
Hilda Fuentes, MPH
Scott Jolley
Erin Laurie, MS, RDN, LD
Susan Crain Lewis, MSSW
Claudia Smith

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Laugh and Live

There are big benefits to laughter.

By OHM Staff

Humor and laughter are used to enhance work performance, support learning and improve health. It is also used as a coping tool. A good sense of humor can't cure all ailments, but there is mounting data about the positive things laughter can do.

Good short-term benefits

A good laugh has many great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. What's more, laughter can:

- **STIMULATE MANY ORGANS.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **ACTIVATE AND RELIEVE YOUR STRESS RESPONSE.** A hearty laugh fires up and then cools down your stress response and increases your heart rate and blood pressure.

- **SOOTHE TENSION.** Laughter can also stimulate circulation and aid muscle relaxation.

Better long-term effects

Laughter isn't just a quick pick-me-up. It's also good for you over the long haul. Laughter may:

- **IMPROVE YOUR IMMUNE SYSTEM.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity.
- **RELIEVE PAIN.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
- **INCREASE PERSONAL SATISFACTION.** Laughter can make it easier to cope with difficult situations. It also helps you connect with other people.



- **IMPROVE YOUR MOOD.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

If your funny bone is missing, don't worry. Humor can be learned. Developing or refining your sense of humor may be easier than you think.

- **PUT HUMOR ON YOUR HORIZON.** Hang up photos and comic strips at home or in your office that make you chuckle.
- **LAUGH AND THE WORLD LAUGHS WITH YOU.** Find a way to laugh about your own situation, and watch your stress begin to fade away. Even if it feels forced at first, practice laughing.
- **SHARE A LAUGH.** Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.

“LAUGH AS MUCH AS POSSIBLE, ALWAYS LAUGH. IT’S THE SWEETEST THING ONE CAN DO FOR ONESELF & ONE’S FELLOW HUMAN BEINGS.”

- MAYA ANGELOU

- **KNOW WHAT ISN'T FUNNY.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.

Give it a try. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughter.

SOURCES: Mayo Clinic, Healthy Living—Stress management
Health Choices for Life



The Patient Experience Matters

What do patients want and expect beyond the doctor's visit?

By OHM Staff

All of the interactions, better known as “touch points,” are the basis of “The Patient Experience.” Each touch point offers the health care provider the opportunity to deliver unique benefits to the patient and to create a basis to set them apart from other providers.

However, a patient's experience is broader than just the clinical aspects of care such as: “Did I receive the most appropriate care for my condition?” or “Was the outcome the best possible care I could receive?” All of the various non-clinical interactions also shape their experience. Because patients are often most vulnerable when receiving health care services, each interaction takes on added significance.

More importantly, non-clinical touch points often far outnumber those a patient has with a physician or caregiver. Examples of these touch point interactions are those a patient has with scheduling, billing and follow-up. They are often the first and last impressions a patient has of the organization. Providing high-quality clinical care is still the first priority; however, patients often choose a provider who provides the “best” experience.

Consider the patient's perspective.

Patients are consumers. Find out what they expect from their health care experience.

Successful health care organizations should adopt a patient perspective.

Consumer-oriented businesses often rely on a marketing strategy called segmentation to understand the behaviors, attitudes, needs and expectations of different types of consumers. They tailor their services to specific customer groups in order to help improve the patient experience. This strategy is useful to health care organizations, too. By gaining a deeper insight into what patients value and dividing patients into specific groups, providers can deliver superior experiences to all of their patients.

What does the patient want?

In a recent survey of health care consumers, five ideas emerged about patients' expectations of their health care experiences:

- 1. PERSONALIZATION:** Patients want their health care provider to know who they are and what they need as individuals.
- 2. SECURITY:** Patients expect their privacy and security to be protected.
- 3. OPERATES LIKE A BUSINESS:** Patients want their health care providers to be “easy to work with.”
- 4. DEPENDABILITY:** Patients want predictability, consistency and dependability.
- 5. TRANSPARENCY:** Patients and their families want to “see” and understand what is happening to them.

Understanding these five attributes and how they relate to touch points, for specific patient groups, is the first step in making the strategic choice to deliver an enhanced patient experience. Adopting a strategy of differentiated patient experience provides an effective alternative to the outdated practice of providing services on the basis of cost. More importantly, individualized health care is better health care for everyone. And that's the best definition of the patient experience. ●

SOURCES: Association for Patient Experience, www.patient-experience.org
Deloitte Consulting, LLC,
Patient experiences and strategies

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How Did You Do With Your Fitness Goals This Year?

Learn what two local residents did that kept them on track.

By Jeanene Dunn, OHM Staff

AT THE BEGINNING OF 2014, DID YOU SET GOALS TO GET HEALTHIER? Did you resolve to cut out the red meat and fatty foods and eat healthier? Did you promise to DVR your favorite shows and hit the gym instead of the couch? Did you invest in a gym membership or purchase exercise equipment with the intention of “getting started?”

Many did and at *Our Health Matters*, we set out to find someone who was sticking to goals they set for themselves. We found two gracious people who agreed to share their story. They exercise regularly at the Calvary Community Wellness Center, located at 30th & Holmes, in Kansas City, and they share their tips for keeping those health and fitness goals.



Scott Jolley

Make time for fitness.

