

Healthwise



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magazine



Orthopedic Surgery & Recovery

Dennis Nelson shares the story of his ACL injury

WELLNESS

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Chris Sweetland

NEWS

Family Medicine
at HAMHWE

Giving Back

We take pride in carrying out our mission to improve the health and wellbeing of the people in our region.

If you know of any events or causes where we can lend a healthy helping hand, please let us know by calling:

Hayward Marketing Department: 715-934-4325

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Birkebeiner 2022 - HAMHWE



Monthly Community Dinners - HAMHWE



Book Across the Bay Registration - MMC



Go Blue for Colon Cancer Awareness - MMC



Community Clean Up - HAMHWE



High School Spring Sports Meeting - MMC



Organ Donor Month Flag Raising - MMC



A Doggone Injury

INJURIES CAN HAPPEN AT ANY TIME TO ANYONE. WE'RE ALWAYS READY TO HELP.

As a law enforcement officer of 14 years, five of them serving as a K-9 handler, Dennis Nelson is no stranger to intense physical activity. The job of a Sheriff Deputy is rigorous, and serving as a K-9 handler requires an additional 16 hours of extremely physical training each month.

During police K-9 training Dennis is “apprehended” by a K-9. During this exercise the K-9 runs after Dennis at 25-30 miles per hour and Dennis must use his body to stop the momentum of the dog, once it latches to the apprehension sleeve.

Unfortunately, on May 5, 2021, this training turned out to be anything but routine. When Dennis braced for the training K-9 to apprehend him, his right knee buckled and resulted in an ACL tear.

Dennis was seen by HAMH’s Orthopedic Surgeon, Dr. Brian Donahue the following day and surgery was scheduled for May 21. Dr. Donahue performed an ACL repair.

“Dennis was initially very anxious about this injury, especially for an active person,” says Dr. Donahue. “After talking about the options and surgical treatment, he became more comfortable.”

Surgery was an outpatient procedure and didn't require an overnight stay in the hospital. He was able to return home the same day.

Dennis began standard physical therapy two days after surgery and attended two visits per week, each 45 minutes long. He also had a home exercise program he would do on the days he was not in physical therapy.

“Dennis was incredibly motivated,” says Physical Therapist Anna Lang. “He did his home exercise program as instructed, and was eager to work hard so he could return to life and work safely and as quickly as possible.”



Once Dr. Donahue cleared Dennis from standard physical therapy, he began a work conditioning program. Work conditioning is a program patients participate in once they have met goals from standard physical therapy. They are tailored specifically for the injured worker's job duties to ensure they can return to that same job safely.

For Dennis the work conditioning program consisted of simulating his work duties as a K-9 handler as well as general conditioning to be able to return to work.

“During this phase, we used weighted boxes to simulate him lifting the dog, a push/pull cart to simulate pulling injured personnel, resistance ropes to simulate the dog pulling, and using his own weighted vest for added strengthening and endurance,” says Janelle Gordon, Physical Therapy Assistant.

On his very last day, he was able to bring in his K-9 and a co-worker to simulate arrests, K-9 handling, and tactile movements. “It is a fun collaboration to work with the injured worker to create ways to effectively simulate his job duties in the clinic,” says Anna Lang.

Anna and Janelle worked very closely with Dr. Brian Donahue and Physician Assistant, Barb Bowman, throughout Dennis' recovery. The collaboration between teams allows everyone to make sure they are doing what is best for the patient.

“For this type of injury, the surgery is 50 percent of the process and the rehab work after surgery is 50 percent,” says Dr. Donahue. “Dennis worked very hard throughout his recovery and rehab to return to his pre-injury level of function.”

As a result of the hard work put in by Dennis and his team of providers, he was able to return to work on January 10, 2022. “The feeling of graduating rehab was amazing. I was clearly ready to return to work, and I returned at 100 percent,” says Dennis.





Chris Sweetland
Phlebotomist

Meet the Staff: Q&A

What does a Phlebotomist do?

“A phlebotomist?” That’s a typical response MMC’s Chris Sweetland gets working with patients. He’s a phlebotomist – someone who does blood draws on patients for testing. He’s been at MMC for nearly three years after living in the Mequon area, and as someone who’s lived in larger cities, he says he really enjoys the tight-knit Ashland community and this hospital.

What are the essential duties of a phlebotomist?

“A phlebotomist, which is what I do, is a lab technician that conducts blood draws on patients for medical testing, transfusions, or donations. We can draw blood from veins, but we also do finger pricks or heel pricks (usually for infants). Many tests are routine, while some are for our inpatients, new employees, etc. I’m also in charge of prepping samples and moving them from different areas of the hospital to where they need to go for analyzing.”

