

One Knee At A Time



Sena Christopherson (left) and Lynn Carlson (right) on Sena's last day of Physical Therapy.

Sena Christopherson, a lifelong resident of Falun, WI since 1950, is an active woman who loves to go bike riding, host get-togethers with her family, take care of her chickens, and create various items through crocheting, knitting and embroidery. Being the active person she is, Sena has been having knee pain for a few years. She says, "They [her knees] don't really hurt when I walk but they hurt doing average activities such as going up and down stairs. Once going up and down stairs was too unbearable, that was the determining factor I needed to do something." Fortunately she sought

the care of Burnett Medical Center's Orthopaedic Care Team.

She scheduled a clinic appointment at Burnett Medical Center (BMC) with her primary care provider and was referred to see Patrick Hall, MD, Orthopaedic Surgeon from Orthopaedic Associates of Duluth, who visits BMC three times a month. Dr. Hall suggested x-rays to help him see the underlying problem. The imaging was done to assist in the treatment of her knee in BMC's Diagnostic Imaging Department. After examining the x-rays, it was decided that Sena needed knee replacement surgery on both knees. "My initial appointment with Dr. Hall went really well. I feel real, real comfortable with him and the nurses there. They sent me home with all the information you could possibly use."

On Monday, June 25th, Sena went



Sena lifting leg weights to strengthen her knee.



Lynn measuring Sena's range of motion.

in for surgery at BMC and had her left knee replaced. By noon she was in recovery. "Dr. Hall is an excellent doctor! Pain was little to none after surgery."

Sena was in the hospital from Monday to Thursday. Monday night, just hours after surgery, she was up moving her leg around. On Tuesday morning, Lynn Carlson, BMC's Physical Therapist, came to her room and they walked down to the Physical Therapy (PT) Department together for her appointment. During her stay as an inpatient in the hospital, she had PT twice a day.

On Thursday afternoon, she was discharged from the hospital. A friend picked her up from BMC and they went grocery shopping before she went home. Being home was the real test, Sena says, "I have stairs to enter my home but it went really well. We practiced stairs a lot during my PT visits so I was well-prepared to do them on my own."

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The next week, Sena officially started the rehabilitation program with the PT team where, with hard work, began to see phenomenal improvement with her knee. Lynn Carlson worked with Sena twice a week for 8 weeks to regain range of motion and strength in her knee. When Lynn saw Sena in July as an outpatient, she was unable to jump, drive a car or step over an object with her left leg. She could only bend her knee to 82 degrees, which limits many activities such as getting in and out of vehicles and going up and down stairs.

Sena and the physical therapy team not only did regular exercises to strengthen her knee, such as leg lifts with weights and riding a stationary bicycle, but they also worked on functional activities like moving from sit to standing positions and stepping up and down stairs without breaking stride.

After 15 therapy sessions between July and August, Sena graduated from the rehabilitation program. It was very evident that the hard work had paid off. She gained more range of motion in her knee; on her last day in PT, she was able to bend her knee to 120 degrees. From not being able to drive her car, clean her house, or use her stairs, she is now able to enjoy all of that again and more, pain-free.

Sena experienced many different departments during her time at BMC for her knee replacement. Her surgery went smoothly and was painless thanks to the attentive and compassionate surgical staff. "My stay [in the hospital] was wonderful, I stayed across from the nurse's station so whenever I touched my button they were there. No complaints what-so-ever." While in rehabilitation she states, "The care and communication was very, very good."

What she liked the most about her experience is that she was close to her home and loved ones. Sena went on to share she even plans on having her second knee done here when the time comes next year. "I'd definitely recommend BMC to others because of the care." ■



The prescription drug drop box is full! BMC is proud to offer this drop box to the community and we are happy to know that the public is using it to keep unwanted drugs out of their homes!



We Want To Hear From YOU!

Community Health Needs Assessment Survey

BMC and Burnett County Department of Health and Human Services-Public Health are assessing the county's health. Community members throughout Burnett County are asked to share their opinion about the health needs of Burnett County by taking a brief survey. The survey consists of 11 questions and should take less than five minutes to complete. It is available online or in paper form. To complete the online survey, please visit www.surveymonkey.com/r/burnetthealthsurvey. Paper surveys are available at libraries, clinics, senior center, other public businesses and Burnett County Government Center. For more specific locations, visit www.healthyburnett.org. The survey results will be used to help identify the top health issues in Burnett County and guide activities to improve health.

