CANCER

Awareness & Prevention

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A Special Supplement to
The Daily Plainsman and The Redfield Press

Costly Conduct

Behaviors linked to a higher risk for cancer

Friendly Foods

5 fruits and vegetables associated with reducing cancer risk

The Most Common Cancers

More than 200 different types of cancer have been identified. However, the vast majority of cancer cases across the globe are attributed to a handful of types.

Cancer is a leading cause of death around the world and a major contributor to health disabilities. Recognition of the most common cancers may raise awareness of which cancers pose the biggest threat and how to reduce risk for these diseases. The following are the most common global cancers as well as the rankings for the most frequently diagnosed forms of the disease in the United States.

Per the World Health Organization, these were the most common cancers across the globe in terms of new cases in 2020, the most recent year for data.

1. Breast *(2.26 million)*
2. Lung *(2.21 million)*
3. Colon and rectum *(1.93 million)*
4. Prostate *(1.41 million)*
5. Non-melanoma skin *(1.20 million)*
6. Stomach *(1.09 million)*

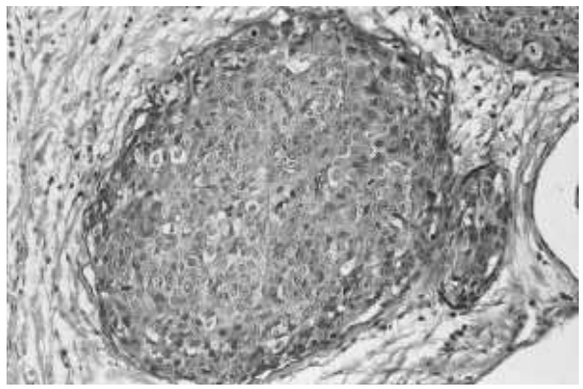
The National Cancer Institute lists these cancers as the most common in the United States, with the estimated new cases expected for 2023.

1. Breast *(297,790 women; 2,800 men)*
2. Prostate *(288,300)*
3. Lung, including bronchus *(238,340)*
4. Colon and rectal *(153,020)*
5. Melanoma *(97,610)*
6. Bladder *(82,290)*

The Canadian Cancer Society estimates that, in 2022, an average of 641 Canadians were diagnosed with cancer every day. Certain cancers are more common than others in Canada. Excluding non-melanoma skin cancer, Best Health lists these as the six most common cancers in Canada (specific numbers are unavailable).

1. Lung and bronchus
2. Colorectal
3. Breast *(which also happens to be the most common cancer in women)*
4. Prostate *(which is the most common cancer among men in all but two Canadian provinces)*
5. Bladder
6. Non-hodgkin lymphoma

Individuals should engage their doctors in conversations about



the applicable screenings for these cancers. Women are urged to get breast mammograms at set intervals. Men can undergo prostate specific antigen screening. Colonoscopy can help inform both men and women of their risk for colon and rectal cancers. Lung cancer screenings typically are not routine unless a person has a high risk of lung cancer or is a longtime smoker.

Spreading knowledge of common cancers and promoting proactive screening and healthy lifestyles may help to reduce cancer rates across the globe.

The Basics of Cancer Staging

People familiar with cancer recognize that the earlier it is caught, the greater the chances treatment will prove effective. The severity of cancer typically is expressed in terms of the "stage" of the disease. Cancer staging involves a unique set of parameters that help guide doctors in treatment plans. Staging also informs patients of how advanced their cancers may be, which affects their chances for survival.

What is staging?
There are different staging systems in use depending on the type of cancer, doctor and the facility where diagnosis and treatment will occur. Staging systems take into consideration the following information, according to the National Cancer Institute:

- tumor location
- tumor size
- whether the cancer spread to nearby lymph nodes
- whether the cancer spread to another area of the body

Doctors use various tests and exams to determine cancer stage, says the American Cancer Society. A physical exam may present an idea of how much cancer is present. Imaging tests can indicate cancer's hold on areas of the body. Biopsy and endoscopy are additional tools used to look for and sample tissue that may be cancerous. Blood tests also can be used to determine markers indicative of cancer and its stage.

