

Winter 2024



Primary care providers pictured L-R in front of the nurses' station in our new inpatient and OB wing: Emily Boden, MD, Alan Lawrence, MD, Travis Henderson, MD, FACP, Heather Olson, PA-C and Robert Marciano, DO

## 3 Steps to Taking Charge of Your Health

### Make Wellness a Priority in 2024

When it comes to your long-term health and quality of life, prevention is your most powerful ally.

Prevention is about staying as healthy as possible as you age. And if any diseases or conditions do arise, it's about catching them early so they can be treated, cured or managed with as few negative effects as possible.

"Prevention improves quality of life by helping people live longer and healthier," said Mobridge Regional Hospital & Clinics primary care provider Dr. Travis Henderson.

"Without a doubt, your health is one of the most important things you have," said John J. Ayoub, MRH&C Chief Executive Officer. "Getting regular wellness check-ups and recommended preventive screenings can be a little bit of a bother now and then, but it's so much better than the alternative. I've talked to many people battling serious illnesses who say they wish they had done things differently."

The great news is that getting started on your prevention plan is simple! MRH&C offers all the preventive care and guidance you need—close to home, at our hospital and four rural health clinics.

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John Ayoub, CEO

## Letter from John

At MRH&C, we are all about providing high-quality healthcare services in a compassionate and professional manner for people throughout the region. Healthcare, not sick care. While we are here when something goes wrong, we are also here to make sure you have the tools and understanding to live your best, healthiest life at all times. A big component of that is preventive care. Finding the right preventive care path is a very personal journey,

and one size does not fit all. Your path may differ greatly from someone else with a different genetic make-up, lifestyle and health history. While there are some broad generalities that do work for everyone, it is important to ensure you have the needed knowledge and an engaged partner to help you prosper to your fullest potential. Many find that the start of a brand new year is the perfect time to engage in conversation with their healthcare provider to make sure they are on their best path.

And speaking of brand new, I am proud to share with you that our staff moved patients into our new inpatient and obstetrical unit in the new patient wing on Wednesday, January 10th. With the first phase of the building project in the books, we look toward the future and the next three phases. This milestone marks the halfway point in our overarching construction plan; we appreciate all of the encouragement and support. This new space will allow our world-class care team to work smarter, not harder, in their unwavering effort to provide the best for our patients and their loved ones.

John J. Ayoub, FACHE, Chief Executive Officer  
Mobridge Regional Hospital & Clinics

## Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital  
1401 10th Avenue West, Mobridge, SD  
605-845-3692

Mobridge Medical Clinic  
1309 10th Avenue West, Mobridge, SD  
605-845-3692

Prairie Sunset Village – Assisted Living  
and Senior Housing  
1320 West Grand Crossing  
Mobridge, SD  
605-845-8193

Walworth Co. Community Health &  
Visiting Nurse Service  
111 2nd St. East, Mobridge, SD  
605-845-8127

Selby Medical Clinic  
4401 Main St, Selby, SD  
605-649-9999

West Dakota Health Center  
906 Main Street, Timber Lake, SD  
605-865-3258 (MT)

West River Health Clinic  
103 1st Avenue East, McLaughlin, SD  
605-823-4253 (MT)

## MRH&C PRIMARY CARE PROVIDERS

Call today to make a wellness exam appointment with one of our dedicated primary care providers!

**Emily Boden, MD**, Family Medicine/OB, Mobridge and Selby Medical Clinics

**Lisa Dady, CNP**, Mobridge Medical Clinic

**Karen Fryhling, CNP**, Mobridge Medical Clinic

**Candida Goehring, CNP**, West Dakota Health Center

**Josh Henderson, DO**, Internal Medicine, Mobridge Medical Clinic and West Dakota Health Center

**Travis Henderson, MD**, Internal Medicine, Mobridge Medical Clinic

**Anette Hollenbeck, CNP**, Mobridge Medical Clinic

**Robert Marciano, DO**, Family Medicine/OB, Mobridge Medical Clinic

**Jessie Norder, CNP**, West River Health Clinic

**Heather Olson, PA-C**, Mobridge Medical Clinic

**Clint Perman, PA-C**, Selby Medical Clinic

**Matthew Schaffer, DO**, Mobridge Medical Clinic and West River Health Clinic

**Alan Lawrence, MD**/General Surgeon, Mobridge Medical Clinic

**Dori Vojta, CNP/CNM**, Mobridge Medical Clinic

### Step 1. Make That Wellness Appointment

The first step to taking charge of your health is making a wellness check-up appointment with one of our primary care providers. That visit is the best way to stay on top of all aspects of your health. It's recommended for people of all ages and wellness levels.

