

OUR FAMILY OF CLINICS

Pella Medical Clinic
405 Monroe Street
Pella, Iowa 50219
641.621.2200

Bussey Family Health Center
411 Merrill Street
Bussey, Iowa 50044
641.944.5813

Knoxville Family Health Center
1208 N. Lincoln
Knoxville, Iowa 50138
641.828.3832

Monroe Family Health Center
100 E. Sherman
Monroe, Iowa 50170
641.259.2155

Sully Family Health Center
704 Third Street
Sully, Iowa 50251
641.594.3150

Emergency Department/ Urgent Care
404 Jefferson Street
Pella, Iowa 50219
911 or
641.628.6682

We Specialize in Your Family's Good Health

A healthy lifestyle begins with a healthy relationship with your doctor. You need someone you can trust. You need someone who treats you like an individual. You need someone to be your partner in good health. These primary care providers are here to help you and your family live a healthy life.

Dr. Mitch Blom, Pella	621.2414	Dr. John Kanis, Pella	621.2403
Dr. Rob Bruxvoort, Pella	628.6677	Dr. Lonnie Lanferman, Knoxville	828.3832
Dr. Ron Childerston, Pella	621.2461	Dr. Kevin Mace, Knoxville	828.3832
Dr. Danielle Clark, Pella	621.2407	Dr. Richard Posthuma, Pella	621.2413
Dr. David Daining, Pella	621.2401	Dr. Dale VanderBroek, Pella	621.2402
Dr. Molly D'Costa, Pella	621.2409	Dr. Nancy VanderBroek, Pella	621.2412
Dr. David Fredrickson, Pella	621.2411	Dr. Galyn VandeZande, Pella	621.2406
Dr. Nancy Johnson, Monroe and Sully	259.2155 594.3150	Dr. Craig Wittenberg, Pella	621.2405
		Dr. Emily Hayden, Pella	621.2415



Dr. Russ Bandstra discusses options with patient Kenneth Caylor.



A Two Way Street—Talking with your Doc

If you want the best healthcare possible, you need to do more than just follow doctor's orders. You need to form a relationship with your doctor that includes healthy two-way communication. Here are some tips from the American Academy of Family Physicians to help you and your doctor improve your health together.

Make sure you tell your doctor:

- Any symptoms you are having.
- Your health history. You can create a 'health journal' for yourself in a notebook and bring it to appointments.
- Personal information, including whether you are stressed or if your life is changing.



Dr. Molly D'Costa with patient Brenda Becker.

- Any medicines you are currently taking. Bring them with you or create a list of them.
- Any side effects you have from your medicine, especially if it makes you feel sick or if you think you may be allergic to it.
- Any vitamins or supplements you take.
- Any x-rays, test results or medical records you have.

If you don't ask questions, your doctor will assume you've understood everything that's been discussed. It's also important to ask questions if:

- You don't understand something.
- You have questions before the appointment. Write them down and bring them with you.
- You need more time to think about something. You may have to schedule a second appointment if you want another opinion.

After your appointment, be sure to:

- Take any notes you've taken with you.
- Take any written instructions from your doctor with you.
- Take any brochures or educational materials with you.
- Call back later if you feel worse or have problems with your medicine.

Getting the GreenLight for Prostate Treatment

If you're a man of a certain age—or if you're married to one—you've probably heard the term. It's "enlarged prostate" and it affects more than 14 million men in the United States. More than half of all men over the age of 50 have it, and by age 80, nearly 80% do. Each year, more than 140,000 men have an invasive surgical procedure to treat the condition. Our urology specialist at PRHC, Dr. Russ Bandstra, has performed these surgeries for years.

Doctors and other medical professionals call the disease Benign Prostatic Hyperplasia (BPH), which means a non-cancerous enlargement of the prostate. Its symptoms include difficulty in urinating, painful urination, a reduced urine stream and a frequent need to urinate, especially at night. Now there is a new safe, non-invasive laser treatment for men suffering from enlarged prostate—it's called GreenLight PVP™ Laser Procedure and it's available here at PRHC.

"The standard treatment for enlarged prostate for the last 50 years has been a procedure called TURP (Trans Urethral Prostatectomy)," explains Dr. Bandstra. "TURP works well but requires hospitalization and also often requires prolonged catheterization. The search for a successful, but less invasive treatment for BPH has been going on for many years, and we have finally found it with GreenLight PVP™. The results are very similar to the traditional TURP procedure, yet it is less invasive and prolonged catheterizations and hospital stays are not needed."

The GreenLight PVP™ Laser Procedure offers immediate relief to urinary symptoms and restores a strong urine stream. Patients who undergo the procedure are commonly released from the hospital within a few hours (many without a catheter) and can return to normal non-strenuous activities within a week. The procedure has been proven safe, effective and durable in clinical studies conducted over a five year period at several leading medical institutions.

