

# the pulse

A publication by Patterson Health Center

Holiday 2021/22

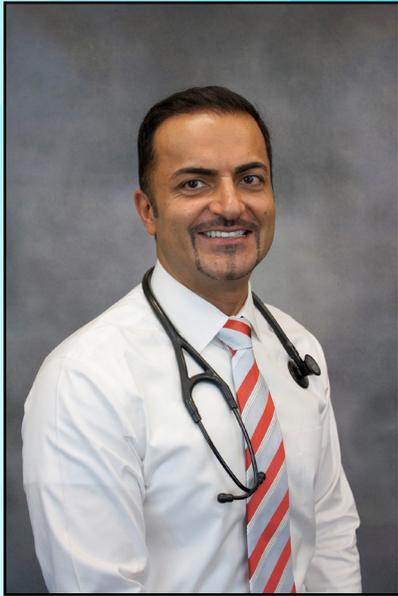


## FIGHT THE BLUES

*this winter*

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## Get to know Dr. Nizar Kibar

*Dr. Nizar Kibar, MD, studied medicine at the American University of Beirut and graduated in 1997 before moving to the United States from Lebanon. He went to the University of Kansas Medical School in Wichita and then to St. Louis, Mo. for a fellowship in geriatrics. Finally, he did six months of pain and palliative care at the National Institutes of Health (NIH) in Maryland. He regularly volunteers at the Mayflower Clinic in Wichita, where he received the “Kansas Health Foundation Hero award in 2018.*

### **What is your favorite thing about working in rural healthcare?**

It's more focused on patient care, as it's not part of a huge health system. You get things accomplished quicker.

### **What's your favorite book to read?**

My favorite books are Sophie's World and Homo Deus.

### **What is something you're most proud of?**

Volunteering at the Mayflower Clinic in Wichita every other Saturday for many years, which landed me the Civic Health Heroes by the Kansas Health Foundation in 2018.

### **What is your favorite food?**

Lebanese/Steak/Italian

### **What is the first thing you do in the morning?**

Put in my contacts (I'm half blind without them).

### **What is the best compliment you've ever received?**

How good at am at what I do (from other physicians).

### **Are you a sports fan? If so, what teams?**

CHIEFS, CHIEFS, CHIEFS.

### **When you were a kid, what did you want to be when you grew up?**

A teacher or a physician.

### **What is your favorite season? Holiday?**

Spring & Thanksgiving

### **What is your favorite movie?**

“Braveheart” or “Dumb and Dumber”

### **What motivates you?**

Humanity and Kindness

### **What is your favorite chore around the house?**

Fixing small things. My grandpa was a carpenter.

### **What is your idea of a perfect day?**

Friends, beer and good food.

# 5 flu shot facts



## Vaccines help prevent the flu

If you get the shot, you're at least 60% less likely to become infected with the influenza virus.

## Vaccines can NOT give you the flu

Flu viruses used in the shot are inactivated, so they can not cause an infection.

## It's not too late to get vaccinated

While most people want to be vaccinated through the holidays, the flu can happen at any time - especially during the winter months. It takes 2 weeks for antibodies to develop.

## The nasal spray is not as effective

**Patterson Health Center** does not offer the nasal spray. You should get the shot to be properly vaccinated.

## The flu shot is changed annually

Scientists change the shot every year to protect against the highest risk/actively circulating strains of influenza.

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Whether you get the shot or not, this soup will help you through those blustery winter months.

## Creamy Chicken Ramen Soup

### Ingredients

- 1 Tbsp. coconut oil
- 1 yellow onion, chopped
- 2 red bell peppers, chopped
- 1 large carrot, cut in thin 2" pieces
- 2 cloves garlic, minced
- 1 Tbsp. curry powder
- 1/2 tsp. cayenne pepper
- Kosher salt
- 2 (13.5 oz) cans coconut milk shaken well
- 3 c. chicken broth
- 2 c. shredded rotisserie chicken
- 1/3 c. chopped fresh cilantro, plus more for garnish
- 1 package ramen noodles, reserve seasoning for another use
- Lime wedges, for serving

### Recipe

In a large pot over medium heat, heat coconut oil. Add onion, bell pepper and carrots and cook until tender, 6-8 minutes. Add garlic and stir until fragrant, 1 minute. Add curry powder and cayenne and season with salt. Stir until combined.

