

THE LUNCH LADY: A Breath of Fresh Air

Jill Meyer has lived in Falun, WI since 1971. She is infamously known as the Grantsburg High School "Lunch Lady." Her gleaming, bubbly, outgoing personality really stood out with the students and anyone she meets. She has such a strong positive outlook on life that even when she was diagnosed with lung cancer in 2016, she made the best out of the situation.

At the time, she was a longtime smoker who suddenly developed an unpleasant uncontrollable cough that was causing her concern. The cough got worse and she decided to make an appointment with her primary care provider, Melinda Deye, Nurse Practitioner, at Burnett Medical Center. During her visit, Melinda recommended a lung cancer screening using low dose computerized tomography (CT). This CT scan uses special x-ray technology to make a series of detailed images of the lungs to help detect lung cancer in its earliest stages, when it is most treatable.

Jill was eligible for the CT lung cancer screening and did the screen in early 2016. Her results came back abnormal—a spot was found on her left lung. Jill went to a specialist and had a biopsy which confirmed the

Jill Meyer (center) standing with her radiology care team, Cindy Jensen (left) and Angie Bonander (right).



abnormality was stage 1 lung cancer.

Jill then went on to see an oncologist, a doctor who treats cancer and provides medical care for a person diagnosed with cancer, and a surgeon to discuss removing the cancer from her left lung.

On May 25th, 2016, Jill underwent surgery. During the surgery they removed the whole upper lobe of her left lung. Fortunately, the cancer was caught early enough that it did not spread outside of her lungs, chemotherapy or radiation was not needed, and all the cancer was successfully removed.

"Melinda has been a lifesaver for me. She won't stop until she has the results. She's wonderful. She's so personable... Melinda is just so thorough... If it wouldn't have been for Melinda, I never would've done it [the CT scan]... I thought I was invincible... I wasn't going to get cancer."

Today, Jill is a two and a half year

lung cancer survivor! She regularly sees her oncologist once every six months for a CT scan. They review the scan to see if anything new appears and to make sure everything stays clear. After three years, she'll only have to get a CT scan once a year until she hits the five-year mark. In addition, Jill also sees Melinda every six months for a follow-up visit where she keeps her medications up to date.

After her surgery, she has had no uncontrollable coughing or shortness of breath despite losing the majority of her left lung.

Looking back, Jill states, "It [the CT lung cancer screening] is very noninvasive." You lay down on the CT machine, the radiologist administers an intravenous contrast, which is an iodine-based dye injected into a vein to enhance CT images, the CT machine scans your body and in just

2

COMMUNITY
FORUM

3

LUNG CANCER
SCREENING

4

UPCOMING
EVENTS

6

BMC
FOUNDATION

7

SPINE
SPECIALIST

a few minutes, you are all done. Jill also mentioned, the radiologists “were very very clear on what they were going to do and how they were going to do it and what I needed to do... They were both very good. Very professional.”

Burnett Medical Center started the low dose CT lung screening in 2016. The radiologists said Jill’s screening was one of their first screens. Since then, a couple more positive lung cancer results have been diagnosed and a few unexpected pancreatic cancer diagnoses have been found as well.

Burnett Medical Center is fortunate to have the opportunity to offer this to our community. The CT lung screening program is newer in rural areas and a lot of places don’t have this program set-up yet. Jill even says, “I suggest anybody that has smoked or has a bad cough to definitely have that done.”

To learn more about the CT lung screening program please see page 3. ■

THE RESULTS ARE IN ...

Burnett Medical Center (BMC) proudly serves as the only hospital in Burnett County, but we are not alone when it comes to wanting to improve our community’s health. In partnership with the Burnett County Department of Health and Human Services, we formed the Healthy Burnett Coalition in 2013 to engage community partners and members to work collaboratively and promote the health of Burnett County.

Together, we have conducted a Community Health Needs Assessment (CHNA) in 2013, 2016 and 2019. The CHNA is required by the Patient Protection and Affordable Care Act to be conducted every three years. The goal of the assessment is to identify the most significant health needs among Burnett County residents. The results of the assessment are then addressed by developing a continual health improvement plan.