Scott Jolley decided long ago not to make New Year's resolutions. When it comes to fitness, Jolley has long maintained an exercise regimen. Plus, his job as a camera operator requires him to be physically fit. He says he started working out when he saw his wife working out to exercise videos. He found that once he started working out, he felt better.

“I go to the gym about four times a week and work with the weights. I travel a lot for work, so I also like to get in about a 3-mile run.” He says the key to keeping fitness goals is to start off slowly and be consistent. “That means working out when you don't always feel like it,” laughs Jolley. “I just know I like the results and how I feel.”

Jolley says newbies should find the regimen that works for them. “Once you find what you like and what works, you are more likely to stay with it.”

Jolley says that regular exercise helps to manage stress and combat the effects of aging. Getting started is the hard part, but the results are worth it. “I hate to get started, but once I finish with my run or my workout, I'm glad I did it,” he says.

- Jolley most appreciates the convenient location of the Wellness Center. He doesn't have to go far — only out his front door and across the street.

Claudia Smith

She made a promise.

Claudia Smith believes in setting and meeting goals. She promised her ailing mother last year that she would take better care of herself. During her mother's illness and subsequent passing, Smith found herself eating late meals, which most times, was fast food. "I was spending a lot of time at the hospital and wasn't always making healthy food choices. It was a stressful time."

**SHE SAYS WHAT KEEPS HER
CONSISTENT IS REMAINING
FOCUSED ON THE GOAL.**

In 2014, Smith committed to weight loss and exercise goals. She was going to start exercising again and lose some weight she had regained. She had lost 60 pounds two years ago and wanted the extra weight gone. She started working with a personal trainer and they started meeting at the Wellness Center. Smith goes to the Wellness Center even if she doesn't have a session with the personal trainer.

She says what keeps her consistent is remaining focused on the goal. Her daughter, Terana keeps Smith inspired and encouraged to stay the course. "Terana is committed to a healthy lifestyle," says Smith. "She started working out and eating healthy in 2013," she continues. "She works out every day before work and on weekends. She has lost 48 pounds and she looks and feels great." As for Smith, she is in the gym about three times a week, and like Scott Jolley, noted that exercise helps her manage stress.

Smith has changed what she eats and eats her meals at the same time every day. "I have a protein shake for breakfast, fruit for a midday snack, salad for lunch and for dinner either turkey, fish or chicken, some fruit and lots of vegetables," she says. "I like snacks so I keep it healthy." She also drinks lots of water and sometimes adds a sugar-free flavor packet.



Claudia and her daughter
Terana Terry.

She said the location of the Wellness Center helps her to keep her exercise goal. The gym is near her job where she is a mental health and disabilities coordinator with the Kansas City Public Schools. Smith takes her workout clothes with her and heads to the gym after work. "No excuses."



You CAN Eat Healthy Throughout the Holidays

By Erin Laurie, MS, RDN, LD
Executive Director
Nutra-Net, Inc

Food is everywhere during the holiday season, making it tough to stick to your healthful eating and exercise habits. You can keep your calorie intake under control in many ways.

Here are some healthy reminders:

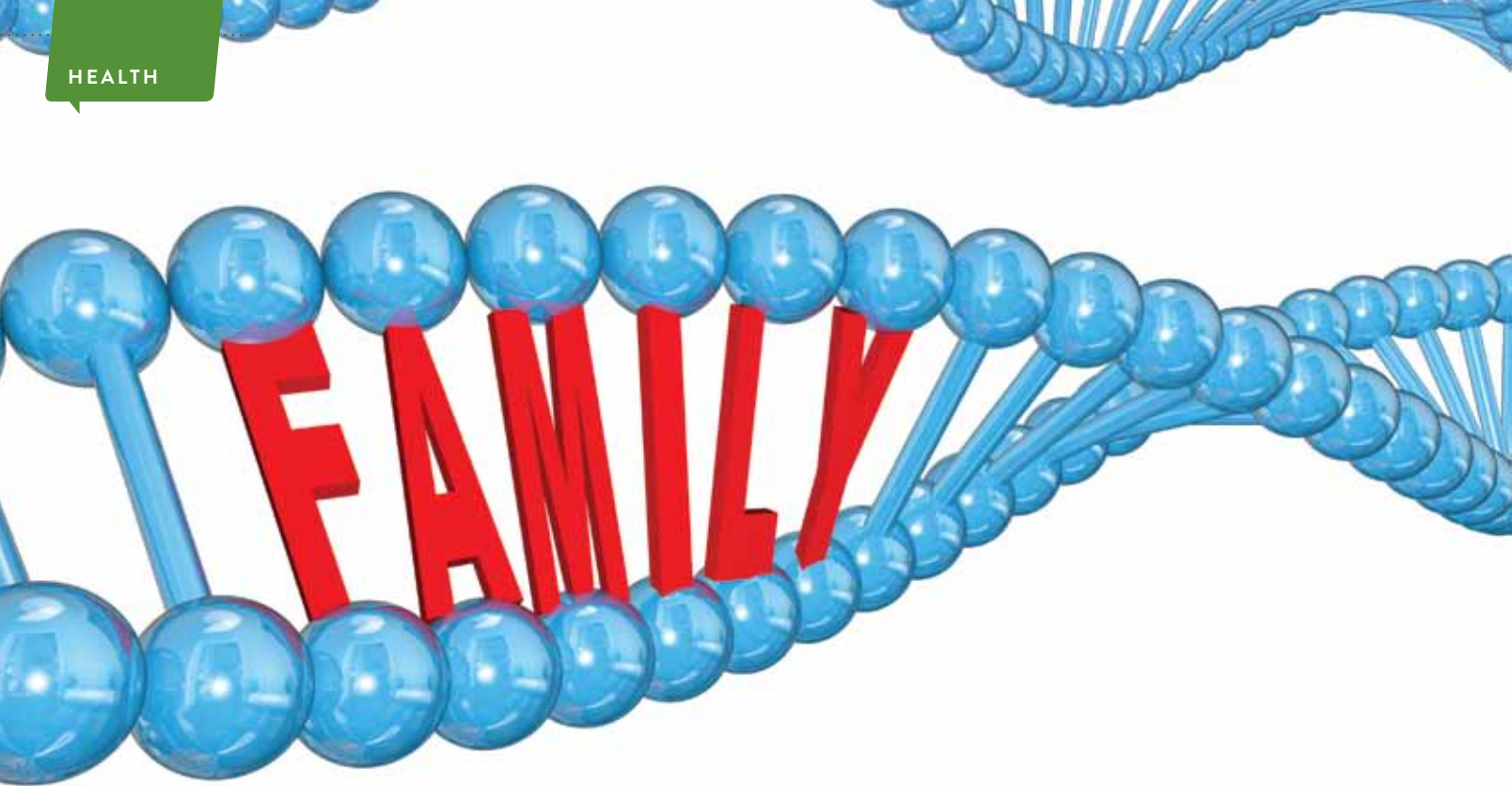
- Eat a snack before you leave home. If you arrive at a party really hungry, you are more likely to eat too much.
- Eat your calories instead of drinking them. Stick to lower calorie or calorie-free drinks (diet sodas, water, light beer, or a wine spritzer), instead of punches, eggnog, and mixed drinks that can have up to 500 calories per cup.
- When you are hosting, make sure the menu includes lower-calorie foods, such as fruits, vegetables and lean meats.
- Watch your portion sizes. Cover half your plate with fruits and vegetables.
- Enjoy your favorite holiday treats, but take a small portion, eat slowly and savor the taste and



texture of the wonderful foods of the season.

- Make sure you drink a good amount of water, exercise, and consume fruits and vegetables every day.
- Choose holiday recipes that are low in fat and sugar and high in fruits and whole grains. Try reducing sugar and fat in recipes by replacing them with applesauce, apple juice concentrate or flax meal. •

Nutra-Net is a pioneer in developing effective nutrition and cooking programs for children and adults of all ages. It was founded by Peggy Hausheer, CFCS and other Home Economists and Registered Dietitians with the vision of making cooking fun and easy for all families. Nutra-Net's Executive Director, Erin Laurie, MS, RD, LD has over 15 years in nutrition education. She has a passion for carrying positive nutrition messages to individuals of all ages and believes "Good health starts in the kitchen."



Genetic Testing and Your Health

Discoveries can lead to early detection and timely treatment.

By OHM Staff

Environmental conditions and lifestyle choices make a large contribution to a person's overall health. Genetics and heredity also play a major role, indicating health risks for certain diseases in the future. As a result, DNA testing for genetic health risks is of vital importance, because it can assist in prevention, early detection and timely treatment of many genetically inherited diseases.

To Test or Not to Test

Deoxyribonucleic acid (DNA) is a molecule that encodes the genetic instructions used in the development and functioning of all known living organisms and many viruses. Due to the completion of the Human Genome Project, we have the capacity to test anyone's genetic risk for several disorders and diseases using DNA testing. Physicians make important clinical decisions based on the information obtained from a person's genetic make-up.

How Is DNA Testing For Genetic Health Risks Done?

You can have DNA testing done by undergoing genetic counseling and submitting your DNA sample to any of the widely available professional testing labs that offer genetic health scans. Another option is using a DNA testing kit at home to collect the sample and then sending it for DNA testing for genetic health risks at any specialized lab in your community.

What are the diseases DNA testing for genetic health risks can detect?

Several diseases have a genetic inheritance. The following is a partial list of diseases DNA testing for genetic health risks is done:

- Bladder, breast, lung, rectal, ovarian, prostate, pancreatic, testicular and thyroid cancers.
- Blood disorders, including leukemia, sickle cell anemia and lupus.
- Bone, joint and muscular problems such as rheumatoid arthritis and gout.
- Brain and nerve disorders, Alzheimer's disease, multiple sclerosis, nicotine addiction and restless legs syndrome.
- Heart problems such as brain and abdominal aortic aneurysm, arterial fibrillation, incidence of strokes and heart attacks, hypertension and peripheral arterial diseases.
- Digestive and metabolic disorders including alcohol flush reactions, bitter taste issues, celiac disease, Crohn's disease, gallstones, lactose intolerance, obesity, diabetes and ulcers.
- Lung and breathing-related disorders such as asthma and chronic obstructive pulmonary problems.
- Skin and hair problems such as male pattern baldness and psoriasis.

