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A PUBLICATION FROM YOUR HEALTHCARE PROFESSIONALS AT BURNETT MEDICAL CENTER

A MAN GIVEN A SECOND BIRTHDAY



Photo (L to R): Richard Norum with part of his care team, Katie Scheele, RN and Mark Thayer, MD.

Though Richard Norum may be in his 80s, he just received a "second birthday," with Burnett Medical Center playing a vital role in this life-changing event.

Through the wonderful care of BMC's staff and partners at Abbott Northwestern, Richard has lived to tell a story of survival that is nothing short of miraculous.

Richard Norum and his wife have been residents of Grantsburg for 12 years.

On May 1st, 2018, Richard woke up feeling nauseous. As he waited for the feeling to pass, it only grew worse. Richard told his wife he needed to go

to the hospital, and they drove to BMC's Emergency Department. Once Richard arrived, the sick feelings began to subside, so BMC's staff placed Richard on observation to monitor his condition. At about 3 am, Richard's symptoms began to return, and the BMC team stepped into action.

Though Richard doesn't remember most of what happened, he remembers the staff giving him pills and running numerous tests to try to find out what was wrong.

Through many tests and checks, the BMC staff discovered Richard's oxygen level, heart rate, and blood pressure were all dangerously low. The staff confirmed that Richard was experiencing an acute heart attack, an especially dangerous type of heart attack that comes with little or no warning.

Fighting the clock to save Richard's life, our hospital team went into action, calling a helicopter for an emergency flight to Abbott Northwestern in Minneapolis.

After a 25-minute flight, the staff at Abbott teamed with BMC staff to ensure Richard's survival. They had a small window of time to place a life-saving stent in Richard's heart. Both teams knew they must work quickly to save this man's life.

Though Richard was slipping in and out of consciousness, he remembers how fast everything happened. In an interview with BMC, Richard states, "Everyone was working. It didn't take 10 minutes to get

me fixed." Records show that the staff implanted the stent in only 6 minutes.

Richard's life was saved. In about 80 minutes, the BMC staff had run the proper tests, diagnosed the heart attack, stabilized Richard, flown him to Abbott and, with the help of Abbott's staff, saved his life.

One BMC provider remarks that 20 years ago, an attack such as this would have killed Richard.

However, through BMC's competent and caring staff, Richard has been given another chance at life and another birthday to celebrate.

We applaud BMC's incredible team of health care providers, lab, radiology and nursing staff for their vital part of this life saving process.

Richard is especially grateful for the excellent care he received at BMC. Even during the heart attack, Richard recalls the peace he had knowing he was in good hands. He states, "Some people asked me if I was scared [during the heart attack], and I said well no ... because I knew you couldn't do any more than what they were doing."

Richard is still living in Grantsburg, enjoying time with his family and time in his hobby shop. While he is not completely recovered, he is doing well.

From all of us here at BMC, Happy Birthday Richard! We hope this year is your best one yet. ■

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The growing concern for PRESCRIPTION DRUG ABUSE

Most Americans recognize that prescription drug abuse is a growing problem and one that flourishes in all communities. Since 2015, Wisconsinites have disposed of over 330,000 pounds (165 tons) of unused and unwanted medications. Sadly, these unused prescription drugs are often misused and abused.

Prescription drug abuse is defined as taking someone else's prescription medication, taking a prescription medication in a way other than prescribed (such as breaking or crushing a pill and snorting the powder), or taking a prescription medication to get high. Some common types of medications that are misused and abused are opioids, depressants, and stimulants. Abusing any prescription drug can result in addiction and serious health problems including death.

Prescription drug abuse is a growing problem specifically for teenagers and older adults. According to the National Center on Addiction and Substance Abuse at Columbia University, teens who abuse prescription drugs are 2 times as likely to use alcohol, 5 times more likely to use marijuana, and approximately 16 times more likely to use illegal street drugs than teens who do not abuse prescription drugs. Older adults are more likely to abuse prescription drugs because they are prescribed multiple drugs and for long periods of time. Some older adults experience cognitive decline, resulting in drug abuse, and some simply take someone else's medication to save money.

Fortunately, BMC is combating the growing epidemic of prescription drug abuse by providing solutions to safely dispose of opioid painkillers and other unused medications.

BMC just recently installed a MedSafe® drug collection and disposal receptacle in the main entrance for the safe and anonymous disposal of unused or expired medicines and controlled substances. The receptacle will be accessible during regular business hours.



This receptacle meets our community's need to dispose of numerous prescription drugs.

"We often receive questions from our customers asking how they can safely get rid of their unused medications," said Gordy Lewis, BMC CEO. "We're happy to be able to give back to our community and customers by providing a safe solution to getting unused medications out of their homes and harm's way."