At your annual wellness exam, your provider will get your vital signs (weight, pulse, blood pressure), do a physical exam and review your health conditions, risks and history with you. These appointments are scheduled to take up to an hour, so there's plenty of time for questions and conversation.

Issues covered during the wellness exam depend on age and other factors but commonly include chronic conditions, cancer risks and screenings, reproductive health, tobacco and substance use, mental health and immunizations. "Everybody's different," said Dr. Travis. "So everybody has different risk factors for problems that are more likely to come up down the road. We'll focus on issues that matter to you."

And rest assured that your care will be highly professional. "People in small communities can be concerned about privacy," said Kassidy Dietterle, an RN and Outpatient Services Coordinator. "For any kind of visit or procedure, our staff is very strict about maintaining 100% patient confidentiality."

### Step 2: Get Recommended Screening Tests

Depending on your age, sex and risk factors, your provider may order various screening tests as part of your wellness plan. These can all be done at MRH&C and often include:

- simple blood tests to check your blood sugar, iron, cholesterol, kidney and liver functions, prostate cancer markers and more
- imaging and other tests for breast, lung, colorectal and other cancers
- screening tests for "silent" infections such as sexually transmitted diseases and cervical cancer

"Most of these screening tests are quick and easy," Dr. Travis said. "Some take a little more planning and inconvenience, like scheduling a colonoscopy. But still, they're well worth it. Cancers caught early almost always have a much better prognosis."

Dr. Travis wants everyone to know that in 2021, the U.S. Preventive Services Task Force recommended that everyone should start getting colonoscopies at age 45 (and even younger for those with certain histories and/

or symptoms). The age threshold was lowered from 50 because colorectal cancer is being found in more and more young people.

### Step 3: Choose Your Next Steps

It's your body, and you're in the driver's seat.

Your provider will make recommendations based on your wellness exam and screening test results, but you get to decide what changes, if any, you want to make to your self-care and medical treatment.

Smoking is a good example. "We know smoking is really bad for the body, but we also know it's hard to quit," Dr. Travis said. "So we talk to our patients who smoke, and we understand that it often takes repeated conversations as well as counseling and other forms of support we can provide before change might happen."

Or *if* change might happen. "There's no obligation for patients to do anything about our recommendations," Dr. Travis said. "As primary care providers, we inform people of the benefits and risks of various courses of action. We present pros and cons, and we let patients make their own decisions. It's their call."

"MRH&C is here to help you with everything you need to figure out your wellness path," Ayoub said. "All the basic tests are available right here, but if you need something highly specialized, we'll help you make appointments and get what you need somewhere else."

## THE GREAT GATSBY GALA

**Saturday, April 13**

**5 p.m. Social Hour**

**6 p.m. Dinner**

**Scherr-Howe Event Center  
Mobridge, South Dakota**

We hope you will join us for a catered meal, live entertainment and games of chance at this fun and festive Roaring 20s event benefiting the MRH&C Foundation's Healthy Futures Campaign. Period costumes are welcome (e.g., gangster, silent film star, flapper) but completely optional!

Tickets are \$300 per couple, and table sponsorships are also available. Please call Haden Merkel, Philanthropy Engagement Coordinator, at (605) 845-8180 to purchase tickets or to discuss how you can become an event sponsor.



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## UPCOMING EVENTS & CLASSES



### Spring Blood Drive

Tuesday, April 2

12:30 - 6 p.m. • Family Worship Center



### Healthcare Provider CPR Class

February 5, March 11, April 8

1 - 3 p.m. • MRH&C Education Center



### Heartsavers CPR & AED Class

February 12, March 18, April 15

1 - 4 p.m. • MRH&C Education Center

Call 605-845-8163 to register.



### Senior Yoga

Mondays and Thursdays

10:30 - 11:00 a.m.



### Senior Strength & Balance for Life

Tuesdays and Fridays

10:30 - 11:15 a.m.

Classes are held at Mobridge Senior Citizen Center. Class times and schedule are subject to change.

## Mission

The mission of Mobridge Regional Hospital & Clinics is to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region.

## Vision

Become one of America's finest rural healthcare providers.

## Values

Integrity

Compassion

Collaboration

Excellence

[www.mobridgehospital.org](http://www.mobridgehospital.org)

[www.facebook.com/MobridgeRegionalHospital](https://www.facebook.com/MobridgeRegionalHospital)

Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: [mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy](http://mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy).