

April 2016
Volume 25



Lacy J. Dalton!

Glenn Medical Foundation invites everyone to join Country Music Legend **Lacy J. Dalton** at the Splendor in the Valley extravaganza on Saturday evening, September 10th. This year's event "Back in the Saddle" will be a western theme, taking place once again at the Worthington Family's Big -W- Ranch near Orland; tickets will soon be available in the Human Resources Department at GMC. For more information, call Deborah McMillan at 934-1881.

Are You A Health Nut?

Do you like to snack on nuts? Good news - they're good for you. One particularly healthy nut is the walnut. Walnuts contain alpha-linolenic acid, which is good for the heart. They also contain the plant compounds known as sterols, which block the absorption of cholesterol. 1oz (14 halves) equals 185 calories.

~ ~ What's Happening at GMC ~ ~

Platinum Club for Seniors

The Platinum Club is a free hospital-sponsored program for all Glenn County residents 60 years of age and older. Seniors are invited to attend these monthly presentations with their friends and neighbors. Please join us on Thursday, April 28th, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. **Please RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. Our April presentation, which will start at 9:15, will be "**Radiology Services**" by our Diagnostic Imaging Team here at GMC. Did you know that we have a full service Imaging Department here just like they do in the big city hospitals? Hear about all the services we offer locally. Seating will be limited so make sure to call and reserve your spot!

GMC Welcomes Blake Austin College Students!

Glenn Medical Center has teamed up with Blake Austin College, located in Vacaville, to provide a clinical rotation site for their LVN students. Alongside our trained professionals, their Vocational Nursing Program is able to provide a learning experience to prepare the students with the knowledge and skills necessary to be effective health care team members in a variety of practice settings. The nursing students are learning to care for patients of all ages in our Med/Surg Department, our three Clinics, the Emergency Department, and by observing in our Operating Room. It's a great opportunity for our employees to show their skills as they mentor those getting ready to join the health care workforce.

April is IBS Awareness Month

If you have irritable bowel syndrome (IBS), you are not alone – IBS is common with worldwide prevalence estimated at 9% to 23%. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder. IBS is best understood as a long-term or recurrent disorder of gastrointestinal (GI) functioning. It usually involves the large intestine (colon) and small intestine with disturbances of intestinal/ bowel (gut) motor function (motility) and sensation. These gut related activities are regulated by the brain. This may also be impaired, which is why IBS is often called a brain-gut disorder. These disturbances can produce symptoms of abdominal pain or discomfort, bloating or a sense of gaseousness, and a change in bowel habits (diarrhea and/or constipation). IBS is one of the most common disorders seen by doctors. There's no single treatment or cure, but there are ways to manage it so that you feel better. IBS is sometimes called spastic colon, mucous colitis, spastic colitis, nervous stomach, or irritable colon. These are outdated terms. A little knowledge can make a big difference; for more information, go to: www.aboutibs.org.



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