Pour over coconut milk and chicken broth and bring to a simmer. Add shredded chicken, cilantro and ramen noodles and cook until noodles are al dente.

Garnish with cilantro and lime.

<https://www.delish.com/cooking/recipe-ideas/recipes/a49382/asian-chicken-noodle-recipe/>





# Running off holiday blues

While the holidays are a time of celebration and cheer, they can also be a challenge for some. Whether they  
Dan Miller, M.A., LCPC, TLMAC, BCPCC, offers some tips on improving mental health over the holidays.

### **Try to set reasonable expectations**

Not every holiday can be a Norman Rockwell painting. You can avoid setting yourself up for disappointment. How might you ask? You're not in a contest. It is perfectly fine if you are unable to make everyone's wishes come true, on finances these days, or if time is not a luxury you can afford.

Have reasonable expectations concerning what is feasible and what is not. Focus your holiday celebrations on the things that are truly important: love, health, and fellowship.

### **Steer clear or limit difficult problems**

The world will not come to a catastrophic end if you decide this year to miss a social gathering or duck out of an engagement a little early. It might be an

annual event that gives you distress. It is quite all right to decide to decline an invitation or minimize your time with particularly disagreeable people or events that typically lead to you feeling sad or upset. There is no need to feel guilty for taking a break.

### **Stay active – physically and socially**

During this time, days and evenings are a bit shorter. This tends to not help much. Keep in mind though, exercise and getting a little sun is good for you. It can boost your mood for several hours based on recent studies. Take a little time out for friends and social activities you find enjoyment in doing. Visiting with others can go a long way in preventing feelings of isolation (loneliness) and promotes a more relaxed mood.



If you've lost a loved one or won't be around family, **Patterson Health Center** knows the pain some may experience. If these tips can't help, Dan and his team are here. Call us at (620) 914-1200 to make an appointment.

**It has been proven that having gratitude promotes a more positive attitude.**

Take time to think about all the ways in which you've been blessed or fortunate. If you dwell on the negative you are more inclined to focus on things that are not quite that important, overlooking things that are.

**Be generous with others and yourself.**

When you give to others, it can help you to feel more grateful that you probably have a lot to be grateful for this year. Even the smallest of gestures may mean more to others than you think. So, visit an elderly relative, or pay a visit to a neighbor. Dig a little deeper when tipping a waiter or waitress who is serving you. Babysit your friends' kids while they shop for gifts. Also, don't forget to include yourself in the season of giving.

Set aside time or money to give yourself something special. You deserve it!

**Remember that a new year is just around the corner**

Utilizing a calendar can be beneficial. How might you ask? They can be beneficial in helping you offset potential negative feelings. Locate a calendar, drawing a circle around the date January 1st. The reason being this holiday season will be over before you know it. Like the rest of the holidays every year. More than likely, you will feel a whole lot better after midnight on New Year's Eve.

**Get help if you need it**

Here at Patterson behavioral health, we are only a phone call away and willing and able to help you navigate your way.

## Telehealth Visits



**Patterson Health Center** still offers telehealth visits for those who can not make it out to the clinic. These are great for everything from treating sinus problems to sore throats to caring for migranes and allergies.

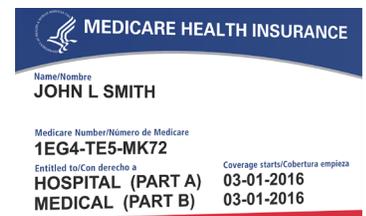
If you're not feeling well enough to visit PHC or you can't leave your home for another reason, Providers at PHC are here for you. See one of our providers from the comfort of your own home with a HIPAA compliant system.