How many patients do you see on any given day?

“It really changes every day. Certainly with COVID, we were analyzing a large amount of COVID tests on a daily basis, and then we were still doing daily blood draws. The number of COVID tests have decreased slightly, so it’s leveled off a bit for us. But MMC continues to grow and expand services (which is cool!), so we keep pretty busy.”

How has COVID changed the way you work?

“Definitely testing. Some of the lab specimens get sent out through a courier for analyzing, but many tests are analyzed right here in our own lab. Plus, when we do blood draws in our emergency room, if we’re heading into the zone where we see COVID positive patients, we are gowning up with full personal protective equipment and that can add quite a bit of time to the day. But going through two years of the pandemic already, we’ve gotten really efficient with our processes.”

What improvements/advancements have you noticed in this field of work in the last few years?

“Sometimes it feels like technology changes on a daily basis. This is pretty cool in the lab world because it really helps make our work as efficient as possible. Many paper forms are now digital, and that saves a lot of time for us. Plus, the analyzing technology available for labs these days is pretty astounding. And we have really modern equipment here in our lab, and that helps patients get their results as quickly as possible.”

What is one piece of advice you’d give to people to improve their overall health? Anything else about what it’s like to be a phlebotomist?

“Hydrate, hydrate, hydrate! When you hydrate, it makes finding that vein much easier. Oh – and coffee isn’t considered hydration, sorry to say. Just guzzle some water before your lab appointment to help ensure a good blood draw. Plus, if you’re someone who’s afraid of needles, hydration can really help with this process. But not to worry, we’re here to comfort you if you’re nervous about needles, and we’ll make the process as quick and painless as we can. Phlebotomy is a really neat field and it’s impactful to provide this crucial service to our patients. I really enjoy my work, interacting with patients every day in this community I’ve come to love.”

Tick Season is Here

How to avoid the annoying little things.

By: Dr. Jaime Miller, Emergency Department, HAMH

tips for tick prevention

1. When walking in tick-infested areas (basically anywhere outside in Wisconsin April through October), go for the ultra-nerdy look and tuck your pants into your socks, and then tuck your shirt into your pants. Wear long-sleeve shirts and a hat for added protection.
2. Wear light-colored clothing so you can easily see any ticks that get on you.
3. Apply a tick repellent to pants, socks, and shoes.
4. Check your clothing and pets for ticks.
5. After coming in from the outdoors, put clothes into the laundry.
6. Shower as soon as possible. Check hair and ears, under the arms, inside the belly button, around the waist, between legs, and on the backs of knees for ticks. Check carefully. Those annoying buggers are small and hide easily and the ticks that transmit disease can be very small. Some can be as small as a pinhead.
7. Attempt to minimize ticks in your yard:
 - Mow grass often and remove leaf litter.
 - Clear tall grasses and brush around homes and at the edge of lawns.
 - Put a barrier of wood chips or gravel between your lawn and any wooded areas.
 - Treat pets with tick repellent.

identifying ticks

Up to 80% of ticks in this area of the country carry some sort of tick-borne illness, such as Lyme Disease. Preventing tick bites is the best way to prevent disease, but if you are bitten by a tick and are concerned, please contact your health care provider.

removing ticks

Removing ticks right away will reduce the chance of disease as a tick needs to be on at least 24 hours to have time to transmit disease. Here are some tips for removing ticks:

- If possible, have someone else remove the tick.
- Ticks have hook-like barbs on their mouth, which they use to attach themselves. Use tweezers or small needle-nose pliers instead of your fingers when removing a tick. Grasp the head as close to the skin as possible. Be careful not to squeeze the body.
- While holding the head with tweezers, slowly turn it 90 degrees. Pull gently and slowly away from skin until the mouth parts let go.
- Once you have removed the tick, look closely at the bite area. If you think there are still parts of the tick in your skin that you can't remove, contact your healthcare provider.
- Wash your hands and the bite site with soap and water.

do not

- Crush or squeeze the tick with the tweezers.
- Jerk the tick.
- Burn or prick the tick.
- Try to suffocate the tick with petroleum jelly or nail polish.

Wellness Wise article author, Dr. Jaime Miller is the Medical Director for the Emergency Department at Hayward Area Memorial Hospital. In her free time she enjoys biking and hiking with her three dogs: Jack, Lulu and Champ.

Recipe Corner

Spring Veggie Delight

PASTA PRIMAVERA

Submitted by Memorial Medical Center Registered Dietitian, Kelsae Ruppe

This classic pasta dish is a wonderful mixture of colorful vegetables and a simple lemon Parmesan cream sauce. It is the perfect pasta recipe for spring and summer!

