



1401 WEST PAWNEE STREET
CLEVELAND, OK
74020
918-358-2501
CLEVELANDAREA HOSPITAL.COM

HEALTH

14 Foods for a
Healthy Heart

New Services Inside!

Coming Soon
3D Mammography

Free Diabetic Nutrition Class



Holly Fitzpatrick, ARRT-R, M
Director of Diagnostic Imaging, Quality, Lab, and PT



Holly has been with Cleveland Area Hospital for nearly 8 years. She came here from another hospital to open our own Mammography department. Holly has an amazing 27 years of experience in Radiology and Mammography. We are very grateful to have her.

When asked her favorite part about our hospital, she answered, "I love the dedication that everyone has for this facility and the hard work that everyone puts forth each and every day to fulfill the vision of making this the leading healthcare provider in the area. My favorite part of my job is working with people I love and trust. The people I work with I would and have trusted my life to. I love educating my patients about breast cancer. I also love being part of a giving and thriving group of people who are moving forward with the growth of healthcare in our region with diligence in working toward plans for a state of the art surgery center, 3D mammography, satellite clinics, OP Radiology Center and an entirely new facility with cutting edge technology."

Holly is currently raising a beautiful granddaughter and loves horseback riding, working with stained glass, praising God, and spending time with her grand children.

Kate Lock, Dietary Manager

Kate has been with Cleveland Area Hospital for one year. She previously spent four years with OSU IT Culinary Arts. Kate is extremely knowledgeable about nutrition and also helps to prove that food preparation truly is an art form. We are very lucky to have her!

Kate informed us that she loves to please her coworkers and patients with every meal. She enjoys creating new menus to help further our growth and loves to educate those around her about their nutritional needs. "I love the employee atmosphere and working face to face with patients. I love the team work our employees put into their jobs and commitment to their team. I love that we strive for the future and continually strive for excellence with our care and facility."

In her free time, Kate bakes lovely cakes and treats for her surrounding community. Kate also enjoys spending her time with her fiancé and their mini aussie, trying new restaurants, and traveling. She is also currently planning her wedding!



Melissa Towell, Pre-Services Coordinator

Melissa Towell has been with Cleveland Area Hospital for 8 years. Melissa has spent a total of 30 years over all in customer service. That experience definitely shows itself, as Melissa is a wonderfully knowledgeable and caring member of our team!

Melissa describes our organization as a hardworking, team-oriented workplace. She tells us that throughout her time here, she has experienced a loving team of people, who treat one another as family. Melissa's favorite part about her position here is being able to assist in the expansion of health services to our lovely surrounding rural communities.

Melissa loves to spend her time away from work with her granddaughters who she calls "Grandprincesses". Their favorite activity together is having tea parties!



Jaime Merriman
Clinical Informaticist

Jaime Merriman has been with Cleveland Area Hospital for a total of 7 years. She has 12 years overall of nursing experience. Jaime is a delight to be around and we are so glad to have her!

Jaime enjoys how our hospital feels more like a community than an organization. She says it seems like "everyone knows everyone". She also appreciates the smaller-than-most aspect of Cleveland Area Hospital, because it allows us to have a better, closer relationship with our patients.

Jaime is pleased to spend her days at work with different departments and coworkers, contributing to our community-like atmosphere. She finds that correcting a computer issue for someone and making their job easier is something she loves to do.

In her free time, Jaime enjoys spending time with her family, as well as going deer hunting, and playing golf!

Nick Jenkins
CT Technologist

Nick started out as a Student Tech in Sapulpa in 2007 and then began full time there the next year. Nick has been with our hospital for a total of five years. He has a wonderful personality and we are very lucky to have him on our team!

Nick loves how tight-knit our hospital is, specifically his department, Radiology. He describes his department as his family. So much so, that he followed his boss from their previous workplace in order to be able to continue working with her. He describes Holly as a great boss and is extremely glad to have joined the Cleveland Area Hospital team with her!

Nick is great at interacting with his patients and enjoys trying to make their stressful situation as pleasant as possible. He also finds the challenge of trying to get the best possible images under less than ideal conditions a very satisfying part of his job.

In his free time, he loves to spend time with his family, especially his adorable son Sawyer. He also enjoys spending his time outdoors going hunting, fishing, and golfing!