THE 2019 CHNA IDENTIFIED THE TOP THREE HEALTH NEEDS AS:

1. Alcohol and Other Drug Abuse (AODA)
2. Behavioral health
3. Tobacco use

With the 2019 survey complete, the next step is to hold a community forum in order to engage, educate and communicate with the public about Burnett County’s 2019 top health needs. You are encouraged to attend one of the following dates to educate yourself and let your voice be heard.



SAVE THE DATE!

**THURSDAY, APRIL 11, 2019
FROM 5PM-8PM
OR
FRIDAY, APRIL 12, 2019
FROM 9AM-12PM**

in room 165 of the Burnett County Government Center.

If you’d like to learn about the latest information on what is happening in Burnett County, please visit www.healthyburnett.org and “like” Healthy Burnett and BMC on Facebook.



Lung Cancer Screening

Burnett Medical Center offers lung cancer screenings, using low-dose computerized tomography (CT), for people at high-risk of developing lung cancer. CT lung screenings can detect lung cancer in its earliest stages, when it is most treatable. Studies have shown that for high-risk populations the screening can lower the risk of death from lung cancer by 20 percent.

How It Works

CT lung screening is painless, noninvasive, and takes just a few minutes to perform. The patient lies on a table that slides in and out of the CT scanner as special x-ray technology takes a series of pictures of the patient's lungs. A computer then creates an image that enables providers to identify lung nodules (small masses of tissue in the lungs).

If a nodule is detected, periodic follow-up scans may be recommended to monitor for changes. If a lung nodule is new or has changed in size, shape or appearance, further testing — such as a CT scan or tissue biopsy — may be recommended to determine if it is cancerous.

Who Is Eligible

The United States Preventive Services Task Force and the Centers for Medicare and Medicaid Services, among others, recommend that current and former smokers at high-risk for lung cancer discuss the appropriateness of the CT lung screening with their primary care provider. BMC's Diagnostic Imaging Department offers CT lung screening to those who meet the following eligibility requirements:

- Age 55 to 74 years old
- Currently a smoker or have quit within the past 15 years
- Smoked at least a pack of cigarettes a day for 30+ years or two packs a day for 15 years
- No history of lung cancer

Coverage

Coverage for CT lung screening may vary among insurance companies. To ensure compliance with a patient's medical insurance, all orders are authorized through BMC's Prior Authorization Coordinator. If a patient does not have insurance, they need to cover the entire cost of the screening before services are performed.



Scheduling a Screening

An order for the CT lung screening must be placed by a patient's primary care provider. Even if the patient's provider isn't a BMC provider, the imaging can still be done here. To schedule an appointment with a BMC provider to discuss whether or not the screening would be beneficial and safe for you, please call 715-463-5353 or 800-293-5353. You can also learn more about whether the screening may be a good choice for you by visiting www.shouldiscreen.com.



FOR MORE INFORMATION

about the CT lung screening service, please visit BMC's website at www.burnettmedicalcenter.com

Upcoming Events



Debra Shulman,
L.Ac, M.A.O.M.

provides many different services including acupuncture, herbal medicine and food and lifestyle education in the BMC Clinic every Thursday. We are pleased to announce that she will now be providing two free classes in February for the community to attend!



HEALTHY MENSTRUATION & HEALTHY MENOPAUSE

Western culture and Traditional Chinese Medicine view the beginning and end of our reproductive years in different ways.

This class will inform you of those differences and offer insights into how you may have a healthy reproductive life. You'll learn about organ health, herbs, acupuncture, cupping and how it affects our cycle.

Please join me and RSVP to:
beyondwell@gmail.com

Date: February 7, 2019

Time: 5:30-7:00pm

Where: BMC Clinic Waiting Room

Cost: Free

GETTING PREGNANCY, STAYING PREGNANT & BEYOND

Rarely do women think about the health of their body before they get pregnant. This class will educate you on all aspects of being prepared for pregnancy and delivery.

You'll learn about how Traditional Chinese Medicine offers a unique approach to a healthy pregnancy by treating infertility, miscarriage and morning sickness, along with postpartum care such as breast milk production, postpartum depression, blood loss and blood deficiency.