INGREDIENTS:

16 oz penne pasta
1 tablespoon olive oil
8 oz asparagus, cut into 1 ½-inch pieces
1 yellow bell pepper, cut into 1 ½-inch pieces
2 cups small broccoli florets
1 small zucchini, chopped
Salt and black pepper to taste
2 tablespoons unsalted butter
1 shallot, minced
4 garlic cloves, minced
Zest of 1 lemon
Dash crushed red pepper flakes
1 cup vegetable broth
½ cup heavy cream
3 tablespoon lemon juice, divided
1 cup frozen peas
½ cup shredded Parmesan cheese
1 ½ cups halved grape tomatoes
¼ cup chopped basil
2 tablespoons Italian parsley, for garnish
Extra parmesan cheese, for garnish
Crushed red pepper flakes, for garnish

PREPARATION:

1. Bring a large pot of water to a boil. Add salt and pasta to boiling water. Cook for 11 minutes, stirring occasionally. Drain well. Pour the pasta back into the pot.
2. Meanwhile, in a large skillet, heat the olive oil over medium high heat. Add the asparagus, peppers, and broccoli. Sauté for 2 to 3 minutes, stirring occasionally. Add in the zucchini and cook for 1 to 2 minutes or until vegetables are tender, but still crisp. Season vegetables with salt and pepper, to taste. Transfer the vegetables to a large plate or bowl.
3. Place the skillet back on the stove. Melt the butter over medium heat. Add the shallot and garlic and cook for 2 minutes. Stir in the lemon zest and vegetable broth. Simmer until the broth reduces by half, about 4 to 5 minutes. Stir in the heavy cream and 2 tablespoons of lemon juice.
4. Stir the peas into the pot with the pasta. Stir in the cooked vegetables. Pour the lemon cream sauce over the pasta and vegetables and stir until well combined. Stir in the Parmesan cheese and remaining tablespoon of fresh lemon juice. Gently stir in the tomatoes and basil. Season with salt and black pepper, to taste.
5. Pour the pasta primavera into a large serving bowl or dish. Garnish with parsley, extra Parmesan cheese, and crushed red pepper flakes. Serve warm.

NUTRITION FACTS (Per 1 cup Serving):

Calories: 375kcal | Carbohydrates: 52g | Protein: 13g | Fat: 12g
Saturated Fat: 6g | Cholesterol: 32mg | Sodium: 240mg | Potassium: 500mg
Fiber: 4g | Sugar: 5g | Vitamin A: 1265IU | Vitamin C: 67.7mg
Calcium: 130mg | Iron: 2.1mg



Join Our Team

Career opportunities in Ashland:

- Registered Nurses:
 - Family Birthplace/OB
 - Patient Care Unit
 - Emergency Department
 - OR Circulator
- Information Systems:
 - Systems Analyst
 - Clinical Informatics Analyst
 - Information Security Administrator
 - I.S. Support Manager
 - Helpdesk Technician
- Sterile Processing Technician
- Sterile Processing Supervisor
- Patient Financial Specialist
- Compliance & Risk Specialist

Career opportunities in Hayward:

- Registered Nurses:
 - Emergency Department
 - Med/Surg
 - OB
- CNAs
- HVAC Technician
- Environmental Services Tech

LOVE where you WORK

Visit us online for full job descriptions and current listings or to apply.

News Updates

Family Medicine Now Available at HAMH

On May 4, 2022, Hayward Area Memorial Hospital saw their first Family Medicine patient. Family Medicine is the latest addition to the services the hospital provides for the people of the greater Hayward Lakes area.

Doctors Devon Dannen and Sabrina Dunlap have served the Hayward community as physicians with NorthLakes Community Clinic for a number of years. They decided to pursue a change and work with the hospital to create a new option in family medicine and obstetrics care for the Hayward area.

“The experience, expertise and leadership of Drs. Dannen and Dunlap will ensure our success in providing full scope family medicine, while maintaining our ability to provide obstetric services to the community and keep families close to home,” says Luke Beirl, CEO of Hayward Area Memorial Hospital and Water’s Edge. “We are recruiting additional providers. Later this year, we will welcome Dr. Katrina Gardner who is relocating from Washington State to join our team.”

Family Medicine provides continuing and comprehensive healthcare for the individual and families across all ages and conditions. It helps patients with a wide range of medical, health and wellness concerns. In addition to obstetric care, well child checks, Medicare annual wellness visits, physicals, general office visits, skin procedures, joint injections and pre-surgical exams will be offered.