The last assessment, completed in 2016, identified alcohol and other drug abuse as the top issue in Burnett County. The existing coalition, Healthy Burnett, brings together key stakeholders to enhance how the community addresses identified needs. If people are interested in learning more about Healthy Burnett's efforts, we encourage them to visit the Healthy Burnett website.

Questions regarding the survey and/or Healthy Burnett can be directed to Halle Pardun, Marketing Director at Burnett Medical Center (715-463-7285) or Sarah Miller, Interim Health Officer and WIC Director at Burnett County DHHS-Public Health (715-349-7600, ext. 1952).

WELL-CHILD CHECKS

BMC recommends that you bring your child in for regular visits to help keep your child healthy. These visits are called well-child checks. A well-child check is more than just visiting your healthcare provider and getting updated on vaccines. These visits give your child's doctor a chance to find and treat any concerns early. It's also a good time for you to ask any questions you have about your child's health. During a well-child visit, your child's doctor will give any vaccines that are due, check your child's growth and development, and test vision and hearing starting at age 4.

BENEFITS OF WELL-CHILD CHECKS

- **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your primary care provider about nutrition and safety.
- **Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your primary care provider about your child's development. You can discuss your child's milestones, social behaviors and learning.
- **Raising concerns.** Make a list of topics you want to talk about with your child's primary care provider such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your primary care provider at the start of the visit.
- **Team approach.** Regular visits create strong, trustworthy relationships among the primary care provider, parent and child. The American Academy of Pediatrics recommends well-child visits as a way for primary care providers and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.
- **Maintaining a 'Medical Home.'** An approach to health care in which a trusted provider partners with the family to establish regular ongoing care. This builds a trusting relationship between the patient, family and provider which encourages ongoing preventative care for all members of the family.



Department of Health Services Wants Wisconsin to Avoid a Serious, Deadly Flu Season This Year

Protect your family and community—get a flu shot

With a new flu season fast approaching, health officials are reminding people of the toll last year's season took on Wisconsin residents, and encouraging everyone to get a flu shot to protect their families, communities, and themselves.

"The dangers of the flu are real, especially for the very young, for older adults, and for those with other health problems," said State Health Officer Karen McKeown. "Getting a flu shot helps protect not only you, but also your loved ones, friends, and neighbors, and this year we are asking everyone to pitch in and help."

During the 2017-2018 flu season, 7,530 people in Wisconsin were hospitalized due to flu-related complications, and 379 people died – twice as many as the year before – including three children. With only 36 % percent of state residents getting the flu shot last year, there is room for improvement this flu season, McKeown said.

Health care providers are already providing the flu vaccine, as are pharmacies.

The flu shot can help prevent the flu, and greatly reduce symptoms if you do get it, shortening time away from work or school.

Press release provided by: Wisconsin Department of Health
<https://www.dhs.wisconsin.gov/news/releases/092418.htm>

STEPS TO HELP YOU AVOID SPREADING THE FLU:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.
- Use your own drinking cups and straws.
- Avoid being exposed to people who are sick.
- Frequently clean commonly touched surfaces (e.g., doorknobs, refrigerator handle, telephone, faucets).
- See a health care provider if your symptoms persist or get worse.



Help protect yourself and your loved ones.

Get Your Flu Shot!

To schedule your flu shot, call the BMC Clinic at 715-463-5317 or 866-463-5317. Walk-ins are also welcome.

FLU SHOT CLINIC

9 A.M.-NOON & 1-4 P.M. • Monday-Friday

NOW OFFERING 3D MAMMOGRAPHY

Breast cancer will affect an average of one in eight women sometime in their lifetime. It is the second most common cause of cancer-related deaths in women. Numerous studies prove that early detection is a vital component in the successful treatment of breast cancer.

Mammograms play a central part in the early detection of breast cancer. They can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt. The use of mammography has greatly enhanced the ability to detect breast cancers at earlier stages.

Because our primary goal has always been to deliver the highest quality care to our patients, we are excited to add 3D mammography to our women's health diagnostic services.

WHAT IS 3D MAMMOGRAPHY?

3D mammography, also known as tomosynthesis mammography, is a relatively new breast imaging procedure that uses low-dose x-rays to capture multiple images of the breast, at all different angles. The images are then brought together to create a crystal clear 3D reconstruction of the breast. The radiologist is then able to review the reconstruction, one slide at a time, almost like turning pages in a book. This makes it easier for doctors to see if there's anything to be concerned about.

HOW DOES A 3D EXAM COMPARE TO A 2D EXAM?