If you would like to schedule an appointment with Dr. Bandstra to discuss BPH or the GreenLight PVP™ Laser Procedure, please call his office at **641.236.4323**.

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SPOTLIGHT ON HEALTH

December, 2005

Providing
healthcare
and
healing
services
with
Christian
compassion

Pella Regional Health Center
Our Mission: to Provide Healthcare and Healing Services with Christian Compassion

Our Doctors Services Patients & Visitors Locations

Urgent Care Center will start 2006 with New Hours [Read More...](#)

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Welcome

Welcome to the corner of the web that Pella Regional Health Center calls home. There's a lot out there, so thank you for taking the time to stop by and check us out. We're excited to present to you an improved Pella Regional Health Center website. We are always on the look-out to improve our services to you, and this is one of the latest. You'll find new secured features, such as: online bill payment, pre-registration for your hospital or doctor's appointment, an online job application, and patient requests. Patient Requests are for you to request a future athletic physical, annual physical or a well-child/baby check or to request your medical records.

We've added some pretty neat things too that include a Send-A-Smile e-card that you can send to a patient or resident here at Pella Regional to let them know you are thinking of them. Our Webnursery has been redone and renamed, Peek-A-View, to include a birth announcement that you can print out and show friends and families your latest addition.

Thanks again for stopping by.

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+ Peek-a-View
+ Patient Requests
+ Pre-register for Your Appointment
+ Pay Your Bill
+ Sign up for Class
+ Send-a-Smile

Privacy Policy Site Map

Welcome to our World (Wide Web)

Our new website not only gives you information, it helps you make appointments, schedule classes, pre-register for your visit and even apply for a job!

New Year, New Hours, Same High Quality Care

PRHC's Urgent Care Center Starts 2006 with New Hours

In a spirit of cooperation and with the goal to lower health care costs, Pella Regional Health Center began a pilot Urgent Care project in 2002 with support from Wellmark, Pella Corporation and Vermeer Manufacturing. This project established our Urgent Care Center next to our Emergency Department to offer Urgent Care services 24 hours a day, seven days a week.

Three years after opening, we've evaluated the Urgent Care program with Pella Corporation and Vermeer Manufacturing. We confirmed that seeing your primary care physician is your best choice for medical care because your doctor knows your medical history and can provide excellent follow-up care. We are creating new ways—such as the updates to our website—to make it easier to see and contact your doctor in the clinic. We all agreed, though, that in order to provide the best care for you and your family, we still needed to provide an Urgent Care Center during peak non-clinic hours.



Betty Sels, RN, Dr. Matthew Gritters, and Sherri Church, RN, of Pella Regional Health Center's Urgent Care Center, work together to provide high quality, "after hours" care to the community.

PRHC's Urgent Care Center is an alternative choice for non-emergency problems when our regular clinic is closed. The Urgent Care Center can treat minor illnesses and injuries like strep throats, ear infections, and minor burns, cuts or bumps and bruises. More serious injuries or illnesses are best treated in the Emergency Department, and your primary care physician should be the contact for chronic problems like diabetes.

**Effective January 1, 2006,
PRHC's Urgent Care Hours will be:**
Monday-Friday 4pm-9pm
Saturday 9am-2pm
Sunday 12 noon-5pm

Just as in the past, our Urgent Care Center will be staffed with experienced doctors and nurses. A Triage Nurse will evaluate your needs at all times to determine whether Emergency or Urgent Care is needed. During non-Urgent Care hours, however, the only service available will be Emergency Care, so at those times you will be charged for an Emergency Department visit.

PRHC's Urgent Care will have hours every night and weekend. The change in our hours does not change our commitment to provide you with quality, after-hours medical care.

PRHC's Urgent Care Center is located next to the Emergency Department at 404 Jefferson Street in Pella. The phone number is **641.628.6682**.

www.pellahealth.org

The Corner of the World Wide Web that We Call our Home (Page)



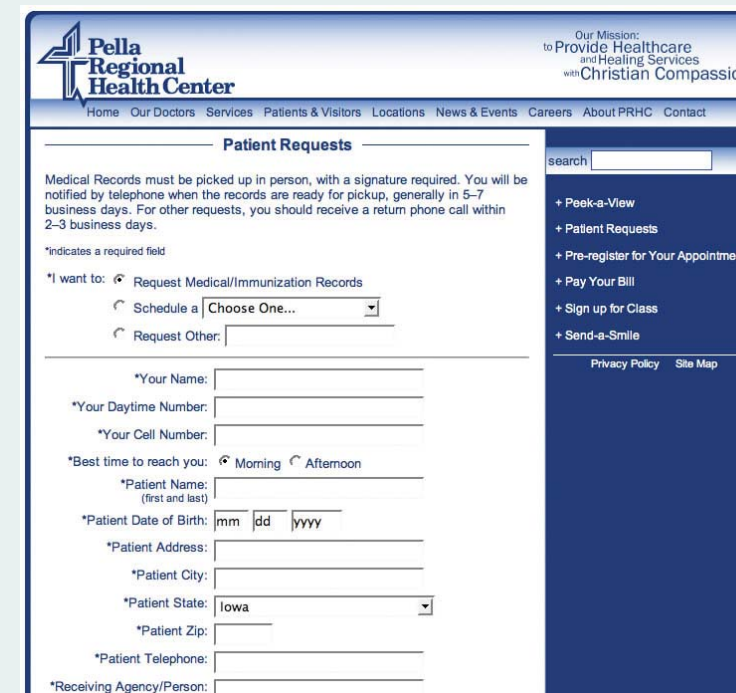
Our New Home Page at www.pellahealth.org

