Volume 4, Issue 1 January 1,2010

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

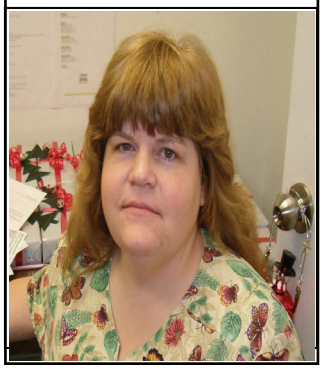
Meet the Staff:

Jamie Barrett

Jamie graduated from Langston University with a BSN in 1991 and then married Dwayne in 1992. She joined SMC Home Health in 1995.

She has one step-daughter, Melissa, 20, who lives in Cushing. She also has a daughter, Haley who is 16 and a son, Ethan, 9. They both attend Perkins-Tryon schools. The family lives on 5 acres South of Stillwater and has 3 cats, Bootsie, Loafer, Pucca and a dog, Bella.

Jamie's favorite hobby is reading, especially the Twilight series of books. She loves being a part of SMC Home Health and having the privilege of caring for her wonderful patients in their homes.



January is Glaucoma Awareness Month

Glaucoma at a Glance

Glaucoma is a disease that is often associated with elevated intraocular pressure, in which damage to the eye (optic) nerve can lead to loss of vision and even blindness.

- √ Glaucoma is the leading cause of blindness in the world.
- √ Glaucoma usually causes no symptoms early in its course, at which time it can only be diagnosed by regular eye examinations.
- √ While anyone can get glaucoma, some people are at greater risk.
- √ The two main types of glaucoma are open-angle glaucoma, which has several variants and is a long duration (chronic) condition, and closed-angle glaucoma, which is a sudden (acute) condition.
- √ Damage to the optic nerve and impairment of vision from glaucoma are irreversible.
- √ Several painless tests that determine the intraocular pressure, the status of the optic nerve and drainage angle, and visual fields are used to diagnose glaucoma.
- √ Glaucoma is usually treated with eye drops, although lasers and surgery can also be used. Most cases can be controlled well with these treatments, thereby preventing further loss of vision.

Vegetable Soup

Ingredients:

1 can green beans
1 can corn
1 can olives, cut up
1 small jar pimentos
1 can diced tomatoes with garlic & basil
1 can chili with beans
1 small container sliced mushrooms, fresh
½ lb ground turkey, cooked and drained
½ small onion, diced
1 tsp. minced garlic
2 tblsp. chili powder
1 tblsp. smoked, ground chipotle pepper
1 tblsp. course ground black pepper

Directions:

1. **Cook turkey and onion is skillet until done. Drain and rinse.**
2. **Put remaining ingredient in slow cooker or large sauce pan**
3. **Add turkey mixture to slow cooker or large sauce pan.**
4. **Stir; adjust seasoning to taste.**
5. **Cook in slow cooker on low for 4 hours or simmer in large sauce pan on stove until everything is hot and mushrooms are done.**
6. **Optional toppings: grated cheese, sour cream, jalapenos, cilantro**

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Tip of the Month

Eye Health and Vision Assistance Products

There are many different diseases that can cause eye problems. Diabetes, glaucoma, macular degeneration, and cataracts are just a few of these diseases. You can also develop eye problems by smoking cigarettes, unhealthy eating, and by having too much stress in your life. There are ways to prevent eye problems or to catch them before they become severe. Choose the eye doctor that is right for you and practice disease prevention by visiting them on a regular basis. Be sure to wear your sunglasses when you are going to be outside. Always wear protective eyewear during work and sporting events.

Visit Cimarron Medical Services to get the vision assistance products that are right for you.

A Healthier You For the New Year!

By Maria Avers

Presenting health screening guidelines for men and women just in time to arrange to have a healthier New Year in 2010! See the table below for what is applicable to you.

Health Screen	Men	Women
Blood Pressure	Every 2 years	Every 2 years
Cholesterol	Start at 20, ask dr.	Start at 20, ask dr.
Thyroid		Every 5 years
Diabetes		
Blood Glucose	Start at 45, every 5 years	Start at 45, every 5 years
Bone density test		At least once, ask dr. if need repeat
Prostate	Discuss with your dr.	
Breast Health		
Mammogram		Start at 40, every 1-2 years
Pap test/pelvic exam		Start at 21, every 1-3 years
Testicular exam	Start at 18, monthly self exam	
Colorectal health		
Occult blood	Start at 50, yearly testing	Start at 50, yearly testing
Colonoscopy	Start at 50, every 5 years	Start at 50, every 5 years
Eye exam	At age 65, every 1-2 years	At age 65, every 1-2 years
Hearing test	At age 65, every 3 years	At age 65, every 3 years
Skin Health	Monthly mole self exam, Every year by doctor	Monthly mole self exam, Every year by doctor
Oral health	One to two times per year	One to two times per year
Immunizations		
Influenza vaccine	Annually	Annually
Pneumonia	At 65, once only	At 65, once only
Tetanus-Diphtheria	Booster every 10 years	Booster every 10 years

This information was derived from www.womenshealth.gov. We encourage you to discuss this with your physician and follow the medical advice of your physician as it is individualized to your needs.

If you would like to be removed from or added to our mailing list, please contact Kathy at 405-624-6578 or by email at kwilkinson@stillwater-medical.org