DNA testing is fundamental to capturing information on any genetic health disorder or condition that may have been passed to others through a genetic mutation. ●

SOURCES:

National Human Genome Research Institute
Yale Medical Group Staff, "The Uses of Genetic Testing"
Genetech Inc.

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Sherri Howell, DO, is now practicing at Samuel U. Rodgers Health Center's North Oak office. Dr. Howell is Board Certified in Family Medicine. She has 17 years of experience and believes in treating her patients holistically, using a preventive and educational approach to healing and wellness.



Navkirandeep Kaur, DO, is Board Certified in Pediatrics. She provides care for children—from newborns to children under the age of 19. Dr. Kaur sees patients at our North Oak and Clay County practices. Dr. Kaur has special interest in obesity and complex patient care.



Sarah Parrott, DO, is Board Certified in Family Medicine and sees patients at our Clay County office. She practices the full scope of family medicine and has a special interest in women's health.



W. Joshua Cox, DO, FACP, is Board Certified in Family Medicine and osteopathic manipulative treatment. He sees patients at our Clay County practice location.



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HEALTH CARE PROFESSIONALS

MAKING A DIFFERENCE

From Dream to Reality



THE QUEST FOR QUALITY, AFFORDABLE AND ACCESSIBLE HEALTH CARE FOR ALL CONTINUES AND REQUIRES AN ALL-HANDS-ON-DECK APPROACH.

For patients, their families and the public at large, doctors and nurses generally represent the face of health care. However, there are many others in the field who do their part to improve the way health care is delivered.

In our annual salute to health care professionals, we introduce you to five exceptional people: a community health center chief executive officer, a U.S. regional health administrator, a university nursing school educator, nurse and medical doctor. One is building on a vision started many years ago; another oversees health policies and programs in a four-state region; another treats students every day in the school setting; another educates and inspires nursing career students and one is on the forefront of Hepatitis C treatment.

Read each profile. I think you will agree that they are all worthy of being saluted for dedication to their profession.



BRADLEY FREILICH, MD, AGAF

Physician

Research Medical Centers

Hepatitis Treatment Center –

Research Medical Center Brookside

Kansas City Gastroenterology and Hepatology
Physicians Group

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Metropolitan Medical Association

The Quest to Eliminate Hepatitis C Virus

KC area doctor leads the way.

For the last 20 years, Dr. Bradley Freilich has been at the forefront as a principal investigator of research studies seeking to find a cure for Hepatitis C virus infection (HCV). In early October, the Food and Drug Administration (FDA) approved Harvoni, a drug that holds promise for the more than 3 million Americans who suffer from HCV. Dr. Freilich, a physician and medical director of the Hepatitis Treatment Center at Research Medical Center Brookside, is excited about the possibility of a cure.

“

THE GOAL IS TO MAKE THE DISEASE

[HCV] RARE BY 2026.

”

“This drug represents a game changer for those who suffer from this debilitating disease,” says Dr. Freilich. The goal is to make the disease rare by 2026. “The new drug has the potential to cure 94-98 percent of patients affected the disease.”

Dr. Freilich is also reaching out to those who may not know they have the disease. He along with the Centers for Disease Control recommends that people born between 1945 and 1965 get screened for HCV.

In addition to the target age group, other risk factors include:

- People who have currently or previously injected illegal drugs.
- People who had blood transfusions prior to 1992.
- People who have unprotected sex with an infected person.

Dr. Freilich leads the team at Kansas City Research Institute who are researching diseases that affect the liver, pancreas and digestive tract.

The Hepatitis Treatment Clinic at Research Medical Center Brookside is a full service practice that screens potential HCV patients, and provides expert diagnosis and treatment.

To learn more visit kcresearchinstitute.com.

HILDA FUENTES, MPA

Chief Executive Officer

Samuel U. Rodgers Health Center

The Mission?

Affordable, compassionate, accessible care.

Hilda Fuentes has been at the helm of Samuel U. Rodgers Health Center (SURHC) for the past 10 years. During her tenure, she kept the Health Center from almost closing its doors. The Samuel U. Rodgers Health Center is now a solid, respected and financially sound organization. Fuentes oversaw a successful capital campaign for a new building to replace an aging, outdated structure, which the Health Center had outgrown. The campaign raised \$25 million which allowed them to move in debt-free.

“

WE'VE COME SO FAR AND YET
THERE'S ALWAYS MORE TO DO.

”

Today, SURHC provides health care at 7 different locations in the Kansas City area, including 2 in the Northland and 1 in rural Lafayette County. The Health Center employs more than 200 staff. Last year alone, the team saw more than 22,000 low-income, underinsured and uninsured patients in need of medical, dental and behavioral health services.

Fuentes joined SURHC after leaving the Kansas City, Missouri Health Department where she worked as deputy director. “It’s been an amazing 10 years,” she says. “We’ve come so far and yet there’s always more to do. We’re now working on improving our organizational efficiencies and patient outcomes, all to better serve our patients.”

The past year, all SURHC locations were recognized as a Patient Centered Medical Home by the National Committee on Quality Assurance (NCQA). The NCQA is a private, nonprofit organization dedicated to improving health care quality. A number of quality initiatives are in the works at SURHC — from improving immunization rates for children to ensuring early care for expectant mothers.

