

'Hospital Happenings'
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'Hospital Happenings' is a monthly rundown on things happening at Muenster Memorial Hospital, prepared specifically for *The Muenster Enterprise*.

Busy

The hospital has been extremely busy over the past 6 weeks, hitting room capacity several times during that period. We are very grateful for the trust placed in us by our patients.

Dates Set for Spring Health Screenings

It has become as much a ritual of spring as the daffodils blooming and the arrival of the Easter bunny – it's time for the ever-popular Spring Health Screenings. Mark your calendars for Friday, April 13, and Saturday, April 14, 7-9 a.m., for the opportunity to receive basic health screening tests at a very low cost.

Tests include a comprehensive panel for general health, including cholesterol, and specific tests for prostate cancer, thyroid function, blood sugar management, testosterone and Vitamin D levels. Urinalysis and EKG are also available, and a respiratory therapist will be on site to perform EKGs immediately. An 8-12 hour fast is required for the comprehensive blood panel.

Blood pressure screenings will also be offered, and Muenster Police will be collecting any expired or unused prescription drugs for proper disposal. No liquids, patches or syringes please.

Check out our ad in today's Enterprise for details.

Clinic Sees Flu Fading, Allergies on Upswing

MMH Family Health Clinic Nurse Practitioner Melissa Trubenbach has declared the flu virus as on its way out, while spring allergies are definitely in.

Nationwide, over 35 million suffer from spring allergies, with the more common allergens being tree and grass pollen, ragweed, mold and dust mites. Symptoms include stuffy/runny nose, watery/itchy eyes and coughing/sneezing.

Melissa offers these tips to help with allergies:

- 1) Keep hydrated. Mild dehydration can trigger histamine production.
- 2) Eat foods high in Vitamin C and folic acid.
- 3) Shower when coming in from outdoors to rid yourself from pollen in your hair and on your skin.
- 4) Limit use of hairspray, gels and mousse which keeps allergens literally stuck to your head – all day!
- 5) Wash clothes and bedding often to keep allergens from sticking around.
- 6) Stay inside when the pollen count is highest – midday and afternoon.

- 7) Wear sunglasses to help protect your eyes from itchy allergens.
- 8) Use the Recycled Air setting on your air conditioner.
- 9) Wear a surgical mask when working outside.

Hospital Salutes Providers on Doctors' Day

MMH took time today - National Doctors' Day - to show appreciation to its health providers. Receiving recognition were: Clinic Providers, Doctors Edd Advincula and Abena Krow-Rodney, and Nurse Practitioners Yvonne Ambrose and Melissa Trubenbach; ER Providers, Doctors Maurice LaPerriere and Jaffar Zadeh; Specialty Clinic Providers, Doctors Babu Makenna, Christian Vissers and Mian Yousuf; and Consulting Providers, Doctors Bhupinder Khaira and Debra Naylor.

If you would like to know about any of the physicians practicing at Muenster Hospital or their areas of specialty, call 759-6139.

Occupational Therapists, Lab Personnel, Volunteers All to Be Recognized in April

April is National Occupational Therapy Month. Check out all the services offered by the Occupational Therapy Department at MMH. When you need to get back to the activities of daily living following a fall, surgery or an extended illness, OT is the type of therapy you need.

MMH is blessed with a group of 15 volunteers who serve the patients and assist the staff. National Volunteer Week is April 15-21 and we will be celebrating our hospital volunteers for their hours of service on our behalf. We could always use another volunteer or two. Contact us if interested.

The Hospital Auxiliary is a different type of volunteer group operating for the benefit of Muenster Hospital. This group provides financial support through its many fundraising projects to purchase equipment or meet patient needs, as well as special work projects like maintaining the hospital courtyard and decorating at Christmas. If you would like to be a part of this group, they meet the second Tuesday of each month at 6 p.m. They are looking for new members! Call 759-6191 for information and meeting location.

National Laboratory Professionals Week is April 22-28 and we are happy to salute our fine team of laboratory technicians. The MMH lab can run hundreds of diagnostic tests and get the results to any doctor, anywhere, quickly. Whether your physician is in town or out, you can ask him/her to send your orders to Muenster and eliminate the drive for lab work. Be kind to yourself – don't drive for testing that is available right here at home.

Blood Drive Scheduled April 17

Muenster Memorial Hospital will be hosting its next Blood Drive Tuesday, April 17, from 9 a.m. to 4 p.m., in the visitors' parking lot on the south side of the main facility. Texoma Regional Blood Center will have its mobile unit parked and ready for donors. Hope to see you then!