



Hannibal Clinic Chronicle

July 2010

Upcoming Events:

Hannibal Clinic is sponsoring the Water Station at the 5K turnaround at the Hannibal Cannibal - Saturday, July 3rd

\$10 Sport Physicals

Wednesday, August 4, 5-8 p.m.

Thursday, August 5, 5-8 p.m.

Sports physical forms are located online at www.hannibalclinic.com.

Parental consent is required.

Payment is due at time of services.

Need a physician?

Call our intake referral line at (573) 248-DOCS.

Hannibal Clinic's June Employee of the Month:

Errin Black

Nurse for Surgeon
Dr. Henderson



Sleep Tight, Tonight

(Hannibal, MO) – “Adults should sleep between seven and eight hours a night,” says Dr. Buthaina Richeh, Hannibal Clinic Internal Medicine physician. However, the elderly do not require as much sleep.

Although some people feel rested on as few as five hours of sleep a night, researchers have found that people who sleep so little over many nights don't perform as well on complex mental tasks as do people who get closer to seven hours of sleep a night.

Dr. Richeh suggests the following to get good, restful sleep every night.

1. Avoid the buzz. “Don't drink alcohol or caffeine within 4-6 hours of bedtime,” suggests Dr. Richeh. “Alcohol may help you fall asleep initially, but it can disrupt the quality of your slumber and cause you to wake up during the night. Caffeine stimulates the brain and keeps you awake.”

2. Keep your bedroom quiet, dark and comfy. Dr. Richeh says to eliminate disruptive sounds and light such as making the snoring dog leave the room or covering your illuminated alarm clock.

3. Keep it cool. “Low body temperature helps promote sleep,” says Dr. Richeh. “Try to keep your thermostat between 69-72 degrees Fahrenheit. Also, use lighter pajamas and blankets rather than heavy ones.”

4. Stay on schedule. Dr. Richeh says to try to go to bed and get up at the same time every day, even on the weekends. If you can't fall asleep, get out of bed and do something quiet, then go back to bed when you're sleepy.

5. Exercise at the right time for you. “Exercising in

the morning may help you sleep better at night,” suggests Dr. Richeh. Strenuous exercise too close to bedtime might make you feel too energized to fall asleep.

6. Eat right. “Avoid going to bed hungry,” says Dr. Richeh, “but don't fall asleep with an over-stuffed stomach as that could keep you up. Some foods can help promote sleep, like tuna, eggs, avocados, asparagus, almonds, potatoes and bananas. Milk may help as well. Try not to drink more than 4 ounces of fluids after 8 pm, so you don't have to get up overnight to the bathroom.”

7. Avoid smoking. Dr. Richeh says that Nicotine is actually a stimulant and has the same effects as caffeine, so don't smoke close to bedtime. The healthiest option is to not smoke at all.

8. Start a relaxing bedtime routine. “Do the same things each night to tell your body it's time to wind down,” advises Dr. Richeh. “This may include taking a warm bath or shower, reading a book, or listening to soothing music. Relaxing activities done with lowered lights can help ease the transition between wakefulness and sleepiness.”

Sleep is so important, and even a few nights of poor sleep can have a bad effect on your body and mind.

“Don't be afraid to speak to your physician if your sleep problems persist,” says Dr. Richeh, “because it could be more serious.”

Major sleep disorders include Insomnia, Narcolepsy, Restless Leg Syndrome (RLS) and Sleep Apnea.



Ride Cool Donation

(Hannibal, MO) - Hannibal Clinic Health Services Coordinator Lauren Youse (left) is presented a check for \$5000 for Ride Cool by General Mills Financial Operations Manager Sandy D'Antonio.

Ride Cool is an annual helmet safety event held in May. This year, over 300 helmets were given away and fitted to kids age toddler - 18 in our community.