SURHC acquired Cabot Westside Medical and Dental Center late last year, a practice providing



medical and dental care for patients of all ages. Located in Kansas City’s Westside neighborhood, the practice is in an area that’s home to many Hispanic and Latino residents. The staff there is bicultural and bilingual in Spanish. Cabot Westside was formerly owned and operated by Saint Luke’s Health System.

“If I could share a message with the community, it would be this — SURHC is deeply committed to the vision and mission articulated by our founder, Samuel U. Rodgers, MD, over 46 years ago,” said Fuentes. “Dr. Rodgers believed in providing quality, compassionate and affordable health care for all, and we make good on that pledge every day. Dr. Rodgers wouldn’t want it any other way.”



CAPT. JOSE BELARDO

Regional Health Administrator, Region VII
U.S. Department of Health and Human Services

Leading the Way to Eliminate Health Disparities

Committing resources to serve the underserved.

Jose Belardo has worked in the health care sector for nearly 25 years. His journey started in Norfolk, VA, where he was born and raised. He attributes his success to his parents. “My parents put all of their resources and investment into our social, moral and educational development,” says Belardo. “I owe everything to my parents, and the sacrifices they made to ensure that my siblings and I received the education we needed to pursue our professional goals.”

Ensuring a healthy start for women and children

Since joining HHS, Belardo has overseen programs that specifically focus on the health of women and children in underserved communities in the United States. He began his tenure as a project officer for the Healthy Start program. “I directed, implemented and managed 15 Healthy Start Initia-

tive grant programs,” says Belardo. Healthy Start targets pregnant and new mothers. It connects them with resources and health care services they need to care for themselves and their children.

Healthy Start funds community-based organizations, universities and local health departments to develop Healthy Start programs that:

- Improve women’s health care before, during and after pregnancy.
- Help families care for their infants through the first 2 years so they are healthy and ready to learn.

“

**BELARDO HAS OVERSEEN PROGRAMS
THAT FOCUS ON THE HEALTH
OF WOMEN AND CHILDREN
IN UNDERSERVED COMMUNITIES.**

”

In 2001, Belardo moved within HHS to his next position as director of the Healthy Tomorrows Partnership for Children Program (HTPCP). He oversaw the direction, implementation and management of 65 HTPCP maternal and child health grant programs throughout the United States, which includes the District of Columbia, Puerto Rico, and the Territories.

HTPCP projects address four key areas in targeted vulnerable and underserved communities:

- Access to health care.
- Community-based health care.
- Preventive health care.
- Service coordination.

Currently, the HHS regional health administrator, Belardo serves as the principal federal public health leader for Region VII (Kansas, Missouri, Iowa, and Nebraska). He manages five programs: Office of Minority Health, Office on Women’s Health, Office of Population Affairs, Office on HIV/AIDS and the Medical Reserve Corps. Belardo is also the health liaison between HHS and the states, tribes, and local governments in coordinating regional and national HHS programs within the region.

Current initiatives include:

- Tobacco Free College Campus Initiative.
- Heart disease prevention
- Injury prevention
- Epilepsy
- Infant mortality.
- Racial/ethnic disparities in health care service and delivery.

BRENDA WALKER WILLIAMS

Clinical Instructor, Anatomy Lab Coordinator
UMKC School of Nursing and Health Studies

Hold On to the Dream

From nurse to nurse educator.

As the oldest of seven children growing up in Chicago, Brenda Walker Williams always had a deep sense of responsibility to be a role model for her younger siblings. She also dreamed of a career as a nurse.

She did a short stint at Loyola University, but did not finish. She eventually went on to earn an Associate degree in Nursing and a Bachelor of Science in Nursing. "My grades were not good when I attended Loyola so I had to work to improve my grade point average when I wanted to return to school," says Walker Williams. She had to convince an admissions panel at the community college she wanted to attend that she would be a successful student.

“

AS NURSES, WE HAVE A DUTY TO PROTECT
AND CARE FOR PATIENTS WHEN THEY
ARE MOST VULNERABLE.

”

The work life

Early in her career, Walker Williams experienced a powerful revelation: "As nurses, we have a duty to protect and care for patients when they are most vulnerable," she says. "We have to deliver compassionate and competent care and gain patients' trust to assist on their journey to wellness or recovery."

She has worked as a charge nurse, staff nurse and nurse coordinator in several units (emergency room, surgery, pediatrics, cardiac care, and occupational clinic settings). Walker Williams started mentoring student nurses on their clinical rotations while she worked in pediatrics and intensive care.

The journey to nurse educator

The seed was planted when her team consistently received favorable rankings from students. This got the attention of faculty who suggested that she consider teaching nursing students.

"After thinking about it, I applied to a vocational school to teach in the LPN program and was hired as a faculty member," she says. She also entered the United States Army Reserve as an officer in the Nurse Corps. "I learned to deliver excellent nursing care to soldiers without the amenities of a civilian hospital."



Before leaving the U.S. Army, she was awarded an Army Achievement medal from the Commanding Officer for assistance running a 24-hour clinic during a month-long military exercise.

The lesson of the day

Today, she is a clinical instructor and Anatomy and Physiology Lab coordinator at the University of Missouri-Kansas City (UMKC) School of Nursing and Health Studies. She is also a poet and shares inspiration poems with her students, along with a lot of appreciation and encouragement. "As an educator, I have the opportunity to shape and mold young minds, to spark curiosity, to question life and make new discoveries to improve health care outcomes for all," she says.