Both 2D mammograms and 3D mammograms use x-rays to produce images of breast tissue in order to detect lumps, tumors or other abnormalities. Specifically, 2D mammograms provide doctors with a 2D image to evaluate the breast. Only two images, a side-to-side view and a top-to-bottom view, of each breast is taken. This can be limiting due to overlapping layers of tissue which can sometimes produce unclear results, false alarms, or worse – cancer being missed.

On the other hand, 3D mammography is capable of producing more detailed images of breast tissue. 3D mammography produces multiple x-ray images of the breasts from different angles to create a 3D rendering of internal breast tissue. This allows radiologists to view the breast in 1-millimeter 'slices' rather than just the full thickness from the top and from the side. This ultimately allows your doctor to better evaluate your breasts layer by layer.

WHAT ARE THE BENEFITS OF 3D MAMMOGRAPHY?

- Provides greater accuracy for women across a variety of ages and breast densities; it's the only mammogram FDA approved as

superior for women with dense breasts.

- 3D mammography may be particularly effective for women with dense breast tissue or those at high risk for developing breast cancer.
- Detects 20-65% more invasive breast cancer compared to 2D mammography alone.
- Reduces callbacks by up to 40% compared to 2D mammography alone.



**YOUR BREASTS ARE THREE DIMENSIONAL.
SHOULDN'T YOUR MAMMOGRAM BE?**

Now Offering
3D
mammography

Don't delay, schedule your
mammogram today.
Please call 715-463-7292



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www.burnettmedicalcenter.com

Burnett Medical Center's Operating Room

When you have a same-day or inpatient surgery at Burnett Medical Center, you have the advantage of being cared for by experienced, specially trained surgical staff, and the convenience of recovering close to your home and loved ones.

Our surgical team is composed of experienced surgeons, including specialists from Duluth and the Twin Cities area, Certified Registered Nurse Anesthetists (CRNA), Registered Nurses, and Surgical Technicians. Additionally, Family Practice Physicians, Nurse Practitioners, Physician Assistants, and other Surgical Assistants are utilized if needed. They are focused on providing a safe, comfortable surgical experience leading to a swift recovery.

Our surgical specialists perform a number of different procedures including, but not limited to:

- **Ear, Nose, & Throat** - procedures including ear tube placement, tonsillectomy, adenoidectomy, sinus surgery, and septoplasty.
- **Gastroenterology** - procedures such as EGD and colonoscopy.
- **General Surgery** - procedures including laparoscopic and open cholecystectomy, appendectomy, lipoma and mass removal, hernia repair, and hemorrhoidectomy.
- **Gynecology** - procedures including hysterectomy, supracervical, laparoscopic-assisted techniques, dilatation and curettage, tubal ligation, and endometrial ablation.
- **Ophthalmology** - procedures involving the eye such as cataract removal.
- **Orthopedic** - procedures involving bones and joints such as total knee replacement, knee arthroscopy, carpal tunnel release, and ulnar nerve transposition.
- **Urologic** - procedures such as bladder tumor removal, transurethral resection of the prostate, and cystoscopy.



Burnett Medical Center (BMC) is pleased to have certified registered nurse anesthetist (CRNA), Brent Kapfer, as a part of the BMC Team. Kapfer joined the BMC medical staff in late April of this year. Brent graduated from the University of Minnesota with a Bachelor of Science Degree in Nursing. He then received his Master of Science Degree in Nurse Anesthesia at the Minneapolis School of Anesthesia in 2001.

Throughout his career, he has practiced at Regions Hospital in the Level 1 Trauma Center, has performed independent CRNA practices at Fairview Lakes and Hudson Hospital, and has been at High Pointe Surgery Center and practiced pain management at Fairview Lakes and St. Croix Falls hospitals.

Brent is certified in Advanced Cardiac Life Support, Pediatric Advanced Life Support, Basic Life Support and Neonatal Resuscitation. He has also been certified through the National Board of Certification and Recertification for Nurse Anesthetists since 2001.

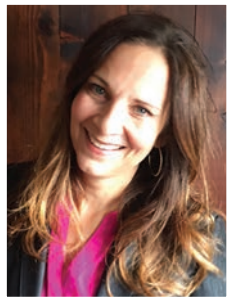
Brent is originally from North Branch, Minnesota. He has been married to his wife, Stephanie, for 20 years and they have three children, two daughters ages 11 and 14 and a son age 16.

As a CRNA at BMC, Brent plays an important role in the delivery of quality patient care. He collaborates with many members of the healthcare team to ensure patients receive the most appropriate care according to their individual needs.