According to the ACS, cancer may be staged from testing and exams, called the clinical stage, to determine how to proceed with treatment. There also is something called pathological stage, which refers to information learned during exams and tests and after initial surgery to remove the cancer. Staging also may be conducted after another form of treatment, including targeted drug therapy, radiation or chemotherapy, to measure the cancer's response to treatment.

TNM staging vs. cancer stage grouping
TNM staging, which refers to Tumor, Lymph Nodes and Metastases, indicates specifics about the cancer. It's the system used for many types of cancer, and is the most widely used cancer staging system.

The letter T refers to tumor. TX, T0, Tis, T1-T4 describes if a tumor is present, and how large it is as well as the location.

The letter N indicates if the cancer has affected the lymph nodes, both near the cancer or elsewhere in the body. An N followed by 0-3 will determine severity.

The M in the staging system indicates if the cancer has spread and the extent of that spread. M0 means no spread while M1 means it has spread.

The information gathered during TNM staging will help doctors determine a staging specific to a particular patient. However, a more generalized staging grouping may also be used and this relies on a familiar numbering system.

- **Stage 0** means cancer in situ, or a cancer that is still located in the place it started without any spread.
- **Stage I** refers to a cancer that has not grown deeply into nearby tissues.
- **Stage II and III** means cancer that has grown more deeply into nearby tissue and may have also spread to lymph nodes.
- **Stage IV** is a cancer that has spread to other organs or parts of the body. It is typically called metastatic or advanced cancer.

Doctors use different tests and factors to help determine the extent of cancer to put it into a measurable stage. This process guides treatment and informs prognosis.

Regular Exams and Screenings Key to Detecting Women's Cancer Early

HURON, S.D. – Regular wellness visits may seem like a burden to women when everything seems normal, however, regular screenings can add years to one's life. According to the American Cancer Society (ACS), one in eight women will get breast cancer in her lifetime and over 114,000 women in the United States were diagnosed with cancers of the reproductive organs in 2020. Regular women's health exams and screenings are of paramount importance for maintaining overall well-being and detecting cancers early.

Family nurse practitioner and women's health provider at the HRMC Physicians Clinic, Rebekah Storm, DNP, encourages all women to get screened regularly and schedule a wellness exam once per year, "All adult females should be having an annual exam, which includes a pelvic exam, skin cancer exam, blood pressure check and potentially cholesterol and glucose checks. It's also important to have conversations with your provider about regular screenings such as mammograms, bone density checks and colonoscopies."

Typically, colonoscopies are recommended at age 45 and bone density testing is recommended for women over 65. The ACS recommends women of average risk for breast cancer begin getting yearly screening mammograms at age 40. The American College of Obstetricians and Gynecologists (ACOG) recommend pap smear screenings every three years for women ages 21-29 and pap smear with Human Papilloma Virus (HPV) after age 30. Women who have a personal or family history of any cancers, should talk with their doctor about earlier screenings.

Storm also encourages women to avoid misconceptions and have an awareness of their normal health, "Many women think that a pap smear every three years is sufficient, but the pap smear actually only checks for cervical cancer, so it's very important to ensure you have a pelvic exam each year. Being aware of what is normal for you is also a great way to manage your health, so you can identify when something is abnormal." She continued, "Be proactive and don't delay in contacting your provider is something seems amiss. Nothing surprises us – from mental health, fatigue, weight concerns, menstrual health, menopause, sexual health and hormones, we want to hear what might be concerning

Heart Disease

Heart disease and cancer are two of the leading causes of death around the world, and there may be a link between these two diseases. Certain lifestyle habits may increase the risk for both cancer and heart disease, say the experts at Hackensack Meridian Health. In addition, some research has shown that heart disease, a history of heart attack or a diagnosis of heart failure leads to an increased risk for developing cancer. A 2019 study published in the European Journal of Heart Failure indicated "emerging evidence supports that cancer incidence is increased in patients with cardiovascular disease and heart failure." Patients with heart failure commonly die from cancer as well. Circulating factors related to heart failure promote tumor growth, which could explain the link between heart disease and cancer. Another surprising bit of information is that cancer can occur in the heart, though such instances are very rare. According to the Mayo Clinic, cancer that begins in the heart is most often sarcoma, which originates in the soft tissues of the body.

