

# Best Health

Serving the families of southeast Kansas

SUMMER 2021

## **Baby on the way?**

Expect the best from  
our three OB-GYNs

## **A provider who knows you best**

Primary care  
providers offer  
complete care

## **Prostate problems?**

What every man  
should know



# Our best for you

We love what we do, and it shows. Here are just a couple reasons you can count on quality at Neosho Memorial.



Awarded Blue  
Distinction Center+  
for Maternity Care  
Blue Cross Blue Shield

## Best in maternity care

We are honored to be a Blue Distinction Center+ for Maternity Care. Earning this designation means we've met the top standards, with the best possible results, for our patients.

"New parents can expect the best in our care," says Dennis E. Franks, CEO of Neosho Memorial. "We deliver safety, compassion and expertise in welcoming the most precious members of our community."

## Best practices at work

Neosho Memorial has achieved a Best Places to Work in Healthcare designation by *Modern Healthcare* magazine for 13 years in a row!

"Providing our patients the excellent care they deserve starts with caring for our team members," says Franks. "From our wellness initiatives to our culture of diversity and so much more, we are proud to be among the Best Places to Work in Healthcare."

# New faces around NMRMC

We are delighted to welcome several new doctors to Neosho Memorial's medical staff. They are joining an outstanding team of highly skilled and well-recognized providers. They are also joining an amazing hospital team focused on providing exceptional care for your family.

As the CEO of one of the largest employers in the area, I look forward to the opportunity to expand our outstanding medical staff. It is important to me that we have access to medical services close to home.

Starting on page 3, you can get to know Matthew Leroy, MD, general surgery; Dawne Lowden, MD, obstetrics-gynecology; and Elizabeth Troilo, MD, family medicine. In our next issue, we will feature family medicine physicians Matthew Strang, MD, and Sean Webb, MD.

Also in our next issue, look for a feature on orthopedic care and providers Alexander Mih, MD; Shane Fejfar, MD; and Brett Olson, PA-C, at the NMRMC Orthopedic Clinic.

Thank you for trusting us with your care.



Sincerely,  
Dennis E. Franks,  
CEO

BEST HEALTH is published as a community service for the friends and patrons of NEOSHO MEMORIAL REGIONAL MEDICAL CENTER, 629 S. Plummer, Chanute, KS 66720, telephone 620-431-4000, nmrmc.com.

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# WELCOME

## new physicians!

More great doctors have recently joined and are joining Neosho Memorial and our community. They're talented, friendly and committed to health care excellence.

*Best Health* caught up with three of our newest physicians to learn a little more about them, their personal interests and their families. We'll meet more providers in the next issue.



**Matthew Leroy, MD, general surgery**

**Q Tell us a little bit about you and your family.**

I grew up in Hutchinson, Kansas, and have family all around southeast Kansas, so I came to this area quite often as a kid. My wife, Brianna, and I have been married about 11 years. We have four kids, ages 3, 4, 7 and 9.

**Q Why did you pick your specialty?**

I've always been fascinated by surgery. While I was in high school I saw a video of someone doing an operation, and I thought it was the coolest thing ever. And since then that's all I really wanted to do. I like having a problem

and being able to fix it and see that through to completion.

**Q What can patients expect when they first meet with you?**

I treat everybody like family. I will try and make everybody feel welcomed and invited. I make decisions with patients, rather than for patients, by including them in that decision-making process. I will always be up front and honest with my patients.

**Q What are some of your hobbies?**

I enjoy anything outdoors, including hunting and fishing. My family and I do a lot of activities together. I like any excuse to go fishing! I enjoy Chiefs football and Jayhawks basketball too.

**Q What drew you to Neosho Memorial?**

I really like a smaller town for raising a family. I've always just wanted to take care of Kansans, and that's what made me want to come here.

**Q What is your favorite healthy tip?**

Keep moving. The more you keep moving, the longer you will keep moving! Try to do whatever you can to stay fit.



# WELCOME



## Dawne Lowden, MD, OB-GYN

### **Q** Tell us a little bit about you and your family.

My hometown is Neodesha, and my family is still here. I'm married to Chris Jabben, who is also from Neodesha. I have three children, and he has four. They range in age from 22 to 32. We also have cats and dogs.

### **Q** Why did you pick your specialty?

I originally wanted to be a family doctor, but then I came into the realization that I wanted to be a surgeon. I'm a surgeon at heart, but I also enjoy taking care of people on a

long-term basis. I enjoy the variety of care that we provide as OB-GYNs.

### **Q** What can patients expect when they first meet with you?

I'm a straight-shooter—very honest with my patients. And I don't try to tell anybody what to do. Instead, I want my patients to participate in making their health care decisions.

### **Q** What are some of your hobbies?

I like to exercise—I especially enjoy running. My family and I like to go camping, and we enjoy travel too.