As for the poetry, she has been commissioned to write a poem for the school's upcoming 40th anniversary.

AFFILIATIONS & AWARDS

Vice President – Lambda Phi chapter of Sigma Theta Tau
International Honor Society in Nursing

Voting member – Human Anatomy and Physiology Society

Member – Greater Kansas City Nurses Association

Nominee – "Nurse of Color" award 2014



KIM CIPOLLA-LIGHTFOOT

Registered Nurse

Hickman Mills C-1 School District

Healthcare's Best Kept Secret – School Nurses

Champions for children's health.

On any given school day, students visit the nurse's office for a number of health-related reasons. Kim Cipolla-Lightfoot has been a nurse in the Hickman Mills C-1 School District for 18 years. She has seen a lot over the years and has seen the job change significantly in terms of the type and level of health care delivered.

"I see students who have a host of health care concerns. Those concerns range from patching a playground or sports injury or bandaging a cut, to treating students who suffer from chronic conditions such as diabetes or asthma," she says. "I may see some students only once or twice the whole school year," she added. "Then, there are others who have to report to my office daily to receive medication, monitoring and treatment, or who have emotional, developmental or behavioral issues. I also have students who have very special and specific health care needs throughout the school day."

Chronic diseases on the rise

The advocacy organization, the National Association of School Nurses (NASN) back up Cipolla-Lightfoot's observations.

There are increases in chronic conditions such as:

- Higher pre-diabetes and diabetes rates in adolescent children aged 12-19
- Increased childhood obesity
- More children with asthma
- Increased food allergies

Cipolla-Lightfoot has treated kids from elementary to high school in the school district. "Each group of kids have issues and concerns unique to their age

group," she says. "I saw more food allergies in the younger children, and we are seeing more children with weight issues." Middle school and high school students tend to start being consumed with body image will come by her office just to ask a question about their health. "They may be feeling great, but just have a question. "

“

I SEE STUDENTS WHO HAVE A HOST OF
HEALTH CARE CONCERNS.

”

According to NASN, school nurses work in about 75% of the nation's public schools. NASN identifies school nurses as "being on the front lines of health care delivery." In many cases, they are a child's sole health care provider.

Promoting health care in the community

Community stakeholders and health care providers in the Kansas City area partner with area school districts to sponsor health fairs, where students receive free or reduced cost health care screenings. These screenings include:

- Blood pressure.
- Vision and hearing tests.
- Dental care.
- Other health care services.

Organizations such as Big Smiles connect students with dentists who deliver onsite dental care in the school setting. Score 1 for Health is another community partner who has provided health care services to more than 13,000 children in the Kansas City area.

Learning and health

The link between health and learning places school nurses in a unique position. Their job is to make sure students are well enough to return to the classroom and learn.

The challenges are much broader and professionals like Cipolla-Lightfoot know that good health greatly improves a student's ability to learn.

SOURCES:

Big Smiles, Score 1 for Health

The National Association for School Nurses (NASN)

Environmental Protection Agency (EPA)

Join Our Health Matters in applauding these health care professionals who are truly making a difference!

Set Priorities This Holiday Season

For less stress plan and manage your activities.

THE HOLIDAY SEASON may be a time full of joy, cheer and parties. It may bring a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future. Sometimes the best we can do to prepare ourselves for holiday events and activities is to take care of our mental health.

Here are some tips to help you through the rewarding and challenging times. Feel free to pass them along to others!



By **Susan Crain Lewis**
MSSW, President/CEO
Mental Health America
of the Heartland

> Keep expectations for the holiday season manageable. Set realistic goals. Pace yourself. Organize your time. Make a list and prioritize the important activities.

> Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.

> Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if they are not expressed.

> Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Avoid comparing today with the "good ol' days."

> Do something for someone else. Try volunteering some of your time to help others.

> Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.

> Be aware that excessive drinking will only increase your feelings of depression.

> Try something new. Celebrate the holidays in a new way.

> Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.

> Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities. •



If you would like additional information on mental health/ mental illness, local resources or treatment options please contact: Susan Crain Lewis, MSSW, President/CEO, Mental Health America of the Heartland 739 Minnesota Ave., Kansas City, KS (913) 281-2221, ext. 122 slewis@mhah.org or go online www.mhah.org.

MHAH is dedicated to promoting the mental health of the community, and improving the quality of life of persons with mental illness, through advocacy, education and support.

HIV TREATMENT WORKS

“Hear this, HIV:
I’m going to take care of me so
I can take care of those I love.”

Angie — Loganville, GA
Living with HIV since 1995.

I break into dance whenever the mood and music move me. I won't let my HIV rob me of anything in life. I know that staying in care and on treatment helps me to be the best mother, wife, and HIV prevention educator I can be. I tell other HIV-positive women: All the fear that you have can be overcome. Every day I wash down my pills with a prayer. I'll continue to do so until my dying day — and HIV will not be the cause of it.

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cdg.gov/HIVTreatmentWorks



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Dr. Sean Gratton



Dr. David Hackett



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SABATES EYE CENTERS recently announced the addition of a neurologist, Dr. Sean Gratton and an optometrist, Dr. David Hackett.