Behaviors Linked to a Higher Risk for Cancer

Cancer researchers continue to make great strides that benefit millions of people every year. The work cancer researchers do has led to improved outcomes, more effective treatments and a greater understanding of the disease.

Despite the tireless efforts of cancer researchers across the globe, much about the disease remains a mystery. However, researchers have been able to identify various behaviors that can increase a person's risk for developing cancer.

• Tobacco use: The World Health Organization reports that tobacco kills up to half its users across the globe. Many of those users die from cancer. A recent study published in the journal Cancer Medicine in 2022 found that, in 2019, an estimated 2.5 million cancer deaths were attributable to smoking across the globe. Various public health agencies, including the WHO, the Centers for Disease Control and Prevention and the American Cancer Society, urge individuals to avoid tobacco use entirely, which can lower the risk for various diseases, including cancer. But the American Society of Clinical Oncology also notes that individuals who already use tobacco and have been diagnosed with cancer have much to gain from quitting, which can improve the efficacy of treatment, lead to fewer and less serious side effects of treatment and promote faster recovery, among other benefits.

• Overweight/obesity: The ASCO notes that being overweight or obese also increases a person's risk for cancer. Though the link between body weight and cancer risk is still being studied, researchers have concluded that extra weight increases levels of the hormones insulin and insulin growth factor-1. Too much of these hormones, the ASCO notes, can help certain cancers develop. In addition, fat tissue produces more estrogen, which can help certain cancers, including breast cancer, develop. The ASCO also reports that chronic, low-level inflammation, which is known to increase cancer risk, is more common among obese individuals.

• Alcohol consumption: The CDC reports that the less alcohol a person drinks, the lower that person's risk for cancer becomes. The CDC also indicates that cancer risk increases regardless of which type of alcohol a person consumes. Researchers believe the link between alcohol and cancer risk involves ethanol, which the ASCO notes is the form of alcohol in beer, wine and spirits. When the body metabolizes ethanol, it forms acetaldehyde, which may be a carcinogen. Alcohol also is an irritant that can damage healthy cells in the mouth and throat, thus increasing a person's risk for head and neck cancers and esophageal cancer.

Cancer claims the lives of millions of people across the globe. While it may not be possible to identify with certainty what's behind each cancer diagnosis, certain behaviors have been linked to a higher risk for the disease. Avoiding such behaviors and taking steps to be as healthy as possible can help individuals reduce their risk for cancer.

What to Know About Vaping

Tobacco may not seem as popular as it once was, but the World Health Organization notes that 1.3 billion individuals across globe can be characterized as tobacco users. That means roughly 17 percent of the global population uses tobacco.

If it seems as though fewer people are smoking cigarettes, that's not an incorrect interpretation. According to the Tobacco Atlas, the number of cigarettes smoked worldwide has been decreasing slowly since sales peaked in 2012. However, cigarettes are not the only tobacco product on the market, and the decline in cigarette sales does not necessarily mean consumers are avoiding tobacco altogether. In fact, some may simply be vaping, which is the term used to describe the usage of e-cigarettes. Though vaping is sometimes described as a safe alternative to cigarettes, such a characterization could be somewhat misleading, as various public health agencies caution against the use of any tobacco products, including e-cigarettes. A greater understanding of vaping, including its potential connection to cancer, could help consumers make more informed decisions.

What is vaping?

According to the Centers for Disease Control and Prevention, e-cigarettes produce an aerosol that usually contains flavored nicotine, which is the addictive ingredient in cigarettes and other popular tobacco products. Additional chemicals are employed to make the aerosol, which e-cigarette users inhale

into their lungs. It's important to note that even the term "vaping" might be misleading. The American Cancer Society notes that "vaping" gives the impression that e-cigarettes produce a vapor that is then inhaled. But vaping produces an aerosol that contains tiny particles. That aerosol is not the same thing as a vapor.