“We want to be your healthcare partner for life, helping you navigate channels and services available to you in order to support your overall health and wellbeing,” said Sabrina Dunlap, M.D. “We will continue to work closely with our community’s primary care physicians, emergency and specialty services providers to keep care local.”

Family Medicine is located in the Professional Arts Building. Additional remodeling is occurring in this area and by fall 2022, Family Medicine and all HAMH Specialty Services will be in the same area and adjacent to Rehabilitation Services. Patients can expect close parking and easy access to the services.

“Our new clinic is designed for team collaboration between both Family Medicine and Specialty Services,” says Dr. Devon Dannen. “Collaboration across multiple specialties is the key to providing comprehensive care that will improve service and clinical outcomes for our patients.”

Patients who would like to establish care with Family Medicine Services of Hayward Area Memorial Hospital can call (715) 934-4910 for assistance in scheduling an appointment.



Dr. Sabrina Dunlap & Dr. Devon Dannen

MMC works with Education Centers to Recruit Workers to Rural Areas

Our rural Northern Wisconsin communities are scrappy and resilient. But some of that comes with not having full, widespread amenities that larger metropolitan areas have. While we have beautiful outdoor areas and recreation opportunities, for some people the cold climate and rural populations can be a deterrent when considering working in this area of the country.

Difficulty in scheduling or access to preventative care, and especially to mental health services is an identified concern for our community. One way MMC is helping is by educating college students on the benefits and appeals of providing care in our region.



*Jocelyn Langholz,
Psychotherapist at
Behavioral Health
Services of MMC*

In an effort to encourage students in the medical field to consider working in underserved areas, Jocelyn Langholz, Psychotherapist at Behavioral Health Services of MMC regularly partners with the Wisconsin Express program, created by the Wisconsin Area Health Education Centers (AHEC) group. AHEC has coordinated the award-winning Wisconsin Express program since the

mid 1990s. This program gives undergraduate and graduate health professions students a unique opportunity to become immersed in Wisconsin's diverse communities and cultures, while they explore multiple disciplines of healthcare delivery in those places.

In the past, Jocelyn has been a leading member of a mental health panel that meets with students visiting MMC as part of the WI Express tour. This year, the program was conducted remotely via Zoom. When

the groups are held in person, attendance ranges from 8 - 14 students and has the intended benefit from experiencing our local culture; however, the remote access version did allow for a greater number of participants. They were actively engaged with good questions and comments.

During Jocelyn's segment, she focuses on the opportunities and challenges of providing mental health care in a rural community. She discusses the importance of boundaries working in a place where a provider is likely to interact with patients in other social settings. She also talks about the importance of pursuing specialized care that is not otherwise offered in the community. For Jocelyn, this includes certifications and training for treating eating disorders and a specialized focus on supporting transgender individuals with gender affirmation care.

As part of the upcoming WI Express Summer program, MMC will host a group of students at its campus as they are soon able to resume in-person learning experiences. The students will tour the facility, meet providers and staff and learn about operations of a rural healthcare organization. During this 3-day summer program, they will also spend some time with local area public health departments and tribal clinics. You can find out more at ahec.wisc.edu/wisconsin-express/.



Mental wellbeing is an important part of your overall health. If you would like to schedule an appointment with Jocelyn or any of the other Behavioral Health providers in Ashland, call 715-685-5400 or visit ashlandmmc.com/services/behavioral-health/.

News Updates

HAMHWE Welcomes Gregg Lundberg to the Board of Directors



Newest Board Member at HAMHWE: Gregg Lundberg

Gregg Lundberg comes to the Hayward Area Memorial Hospital & Water's Edge Board of Directors with vast experience as a former public school superintendent. Gregg graduated from the Hayward Community School District, has served as an active duty and reserve member of the military and committed his 37 year career to public education. In 2015, following retirement from his position as

Superintendent for the Maple School District, he and his wife returned to Hayward.

Volunteering for events and board of director service, including executive committee leadership roles, along with his career in education and military experience provide Gregg with a broad perspective and knowledge as a member of the HAMHWE Board.

Gregg's personal interests include playing golf, walking, reading and spending time with his family including his wife, Linda of 47 years, two adult sons, four grandchildren and mother Lois, who has been part of the Hayward community since 1956.

Community service is a large part of Gregg's life. His service on the HAMHWE Board of Directors was sparked by his respect for the organization and desire to contribute to the community.

"The Mission, Vision, and Value Statements of the Hayward Area Memorial Hospital and Water's Edge are a clear indication of my interest and acceptance to serve as a Board member," says Gregg. "I am impressed with all of the people that I have met and with the entire HAMHWE facility."

