

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Debra Gaden, RN

Debra graduated from a diploma program at St. Anthony's School of Nursing in 1977. She has worked in many areas such as ER, Medical Surgery, Geriatric Psych, Home Health and school nursing, with Psych and Home Health being her favorites.

Debra lives in the country outside Perkins, has 4 children and 7 grandchildren and she has many interests which include gardening, sewing, knitting, crocheting, horseback riding, swimming and music of any kind.

She has taken classes through the Holistic Nurses Association in Healing Touch and would like to continue these at some point. She wanted to be a nurse since the age of 12 and has been happy with her career choice.



Adult Domestic Violence

By Pamela Murphy, MS

Domestic abuse occurs when one partner in an intimate relationship tries to dominate or control the other person in the relationship. Victims may be women or men in heterosexual or same-sex partnerships and domestic abuse does not discriminate among ages, ethnic groups, or financial levels. If the abuse includes physical violence, it is called domestic violence. Abuse can take many forms however, not just physical force; emotional and psychological abuse, sexual abuse, and economic and financial abuse are all common control issues of an abusive partner. Domestic abuse has one main purpose: to gain and maintain control over the victim. It is not due to the abuser's loss of control over their behavior. It is a deliberate choice made by the abuser to take control over a partner.

If you feel you may be in an abusive relationship, ask yourself these questions:

- Do I feel afraid of my partner much of the time?
- Do I avoid certain topics out of fear of angering my partner?
- Do I feel that I can't do anything right?
- Do I believe that I deserve to be hurt and mistreated?
- Do I feel emotionally numb or helpless?

The more "yes" answers you gave, the more likely it is that you're in an abusive relationship. There is help for domestic abuse. In Stillwater, the Stillwater Domestic Violence Services are available. The crisis hotline is: 405-624-3020 or 1-800-624-3020. A nationwide toll free number is also available 24 hours a day, 7 days a week: 1-800-SAFE (7233). You may also receive help by calling 911.

Tip of the Month: Breast Cancer Awareness

By Jan McVay

Start with a plan of action personally designed for you. A three step plan would be yearly mammograms, clinical breast exams by your physician as a part of your yearly wellness check-ups and routine breast self-examinations. Begin your action plan today as early detection is the best prevention. For more information, you may call Cimarron Medical Services at 405-377-9735 and ask for Jan.

Creole black-eyed peas

Ingredients

- 3 cups water
- 2 cups dried black-eyed peas
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 2 cups canned unsalted tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley

Directions

In a medium saucepan over high heat, add 2 cups of the water and black-eyed peas. Bring to a boil for 2 minutes, cover, remove from heat and let stand for 1 hour. Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, mustard, ginger, cayenne pepper and bay leaf. Stir together and bring to a boil. Cover, reduce heat and simmer slowly for 2 hours, stirring occasionally. Add water as necessary to keep the peas covered with liquid. Remove the bay leaf, pour into a serving bowl and garnish with parsley.

Vascular Screening

Cimarron Medical Services

723 Eastgate

- Phone: 405-377-9735
- Toll free: 1-800-368-1346
- www.cimarronmedical.com



824 South Walnut

- Phone: 405-624-6578
- www.stillwater-medical.org/hh



Vascular Disease Screenings use ultrasound to examine the carotid arteries and the abdominal section of the aorta. In addition, it checks the arterial pressure in the legs. They are designed to detect vascular disease early – before symptoms appear and before individuals have been diagnosed with vascular disease. Below is a brief explanation of each vascular screening exam and why it may be a valuable tool in saving your life.

Carotid Artery Screenings

The carotid artery exam screens for plaque build-up in the main arteries that supply the brain with blood. Stroke occurs when blood supply to the brain is interrupted by a burst vessel or clogged artery. More than 50% of stroke victims have no warning signs. Stroke is the third leading cause of death in the US and the leading cause of disability in adults, responsible for the majority of nursing home admissions. About 700,000 people suffer strokes each year.

Aortic Aneurysm Screening

The aortic aneurysm occurs when the walls of an artery weaken and the pressure from within causes the walls to bulge outward. If the walls bulge too much, rupture can occur. The aortic aneurysm screen looks for these bulges. Most patients experience no symptoms until a rupture nears. According to the American Vascular Association, more than 15,000 Americans die from ruptured abdominal aortic aneurysms each year.

Peripheral Arterial Disease Screening

Peripheral Arterial Disease (PAD) is a vascular condition in which the arteries supplying blood to the lower extremities become narrowed or clogged by plaque. Not only does this cause leg pain, but it is also a very strong indicator of coronary artery disease. However, about 50 percent of people with PAD do not have any symptoms at all. Those who have PAD have a 2-3 times greater risk for stroke and four times the increased risk for heart attack. The Peripheral Artery Disease scan is a doppler exam that quickly determines if there is any impairment in the circulation to the limbs and can identify blockages in the leg arteries.

Testing is offered at Stillwater Medical Center on Wednesday afternoons for \$ 99.00.
You may call Central Scheduling at 405-742-5622 to schedule your test.

Advance Directives

By Pamela Murphy, MS

What is an Advance Directive?

An advance directive is a legal document signed by a competent person giving direction to health care providers about medical treatment choices in certain circumstances. As long as you are competent, you are the only person who can decide what medical treatment you want or do not want to receive. Your doctors can give you information and advice, but only you can decide whether you choose the treatment or not. It is wise to include family members or a close friend in your decision making process and spend time together discussing your wishes about your medical treatment.

Someday you may become too sick to make your own decisions about your medical care, and if that happens, decisions will have to be made for you. The advance directive allows you to convey your decisions about your medical care and treatment. It allows you to name the person(s) whom you would like to make treatment decisions for you if you are unable to do so. It also states how you feel about ventilators, surgery, drugs, resuscitation and feeding tubes if you are unable to speak for yourself regarding these matters.

Every adult should have an advance directive, regardless of age. You can change the document at any time and you should review it each year to be sure it still reflects how you want to be treated and names a person you trust to make medical decisions for you. To get more information about advance directives, or to get your own, talk to your healthcare provider.

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