Cleveland Area Hospital would like to thank the Air Evac Lifeteam for helping our hospital provide quality healthcare to rural communities.

The Air Evac Lifeteam allows for rural people to have the opportunity to receive the same care as those in an urban community. When time is crucial to recovery, the Air Evac Lifeteam is there for you!



Female breast cancer represents 15% of all new cancer cases in the U.S.

Breast cancer is diagnosed once every **2** seconds in the U.S.

90% of women diagnosed at the earliest stage survive their disease for at least 5 years.

Early detection is the best prevention.

There are currently over **3.1 Million** U.S. Breast Cancer Survivors

3D

MAMMOGRAPHY

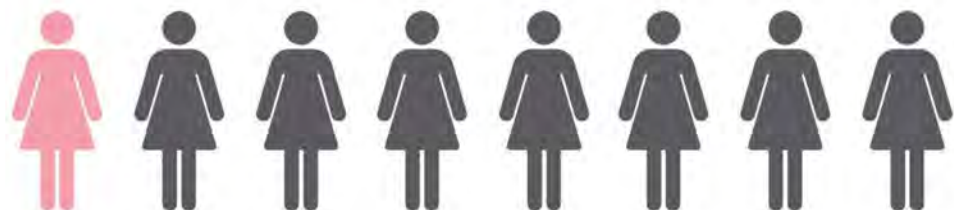
Coming soon...

It is recommended that all women begin receiving annual mammograms at the age of forty. Cleveland Area Hospital has been proud to offer digital mammography over the years while also promoting the importance of annual screening through mailed reminders and events such as our annual 'MammoGlam', a day dedicated to women receiving their mammograms and much deserved, complimentary spa treatments.

As we are dedicated to advancing our hospital and growing it to better fit our communities needs, we are ecstatic to announce that we will soon be offering 3D mammograms this year.

3D mammography differs from traditional mammography by allowing radiologists to view breast images in slices, enabling a more accurate detection of breast cancer. Recent studies have also shown 3D mammography to be 40% more reliable than traditional mammography.

For more questions, or to schedule your next mammogram, call **918-358-2501 Ext. 4702**



Respiratory Therapy

Introduced by Stephanie Schrepel, RRT

People with asthma, pneumonia, emphysema, lung trauma, and more may now seek specialized treatment at Cleveland Area Hospital.



We are constantly growing and finding ways to advance our hospital's services. Our wound care service is one of the best ways to portray that growth, with our highly trained team of medical professionals dedicated to your recovery.

Wound Care



Cleveland Area Hospital now offers TPN Care, allowing patients who are unable to ingest their nutrients by mouth to receive intra-venal nutrients.

TPN Care

Total Parenteral Nutrition



ER
Cardiology
24/7 Radiology
24/7 Laboratory
Nurse Care/Infusion
Community Outreach
Physical Rehabilitation
Swing Bed/Skilled Nursing
Lake Area Medical Associates

Diabetes & Nutrition



A Healthy Diet for Everyone

An estimated 1.4 million people are diagnosed with diabetes every year in the U.S. A diet high in fat, cholesterol, and calories can increase your risk. With so much fast food and other quick, unhealthy snacks right at our fingertips, it is important to remind ourselves what a healthy diet really looks like and how it can benefit our everyday lives.

What we consume can affect our mood, energy levels, quality of sleep, and overall health. Typically, a healthy diet consists of high amounts of fiber and low amounts of fat, sugar, and sodium. It is widely known that fiber helps your digestion, but an equally important, lesser known fact is that it also helps your body to absorb vital nutrients from your food. Sodium, on the other hand, contributes to high blood pressure and strain on your kidneys. Similarly, high amounts of sugar puts a strain on your pancreas, limiting its ability to produce insulin.

Not only does what's *in* our food matter, but also when we consume it can also have a large effect on our health. Food is our body's fuel and in this sense, it is easy to understand that our bodies must regularly be refueled. Keeping a consistent meal schedule helps to keep you energized while also boosting your metabolism!

At Cleveland Area Hospital, we care about every aspect of your health, whenever and wherever you are. That is why we would like to provide you with the knowledge and skills needed to stay healthy, even when we are not around.