Anyone can simply bring in their unused pills and drop them into the MedSafe, which is a specially-designed receptacle for the safe, cost-effective and convenient way to dispose of potentially dangerous drugs.

In addition to BMC, those who need to drop off medication can also find drop boxes at the Burnett County Sheriff's Office and St. Croix Tribal Police Department.

BMC is also a registered sharps collection site. Please visit our website, www.burnettmedicalcenter.com, to learn more about drug and sharp collection services by visiting the 'ForPatients/Visitors' tab.

If you or someone you know needs help, please call SAMHSA's National Helpline, 1-800-662-HELP (4357).

It is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Items that **ARE** accepted:

- ✓ Prescription medications (Schedules II-V controlled substances and non-controlled drugs)
- ✓ Over-the-counter medication
- ✓ Liquid medication bottles (less than 4 oz. in zip-lock bag)

Items that **ARE NOT** accepted:

- ✗ Illegal (Schedule I) drugs
- ✗ Needles/syringes or sharp containers
- ✗ Medical devices, Batteries
- ✗ Aerosol cans, Inhalers
- ✗ Chemicals
- ✗ Mercury-containing devices
- ✗ Radiopharmaceuticals
- ✗ Liquid antineoplastic agents

GROW IN SAFETY



It is officially Summer! If you're a gardener, that likely means you're spending plenty of time in your garden by now.

The benefits of gardening are plenty—improved endurance and strength, maintenance of flexibility, stress reduction, not to mention having healthy, home-grown food on hand! Unfortunately, also with gardening come common injuries such as:

Repetitive strain injuries (RSI). They are caused by a combination of the force on your body, poor posture, and repetitive tasks. They are often felt in the hands, wrists, forearms, shoulders, neck, and back.

Traumatic injuries. This includes back injuries, ankle sprains, fractures, or injuries from power tools.

To continue to enjoy your garden, consider these steps to prevent the most common types of injuries that affect gardeners:

- 1. To prevent back injury when moving heavy loads, avoid lifting heavy objects on your own.** Instead, get someone to help you or use a wheelbarrow to transport loads. If you must move heavy objects by yourself, slide the object off a bench or tailgate or roll the object to its destination.
- 2. When lifting from the ground, follow these steps for a safe lift:**
 - Clear the way to the object's destination first.
 - Keep the load close to you with your arms comfortably bent.
 - Keep your back straight! Squat with a wide stance and bend at the knees to lift the object from between your feet.
 - Avoid jerky movements, such as reaching, twisting, or bending while carrying a load.
- 3. If you are shoveling, squat with your legs apart, knees bent, and back straight.** Lift with your legs. Do not bend at the waist. Scoop small amounts into the shovel and walk to where you want to dump it. Holding a shovelful with your arms outstretched puts too much weight on your spine, so keep the load close.
- 4. Maintain good posture.** Posture can be affected by the location of your job and your body, the force needed for the job, the position of your limbs, and

the tool you are using. When doing ground work, never over-reach; move to the job and keep close to your work. Always face your work straight-on without twisting. Use a gardening bench, stool, or knee pad while working. You can also use raised garden beds or table-top gardens to avoid bending excessively. To decrease awkward postures, check your body alignment and change position often.

- 5. Avoid injuring your shoulders or neck by reaching overhead too much.** Keep your work below shoulder level when possible, including using a ladder to bring yourself up to the level you are working. If you must reach overhead, take breaks to stretch your arms and back, or break up the activity by interspersing it with another task.
- 6. To protect your hands and arms, keep your elbows partially bent, especially when doing activities requiring elbow strength.** Use a weeding tool to avoid twisting the forearms repeatedly back and forth. Keep your arms and wrists in a neutral position – with the thumbs up and without cocking your wrist up, down, or sideways (like giving a handshake).
- 7. Wear correct footwear to help prevent ankle sprains.** Wearing sandals or soft shoes can put you at risk for injury.
- 8. Be aware of the symptoms of a problem!** Symptoms may include tingling, swelling of joints, impaired ability to move, decreased grip strength, continual muscle fatigue, numbness, change in skin color of hands or fingertips, or pain from movement, pressure, vibration, or exposure to cool temperatures.
- 9. The most important rule in repetitive strain injury (RSI) prevention is to never work through pain!** If you are already aching, you may aggravate existing injuries by pushing your body past its limits. RSI can become chronic if you do not listen to your body! Stop doing what hurts. If you do feel pain from gardening, you can help reduce inflammation by using ice on the area of injury.