Please join me and RSVP to:
beyondwell@gmail.com

Date: February 21, 2019

Time: 5:30-7:00pm

Where: BMC Clinic Waiting Room

Cost: Free



Diabetes Support Group
Monday, March 18, 2019 at 5 p.m.
in the Wood Lake Conference Room at Burnett Medical Center

SAVE THE DATE Carlyle Sherstad 5k/10k Run/Walk
Saturday, June 1, 2019 • More Details to Follow

Women's Health Expertise and Care Right Here

Burnett Medical Center is grateful to have midwifery services available to the women in our communities through Debra Hammer, Certified Nurse Midwife. Deb cares for women of all stages of life, including adolescence, pregnancy, and pre and post-menopause.

"Most of my patients are of child-bearing age, but I also care for girls entering puberty as well as women before and after menopause," shares Deb.

Certified nurse midwives are licensed registered nurses with advanced practice training in nurse midwifery. They are equipped to provide a full spectrum of women's healthcare services, from labor and delivery care to routine exams. At Burnett Medical Center, Deb provides:

- Prenatal and postnatal care
- Normal newborn care up to 28 days of life
- Gynecological exams
- Contraceptive management including IUD and Nexplanon placement
- Menopause support
- Counseling in health maintenance and disease prevention

Philosophy of Care

An important aspect of nurse-midwife care is to empower patients and their families to be active participants in choices about their care. "In my practice, a lot of time and attention is spent offering guidance and educating women to help them make informed decisions within their pregnancy, labor, and delivery," says Deb. "Each woman has personal goals for her care, and it's important that we work together to meet those goals."

Collaborating in Care

Midwives provide a full spectrum of care to women who are generally healthy. When patients' healthcare needs extend beyond Deb's scope of practice, such as management of high blood pressure, heart disease, and diabetes medication, Deb works collaboratively with the team of family physicians at Burnett Medical Center, and also consults with and refers to obstetricians, perinatologists, and other specialists who are trained to handle advanced health issues, such as high-risk pregnancies.

Even though Burnett Medical Center no longer offers labor and delivery services to expecting mothers, we will continue to work collaboratively with the facility of your choice for your delivery needs.



Women's Health Services

"At BMC, we have a wonderful team of highly-qualified providers who stand ready to serve the healthcare needs of women and their families," says Deb.

You have the option of choosing any one of our providers for your women's health needs. Whether you need family planning advice, contraception, or menopause support, BMC has you covered! Other women's health services we offer include:

- Acupuncture - Before, during, and after birth, acupuncture can help with infertility, miscarriages, hypertension, healthy delivery, natural inductions, postpartum depression, and breast milk supply.
- Bone Density Scan (DEXA Scan) - A low-dose x-ray which checks an area of the body such as the hip, hand or foot for signs of mineral loss and bone thinning that could lead to osteoporosis. Bone density testing is recommended for all women age 65 and older.
- 3D Mammograms - A relatively new breast imaging procedure that uses low-dose x-rays to capture multiple images of the breast, at all different angles, plays a vital role in the early detection of breast cancer. It is recommended starting around age 40.
- Breastfeeding Class - A free class offering reassurance, friendship, and breastfeeding support for new and experienced parents and babies. Expecting mothers encouraged to attend. Starting March 12th, join us every 2nd and 4th Tuesday of the month. It is led by a Certified Lactation Specialist.

10th-Annual BMC Foundation

Valentine's Dinner

Saturday, February 9

5 p.m. - Social Hour • 6 p.m. - Dinner

Entertainment and Program to Follow - Bill Norine, Local Musician

Tesora Event Center - Hwy. 35, Siren, WI

*Social Hour • Silent Auction
Heart Healthy Dinner • Cash Bar*

**Cost: \$35
per Ticket**

Tickets are available for purchase at
Community Bank and Yellow River
Pharmacy or by contacting Halle Pardun
715-463-7285. Last day to purchase tickets
is Friday, January 25, 2019.



BURNETT MEDICAL CENTER is very fortunate to have a Foundation so committed to the quality of our patients. In December 2018, the Foundation graciously bought the clinic eight new exam tables. Some of the exam tables were from the old clinic and needed to be updated. The clinic staff is excited to have these new exam tables and are very thankful for the Foundation's generosity.

