

Health Update

HCHC'S
learning to live well

The “going” problem among women

LIFE WITHOUT FEMALE URINARY INCONTINENCE

Approximately 10 years ago, we began to see advertisements on TV, in newspapers, and in magazines describing the benefits of an adult “diaper” that we could “depend” on. Just a few short years ago, we began to see advertisements for a new medicine to treat unstable bladders.

However, according to Robert Smith, MD, Board

Certified Obstetrician/Gynecologist at HCHC specializing in Urogynecology (female incontinence), these problems are not new to the human race. Society has simply learned how to sell these products in a socially acceptable fashion. We have learned that products that address the problem of urinary incontinence can make a significant amount of money. It doesn't take long to figure out that the problem of urinary incontinence in women must be pretty common when you consider that these products pay for all that advertisement.

Did you know that more than 50 percent of all women will have some problem with urinary incontinence; and the single most common reason that families decide to place an elderly member into a nursing facility is urinary incontinence? The problem of urinary incontinence in women is common, socially compromising, and has existed for thousands of years. Although this problem is common, it most certainly is not normal.

There are three principle types of urinary

incontinence in women:

- Stress urinary incontinence (SUI) occurs when the affected person coughs, sneezes, laughs, does aerobics, as well as a myriad of other mild activities. SUI is an anatomic defect related to childbirth and can be treated with special exercises, pessaries, or surgery.
- Urge incontinence (the Unstable Bladder) can occur “any old time,” but is usually stimulated by some exterior source. The sound of running water is a frequent stimulus. Furthermore, sufferers often have to get up multiple times at night in order to urinate. The unstable bladder is really quite similar to the voiding characteristics of babies. One of the most common treatable reasons for an unstable bladder is lack of estrogen (extremely important in the treatment of SUI as well). Long term treatment is based on bladder training aided by medicines.
- Finally, SUI and urge incontinence can exist together as mixed incontinence. The treatment of mixed incontinence revolves around the treatment of its component parts, starting with the urge component.

“Urinary incontinence is common, but it is not normal. I would recommend that any woman who suffers from urinary incontinence see her healthcare provider. Your healthcare provider may elect to begin treatment or may elect to refer you to a gynecologist or a urologist who specializes in the problems of urinary loss in women,” explained Dr. Smith. “Appropriate treatment might include medicines, physical therapy, surgery or a combination of two or more of these modalities. Treating this very common



Dr. Robert Smith, OB/GYN.

MOUNT PLEASANT, IOWA
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Learn to Live Well

HCHC's OB/GYN meets healthcare needs of area women

SPECIALTY IN FEMALE URINARY INCONTINENCE



Dr. Robert Smith, HCHC's OB/GYN, is pictured giving a public presentation on female urinary incontinence at February's Surgeons Speakers Bureau hosted at HCHC.

Robert Smith, MD, Board Certified Obstetrician/Gynecologist, began his practice at the Henry County Health Center OB/GYN Clinic in January. He has been a general OB/GYN for the past 25 years, during which time he developed a primary area of interest in Urogynecology (urinary incontinence) and pelvic reconstructive surgery.

“As the new Obstetrician/Gynecologist at Henry

County Health Center's OB/GYN Clinic, I am pleased to offer Southeast Iowa women the opportunity and convenience of receiving quality obstetrical and gynecological services close to home. I believe that my medical experience will allow me to contribute significantly to the overall obstetrical and gynecological care in Henry County,” said Dr. Smith.

His interest in Urogynecology began during the time he served as a faculty member of a residency training program in Hawaii. He was Chief of Gynecology Services at the time, and was asked to develop the Division of Urogynecology. During the development phase while he learned more and more about urinary incontinence in women, he became very interested in the topic and continues this interest today.

TREATMENT PLANS

When Dr. Smith sees a patient for urinary incontinence, the treatment options depend upon each individual patient.

“Treatment options depend upon the particular diagnosis which describes the incontinence that the patient has. If the problem is stress urinary incontinence, treatment might entail physical therapy in the form of Kegal's exercises or the use of an incontinence pessary or minimally invasive surgery,” he explained. “If the problem is bladder instability, treatment might entail the use of medicines and other types of physical therapy.”