"We are very excited to have Brent at BMC and to bring high-quality anesthesia services to our community," said Gordy Lewis, Burnett Medical Center CEO.

Burnett Medical Center is privileged to add Brent to the BMC Team and appreciates the extensive knowledge and over 17 years of diverse experience he brings to the facility!

How we Digest



Fall harvest is just around the corner. This time of year always reminds me of the rich, natural goodness that comes from the earth. Earth energy in Traditional Chinese Medicine (TCM) is embodied

in the stomach and spleen. One's ability to digest the harvest, to receive the wealth of nutrients the earth puts forth is the hallmark of good health.

TCM has a wonderful and surprisingly different approach to digestion. The stomach and spleen work together to transform and transport foods and fluids we ingest, into usable energy or qi (pronounced "chi"), to support a healthy body. Since the stomach and spleen are the main source of energy

for the entire body, the health of these organs is essential.

There are many facets of the western diet that injure the transforming and transporting function of the stomach and spleen. Raw and cold foods are just a few of the main culprits. Many westerners hear this and they are taken aback. We have all heard the recommendations that health is achieved by eating five raw fruits and vegetables a day. This philosophy is creating an imbalance that requires a shift in our thinking.

TCM explains the stomach as the 100-degree soup. The temperature of the stomach is essential in the transformation of foods and fluids and the spleen's ability to transport the extracted nutrients. Raw foods require more energy and heat to prepare for this process. Expending excess energy to breakdown raw, cold foods creates a deficiency in the stomach and spleen. Over the course of one's life, this deficiency becomes more pronounced. Bloating, fullness, nausea, phlegm, and loose stools are the classic symptoms of an unhealthy stomach and spleen function. Once the digestive function is impaired, there is a decline in the overall health and energy of the body.

Acupuncture and Chinese herbal medicine are suggested to help restore the balance of the stomach and spleen. TCM supports proper organ function, improves energy, and prevents future digestive issues.

There are a few simple ways that you can restore the health of your stomach and spleen, too. When you warm your food, the food's cell walls soften and break down; this creates ease and aides the digestive process. Also, simply chewing your food well improves digestion greatly. Call your acupuncturist today to learn more about your digestion, how to create food that supports your health and prepare to receive the abundance of the fall harvest!

By Debra Shulman, L.Ac, M.A.O.M. Deb Shulman is a licensed Acupuncturist with Beyond Well Acupuncture and Chinese Herbal Medicine, LLC. She sees patients at BMC every Thursday. To schedule an appointment with Deb please call 612-730-0378.

Healthy Holidays

The quickly approaching holiday season is a time for family, friends, traditions, and food. Many of our holiday memories and upcoming plans center on big family dinners and parties. On average, most Americans gain one to two pounds over the holidays. While this weight gain may not seem like much, it often sticks around and starts to add up over the years. Here are 5 ways to enjoy the holidays without the extra pounds:



#1 PLANNING AND PREPARING If you have a big family dinner or party that you will be attending, it may be tempting to skip a meal or two prior to the event, but this will cause you to over eat. It is better to plan ahead and eat a small meal before, focusing on whole grains, fiber, and lean protein. A good option would be a large salad with chicken or fish and whole grain bread.

#2 SPARKLING STORIES When you arrive at the event, don't go straight for the food. Conversation is calorie-free, so enjoy the time with family and friends by socializing and mingling. Just remember to have your conversations away from the buffet table to avoid mindless nibbling.

#3 CREATE A HEALTHY PLATE When you are eating, be strategic with your choices. Research shows that eating a salad before a meal will help you to eat fewer calories overall, so fill half of your plate with non-starchy vegetables. Start with small portions of just your favorite holiday foods, and then wait 10 minutes before going back for seconds to see if you are really hungry. If you are concerned that there will be no healthy options for you, offer to bring a plate of fresh fruit and yogurt dip, vegetables, or a whole grain pasta salad.

#4 DRINK RESPONSIBLY If you are going to drink alcohol, start with a non-alcoholic drink such as sparkling water to quench your thirst. Alternate between alcoholic drinks and water throughout the event, and always have a designated driver planned in advance.

#5 INCREASE ACTIVITY Help offset some of those holiday treats by increasing your activity level. Plan a family walk around the block after dinner, play football with the kids and grandkids, or catch up on housework by washing windows, vacuuming, and sweeping. These small changes can add up to help you enjoy your healthy holidays with family and friends.



CARING Is What We Do

The Continuing Care Center of Burnett Medical Center is a long-term and rehabilitative care facility that provides necessary health services while maintaining an atmosphere of hope, harmony and humor in a home-like environment.