Dr. Sean Gratton joins the team as a board-certified neurologist, specializing in neuro-ophthalmology. He will practice out of the Independence and Leawood locations, as well as our Department of Ophthalmology at the University of Missouri—Kansas City.

Gratton earned his medical degree with honors from Georgetown University's School of Medicine in Washington, D.C. He completed his residency in neurology at the Georgetown University Hospital and also worked as an instructor in the Department of Ophthalmology. Gratton is a member of the American Academy of Neurology and has had several peer-reviewed articles in Neurology and Clinical Ophthalmology.

Dr. David Hackett joins the practice as an optometrist with an emphasis in vision therapy and sports vision. He will be practicing at the St. Luke's, Northland and Leawood locations. He recently earned his Doctorate of Optometry from the Oklahoma College of Optometry and his Bachelor of Science in biology from Kansas State University.

Hackett is a member of the College of Optometrists in Vision Development (COVD), where he has undergone additional education and training for vision therapy.

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Some Myths & Facts About Mental Health

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Often people are afraid to talk about mental health because there are many misconceptions.

MYTH: Mental illnesses cannot affect me.

FACT: Mental illnesses are surprisingly common; they affect almost every family in America. Mental illnesses do not discriminate and can affect people of any age, race, religion, or income.

MYTH: Once people develop mental illnesses, they will never recover.

FACT: Studies show that most people with mental illnesses get better, and many recover completely. Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.

Learn the facts to stop discrimination. Treat people with mental illnesses with respect and dignity.

SOURCES: samhsa.gov, cdc.gov

IT'S REAL. IT'S COMMON. IT'S TREATABLE.
AND IT'S OK TO TALK ABOUT IT.



One in four people will have a diagnosable mental illness this year. In fact, mental illness is more common than cancer, diabetes or heart disease. Yet, few know how to talk about it.

The stigma attached to mental illness can prevent individuals from seeking diagnosis, treatment and even the support of their family and friends. We're here to start the conversation about mental illness in our community...

www.itsOK.us



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OF KANSAS CITY
www.hcfcgc.org



Toy Safety All Year Long

Choosing Safe Toys is Vital to Kids' Health.

By OHM Staff

Millions of toys are already in homes, schools and playgrounds, and with the holidays fast approaching, more will be added. Toys are fun and, more importantly, play a big part in a child's development. However, each year thousands of kids are treated in emergency rooms with toy-related injuries.

The Hard Facts

On average, an estimated 300,000 children are treated in an emergency room for a toy-related injury. That's nearly 800 kids every day. Sadly, more than a third of those injured are children under 4 years of age.

The U.S. Consumer Product Safety Commission (CPSC) closely monitors and regulates toys. Toys made in — or imported into — the United States after 1995 must comply with CPSC standards.

- > Toys made of fabric must be labeled as flame resistant or flame retardant.
- > Stuffed toys must be washable.
- > Painted toys must be covered with lead-free paint.
- > Art materials must be nontoxic.
- > Crayons and paints should say ASTM D-4236 on the package, which means they have been evaluated by the American Society for Testing and Materials.

Top Safety Tips

- > Steer clear of older toys, even hand-me-downs from friends and family. Those toys might have sentimental value, but they may not meet current safety standards.
- > Make sure a toy isn't too loud for your child. The noise of some rattles, squeaky toys, or musical or electronic toys can be as loud as a car horn and can contribute to hearing damage.

Guidelines published by the CPSC and other groups can help you purchase age-appropriate toys. Still, use your own best judgement — and consider your child's temperament, habits and behavior whenever you buy a new toy. The age levels for toys are based on safety factors, not intelligence or maturity.

Some Things to Watch

After you've bought safe toys check the following:

- > Make sure they aren't broken or unusable.
- > Wooden toys shouldn't have splinters.
- > Bikes and outdoor toys shouldn't have rust.
- > Stuffed toys shouldn't have broken seams or exposed removable parts.
- > Throw away broken toys or repair them right away.
- > Be sure to keep toys clean.

Keep these things away from children that may appear to them as toys:

- > Fireworks
- > Matches
- > Sharp scissors
- > Balloons (uninflated or broken balloons are choking hazards)

Choosing a toy that will brighten your child's face is fun, but it's essential to keep safety in mind, too. Visit the cpsc.gov for the latest information about toy recalls, or call their hotline at 800-638-2772 to report a toy you think may be unsafe. ●

SOURCES: Safe Kids, www.safekids.org
U.S. Public Interest Research Group, www.uspirg.org

Living in Pain → Living in Peace

The pain started in Aurora's right arm, but soon made its way into her leg. She could barely move and missed most of her junior year. Then her parents found the Rehabilitation for Amplified Pain Syndromes (RAPS) program at Children's Mercy. A specialized rehab program, RAPS uses no medicine or surgery. Instead, a patient goes through intense physical and occupational therapy, yoga, swimming, music therapy, therapeutic art and counseling to get back to a life without pain and—in Aurora's case—back to her senior year. See how we're transforming lives every day at childrensmercy.org/stories.

Aurora | Age 17 | Lenexa, KS | RAPS Program



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For more information, visit
www.KidsTLC.org

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When you order something by mail, phone, fax or computer, the Federal Trade Commission (FTC) requires the company to:

- Ship the merchandise within the time promised, or if no specific delivery time was stated, within 30 days of receiving your order.
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- Cancel your order and return your payment if the new shipping date cannot be met, unless you agree to another delay.