We currently offer a free nutrition class right here in our own facility, every second Tuesday of each month from 1:00 to 3:00 pm. Registered dietitian, Bonnie Johnson focuses on a nutritious diet that is crucial to a diabetic lifestyle. However, this class is for anyone who would like to attend, as a diabetic diet is an extremely healthy way to go for most everyone!

Call to Attend

918-358-2501
Ext. 4323

Free **Diabetic** **Nutrition Class**

Held the second
Tuesday of every month
1:00-3:00 pm
at Cleveland Area

Hospital

15 Minute Beef Fajitas

By Lorena Grater on August 5, 2016
diabetesstrong.com

Calories: 336 cal
Author: Lorena Grater

Ingredients

1 lbs. beef stir-fry strips
1 medium red onion
1 red bell pepper
1 yellow bell pepper
½ tsp. cumin
½ tsp. chilli powder
splash of oil
Salt
Pepper
Juice of half a lime
Freshly chopped cilantro
1 avocado



Instructions

- 1: Heat a cast-iron skillet over medium heat.
- 2: Wash and deseed bell peppers and slice them into 1/4" (0.5 cm) thick long stripes. Set aside.
- 3: Peel and slice red onion. Set aside.
- 4: Once skillet is hot, add a splash of oil. When the oil is hot, add stir-fry strips in 2-3 batches. Make sure the strips don't touch each other. Salt and pepper each batch generously in the pan.
- 5: Cook for about 1 minute per side, then remove and set aside on a plate and cover to keep warm.
- 6: Add sliced onions and bell peppers to the remaining meat juice. Season with cumin and chili powder and stir-fry until desired consistency. (I like them still crunchy, so I only stir-fry for about 5 minutes. If you like your vegetables softer, stir-fry for a little longer).
- 7: Serve on a plate with sliced avocado, a drizzle of lemon juice, and a sprinkle of fresh coriander.

Nutrition Facts

Healthy & Easy Beef Fajitas You Can
Make in 15 Minutes

Amount Per Serving

Calories 336 Calories from Fat 151

% Daily Value*

Total Fat 16.8g 26%

Saturated Fat 5.2g 26%

Trans Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 6g

Cholesterol 86mg 29%

Sodium 67mg 3%

Potassium 375mg 11%

Total Carbohydrates 10.6g 4%

Dietary Fiber 4.4g 18%

Sugars 4.6g

Protein 30.5g 61%

Vitamin A 48%

* Percent Daily Values are based on a 2000
calorie diet.

Healthy Foods for a Healthy Heart



Heart disease accounts for nearly one-third of all deaths worldwide. Certain foods can affect your blood pressure, cholesterol levels, and other concerns relating to your heart. It is important to learn and remind ourselves what aspects of certain foods help to prevent heart disease and what worsens conditions.

The main concern for heart disease is consuming too many saturated and trans fats which contribute to the build-up of fatty deposits in the coronary arteries. Some options to reduce your risk are to switch to low-fat or nonfat dairy alternatives, choose berries for snacks, and replace saturated and trans fat with better fats; monounsaturated and polyunsaturated. These better fats can be found in avocados, nuts, seeds, and vegetable oils.

Other options to help reduce your risk are increasing your intake of Omega-3s, antioxidants, potassium, folate, and fiber.

Cleveland Area Hospital has a heart for your heart! See our following list to find tasty, healthy foods to add to your diet!



Asparagus

Asparagus helps to prevent homocysteine, an amino acid linked to increased risk of heart conditions, from building up in the body.¹

Beans, Peas, Chickpeas, & Lentils

Beans, peas, chickpeas, and Lentils are high in fiber, protein, and antioxidants which are beneficial to the heart. These also help reduce cholesterol.²



Berries



Berries are also full of antioxidants which reduce heart disease risk. They are also a source of fiber, folate, iron, vitamins, and low in fat.³

Broccoli

Some studies report that steamed broccoli can lower cholesterol and lower the risk of heart disease.⁴



Dark Chocolate



Dark chocolate helps reduce the risk of heart attack and stroke by protecting against the buildup of plaque inside the arteries.⁵

Chia Seeds and Flax Seeds

Chia and Flax seeds are rich in Omega-3's. They also lower triglyceride levels, lower total cholesterol, and lower blood pressure.⁶