BMC Welcomes New Providers



David Lang, MD

BMC welcomed David Lang, MD to our team in February of this year to serve our community in Family Practice. Dr. Lang grew up in the Twin Cities and graduated from the University of Minnesota Medical School. He completed his residency at Hennepin County Medical Center. Before coming to BMC, he practiced

medicine for 30 years in Apple Valley, Minnesota.

Dr. Lang explains why he chose family practice by stating, "I went into family practice because I wanted to be able to care for the whole family at all ages and to be able to address all ailments a patient may have."

Dr. Lang currently lives in Couderay, Wisconsin, and he enjoys spending time with his family. He and his wife love spending time with their 5 daughters and 4 grandchildren as well as fishing and gardening. The Langs also have four dogs: a Great White Pyrenees, a Bernese Mountain dog, a Labradoodle and a Cockapoo.

During the summer, Dr. Lang and his wife stay busy running their resort, Spooky Bay Resort.

BMC is grateful to have Dr. Lang as part of our team of caregivers. We appreciate the expertise, experience and care for patients he brings to our community!

Amy Wachter, NP

BMC is privileged to have Amy Wachter, NP join our team to serve our community in the area of Family Practice.

Amy is originally from Shoreview, Minnesota and has worked in the medical field for 20 years.

She obtained her nursing degrees through Century College and Metropolitan State University. Amy is certified with the American Association of Nurse Practitioners and just completed her advanced cardiac life support certification as well.

Before coming to BMC, Amy worked at DaVita as a charge nurse for about 8 years and worked at Gillette Children's Hospital for about 3 months. Once graduated, she worked with Health Partners in Nephrology for 9 years.

Amy is married with 2 boys, Grant (11) and Andrew (8). They live in a lake home in Lindstrom, Minnesota. As a family, the Wachters enjoy getting out on the water any chance they can get. They also enjoy camping together or, as Amy puts it, 'glamping' (also known as glamour camping) in a camper that has all the amenities such as air conditioning, a bed and a fridge.

They especially like camping in Southern Minnesota and most recently in Osseo, Wisconsin. She also enjoys reading, whenever she has the chance, as well as gardening.

Amy stays busy with her sons' sports involvement. In her words, her family "eats, sleeps and breathes hockey", as both her boys are heavily involved in the sport.

BMC is grateful to have Amy as part of the team, and have her provide quality healthcare to our community.



Christina Markovitz, NP

BMC is happy to welcome Christina Markovitz, NP to our team this July.

Christina has been working in healthcare for 17 years, with a wide variety of experience in fields such as Family Practice, Urgent Care, Occupational Health, and Emergency Medicine.

Christina states, "I was a state-tested nursing assistant and a support specialist (for the mentally retarded and developmentally disabled) while attending college to obtain my nursing degree from Clark State Community College. I graduated from nursing school in 2008 and, with more training, became an intensive care unit RN at multiple level 1 trauma centers, while also working as a support RN at multiple rural hospitals. In 2013, I graduated from Walden University with my Masters of Science of Nursing, Family Nurse Practitioner degree."

Christina and her husband Benjamin have three young children, all who are excited to join the Grantsburg community.

Christina shares, "My husband Benjamin enjoys the outdoors and fowl hunting, and our son Aaron is a big fan of geese, hockey, and fishing so he is looking forward to checking out the many lakes. Our oldest daughter, Lillian, enjoys adventure and landscape photography. She has her camera packed and ready for the new sights. Leigha, our youngest daughter, had the pleasure of visiting Grantsburg with us a few weeks back and is very excited to return, hoping Ben will let her have a Pony (hehe)."

Christina shares that her favorite past time is spending time with family, stating, "It doesn't matter what we are doing as long as we are doing it together. We enjoy traveling, learning and trying new things. Our family motto is 'Can't never could but, CAN ALWAYS DOES!' Our mission is to share positivity and be a light in the world, making inspiring impacts and positive memories wherever we go."

We are excited to welcome Christina, along with her family, to the community.

Richard Burris, PA, PhD

BMC is excited to welcome Richard Burris, PA, PhD to our team this coming July.

Richard has had a variety of experiences in the medical field spanning over 40 years. Burris states, "I started my medical career as a Combat Medic in 1972. Following a few years of advanced practice, I was chosen to go to the Advance Practice School at the Army's Academy of Health Sciences."

After graduation, Burris served as an emergency room provider and director, as well as a surgical first assistant for trauma and general surgery.

After completing his active duty, Richard practiced with the Department of Justice, Department of the Army-Infectious Diseases, then a private Family Medical Practice. He also started an Urgent Care Program for Mayo's outreach clinic and then transitioned into full time Family Practice in 2007.

