

Seasons



“It’s an honor to take care of a whole family.”

Getting to Know Dr. Autumn Keiser

Tell us about you.

I was born and raised in the Omaha area. I went to the University of Nebraska, and University of Nebraska College of Medicine. I met my husband Craig in 2009, and we’ve been married since 2012. We have two rottweilers who were rescue dogs, Bailey (9) and Tito (2). We cheer for the Huskers and Broncos. We are currently doing foster care classes.

What do you do in your spare time?

We love to travel when we have the chance, and I love to do anything around water like swimming or skiing. I love to play games (especially Monopoly) – I can be very competitive! We also usually have a really large garden. With moving and living in an



Dr. Keiser with baby Tanner and happy new parents Brooke & Brandon Ramsey

apartment, we haven’t had a garden in two years, but it’s one of the things we’re most excited about moving into our new home in August. Next summer, you’ll definitely find me outside planting and weeding a lot!

Would you prefer a beach vacation or hiking in the mountains?

Both! I love to go to the beach when it is winter here. Scuba diving and snorkeling are at the top of my list. And in the summer, we’re off to the mountains for hiking and camping. We also do an annual ski trip in January.

Why Family Medicine?

It’s an honor to take care of a whole family. I am able to get to know each person and see them as a unit. With Family Medicine, I also get to do a little bit of everything, which I love.

What’s your favorite part of being a doctor?

Being a part of the pregnancy and birthing process! The best part is when I care for the whole family and get to see everyone grow – whether it is the baby, siblings, moms, or grandparents.

Why CCHS?

We chose CCHS because it’s a great size for a community, and it’s close to the big city and we have easy access to bigger events. I really



Autumn Keiser, MD

wanted to be somewhere that I would feel like my coworkers were friends, and where we all enjoyed being around each other because I am usually here more than home!

What do you wish your patients knew?

That they should always be very open with me because things they wouldn’t even expect could correlate to their health might be important to know, especially things that can be difficult to talk about like sexual orientation, drug use, or gender transitioning. I’m a very non-judgmental person, and I have a lot of experience in helping patients with a wide variety of needs. In the end, I want to have open, trusting relationships with my patients, and I want my patients to know I am here to help.

Make sure your summer bucket list includes well-child visits & immunizations!

Summer is a great time to catch up on well-child exams and immunizations. Our team at Atlantic Medical Center recommends an annual well-child exam for all kids through age 18. Well-child exams are the perfect time to talk with your provider about developmental questions and concerns, preventive screenings, and it's also the best time to make sure your child is up-to-date on all vaccinations before school begins.

Sports Physicals

Have a kid in sports? Remember that sports physicals are just around the corner! The cost for a sports physical is \$15 and must be paid by cash or check. Make your appointment now by calling us at 712-243-2850.

Atlantic Medical Center

Sports physical appointments are available from 5 to 6:15 pm on the dates below.

- Tuesday, July 30
- Wednesday, August 7
- Thursday, August 8
- Tuesday, August 13

Griswold Medical Center

Sports physical appointments are available on Monday afternoons or Wednesday mornings during July.

Medicaid and most insurance providers cover the total cost of well-child exams and vaccinations, so there is usually no out-of-pocket cost to you. If you're worried about the cost of a well-child exam or vaccinations, please call us! We have programs that can help. Call our Patient Financial Advisor at 712-250-8111.

Need an
appointment?
Call us at
712-243-2850.



Providing More Services Locally

At CCHS, we know how challenging it can be to take time off from work or arrange to have family travel with you to appointments. We're committed to providing more services locally, which means we work hard to recruit the best healthcare providers to meet our community's needs. A few of our newest providers in the CCHS Specialty Clinic include:

Dr. Laura Graeff-Armas

Endocrinology
(Available via tele-health appointments)



Dr. Laura Graeff-Armas



Dr. Keith Lodhia

Dr. Keith Lodhia

Neurosurgery & Spine

Dr. Jordan Lacy

Neurosurgery & Spine



Dr. Jordan Lacy

We'd also like to welcome

Dr. Blanca Marky to the Atlantic Medical Center.

Dr. Marky is a board-certified neurologist who has been practicing for more than 20 years. She completed her residency at the University of Nebraska, the University of Texas, and Kansas University. Dr. Marky is a native of Mexico City, Mexico and is fluent in Spanish, French, and English.



Dr. Blanca Marky

Want to know more about these – or any – providers? Read more at www.casshealth.org/about/providers.

Care for Yourself: Enroll Now!

Care for Yourself is a free program offered through Cass County Public Health that can provide women 40-65 years old with breast and cervical screenings, cardiac screenings, and health coaching. Contact Karla Akers, Care for Yourself Coordinator, at 243-7443 for more information.



Fore! Golf Benefit Coming Up Soon!

Join us for the CCHS Foundation Annual Golf Benefit on Friday, August 16th at the Atlantic Golf & Country Club. The 2019 Golf Benefit is an 18-hole, four-person scramble tournament. Proceeds from the event go to support our campaign for obstetrics care, and the success of this benefit rests

greatly with our wonderful sponsors! Interested in becoming a sponsor?

Contact Dawn Marnin, Foundation Director

at 712-243-7409 or mardd@casshealth.org.



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Seasons is published quarterly by Cass County Memorial Hospital to keep residents of the Cass County area in touch with issues in health care.

For more information, contact Cass County Memorial Hospital, 1501 East 10th Street, Atlantic, Iowa 50022. Telephone: (712) 243-3250

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monitoring, epidural,
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Surgery: general; orthopedic;
ear, nose & throat; podiatry;
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Telemetry monitoring

Tobacco Cessation

Wound, Ostomy, Continence
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www.casshealth.org



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