Does vaping produce a secondhand effect?

Most cigarette smokers are familiar with the dangers of secondhand smoke. That danger is so significant that it's now illegal to smoke indoors in many areas of the world. The CDC reports that vaping poses a similar threat, as bystanders near someone who is vaping can breathe in the aerosol when e-cigarette users exhale.

Is vaping linked to cancer?

The ACS notes that the chemicals in the aerosol produced when smoking e-cigarettes may contain formaldehyde, a cancer-causing substance that can form if the e-liquid overheats or an insufficient amount of liquid is reaching the heating element. Though the CDC notes that e-cigarettes can potentially benefit smokers who are not pregnant if used as a complete substitute for cigarettes and other smoked tobacco products, the organization also emphasizes that more research is necessary before scientists can understand the long-term effects of vaping. In addition, the CDC reports that e-cigarettes are not safe for youth, young adults, pregnant adults, or adults who do not currently use tobacco products.

Smoking cigarettes has long been known to increase risk for various cancers. Vaping may be a less harmful alternative to smoking for current smokers, but various public health agencies still warn that avoiding tobacco entirely is the safest option.

The Link Between Stress and Cancer

Adults have an issue with stress. According to a survey from the American Psychological Association released in December 2022, more than one in four Americans indicated they expected to experience more stress at the start of 2023 than they had at the start of 2022. **And it's not just Americans feeling the sting of stress, as the American Institute of Stress indicates 35 percent of individuals across 143 countries feel stressed out.**

Stress is not always a bad thing. Roughly a decade ago, researchers at the University of California, Berkeley, discovered that acute stress in rats caused the stem cells in their brain to grow rapidly into new nerve cells that ultimately improved the animals' mental performance. However, chronic stress, which the APA characterizes as constant and persistent stress over an extended period of time, can have a profoundly negative effect on overall health. And that negative effect includes a link to cancer, especially for survivors of the disease.

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors.
When discussing the link between stress and cancer, it's important to note that many studies, including the one conducted by researchers at the Wistar Institute, have

shown that stress and cancer can cause the disease to grow and spread in mice. The National Cancer Institute notes that studies have not identified a clear link between stress and cancer outcomes in humans. But researchers urge patience, noting that the Wistar Institute study is a significant step forward in studying the potential link between stress and cancer in humans. Further study in the coming years could very well identify a similar link in humans as the one already discovered in mice.

In the meantime, individuals are urged to take stress seriously and not simply accept it as a mere fact of twenty-first century life. And that's especially important for individuals who have been diagnosed with cancer, including those who are in treatment and others who have successfully finished their treatment. According to City of Hope, one of just 52 NCI-designated comprehensive cancer centers in the United States, talking to others and relying on loved ones when receiving treatment; speaking with someone in a neutral position, such as a therapist; and exercising regularly are some of the ways to overcome chronic stress. City of Hope also notes the stress-reducing benefits of wellness practices such as meditation and yoga in regard to combatting stress.

Chronic stress can have a lasting and negative impact on overall health. Though the link between chronic stress and cancer requires more study before researchers can reach a conclusion about such a connection, individuals are urged to embrace the many ways they can reduce chronic stress with a goal of living healthier, happier and, hopefully, cancer-free lives.

How to Reduce Risk of Cancer Recurrence

Employing a preventive approach, such as eating a wide array of colorful fruits and vegetables, may reduce risk of cancer recurrence.

A cancer diagnosis and subsequent treatments can challenge even the most mentally and physically strong individual. Once cancer is in remission, it may be difficult for some individuals to feel happy because the threat of cancer recurrence is looming in the back of their mind. Fear of recurrence can negatively affect quality of life and contributes to disabling anxiety in roughly 7 percent of patients, according to Cancer Therapy Advisor.

Recurrent cancer explained

Recurrent cancer happens when cancer cells present in the body grow because they were not fully destroyed or removed during treatment. Sometimes cancer cells are simply too small to show up in follow-up tests, says the National Cancer Institute. These cells can then grow into tumors. Recurrent cancer should not be mistaken for second primary cancer, which is a new cancer that affects a person who has a history of the disease.