Gregg has extensive knowledge and understanding of fiscal management, facility operations, engagement of a large work force and service to a wide range of students and families with diverse needs and backgrounds. He understands the importance of working cooperatively to meet the needs of people in multiple communities.

"Gregg's background as a public education leader, including his comprehensive understanding of the needs of children and families will be a great asset to our board," said Luke Beirl, CEO of HAMHWE. "We are so pleased that he has joined the team and we look forward to having him help us continue to live our mission to improve the health and wellbeing of the greater Hayward lakes region."

FACT: the national blood shortage is the worst it has been in 10 years.

Hospitals have limited blood supplies and are being forced to make decisions about prioritizing who receives blood transfusions.

Please donate blood.

Make an appointment today. Memorial Blood Centers has travelling locations in your area.

Go to MBC.org

MMC Offers Minimally-Invasive Acid Reflux Treatment



*Dr. Matthew Bettendorf,
General Surgeon at MMC*

Heartburn is common, and describes a burning sensation you get when there is reflux of stomach contents into the esophagus. The medical term for this is Gastroesophageal Reflux Disease (GERD), which affects 20% of all Americans. Most people experience heartburn or indigestion here and there, but if you feel these symptoms more than two times a week, or find yourself taking antacids frequently, you might have GERD.

Simply stated, GERD is acid reflux that produces symptoms. The reflux is due to a failure of the valve that separates your esophagus from your stomach, called the Lower Esophageal Sphincter (LES). GERD can present itself in a variety of ways: heartburn, regurgitation, cough, hoarseness, sore throat, difficulty swallowing or respiratory complications. If GERD is not treated adequately, it can increase your risk for developing esophageal cancer.

Many people try over-the-counter medications, or may even end up on prescription medication to try to help with symptoms. If medications are not effective, the best way to control acid reflux is to treat it at the source – the esophagus. A weakened esophageal sphincter lets contents of your stomach to flow back up into your esophagus. By repairing that sphincter, acid stays where it is supposed to: the stomach.

There are several factors that can weaken this sphincter, including:

- Being overweight
- Smoking or regular exposure to secondhand smoke
- Overeating
- Pregnancy
- Hiatal hernia (when part of the stomach protrudes into the diaphragm muscle)

Dr. Matthew Bettendorf, a general surgeon at MMC, is an expert in the surgical treatment of GERD. He performs a minimally-invasive procedure using a device called LINX®.

It's essentially a magnetic sphincter – about the size of a nickel - that's tightened around the lower part of the esophagus to help restore the body's natural barrier to reflux.

“The LINX® device has been a great addition to the treatment of GERD,” he said. “When we place the LINX® device, we see immediate results. Reflux is gone in the recovery room.”

Since it's a minimally-invasive procedure, most patients can go home the same day, and many can resume a normal diet

immediately. Plus, studies have shown after LINX®, 99% of patients no longer experienced regurgitation and over 85% were free of heartburn and no longer needed daily reflux medication.

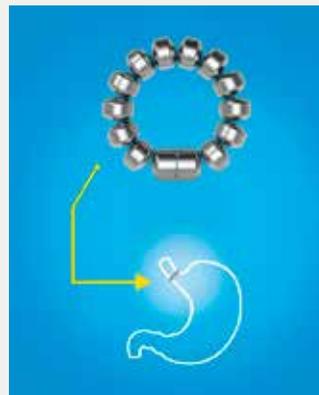


Photo credit: Johnson & Johnson, "LINX for Life"

Imagine waking up tomorrow without reflux. For more information on acid reflux management at MMC, visit ashlandmmc.com/acidreflux.

Healthier Together: Sawyer County's Community Health Improvement Plan is Published

The Hayward Area Memorial Hospital (HAMH) and Sawyer County Public Health Department (SCPH) recently published their 2023-2025 Community Health Improvement Plan. Wisconsin hospitals and health departments are required to actively engage their communities in developing and implementing Community Health Improvement Plans (CHIP) which are used to identify, prioritize and address health needs within a community.

You can find the 2022 - 2025 Plan at: haywardmemorialhospital.com/community-health-needs-assessment/.

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STROKE

signs and symptoms

FACE

Ask the person to smile.
Does one side of the face droop?

ARMS

Ask the person to raise both arms.
Does one arm drift downward?

SPEECH

Ask the person to repeat a simple phrase.
Is the speech slurred or strange?

TIME

If you see any of these signs, call 911 right away.

If you suspect someone is having a stroke, get them to a hospital right away. The faster they receive professional stroke care, the better their chances are for survival and recovery.

MMC & HAMH have access to telestroke services so that our providers can administer clot busting medication for stroke victims within minutes of diagnosis.