### **Q** What drew you to Neosho Memorial?

I was ready to get back home. Even though I've lived and practiced in Wichita for almost 30 years, I still consider southeast Kansas home. It's a beautiful part of the state.

I've always admired Cathy Mih-Taylor, MD, for giving such good care to women and have always looked up to her. I'm joining Dr. Taylor at NMRMC Women's Health Center. Chanute has two OB-GYNs, so my goal is to have my Chanute practice and an outreach clinic in Neodesha where I can see patients closer to their homes.

### **Q** What is your favorite healthy tip?

Follow a healthy diet, exercise on most days and get the health screenings that are recommended for you. Try to minimize your intake of processed foods, though I know that's easier said than done!



**Check out** the NMRMC Women's Health Center at [nmrmc.com/clinics/womenshealthclinic](http://nmrmc.com/clinics/womenshealthclinic).

# new physicians!

## Coming soon!

In the next issue, you can look forward to meeting:

- ◆ Matthew Strang, MD, family medicine
- ◆ Sean Webb, MD, family medicine



### Elizabeth Troilo, MD, family medicine

#### **Q** Tell us about you and your family.

I was born in India and moved to England when I was 5. My family then moved to Overland Park, Kansas, when I was 10. My parents and my twin sister, who is a medical student, and her family still live there. I have an older brother in Philadelphia. My husband, Zac Troilo, has a daughter, Jaden, who is 12. We have a dog, Penny, and two cats, Max and Sebastian.

#### **Q** What drew you to Neosho Memorial?

After medical school, I spent a year as an assistant physician in Missouri. That was my first exposure to rural medicine, and I absolutely fell in love with it. Neosho is so supportive, with easy access to specialists. I was 100% impressed by the facility and the staff and by how kind everyone

was when I went through the application process. And the community has been so welcoming!

#### **Q** What are some of your hobbies?

Gardening and working on my roses. I would like to get involved in coaching and refereeing volleyball and tennis, as well as fostering shelter animals.

#### **Q** What can patients expect when they see you at NMRMC Family Medicine Clinic in Chanute?

I am pretty personable and not very formal. I like to get to know people. They can tell me their story, and I will help them without judgment. My patients should find me trustworthy, open-minded and welcoming. All of this on the back of solid medical training from the University of Kansas.

#### **Q** Why did you pick your specialty?

I was offered internal medicine, surgery and psychiatry residencies. It turned out family medicine is the perfect fit. I love caring for grandparents, parents and kiddos. As a family medicine physician, you are able to connect with generations of patients. I don't think that can be beat.

#### **Q** What is your favorite healthy tip?

We all might be guilty of it, but put your phone down before you get in bed—give yourself a few minutes to let your brain cycle down. Also, have a glass of water when you're hungry. Boredom hunger, which a lot of people have, can often be dealt with just with a glass of water.



**Need a provider?** For a complete list of our providers and their appointment information, visit [nrmrc.com/physiciansproviders](https://nrmrc.com/physiciansproviders).



# Baby on the way?

## *How to have a healthy pregnancy*

The two of you haven't even met yet, but you're already in love and want to do everything you can to protect them. We're talking about your baby, of course.

To help ensure that your little one gets the best possible start in life, follow this pregnancy advice from Dawne Lowden, MD, an obstetrician-gynecologist who will join Neosho Memorial in September.



### Healthy moms, healthy babies

We have three OB-GYNs in Chanute:

**Cathy Mih-Taylor, MD**  
**Kari Hamlin, MD**  
**Dawne Lowden, MD**

Read their bios at [nmrmc.com](http://nmrmc.com).



#### **Go to all of your prenatal care appointments.**

Schedule your first visit as soon as you know you're pregnant. During these ongoing visits, your doctor will check to make sure you and baby are healthy. If any problems do come up, such as unexpected high blood pressure or diabetes, your doctor can catch them early. That's when they're often easier to manage.



#### **Keep moving.** Exercise can help with some

common pregnancy complaints like constipation, backaches and tiredness. Good options include walking, swimming, yoga and using elliptical machines. "As a general rule, you can continue any exercise that your body was used to before you got pregnant," Dr. Lowden says. But ask your doctor first.



**Take your folic acid.** Women who could become pregnant should take a folic acid supplement to help prevent birth defects. "And that folic acid should be continued throughout the pregnancy," Dr. Lowden says.



**Avoid eating certain foods.** These include unpasteurized cheeses and milk—which may contain listeria bacteria—and fish with high levels of mercury, such as swordfish or king mackerel. These foods may harm your baby.

"Mercury tends to concentrate in big fish that eat little fish," Dr. Lowden explains. But many types of seafood are safe to eat. To help limit your mercury intake, Dr. Lowden advises against eating any one particular type of seafood more than once a week.