Podiatrist Urges People to Take Care of Their Feet

Experts estimate the average person takes between 8 thousand and 10 thousand steps a day. With that track record, his feet will have logged more than 75 thousand miles by the time he celebrates his 50th birthday. It is no surprise to hear that feet carry a lot of weight, whether they are just supporting the entire body, or someone with a bag of groceries. However, despite the wear and tear feet take every day, they are also the part of our body we tend to neglect the most – even when they hurt. As it turns out, paying attention to feet throughout life can prevent pain and foot problems later.

Studies show that more than half of Americans believe that foot pain is normal and do little to stop or prevent it, while 75 percent will experience foot health problems at some point in their life. The following is a list of tips to help keep feet healthy:

- Make sure your shoes fit properly – An astonishing number of people wear shoes of the wrong style and size that contribute to foot problems.
- Shop for shoes in the afternoon – Feet tend to swell during the day. Replace worn out shoes promptly.
- Walking is the best exercise for your feet – The best type of walking shoe is an athletic shoe with a stiff sole and soft upper.
- Socks, stockings and pantyhose should be the correct size and preferably free of seams.
- No bathroom surgery – Never trim corns or calluses with a knife or razor. Only use medicated pads with the advice of a podiatrist.
- Wash feet regularly – Use a mild soap and warm water. Make sure to wash between the toes and dry completely.

- Trim toenails straight across – Never try to ‘dig’ down in the corners. Patients with diabetes or poor circulation should not attempt without approval from their podiatrist.
- Inspect feet daily – If it is difficult to see or reach use a mirror or enlist the aid of a family member or friend.
- Don’t ignore pain – Painful feet are not normal. If it persists – see a podiatrist. It is much easier to deal with a false alarm than it is a complication from delayed treatment.
- If there are any questions or concerns see your podiatrist. People with diabetes or poor circulation should be seen at least on a yearly basis.



The above tips can help maintain the health of your feet. However, it is important to keep in mind that feet are more subject to injury than any other part of the body. Increasingly active lifestyles, while beneficial to overall health, also act to accelerate the wear and tear of feet. Some foot problems, which stem from wear and tear, include heel pain and osteoarthritis. If left undetected and untreated, they can sideline even the healthiest person. Many serious medical conditions like diabetes, arthritis, nerve and circulatory disease target the feet first.

A podiatrist, or doctor of podiatric medicine, is a foot specialist that has extensive training in the intricacies of foot and ankle pathology. A podiatrist can offer both conservative and surgical treatments for your problem to get you back ‘on your feet’ quickly.

Drs. Scott and Michelle Friedersdorf are podiatrists with the Hannibal Clinic at 100 Medical Drive in Hannibal. They can be reached at (573) 221-5250.

Hannibal Clinic Mammography Department Passes Inspection

(Hannibal, MO) - The Hannibal Clinic Mammography Department recently passed the FDA Mammography Quality Standard Act (MQSA) State Inspection with no deficiencies. The annual assessment is mandatory for all mammography facilities.

During the inspection, science-based tests are performed to determine the radiation dose for the standard breast, to assess the image quality, and to evaluate the quality of the processing protocol. In addition, inspectors review the facility’s medical reports and medical audits to assure that the facility’s procedures meet the mandated requirements. The Clinic’s quality assurance and quality control records were also reviewed, along with radiologists’ and mammographers’ continuing education profiles.

The Hannibal Clinic Mammography Department is currently certified by the FDA and accredited by the American College of Radiology. The Hannibal Clinic’s registered mammography staff consists of Lynn Johnston, R.T. (R)(M); Kim Wittler, R.T. (R)(M); Melody Johnston, R.T. (R)(M) CDBT; Heather Hays, R.T. and Kimberly Mann, R.T. (R)(M)(CT) CDT.



Meet Our Physician...Philip Tweedy, MD



Specialty: Board Certified in Internal Medicine

Training: Dr. Tweedy attended medical school at the University of Iowa College of Medicine and completed his residency at Iowa Methodist Medical Center & Veterans Administration Medical Center.

Family: Wife: Tory
Children: Drew, Jacob, Nathan

What do you enjoy doing outside of medicine?

Outside of medicine, I enjoy spending time with my family, bicycling, watching and coaching baseball and visiting our extended family in Iowa.