Green Tea



Consumption of green tea has been linked in recent studies to a reduction in blood pressure as well as cholesterol.⁷

Fish High in Omega-3s

Many people are told to increase their fish intake, thus increasing their Omega-3 intake. Omega-3's lower the risk of abnormal heartbeats and slow the growth of plaque in arteries.⁸



Nuts



Almonds, hazelnuts, peanuts, pecans, pistachios, and walnuts are full of many health benefits, including Omega-3 fatty acids.⁹

Liver

Liver contains folic acid, iron, chromium, copper, and zinc which helps to keep your heart healthy.¹⁰



Oatmeal



Oat-based foods can reduce LDL and cholesterol. They are also rich in fiber.¹¹

Spinach

Regular consumption of magnesium can help promote a healthy heart rhythm. Spinach is a great source of magnesium.¹²



Tomatoes



Tomatoes are rich with fiber, potassium, vitamin C, folate, and choline which are all beneficial to the heart.¹³

Vegetables

A healthy amount of veggies each day can help moderate weight as well as blood pressure.¹⁴





**You Got
A Friend
in Us...**

*Happy
Valentines Day!*
from
Cleveland Area
Hospital

Cleveland Area
Hospital
 Welcomes **2019**

and several new services...

TPN Care
 Total Parenteral
 Nutrition



Cleveland Area Hospital now offers TPN Care, allowing patients who are unable to ingest their nutrients by mouth, to receive them intravenously.

3D
Mammography
Coming Soon...

Detecting **41% more** invasive breast cancers than digital mammography.

Respiratory Therapy



People with asthma, pneumonia, emphysema, lung trauma, and more may now seek specialized treatment at Cleveland Area Hospital.



Now
 Introducing:

**Orthopedic
 Manual Therapy**

A Hands-On Approach

Brought to you by LaTisha Ramos, COMT

OMT refers to treatment utilizing hands-on techniques such as manipulation, mobilization, and massage.

Cleveland Area
Hospital

REHABILITATION SERVICES
 Physical, Occupational, Speech, and Sports Therapy

Please Call
 918-358-2501
 Ext. 4701



FREE

Diabetic
Nutrition Class

Featuring Registered Dietitian,
Bonnie Johnson



**Skilled Nursing
 SERVICES**



**SWING
 BED**

SERVICES INCLUDE:

- Wound Care
- Physical, Occupational, and/ or Speech Therapy
- IV antibiotics two or more times per day

MEDICARE REQUIREMENTS:

1 of the above services and a 3 day stay at an In-Patient Facility

Cleveland Area
Hospital

918-358-2501

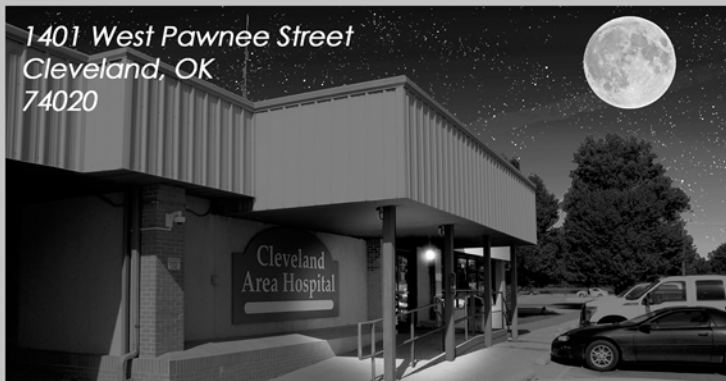
Case Management
 Extensions: 4315 or 4618

Held the **second Tuesday** of every month, 1-3 PM at

Cleveland Area | Call 918-358-2501

Hospital | Ext. 4323 to Attend

1401 West Pawnee Street
 Cleveland, OK
 74020



Our night crew is here for you!

Cleveland Area
Hospital
 918-358-2501

With 24/7 Emergency,
 Laboratory and Radiology Services,
 We are here for you
 when you need us most.

**LAKE AREA
 MEDICAL ASSOCIATES**

Welcomes

Charles O'Leary, PA-C
 Physician's Assistant
 and
Joni Bost, LPN



Monday, Wednesday 7AM-5PM
 Tuesday, Thursday 7AM-12PM
 Call 918-358-3588
 to schedule today!

Cleveland Area
Hospital

