

LYMPHEDEMA CLINIC

most frequently in the arms but may also develop in the legs.

Lymphedema cannot be cured and requires on-going treatment and maintenance. Fortunately, RCDH can offer caring and skilled care locally.

"Most patients we care for have already overcome health-related issues often

related to cancer and its treatment. Patients may be discouraged with on-going medical appointments and treatments and feel defeat with yet another health concern. We approach our patients with compassion and understanding, and empower them to take control of their lymphedema." Rehabilitation Services

Director, Karla Peter said.

In phase one of treatment Johnston focuses on moving of lymph fluid out of the affected region and reducing swelling.

"Ideally these treatments are performed 5 days per week for 2-4 weeks, depending on the severity," Johnston said. "With these services offered at RCDH, our friends, neighbors and family members can receive trusted, compassionate care, as recommended 5 days a week, without having to travel outside of Rice County. With early appointments and lunch-time availability, patients who work locally can schedule with much less disruption to their daily lives."

Phase two can begin once the swelling is reduced. This phase focuses on educating

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patients to manage their lymphedema. Johnston demonstrates therapeutic exercises patients can do at home, and teaches them how to utilize graduated compression garments for long term management.

Patients may transition between phase one and phase two as needed to maintain their best personal outcomes.

"Our patients are encouraged to stop in and ask questions. We are always available to help in any phase of their treatment plan," Johnston said.

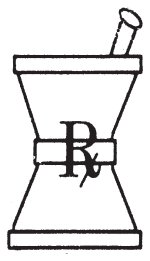
If you have questions regarding lymphedema or would like to schedule an appointment to visit with Johnston or any of the RCDH Rehabilitation Services team, you can visit www.rice-countyhospital.com.

Did you know?

Testosterone is a hormone that is produced in the human body. Although testosterone is largely associated with males, females produce it as well. Testosterone is responsible for stimulating sperm production and giving men their reproductive drive. Testosterone also helps build bone and muscle mass and causes hair to grow on a man's chest and elsewhere. WebMD says that, after age 30, most men begin to experience a gradual decline in testosterone production. Some men may even exhibit symptoms that suggest that their testosterone levels have dropped considerably. The American Urological Association says roughly two out of every 10 men older than 60 have low testosterone, often referred to as "low T." Signs of low T include reduced sex drive, difficulty achieving or maintaining an erection, low semen volume, hair loss, fatigue, and increased body fat. Men can have their testosterone levels checked by taking a blood test to see if their levels are normal.

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RCDH

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storage, no manual reagent preparation or sample pretreatments necessary. "This analyzer opens the door for us to offer new tests and provide results more quickly. And, our patients can rest assured in the accuracy of the results," Pulley said.

Patients who require blood monitoring due to medication, or employers waiting on a drug screen for a new hire can be assured their results are accurate, with quick results. Parents can be confident that labs drawn will be complete and accurate, eliminating a possible need to redraw blood on their child.

The Lab at RCDH is open Monday through Friday from 8:00 a.m. to 4:30 p.m., with technicians on-call 24/7 to meet the needs of all of our patients, including emergency services. Patients can always expect prompt, compassionate and skilled care, with state-of-the-art equipment, when they enter the Lab at Rice County District Hospital. More information is available at www.ricecountyhospital.com.

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"Our team understands that lab tests are more than just specimens. We know that each report provides hope, answers, relief and diagnosis to patients and their families." - Tiffany Pulley, Laboratory Services Manager



Lab Hours M-F 8:00a.m. - 4:30 p.m. | ricecountyhospital.com
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