Burris is married with 3 children and 7 grandchildren. He is moving to the Grantsburg area to be closer to his lake home and to enjoy a quieter life. Burris states, "I love music, the Bible, life, and being near the lake."

We are grateful to have Richard Burris bring his experience, expertise and passion for patient care to our community.



The Inside Scope on Your Primary Care Providers

A career in healthcare is a commitment to preventing disease, promoting well-being, and doing no harm. Both advanced practice providers (nurse practitioners and physician assistants) and medical doctors embrace a philosophy of service, knowledge, teamwork, flexibility, compassion, and safety.

While training for advanced practice providers and medical doctors is different, both types of providers are highly knowledgeable in their field and capable of serving their patients. Understanding the differences and qualifications of these different types of providers can be difficult. This is why BMC would like to take this time to explain the differences between advanced practice providers and medical doctors. The importance of both in today's healthcare world is crucial.

Medical Doctor Training:

The training to become a Doctor of Medicine (MD) in the United States focuses on the diagnosis and treatment of diseases using drugs, radiation, or surgery. MDs can choose any specialty, prescribe medication, perform surgery, and practice anywhere in the United States once they obtain their license and any state-based credentialing.

MDs attend a four-year medical school program and then go on to residencies in any specialty of medicine. To obtain a medical license, MDs must pass the United States Medical Licensing Examination and must pass a state licensing exam to practice medicine in their particular state.

Advanced Practice Provider Training:

On the other hand, advanced practice providers are trained at the graduate level to evaluate patients, diagnose illness, and prescribe medication to patients. While advanced practice providers do not have the longevity of schooling like physicians, they still undergo rigorous training and credentialing while focusing on the well-being of the whole person.

Healthcare's Demands and Shortages:

The demand for MDs continues to grow in primary care. Much of the increased demand comes from a growing, aging population. An older population places a large demand on health care providers and affects the availability of currently active doctors in the United States. In the next decade, one-third of all currently active doctors will be older than 65. When these physicians decide to retire, it could have the greatest impact on supply.

With the swelling demand for primary care physicians, the healthcare industry is left with gaping holes in their hospitals and clinics. This is why advanced practice providers are so important and such a vital part of the health care system.

Advanced practice providers are able to fill these gaps in healthcare with competent and compassionate care. Furthermore, advanced practice providers can also ease the high cost of health care for patients, all while addressing the looming primary care shortage.

Advanced practice providers are becoming patients' primary caregivers with greater regularity, particularly in rural areas and states, like Wisconsin, where advanced practice providers have full practice authority. Full practice means the providers have the ability to work in accordance with one's level of education, training, and licensure. The abundance of evidence shows that advanced practice providers provide safe, high-quality, and cost-effective healthcare services.

BMC's Team of Advanced Practice Providers and MDs:

As a rural healthcare facility, BMC offers access to a clinically-integrated network of care. BMC has a collaborative team of highly trained and skilled advanced practice providers, primary care physicians, and visiting specialist physicians. All these providers bring a seamless continuum of care that provides valued, quality care close to home.

To further ensure great quality care of our patients, advanced practice providers work under the supervision of MDs.

BMC's physician, Tim Novick, MD, speaks very highly of his advanced practice provider coworkers stating, "We have the very best advanced practice providers who can...handle 95 percent of the stuff that can come at them. Whether cardiac or orthopedic or trauma, they can handle it."

When an advanced practice provider is the acting physician in the emergency room, they can consult with an MD at any time, if needed. For example, in the case of a major emergent situation, advanced practice providers have access to an on-call MD to assist them with the patient's care to ensure the patient gets the proper care. Dr. Novick emphasizes that while he is on-call for the emergency room, his assistance is not needed in the vast majority of situations. "I get called when someone is really sick, dying or [to] help with a code...we have such a good [team]."

While rural communities may be shrinking in various other ways, the skill set and expertise of advanced practice providers and MDs are growing to ensure BMC is able to continue to offer quality care in rural communities. ■



BMC Offers
Grantsburg High School Students
**FREE SPORTS
PHYSICALS**

Burnett Medical Center (BMC) recently conducted their annual sports physicals for the Grantsburg High School. The students playing sports or interested in playing sports are required to get an annual physical, proving they are healthy enough to engage in physical activity.

While a sports physical is similar to a regular checkup, BMC is proud to offer a sports physical that goes above and beyond the usual requirements.