Recurrent cancer is categorized as local, regional or distant. Local recurrence is when the cancer occurs in the same place as the original cancer or very close by. Regional means the tumor has grown in the lymph nodes or in tissues near the first cancer. Distant recurrence happens when the cancer spreads elsewhere in the body.

Rates of recurrence

The rate of recurrence can vary widely depending on cancer type and other variables, including genetic factors, treatments and stage. Typically, cancers that are difficult to treat have high rates of recurrence. For example, glioblastoma recurs in nearly all patients. Ovarian cancer, soft tissue sarcomas and bladder cancer also have high recurrence rates.

Can recurrence risk be reduced?

There is no way to prevent cancer from coming back, says the American Cancer Society. Even if a patient does everything right there is still a chance for recurrence. However, the healthy habits that can reduce the risk for cancer developing initially also may lessen the risk for recurrence.

- Eat a variety of vividly colored vegetables each day, as well as legumes that are full of fiber.
- Consume nutritious foods rather than ones that provide little nutrition.
- Eat fruits in a variety of colors.
- Limit consumptions of red meat and processed meats.
- Avoid sugary foods and beverages.
- Engage in regular physical activity, aiming for 150 to 300 minutes per week of moderate- intensity exercise. Include strength training at least two days a week.
- Being overweight or obese is linked to cancer formation, so managing weight through healthy eating and exercise may help reduce risk of recurrence.
- Avoid excessive alcohol consumption or skip alcohol altogether.
- Cease usage of tobacco.

Recurrence of cancer is a very real risk and is on the minds of people who already have overcome the disease. There are ways to reduce the risk of recurrence, but there is no way to guarantee cancer won't return.

15 Facts About Cancer

Cancer is a word no one wants to hear. However, cancer affects millions of people acrosss the globe, and no one is immune to it.

The impact of cancer can be staggering to behold. The following cancer facts, courtesy of the American Cancer Society, National Cancer Institute, World Health Organization, and the Mayo Clinic, highlight the far-reaching nature of this potentially deadly disease.

1. Cancer is the leading cause of death worldwide. In 2020, it accounted for more than 10 million fatalities.

2. Cancer can start in almost any part of the human body, which is comprised of trillions of cells.

3. Tumors are formed when abnormal or damaged cells grow and multiply when they shouldn't. Many cancers cause solid tumors, but blood cancers do not.

4. Cancer cells can grow in the absence of bodily signals telling them to grow. They also ignore signals to stop dividing or to die off. Cancer cells can tell blood vessels to grow toward tumors helping to supply tumors with oxygen and nutrients.

5. Signs and symptoms of cancer will vary depending on which part of the body is affected. However, lumps (tumors), fatigue, weight changes, skin changes, and changes to bowel or bladder habits are symptoms often associated with cancer.

6. The word "cancer" comes from the Greek word for "crab." It likely stems from the finger-like spreading protrusions of cancer being likened to the shape of a crab.

7. Tobacco usage is one of the leading causes of lung cancer and many other forms of the disease. Tobacco can be linked to the death of at least 50 million people in the last 10 years.

8. Gene mutations that result cancer can be present from birth or occur after birth from lifestyle behaviors or exposure to carcinogens.

9. Certain lifestyle choices increase the risk for developing cancer. These include smoking, drinking alcohol, excessive exposure to the sun, being obese, and having unsafe sex.

10. In 2020, the most common cancers worldwide included breast, lung, colorectal, prostate, and non-melanoma skin cancers.

11. Lung cancer accounted for the most cancer deaths in 2020.

12. Cancer that has spread from the place where it first began to another place in the body is called metastatic cancer. The cancer is always called by the initial cancer, not where it has spread. So breast cancer that spreads to a lung is known as metastatic breast cancer.

13. Carcinomas are the most common types of cancer. They form in the epithelial cells that cover the inside and outside surfaces of the body.