We've got a new corner of the world to call our home—a corner of the worldwide web, that is. It's our new and improved website that's still at our same website address, www.pellahealth.org.

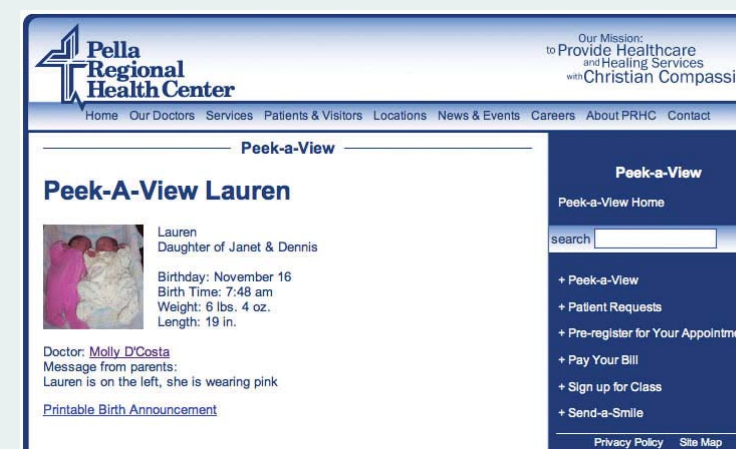
We're very excited about the new features and services we're able to bring you. The website has high-level security, so now it's safe to exchange personal information with us. These new, secured features include online requests for a doctor's appointments in the clinic, online requests for your medical records, online job applications, online bill payment, and the ability to pre-register online for your doctor or hospital appointment.

We've also included some really fun features like Send-A-Smile and Peek-A-View. Send-A-Smile will allow you to send an online greeting card to one of our patients or residents, just to let them know you're thinking about them. And Peek-A-View is an update of our very popular WebNursery. Now, in addition to looking at the babies, you can print out a birth announcement from the website to share with your friends and family.

Please take a few minutes to come visit our new home on the web—we think you'll find a lot of new things you like while you're there!



The Patient Request Screen can be used to request a copy of medical records or schedule a future annual or athletic physical or well-baby/child check-up.



Peek-A-View is our new web nursery. It also gives you the option to print out a birth announcement to share with your friends and family.

Building a Foundation for Quality Healthcare

Recently, the Pella Regional Health Center Board of Trustees activated the Pella Regional Health Center Foundation. The primary purpose of the foundation will be to focus on a long-term endowment that will ensure quality healthcare to the region for years to come.

Interest in reactivating the foundation came after a generous \$2.5 million gift from the Franklin "Hap" and Frances Van Gorp Estate earlier this year. The estate specified that one half of the gift be used for future acquisition of land or facility to expand PRHC and that the other half be used to create an endowment. Earnings from the endowment are to be used for renovation of existing facilities; the first of these projects was the modernization of kitchen facilities at Fair Haven East.

"Hap's loving spirit will continue through the gifts he has left to our community," said Bob Kroese, CEO of Pella Regional. "His gift is one that will truly make a difference to his loved ones, friends and neighbors in the years to come. It was a generous and unselfish gift, and we are truly grateful."

The gift did bring the need to plan for the future of healthcare in our community to the front of everyone's mind.

The Pella Regional Health Center Foundation will, from 2006 forward, continue fundraising to receive gifts and endowments for various projects that will benefit the delivery of healthcare to the region. Although some of these projects will be capital projects, others will focus on aspects of care, such as spiritual services.

Those who have volunteered to serve on the Foundation's Board of Directors are John Vander Wert, Roger Stoll, Dave Chiles, Dr. Dale VanderBroek, Dan De Cook, Gary Timmer, Gloria Valster, Bob Kroese, and Barb Braafhart.

Barb Braafhart, who will also serve as the Chief Development Officer for the Foundation, added, "It's our hope that the Pella Regional Health Center Foundation will not only have a positive impact on the healthcare we can provide today, but that it will also provide a lasting legacy so that the high quality of care can continue well into the future."

Information on the Pella Regional Health Center Foundation is available by calling **641.628.6625**.