Telehealth visits are available from 8 a.m. to 5 p.m. Monday through Friday by appointment only. Call us at (620) 914-1200 to schedule an appointment.

## Insurance cards

With the new year ahead, this is just a friendly reminder to bring in your insurance card to **Patterson Health Center**. Whether it's a Medicare card or any other insurance card, PHC wants to ensure that the correct insurance is being billed.

If you have any questions about your insurance, please give us a call at (620) 914-1200.





**Anthony  
Wellness  
Center**



## DME, Wellness Center move downtown

A building remodel and friendly faces will greet people as they walk in the doors of both the Anthony Wellness Center and the South Central DME. The businesses are making themselves at home in their new location in downtown Anthony.

Visit 305 and 309 W. Main St. in Anthony to check out the store and the wellness center. The DME serves a large portion of south central Kansas, by providing diabetic footwear, wheelchairs, lift chairs, aides to daily living, respiratory supplies, orthopedic supplies, oxygen and more.

The wellness center offers access to exercise equipment, free weights, curl bars, strength classes and more. Mention the newsletter and get a week free at the wellness center. Business owners can also encourage their staff to join by getting a corporate membership.

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## Holistic Pain Management

Did you know you can get non-surgical/non-opioid pain management right here in Harper County? Holistic Pain Management has partnered with **Patterson Health Center** to provide a unique way to diagnose, treat and control pain. This is a great option for anyone who has experienced chronic pain, or pain lasting for more than 6 weeks. You do not need to have a doctor's order to schedule an appointment.

To schedule an appointment, please call **Patterson Health Center** at (620) 914-1200. Learn more about patient treatment options by calling (833) 923-2295 or visiting [hpm.health](http://hpm.health).



## PROVIDER DIRECTORY

### OUTPATIENT SPECIALTY CLINIC



Dr. Ethan Leavitt  
Patterson Health Center  
*Mon, Tue, Thurs, Fri*  
Conway Springs Rural Health Clinic - *Wed*



Dr. Nizar Kibar  
Patterson Health Center  
*Mon, Tues, Wed, Thurs, Fri*



Chuck Caddy, RPA-C  
Patterson Health Center  
*Every Weekday*  
*(Not accepting new patients)*



Elizabeth Caudillo, RPA-C  
Conway Springs Rural Health Clinic  
*Mon, Tues, Thurs, Fri*



Leah Gerdes, APRN  
Patterson Health Center  
*Mon, Tues, Thurs, Fri*



Karlie Parker, APRN  
Patterson Health Center  
*Tues, Wed, Fri*  
Attica Rural Health Center - *Mon*

#### CARDIOLOGY

Dr. Husam Bakdash - 2nd and 4th Thursday afternoon  
Dr. Christian Hourani - 1st Wednesday of the month  
Dr. Patrick Ters - 3rd Wednesday of the month

#### DERMATOLOGY

Dr. Kumar Vellaichamy - Every Monday afternoon

#### FOOT/ANKLE/PODIATRY

Dr. Scott Gordon - 2nd Friday morning of the month

#### HEMATOLOGY/ONCOLOGY

Dr. Phu Truong - Wednesday afternoon, every 4 weeks

#### OB/GYN

Dr. Maggie Woods - 3rd Monday of the month

#### ORTHOPEDIC

Dr. Damion Walker - 1st Monday of the month

#### ORTHOPEDIC SURGEON

Dr. Suhail Ansari - 2nd Friday of the month

#### GENERAL SURGERY

Dr. Samantha Beck - 1st & 3rd Wednesday of the month  
Dr. Scott Porter - Every Tuesday  
Dr. Craig Sudbeck - Every Tuesday

#### UROLOGY

Dr. J. Andrew Jensen - 1st and 4th Thursday

MRI - Every Wednesday

#### PAIN MANAGEMENT

Clinic - Spencer Anderson, PA - 1st and 3rd Tuesday  
Procedures - Jason Werth, CRNA - 2nd and 4th Monday



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Attica, KS  
620.254.7272



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Conway Springs, KS  
620.426.2411