

Falls
COMMUNITY
HEALTH

New name for us. Same quality care for you.

informed



Sioux River Valley
Community Health Center
has changed its name.

Our clinic has moved!



CALENDAR OF EVENTS

February 18—Clinics closed for Presidents Day

May 26—Clinics closed for Memorial Day

Health Clinic Hours

Monday–Friday: 8 a.m. to 5 p.m.

Monday evenings: 5 p.m. to 9 p.m.

To schedule an appointment, call 367-8793

Dental Clinic Hours

Monday–Thursday: 8 a.m. to 5 p.m.

Friday: 8 a.m. to 1 p.m.

To schedule an appointment, call 367-8022

We are located at 521 North Main Avenue in the Siouxland Health and Human Services Building, east of the Minnehaha County Courthouse.

In August Falls Community Health moved to the Siouxland Health and Human Services Building at 521 North Main Avenue.

The clinic is located on the southwest corner of Fourth Street and Main Avenue, connected to the Multi-Cultural Center.

There are two public entrances into the building, one on the east side of the building (Main Avenue), and one on the west side, adjacent to the parking lot. There is also street parking available on Fourth Street and Main Avenue.

We are very excited to have this new beautiful space and hope you find it accommodating to your family's needs.

Speak up during your visit to the doctor

*Become a partner
in your health care*

Many people go to the doctor ready to just listen and let the doctor take the lead. But the best patient-doctor relationships are partnerships. Find a primary doctor that you trust and feel comfortable talking to. Taking an active role in your own health care is an important part in getting the best care possible.

Tips for your doctor visit:

- Make a list, in advance, of the things you want to discuss at your appointment.
- Bring in a complete list of your medicines, vitamins and supplements.
- If you don't understand something your doctor is saying,



- ask questions until you do understand.
- Take notes, or get a friend or family member to take notes for you.
- Ask your doctor to write down instructions for you.
- Ask your doctor for printed material about your condition.
- Don't forget that other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them too.

Screening for colorectal cancer can save lives

What is colorectal cancer?

3 *Cancer that occurs in the colon or rectum.*

Who gets colorectal cancer?

- 3 Both men and women
- 3 Most often found in people 50 and older
- 3 The risk increases as you get older

Colorectal cancer is the second leading cancer killer in the U.S.

- 3 If everyone over 50 had regular screening tests, at least

one-third of deaths from this cancer could be avoided.

Screening saves lives.

- 3 People who have colorectal cancer sometimes don't have symptoms.
- 3 Screening tests can find colorectal cancer early. When found early, the chance for being cured is good.

For more information, visit www.cdc.gov/screenforlife

Falls Community Health is pleased to announce . . .

We have been selected as a pilot program to participate in colorectal screening. At your next visit we will offer free take-home screening cards to those who are 50 years or older. Please ask your nurse or health care provider for more information.



“Take care of your body. It’s the only place you have to live.” –Jim Rohn



Wake up to the risks of shortened slumber

Do you toss and turn at night, having problems falling or staying asleep? Do you have trouble staying awake and alert during the day? You could be one of the estimated 50 to 70 million Americans who have a sleep disorder.

Too little sleep can seriously affect the way we think, behave, form memories, and perform at work and school. A continued lack of sleep also puts us at a risk for mood disorders such as depression and can lead to poor concentration and poor judgment, social problems, greater risk of car crashes, and increased risk of substance abuse.



Our body's sleep hormones can become misaligned and contribute to problems with metabolism and our cardiovascular system. People who get less sleep tend to have higher rates of obesity, heart disease, high blood pressure and diabetes.

There are over 70 different types of sleep disorders. If you are experiencing sleep problems, talk to your doctor or a sleep specialist.

Tips to getting a good night's sleep:

- Keep a regular sleep and wake schedule.
- Avoid caffeine, cigarettes, and alcohol in the late afternoon and evening.
- Sleep in a dark, quiet, well-ventilated space with a comfortable temperature.
- Relax before going to bed.
- Get regular exercise, but avoid exercise within two hours of bedtime.
- Use sleep aids only for short periods of time and under the direction of your doctor. Some may cause daytime drowsiness and other side effects.

The Tooth Fairy Fund

Falls Community Dental is pleased to announce a special dental fund created due to the generosity of a former board member.

The purpose of this fund is to provide matching funds to low-income adults age 25 years old and older that require extensive dental care.

Any dental patient age 25 years and older and eligible for the sliding fee may apply. Verification of income is required.

Dental minimum payment has gone from \$25 to 35, effective January 1. Please come with your insurance or Medicaid card and income verification. We now accept Visa, Mastercard and Discover card.

Sounding the alarm about sleep apnea

Over 12 million Americans have obstructive sleep apnea. During sleep, people with this condition may stop breathing more than ten times an hour. Sleep apnea is often caused by an obstruction to the airway opening. This obstruction causes trouble breathing and lowers the oxygen level in your blood. Anyone can suffer from sleep apnea.

Some signs and symptoms of sleep apnea:

- Loud, chronic snoring
- Choking or gasping during sleep
- Fighting sleepiness during the day when you thought you'd gotten enough sleep the night before
- Morning headaches
- Mood swings or personality changes; perhaps feeling depressed
- Dry throat when you wake up

If you or someone you know notices these symptoms, discuss them with your doctor. There are several effective treatments for sleep apnea.





Happy 2008 from Falls Community Health

Prescription Refills
 Due to the high volume of requests that the clinic receives to refill medications, we are unable to do same-day refills. Please allow 24 hours when calling for refills. This will allow the physician time to review your medical record and to make the appropriate medication order.

Do not wait until you are completely out of all of your medications before calling in. Check with the pharmacist to inquire if you have refills on your prescriptions before calling the clinic. Please call the clinic before 4 p.m. for all medication requests so they can be addressed within 24 hours. Thank you for your cooperation.

'SIGH' diabetes clinic moves to Falls Community Health

Located in our building at 521 North Main Avenue in the county classroom upstairs. The service is free.

SIGH: Stepping Into Good Health Project

Step into good health and learn about diabetes and healthy heart promotion as well as self-management and disease prevention. Use one or all of the free services!

Services include:

- ☛ Professional foot care
Includes a foot bath, toenail trimming, buffing, massage, and a new pair of socks
- ☛ Blood glucose screenings
- ☛ Cholesterol screenings
- ☛ Diabetes education
- ☛ Healthy heart education



Open Tuesday, 12:30 to 4 p.m. Questions? Call 360-5540.