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These Federal Trade Commission (FTC) rules only applies to the first shipment of magazine subscriptions or other merchandise that you receive repeatedly. Orders for services (for example, photo finishing), sale of seeds and growing plants, collect-on-delivery (C.O.D.) orders, and transactions such as books and music clubs are covered by a different FTC rule. There may also be laws or regulations in your state that apply. Report suspected violations to your state or local consumer protection agency and to the FTC.

Source: USA.gov



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Stress-Free Airline Travel Tips

PLAN AHEAD TO ENSURE YOU HAVE AN ENJOYABLE HOLIDAY TRAVEL EXPERIENCE.

If you're traveling to visit family or friends over the holidays, the last thing you need is a stressful airport experience. Here are a few airline travel tips to calm your worries.

PLAN AHEAD FOR YOUR SANITY.

Waiting to the last minute always presents the possibility that you may have a few surprises. Don't wait until the last minute to get tickets — it will cost more! Contact a travel agent or the airline to book your vacation in advance. This way you'll avoid peak travel dates, get lower airfare, fly direct (or minimize your connections) and fly early or late in the day to avoid the bigger crowds.

LEAVE AT LEAST AN EXTRA HOUR

EARLY. As you prepare for your winter vacation, give yourself more time than usual in order to anticipate delays that could occur. Bring reading material while you wait in the security line or at your departure gate. In cities with snow or ice, arrival delays can exceed two to three hours and de-icing procedures can take an hour before takeoff.

PACK LIGHT. Many airlines are getting stricter on baggage limits and weight allowances, packing less and lighter suitcases could save you money and time. Consider shopping online and having your gifts shipped to your destination. This cuts down on luggage and lessens risk of losing gifts.

IT'S FLU SEASON— BE AWARE AND

PREPARED. Winter travel can be a frequent contributor to the cold and flu time of year. Visit your doctor weeks before you leave to get a flu shot or nasal spray flu vaccine, which is only available for ages 5-49. Wash your hands or use a hand sanitizer frequently to avoid germs.

KEEP MOVING. If you sit around in cramped places and don't stretch while passing time on long flights, there's the possibility you could develop deep vein thrombosis (DVT), leading to blood clotting in your legs. So, remember to take some time to walk around and stretch your arms and legs once every hour. ●

SOURCE: travelsense.org

CELEBRATE YOUR HEALTH ALL YEAR LONG

Our Health Matters is committed to helping you meet the future with greater knowledge and opportunity to improve your health status and quality of life. There are numerous health observances of which to take notice. For more on these health observances, visit the website of the specific health organization.

NOVEMBER + DECEMBER HEALTH OBSERVANCES

NOVEMBER

American Diabetes Month

American Diabetes Association
askada@diabetes.org • www.diabetes.org

COPD Awareness Month

American Lung Association
www.lung.org

Diabetic Eye Disease Month

Prevent Blindness
www.preventblindness.org

Lung Cancer Awareness Month

American Lung Association
www.lung.org

National Alzheimer's Disease Awareness Month

Alzheimer's Association
info@alz.org • www.alz.org

National Family Caregivers Month

National Family Caregivers Association
www.thefamilycaregiver.org

National Hospice Palliative Care Month

National Hospice and Palliative Care Organization
www.nhpco.org

National Stomach Cancer Awareness Month

No Stomach For Cancer, Inc.
www.nostomachforcancer.org

November 20

Great American Smokeout

American Cancer Society
www.cancer.org

November 23 - 29

Gastroesophageal Reflux Disease Awareness Week

International Foundation for Functional Gastrointestinal Disorders
www.aboutgerd.org/site/about-gerd/gerd-awareness-week

November 27

National Family Health History Day

U.S. Department of Health and Human Services,
Office of the Secretary, Office of the Surgeon General
Surgeon.general@hhs.gov
www.hhs.gov/familyhistory/

DECEMBER

Safe Toys and Gifts Month

Prevent Blindness

info@preventblindness.org
www.preventblindness.org

December 1

World AIDS Day

World AIDS Campaign
www.worldaidscampaign.org/

December 7-13

National Influenza Vaccination Week

National Center for Immunization and Respiratory Diseases
www.cdc.gov/flu/nivw/





COMING IN THE JANUARY + FEBRUARY 2015 EDITION

BUILDING SKILLS TO ENDURE LIFE'S CHALLENGES

Have you ever wondered why certain people are able to bounce back from stressful or difficult situations and others seem to cave in to despair and hopelessness? In our next edition we'll introduce you to many facets of becoming a highly resilient person.



UPDATING RECORDS

There are many important records that need updating periodically to make sure they are meeting our needs, i.e., the Advance Directives explain your desires for certain medical treatment; Durable Power of Attorney allows someone you trust permission to speak on your behalf to handle your financial or medical needs. Get informed, learn about these and other types of records you may need to create or update.



GROOMING CHILDREN TO BECOME "GOOD CITIZENS"

Being a parent or guardian is no easy job. There's a lot to learn when it comes to parenting children at different stages of their development. What are some of the common sense rules every family needs to understand? Learn more in 2015.



DURABLE POWER OF ATTORNEY FOR HEALTH CARE (Health Care Agent)

Designation of Health Care Agent.



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