Some BMC Foundation members with one of the new clinic exam tables. From left to right: Kristie Hjort, Alma Karels, Lois Carlson, Jim Olson, Charlie Faught, Joe Lando, and Liz Myers.



Tree of Life Ceremony

On December 11th, Regional Hospice Services held its first Tree of Life Ceremony at Burnett Medical Center.

We recognize that for some people the holidays are a time of joy and excitement, while for others the holidays can be a difficult time—especially if they are grieving the loss of a loved one. The Tree of Life Ceremony gave those who attended, a time to reflect on their loved one by having a memorial reading of those being remembered and seeing their loved ones' ornament on the lighted tree. Those who wished to honor their loved one were given the opportunity to purchase a personalized ornament as a remembrance.

Lynda Anderson, Regional Hospice Executive Director, started the evening by welcoming all those in attendance, followed by a reading from Jim Stroede, Chaplain for Regional Hospice. Next, Bonnie Prazak, a Social Worker for Regional Hospice, read the names of those being remembered. The music was provided by St. Croix Community Orchestra and their students. Memories, conversation, renewed friendships and refreshments followed the ceremony.

We would like to thank Regional Hospice for putting on this wonderful event, all the Regional Hospice volunteers and staff, Roz Barrick for the beautiful tree topper donated in memory of her husband, Richard Barrick, and everyone who ordered ornaments and attended the event. The Regional Hospice Tree of Life was on display in the main lobby of Burnett Medical Center throughout the holiday season.



BMC Welcomes Spine Specialist

Thomas Rieser started his medical school journey at Loyola Stritch School of Medicine in Chicago, IL. He then completed a General Surgery internship and an Orthopaedic Surgery residency at the Medical College of Wisconsin in Milwaukee. After working at the Gallup Indian Medical Center in New Mexico, where he first found his passion for Spine Orthopaedics, he completed a fellowship, specifically in Spine Surgery. In addition to being Board Certified in Orthopaedic Surgery, over the years he has founded the Midwest Spine Institute and was associated with multiple spine clinics in the Twin Cities area. His newest business, Rieser Spine, opened in May 2018.

Dr. Rieser loves being a Spine Specialist, he states, "I've been doing this for 30 years and I'm just as excited about doing it now as I was back then. My goal is to educate patients about making informed decisions about their care. The more they understand about themselves, the more they can do to help themselves."

Outside of his career, Dr. Rieser is married and has three grown children, a son and two daughters. He lives on a hobby farm where he used to raise sheep and breed Bernese Mountain dogs. He enjoys driving his tractor, playing the banjo and spending time with his family and family pet, Max the cat.

Burnett Medical Center is pleased to welcome Dr. Rieser, his extensive knowledge, and his 30 years of experience to the facility!





257 W. St. George Ave.
Grantsburg, WI 54840
715.463.5353 | 800.293.5353

www.burnettmedicalcenter.com

NON-PROFIT ORG
POSTAGE PAID
EDDM
GRANTSBURG, WI
PERMIT NO. 76

ECRWSS EDDM

ECRWSS

POSTAL CUSTOMER

EDITOR: Halle Pardun

©Burnett Medical Center, 2019
Information may be reprinted
with written consent.

Hometown HEALTH

Hometown Health is published for the patients and friends of Burnett Medical Center. Information in this publication is not meant to replace the advice of your personal healthcare provider.



Thank You Mrs. Polzine's 2nd Grade Class!!!

Mrs. Polzine teaches 2nd grade at the Grantsburg Elementary School. This December her class focused on the season of giving by doing random acts of kindness each day of the month. Burnett Medical Center was one of the recipients of her class's random acts of kindness. Her class graciously made blankets for the Emergency Department to be used for those who need it this winter. Thank you to Mrs. Polzine's 2nd grade class for thinking of Burnett Medical Center and our community this holiday season.

ONLINE BILL PAY
COMING SOON!



ONLINE BILL PAY:

- Payments can be made online at anytime.
- Use your credit, debit, HSA card or your checking/saving account.
- Automate scheduled and recurring payments.