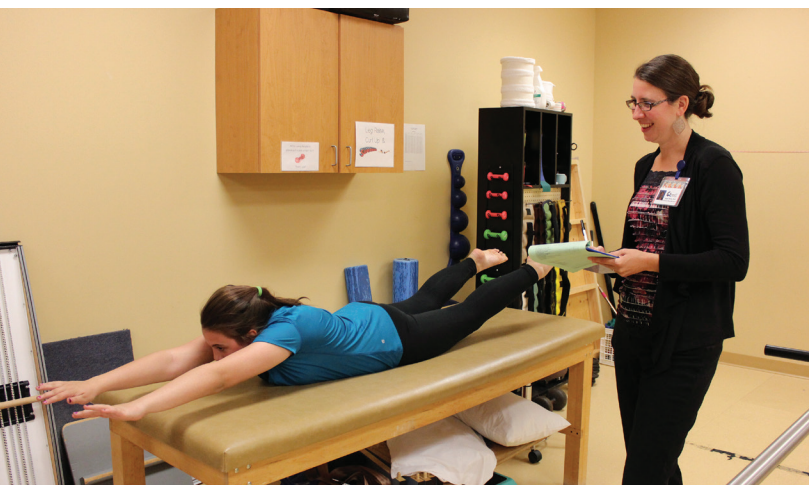
A typical physical exam at the doctor's office includes: updating health history, conducting a visual exam and checking vital signs, ears/nose/throat, blood pressure, heart rate, and respiratory rate.

While all this is still done for BMC's sports physicals, the added benefit is having BMC's Physical Therapy team conduct part of the physicals. The Physical Therapy part of the exam includes students going to multiple stations, testing their ability to perform physical activities in a safe way.

The sports physicals were conducted in BMC's rehabilitation department, by various BMC staff and providers.

This comprehensive sports physical not only helps protect Grantsburg athletes from injury, but these physicals are offered at no cost to the students.

BMC has offered this free of charge service for over 25 years and is grateful to be actively serving our community in this way. ■



BMC employee, Tamra White, assists with the sports physicals.

A DAY OF FUN AT THE FARM

A few weeks ago, some residents at Continuing Care Center (CCC) got to enjoy a picnic at a local farm.

The picnic was hosted by one of CCC's employee's, Margie Hunt, who owns a farm in Frederic. This is the second year Margie has hosted the event.

Eight residents, along with staff, left CCC the morning of June 25th and got to spend a few hours on the farm. They ate a picnic lunch provided by CCC and finished off their meal with ice cream and fresh raspberries, provided by Margie.

After their meal, the residents enjoyed petting and feeding the various types of farm animals. There were bunnies, chickens, goats, mini horses, horses and donkeys.

CCC resident, Darlene, went on the outing for the second year in a row. She stated how much she enjoyed interacting with the animals. Darlene grew up on a farm for 20 years so this brought back a lot of memories.

When asked what her favorite part of the trip was, Darlene responded adamantly, "Well it wasn't the chickens! No chickens.

No thank you!" Apparently when Darlene was young, her neighbors had a rooster that would chase her.

But while Darlene didn't like the chickens, she loved the other animals stating, "The donkeys were cute, and the horses were nice."

On top of spending time with animals, the residents also got to interact with the kids that were present. The kids, 4H members, ages 6-15 years old, brought the animals to the residents for them to pet and feed. Margie said the residents and kids really liked interacting with each other.

The kids also helped put on a dog show for the residents' entertainment.

The trip to the farm is always a highlight for the residents as well as CCC staff. The outing makes for wonderful memories and priceless pictures of residents having a day of fun at the farm.



IT'S SUMMER...

...are you
getting
TICK-ed off?



Here are some quick facts
to help you stay alert for
Lyme Disease.



Deer Tick

→ CAN carry Lyme

Wood Tick



→ CAN'T carry Lyme

Check yourself
and your
pets regularly
for any ticks!



Symptoms of Lyme Disease

- Fatigue
- Pain in joints
- Stiffness
- Bulls eye Rash



→ If you have a suspicious tick bite or are experiencing
some of these symptoms, let us help! Call BMC at
715-463-5353 to set up an appointment today! ←



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Hometown HEALTH

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

This year marked the **13th annual Carlyle Sherstad 5K/10K Run/Walk**, which has been a significant part of Grantsburg's history. For many years, Burnett Medical Center has organized the Carlyle Sherstad 5K/10K and has donated all of the race's profits. **This year's race had 95 participants and raised a total of \$1,837.20**, which will be donated to the Grantsburg Revitalization Organization. A big thank you to all the participants and sponsors who have helped make this event so successful year after year!



Photo (Top):
10K Winner
Greg Atkinson
(10K Winner
Carrie Myers
Not Pictured)



Photo (L to R):
5K Winners
Alisha Perkins and
William Gerber