14. Excluding non-melanoma skin cancer, at least 42 percent of newly diagnosed cancers in the United States are potentially avoidable, particularly those caused by smoking, obesity and alcohol consumption.

15. While anyone can get cancer, 88 percent of Americans diagnosed with cancer are age 50 or older.

Cancer is prolific. Learning more about the disease may encourage people to take more active measures in improving their health.

5 Fruits and Vegetables Associated With Reducing Cancer Risk

The prevalence of cancer is widely known. Affecting people of every ethnicity and across the socioeconomic spectrum, cancer poses a threat to people in all corners of the globe. And that threat could be more significant in the immediate future. Estimates from the International Agency for Research on Cancer indicate that the global population boom and the growth of the world's aging population could result in more than 16 million cancer deaths each year by 2040.

The statistics surrounding global incidence rates for cancer are startling, which can give the impression that cancer is an inevitability for hundreds of millions of people across the globe. However, there's much individuals can do to reduce their cancer risk.

According to the MD Anderson Cancer Center, a healthy diet can help reduce cancer risk. A diet that focuses on plants and emphasizes healthy choices may not eliminate the threat of cancer, but it can be an integral component of a preventive health care regimen. With that in mind, the following are five fruits and vegetables associated with reducing cancer risk, courtesy of the MDACC.

1. Berries: Berries contain antioxidants, which protect the body from cell damage that can contribute to various cancers, including skin cancer, lung cancer and breast cancer, among others. Blueberries, raspberries and strawberries make wonderful additions to anyone's diet.

2. Cruciferous vegetables: Cruciferous vegetables include broccoli, bok choy, cabbage, and brussel sprouts, among others. The MDACC notes that studies have indicated that special plant compounds in cruciferous vegetables may protect the body from stomach cancer and cancers of the mouth, pharynx, larynx, and esophagus.

3. Garlic: The experts at Mount Sinai note that garlic is often linked with reduced risk for heart disease, notably the prevention of atherosclerosis, which affects the arteries through the deposition of plaques of fatty acids along the arterial walls. However, antioxidant-rich garlic also helps the body fight off harmful free radicals that can contribute to cancer.

4. Spinach: The Centers or Disease Control and Prevention notes that colorectal cancer is one of the leading causes of cancer deaths in the United States. Studies have found that spinach inhibits the growth of colon polyps that can develop into colorectal cancer.

5. Tomatoes: Lycopene is an antioxidant that gives tomatoes their bright red color. According to the National Cancer Institute, though human studies have produced inconsistent results, various in vitro and animal studies have indicated that lycopene may have chemopreventive effects for cancers of the prostate, skin, breast, lung, and liver.

Eating these five fruits and vegetables is not the only way to use diet in the fight against cancer. Individuals are urged to speak with their physicians to learn about the many ways to utilize food in cancer prevention.

Genes

Did You KNOW?

Cancer can be caused by genes a person inherits at birth or by outside influences that cause genetic mutations to occur in cells. According to Yale Medicine, inherited cancers that were present from the time of conception make up only a small percentage of the most common cancers, such as breast, colon and prostate cancer, and even less common cancers. In addition, even if inherited genetic mutations are present in the body, that does not mean the development of cancer is inevitable. According to Verywell Health, only around 5 to 10 percent of cancer cases can be attributed to inherited genetic mutations. More often than not, cancers that seem to "run in the family" are more likely a result of lifestyle or environmental factors that are shared by family members, such as eating the same unhealthy foods or a propensity to overindulge in alcoholic beverages.

Community Memorial Hospital & Redfield Clinic is proud to serve Spink County

Medical Staff

Matt Owens, MD; Kris Wren, MD
Alex Falk, MD; Randall Waldner, MD
Ron Wren, PA; and Andi Rische, NP
John Berg, MD; Carol Schaunaman, CNP

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Community Memorial Hospital & Redfield Clinic

Community Memorial Hospital
111 West 10th Ave.
Redfield, SD 57469
605-472-1110

Redfield Clinic
1010 West 1st Street
Redfield, SD 57469
605-472-0510

http://www.redfieldcmh.org

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