According to Dr. Smith, the success of these options

depends upon the accuracy of the diagnosis. Currently employed minimally invasive techniques for the surgical correction of stress urinary incontinence are in the 85 to 90 percent range after 10 years. Medical and physical therapy for bladder instability range from 90 to 100 percent for the highly motivated patient. Once again, Dr. Smith emphasizes that the accuracy of the diagnosis is paramount.

So, how important is it for women who have urinary incontinence to take care of this issue? “The International Society of Incontinence defines the ‘problem’ of stress urinary incontinence completely within the context of the patient's definition of ‘problem.’ For example, some folks would feel that a few drops of urine would be problematic, whereas others would think nothing of it. In other words, quality of life or freedom from worry are definitions which are completely individual,” commented Dr. Smith.

Dr. Smith received his undergraduate and Master of Science degrees from the University of Wyoming. He graduated medical school from the University of Utah College of Medicine, and completed his internship and residency in obstetrics/gynecology at Tripler Army Medical Center in Honolulu, Hawaii. His military experience has enabled him to serve as an OB/GYN in several locations both in the United States and overseas. Dr. Smith is a Fellow of the American College of Obstetrics and Gynecology and a member of the American Urogynecologic Society.

Dr. Smith takes both direct appointments and referrals. To schedule an appointment, please call 319-385-6770. The HCHC OB/GYN Clinic is located at 407 S. White Street, Suite 103, to the left just inside the main entrance to HCHC.

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problem might well make the difference between being a stay at home and being an active participant in this world that we all share.”

In addition to your healthcare provider, additional information about female urinary incontinence can be obtained at www.dr-robertsmith.yourmd.com or by making an appointment with Dr. Smith by calling the Henry County Health Center OB/GYN Clinic at 319-385-6770. The clinic is located at HCHC at 407 S. White Street, Suite 103, Mt. Pleasant.

HCHC in the Community

Living independently with Lifeline

Would you benefit from an added sense of security in your home? Lifeline has been giving peace of mind to area residents for over 20 years. Henry County Health Center and the HCHC Auxiliary provide Lifeline personal response services 24-hours a day, 365 days a year, to seniors in surrounding communities. The service provides quick assistance whenever personal support is needed, especially in a medical emergency.

As a Lifeline subscriber, Mt. Pleasant resident Pauline Willson has experienced that sense of security first-hand. “I feel very safe with Lifeline, especially during the winter months in icy weather when there is potential for falls. My Lifeline button works all the way to my mailbox, so I have a sense of security that help will come if I need it. I have had to use Lifeline in the past and the service was very prompt,” explained Willson.

According to Dan Berner, Lifeline Lead at HCHC, the service is specifically designed to help seniors live with confidence. “We are proud to be able to help support the active and independent lifestyles of elders in our community. Lifeline is there when loved ones or caregivers can’t be, and this program allows everyone to go about their day to day activities with peace of mind,” stated Berner.

A lightweight, waterproof button can be worn around the neck or wrist, and when a subscriber needs assistance he/she simply pushes the button and is immediately connected to a highly trained monitor who has access to the caller’s complete health history and will quickly link each subscriber to the care they need.

There are currently 181 Lifeline subscribers who continue to live independently in their own homes thanks to the Lifeline personal response service. Lifeline gives them the reassurance of 24-hour assistance, available at the press of a button. For Henry County residents, the installation cost for Lifeline is \$10 plus mileage, with a monthly subscription cost of \$20. If a potential subscriber lives in another county, they must call Dan Berner to determine the feasibility of subscribing to Lifeline. To learn more about Lifeline at HCHC, please call Dan Berner at 319-385-3141.



HCHC in the Community

HCHC values the opportunity to educate our community about health and wellness. One way we do this is by leading school tours to help teach our youth about healthcare and the importance of living healthy lifestyles.

Each year, numerous Henry County youth tour HCHC to learn more about the hospital and healthcare. Students ranging in ages from preschool to high school are exposed to a variety of departments throughout HCHC. These tours provide students with the opportunity to learn more about healthcare, allows HCHC the opportunity to showcase our services, and provides our associates with an opportunity to teach area youth about health, wellness, and potential future career opportunities.

Pictured are Mrs. Lisa Augsburger’s first grade students from Lincoln Elementary School in Mt. Pleasant touring the Imaging Services, Cardiopulmonary, and Emergency Departments as part of their health unit. They are shown here learning about the Emergency Department with Emergency Department Manager Vicky Oge, R.N.