**Finally, don't drink alcohol or use street drugs.** No amount of alcohol is safe to drink while pregnant. Any recreational drug use could also harm your baby.



**NEOSHO MEMORIAL  
REGIONAL MEDICAL CENTER**  
*NMRMC Family Medicine*

## A primary care difference you can feel

Everyone needs a primary care provider for their regular medical care. Why not choose someone who will give you great service and great care?

"We treat our patients like family," says Gennie Wolken-Mullen, APRN-C.

Wolken-Mullen is one of the providers—which include physicians, physician assistants and nurse practitioners—at the NMRMC Family Medicine Clinic in Chanute.

Here's more about what makes our clinic and the providers there so special:

**They can care for your whole family.** Family medicine providers care for people of all ages—from babies to great-grandparents. In fact, some family medicine providers have

treated multiple generations of the same family.

**The service is fast and friendly.** Maybe you need a same-day appointment for your sick child or a fast test result.

"We really work hard to give you a timely response," says Mallori Jacks, PA-C. "We work for you."

Wolken-Mullen adds, "We feel like it's important to provide excellent communication and to treat our patients with respect."

**Convenient health services are available all under one roof.**

Among them:

- ◆ Wellness visits and checkups for women and men.
- ◆ Immunizations (including COVID-19 shots for ages 12 and older).
- ◆ Sports physicals.

- ◆ Treatment for minor illnesses and injuries.
- ◆ Care for chronic diseases, such as high blood pressure and diabetes.
- ◆ Minor procedures, such as mole removal.
- ◆ X-rays and lab tests.

"You can have your lab work and x-rays done within 20 feet of your exam room," says Beth Nothorn, PA-C. "You don't have to go elsewhere for most things. We're a one-stop shop."

**If you need to go to the hospital, the providers can see you at NMRMC too.** This can improve the continuity of your care. They already know you and your health history. And you may feel more comfortable having your regular provider see you when you're admitted at NMRMC.

**The providers specialize in your overall health.** They will take the time to listen and teach you about ways to stay healthy. "We go over preventive medicine, including the need for things like colonoscopies, Pap smears and mammograms," Jacks says.

**The focus is always on you and great care.** "We take the time to really get to know you," Nothorn says. "That combined with our staff being so compassionate makes this a great place to get your care."



### Make the call

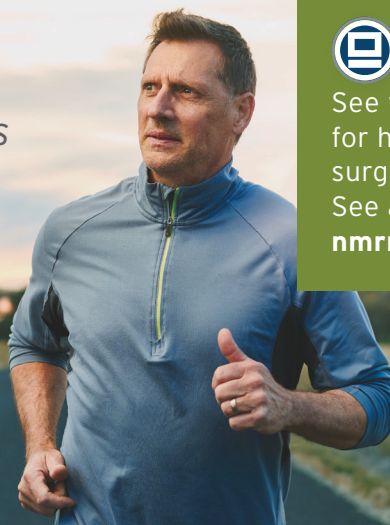
To schedule an appointment with a family medicine provider, call **620-432-5588**.



Babies born at Neosho Memorial between April 1, 2019, and April 1, 2021, are eligible to be featured in our next baby calendar. Parents can visit **nrmrc.com** for details. The deadline to enter is Sept. 1.

# Just for men

*Learn about the latest treatments for prostate problems*



## Don't tough it out.

See your primary care provider for help. And if you need urologic surgery, NMRMC is here for you. See all the procedures we offer: [nrmrc.com/services/surgery](https://nrmrc.com/services/surgery).

Many men have prostate problems as they get older, as the prostate gland grows larger with age. The condition is called *benign prostatic hyperplasia* (BPH). It might cause you to urinate many times a night and have a weak stream.

If you're one of these men, it's important to know you can get the latest in less-invasive treatments at Neosho Memorial, such as:

### **Lasers and UroLift for an enlarged prostate.**

Medications may help BPH. But if they don't, other treatment options may include:

- ◆ **GreenLight laser therapy.** The laser vaporizes prostate tissue that is blocking the channel through which urine flows. The recovery period is quicker than with traditional BPH surgery.
- ◆ **UroLift.** This procedure does not remove prostate tissue. It uses tiny implants to lift and keep the prostate tissue in place, opening the prostate channel, which makes it easier for men to urinate. The recovery period is

only a couple of days.

The right procedure for BPH depends in part on the size of your prostate gland.

"We can do an exam in the office to help you decide what the best procedure is for you," says Jason Robinson, MD, a board-certified urologist at Neosho Memorial.



**Robotic surgery for prostate cancer.** For men with prostate cancer, robotic surgery with the da Vinci Xi robot is available. It's less invasive than other prostate cancer surgeries. And it offers a quick recovery. "People return to work in several weeks instead of months," Dr. Robinson says.

No matter which prostate procedure you may have at Neosho Memorial, you will get the individualized care, education, and expertise you need and deserve.