Everyone receiving care is encouraged to make the center a "home" away from home, even for a brief restorative stay. Family photographs, furniture, and quilts are the special touches of home commonly found in individual's rooms.

PROVIDING JUST THE RIGHT CARE

The Continuing Care Center offers 50 beds that include 23 semi-private rooms, 4 private room accommodations and a full range of professional healthcare services. To view our healthcare services, please visit our website at www.burnettmedicalcenter.com.

CARING WITH A PERSONAL TOUCH

Burnett Medical Center's Continuing Care Center offers more than professional medical services. Each resident is provided a safe, clean, friendly, home-like environment:

- Beauty salon and barber shop
- Cable TV
- Garden and gazebo
- Life enrichment activities
- Wi-Fi
- Hospice

PERSONALIZED AND SKILLED CARE

The staff provides personalized care for each resident through a care plan based on the resident's desires/goals and care team assessment. Families are encouraged to participate in care conferences where recovery and/or rehabilitative progress is reviewed.

The Continuing Care Center's goal is to help each resident achieve his/her maximum level of independent functioning. Although a resident may not be acutely ill from an injury or illness, rehabilitative services regularly provided help continue the recovery process or maintain the current physical condition.

ADMISSION

You may request referrals by calling the Continuing Care Center Social Workers at 715-463-7278.

Nick and Ken Roberts played and sang upbeat old time tunes for the residents to enjoy.



Trinity Lutheran Church came in to play bells.



Carol Ahlquist, CCC DON, and Pam Thoreson, RN, effortlessly played a duet with their band instruments.



An Elvis impersonator stole the heart of longtime Elvis fan Mavis Peterson.

Beyond Care Giving Award

Patricia Graves, a Burnett Medical Center (BMC) Continuing Care Center (CCC) Certified Nursing Assistant, has recently been awarded the Beyond Care Giving Award. This award is presented to a caregiver in a facility who goes above and beyond caring for the whole person, recognizing the importance of meaningful activities and quality of life.

Patricia easily demonstrates this and all of BMC's values every day. Carol Ahlquist, CCC Director of Nursing, states, "If you listen to her conversing with residents you will hear words that make them feel valuable, interesting, dignified, and like it is an honor for her to be able to care for them."

Even families of residents mention her care specifically because they see her tender heart and hear her conversation of heartfelt concern. One family member said, "She works so hard and we never feel like our requests are an imposition. Her thorough, kind care encourages us."

Patricia traveled to Marshfield, WI on September 20th, 2018 where she was treated with a lovely dinner and was awarded the Beyond Care Giving Award.

Congratulations Patricia! BMC is beyond thankful for the hard work you do every day!





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EDITOR: Halle Pardun

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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.

13th annual CARLYLE 5K 10K SHERSTAD 6.2.18 RUN/WALK



Photo (L to R):
Kelly Gerber,
Nicki Peterson,
Amanda Hill,
Halle Pardun
and Steph
Badowicz

June 2, 2018, marked the 13th Annual Carlyle Sherstad 5K/10K Run/Walk as part of Grantsburg's Big Gust Days. Thanks to 95 registered participants and 44 local business contributors, the event was a great success! Halle Pardun, Race Director, proudly

presents this year's recipients, Grantsburg Revitalization Organization (GRO), with a check in the amount of \$1,837.20. GRO will use these proceeds toward the development of a fitness trail at the swimming pool park. Having this trail come to our community is a great way to encourage people of all ages and abilities to be active outdoors. Don't forget to mark your calendars for the 14th annual Carlyle Sherstad next year on June 1, 2019, when another great local cause will be benefitted!

Diabetes Education Night

Thursday,
November 8th
5 to 7 pm
Burnett Medical Center
Main Entrance

Join us for a fun night
devoted to the prevention and
management of diabetes!

- 5:00 pm **Registration, Visit Exhibitors, and Snacks**
- 5:30 pm **"Understanding Traditional Chinese Medicine and the Treatment of Diabetes"**
Presentation by Debra Shulman, L.A.C., M.A.O.M.
- 6:15 pm **"Panel Discussion: Learn from the Experts Themselves"**
Individuals with diabetes sharing their stories and lessons learned

RSVP Appreciated • Walk-Ins Welcome
Contact Halle Pardun at
715-463-7285 to RSVP

- Presentations by Diabetes Management Experts
- Exhibitors
- Healthy Snacks
- Giveaways • Door Prizes

**FREE
to attend!**