HCHC Foundation

Foundation board enhances quality of life in Southeast Iowa

Henry County Health Center Foundation board members have a significant impact on the success of the organization. The active participation and commitment from the board has played a vital role in the Foundation taking a higher profile in our community.

Pat McCabe, a life-long resident of Mt. Pleasant, is one board member who has made a commitment to helping the Foundation accomplish its' mission to enhance the health and health resources of Henry County and surrounding areas.

Pat and his wife, Brenda, are the parents of three grown children, all of whom were born at HCHC. Their daughter, Annie, is pursuing a Master's Degree in Speech Pathology at San Diego State University, son Ryan lives in Denver, Colorado, and youngest son Jonathan is a senior at Iowa State University.

Pat is Senior Vice-President and Upper Tri-State Complex Manager for Wachovia Securities. In that capacity, he serves as Branch Manager of the Mt. Pleasant Wachovia branch office, as well as supervisor for nine additional branches in Southeast Iowa, Eastern Illinois and North-west Missouri.



Q: WHY DO YOU FEEL THE HCHC FOUNDATION IS IMPORTANT TO BOTH HCHC AND TO OUR COMMUNITY?

A: Although most communities offer basic services to residents, the HCHC Foundation goes a great deal further by providing programs and services that enhance the quality of life for families in southeast Iowa.

Q: HOW DO YOU FEEL THE FOUNDATION CAN IMPROVE AND CONTRIBUTE TO OUR COMMUNITY HEALTH?

A: We live in a world of many entities that outline policies and dictate to society. I believe that the HCHC Foundation can be an organization that listens to people, recognizes needs, and responds in an effective manner.

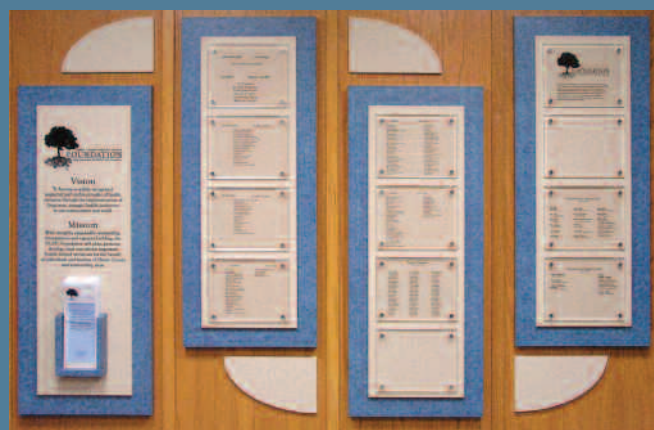
Q: IN YOUR OCCUPATION, YOU BRING AN IMPORTANT PERSPECTIVE TO THE BOARD. WHAT DO YOU HOPE TO CONTRIBUTE THROUGH YOUR PARTICIPATION AS A BOARD MEMBER?

A: American families and businesses are currently being challenged by a tough economic climate. The organizations that ultimately survive and thrive will be those who are energetic, creative and responsible. I believe that my background enables me to contribute valuable business experience to the Foundation's goal, which is ultimately the "business of helping people."

Foundation donors recognized for contributions

Every gift to Henry County Health Center Foundation impacts the quality of health care provided in our community. The new Recognition Wall acknowledges the generosity of donors offering gifts to the Foundation of \$50 or greater since 1996. Foundation members' names are listed on corian panels by lifetime giving levels. Also found on the wall are 2008 commemorative gifts made in honor or in memory of someone special. A separate plate recognizes the names of HCHC associates participating in the Legacy Associate Program.

During your next HCHC visit, stop by the Donor Recognition Wall prominently located in the main hall of the hospital. For questions or comments, please contact Michelle Rosell at 385-6541. We are pleased to discuss donor recognition with you and customize opportunities suited to your wishes.



You deserve to be properly recognized for your contributions, and we strive for accuracy. If we have made an error, please contact us at 319-385-6541 or rosellm@hchc.org. Thank you.



We thank the following donors and organizations who have made gifts to the HCHC Foundation from February 1, 2008 – March 1, 2009.

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HCHC Partnerships

HEALTHCARE YOU CAN TRUST

Residents of the Wayland and Winfield communities can be assured that they are entrusting their health to competent and qualified professionals at HCHC's Outreach Clinics.



Sylvia Graber earned her Masters of Science in Nursing from the University of Iowa College of Nursing with a primary specialty as a Family Nurse Practitioner. She previously worked at HCHC as an obstetrics nurse, and also worked on

the pediatric floor at the University of Iowa Hospitals prior to earning her Masters of Science in Nursing. She has worked at the Wayland Clinic since May 2005.



Dr. Tess Judge-Ellis earned a Masters of Science in Nursing from Pacific Lutheran University, with a primary specialty as a Board Certified Family Nurse Practitioner. She was an Army nurse, and currently serves as a

Clinical Assistant Professor for the University of Iowa College of Nursing. Most recently, Dr. Judge-Ellis completed her Doctor of Nursing Practice degree, and finished a post-graduate program in Psychiatry/Mental Health at the University of Tennessee Health Science Center in Memphis. She also passed the national board certifying exam and is now Board Certified in Psychiatric/Mental Health as a nurse practitioner. She has worked at the Winfield Clinic since 2006.

As ARNP's, Graber and Dr. Judge-Ellis provide high-quality healthcare services, diagnosing and treating a wide range of health problems in a care and cure atmosphere. In addition to clinical care, ARNP's focus on health promotion, disease prevention, health education and counseling, and helping patients make wise health and lifestyle choices.

Delivering quality healthcare in rural communities

Access to quality healthcare is vital to both large and small communities. Through Henry County Health Center's Outreach Clinics, HCHC has reached beyond our walls to meet the primary healthcare needs of Henry County residents in our surrounding communities.

In 2004, HCHC formed a partnership with the Wayland Economic Development Corporation and Winfield Industrial Development Corporation to offer medical clinics in the Wayland and Winfield Communities. Now five years later, the Clinics offer the health services of two advanced registered nurse practitioners. As an HCHC Board of Trustee and a resident of Wayland, Robert Meyer realizes firsthand the value of this service.

"We have had various agreements with healthcare providers during our tenure with the Wayland Clinic. I believe our current success has come with having a consistent provider. We realize that in this environment we would have difficulty recruiting a physician to a rural clinic. However, with an advanced nurse practitioner, we have quality healthcare and patients are treated by the same person every time they visit the clinic," explained Meyer. "HCHC has been very successful in placing professionals like Sylvia Graber and Tess Judge-Ellis who identify with and have earned the trust of our communities."

Meyer also pointed out that as rural communities lose services and experience a growing percentage of senior citizens who find it more difficult to travel, local quality healthcare is a very valued resource. In addition, employers have employees who need healthcare during work hours, and it is very important to have healthcare

available. Communities with schools and daycare facilities are also very thankful for these resources.

A VALUABLE SERVICE

As the healthcare providers, Sylvia Graber and Dr. Tess Judge-Ellis are well aware of the importance of the clinics to the residents of Wayland and Winfield.

"The clinics offer high quality healthcare close to home, and it's clear by our increasing numbers that the communities appreciate us and we appreciate them," commented Dr. Judge-Ellis. "I very much enjoy Winfield and being a healthcare provider in a smaller community."

Graber agrees that the clinics are very valuable to the communities they serve. "Patients can walk right in and be seen on the same day, and they don't have to drive long distances on wintry roads. The clinics are especially convenient to the elderly and school-aged children. All of our staff is friendly and we know our patients by name," she explained. "The communities are realizing the benefits of having us in their towns, and we are happy to serve them."

The clinics and patients all benefit from the affiliation with HCHC. According to Dr. Judge-Ellis, "Our affiliation with HCHC is invaluable. We have great administrative support and we feel that we are part of the medical community at HCHC. The relationship we have with the staff, doctors, and the consulting specialty physicians is well-established and the communication is generally very good. I believe patients know that there is a great deal of mutual respect and that they are being well served."

(Please see page 8 for Clinic hours.)

Community Health

Immunization Clinic provides important service to area children

The Henry County Public Health Department will observe National Infant Immunization Week April 25–May 2. In observance of this significant week, all children receiving



Robin Poole, RN, Immunization Coordinator, talks with Avery Sutter in the Immunization Clinic.

immunizations during the month of April at the Public Health Department will receive a free stuffed animal donated by the Henry County Health Center Auxiliary.

Henry County Public Health recently remodeled the immunization clinic, doubling the space. “The remodeling project included the installation of new state of the art equipment,

including a purpose-built refrigerator and freezer specifically designed for vaccine. Because there is not a defrost cycle, vaccine is maintained at a constant temperature assuring vaccine integrity,” explained Linda Albright, RN, Community Health Director. Remodeling was funded by the Maternal Child Health grant.

“Thanks to childhood immunizations, the risk of contracting most childhood diseases has been greatly reduced. Children should receive 80 percent of their vaccinations by 24 months of age. While some vaccines received as an infant provide long-term protection, the protection provided by other vaccines wears off over time. There are also other vaccines designed specifically for adolescents when they reach certain ages,” said Robin Poole, RN, Henry County Public Health Immunization Coordinator. “But parents should be aware that immunizations are not just for the very young. Adolescents also need vaccinations to protect them from a variety of diseases.”

The Centers for Disease Control (CDC) requires the following vacci-



Pictured are Henry County Public Health Nurses (l-r) Robin Poole and Tessa Allworth standing in the newly remodeled Immunization Clinic. The remodeling project included the installation of new state of the art equipment, including a purpose-built refrigerator and freezer specifically designed for vaccine.

nations for school entry: a series of five DTaP (Diphtheria, Tetanus, Pertussis); four IPV (Polio); three Hepatitis B; two MMR (Measles, Mumps, Rubella); and two Varicella (chickenpox), unless a child has already had the chickenpox disease. It is also important to immunize adolescents against serious diseases like meningitis, tetanus, cervical cancer and whooping cough.

Public Health offers all the recommended vaccines for infants, toddlers and youth. The Henry County Public Health Immunization Clinic is open Wednesdays and Thursdays from 1-4 p.m. and the first Thursday of every month from 1-6 p.m. For more information call 319-385-6724.

Join the Wellness Journey!



Sign up now to receive the Wellness Journey Newsletter! You'll find ideas for fun family activities and healthy food choices delivered straight to your inbox each month!

This monthly electronic newsletter is designed to educate, inform and motivate parents, teachers and caregivers and encourage their healthy lifestyles as they reinforce the information youth receive through Wellness Journey programming and activities. Each month you'll find a health topic relating to children and families, a healthy recipe and healthy snack ideas, produce picks for the month, fun ideas for kids and families to stay active, web site resources, and information about upcoming events and activities.

Sign-up is simple. Just log on to www.healthyhenrycounty.org and the sign-up form is on the home page. It's quick, it's easy, and it's free!



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Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Wednesday, May 20, Noon
Lunch and Learn: Sleep Apnea
Lunch is provided free of charge.
Health Education Center, HCHC

DIABETES SUPPORT GROUP

Tuesday, April 14, 6:00 p.m.
Classroom A-2, HCHC

DIABETES REFRESHER CLASSES

Thursday, April 30, 3:00-5:00 p.m.
Health Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, April 21 and
Tuesday, April 28
Call 385-6518 to register
Health Education Center, HCHC

Tuesday, May 19 and
Tuesday, May 26
Call 385-6518 to register
Health Education Center, HCHC

SURGEONS SPEAKERS BUREAU

Tuesday, April 14
Dr. Daniel Gralnek, Urology
Call 385-6124 to register
Health Education Center, HCHC

Thursday, May 28
**Dr. Beth Hothan-Zielinski,
General Surgery**
Call 385-6124 to register
Health Education Center, HCHC

HCHC JEWELRY SALE

Friday, April 24,
7:30 a.m.– 5:00 p.m.
Health Education Center, HCHC

HCHC BOOK FAIR

Thursday, May 14,
9:00 a.m.– 4:30 p.m.
Health Education Center, HCHC

HCHC AUXILIARY MEETING

Monday, May 11
9:00 a.m. Monthly Meeting
Classroom A-1, HCHC

Henry County Health Center's Outreach Clinics

serving the primary healthcare needs of the
Winfield and Wayland Communities

WAYLAND COMMUNITY CLINIC

Sylvia Graber, ARNP
227 W. Main
319.256.7100

Clinic held on Mondays and Thursdays
8:30 a.m.-Noon and 1 p.m.-5 p.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP
110 W. Pine
319.257.6211

Clinic held on Tuesdays and Fridays
8:30 a.m.-Noon and 1 p.m.-5 p.m.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have medical questions, consult your medical professional.

Chief Executive Officer: *Robert Miller*
Editor: *Shelley L. Doak*
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