



URGENT CARE

7 Days A Week
8 a.m. - 8 p.m.

Crossing Rivers Health

37868 US Hwy 18 | Prairie du Chien, WI | 608.357.2222 | crossingrivers.org

*****ECRWSS*****
POSTAL CUSTOMER

Meet our Crossing Rivers Health Clinic Team



From our friendly, helpful registration staff, to our lab technicians and triage nurses, the Crossing Rivers Health Clinic's integrated team of professionals is here to help you live your healthiest life.

Learn more about our upcoming anniversary celebration and get expert advice from our team of providers on page 4.



Life-saving technology improves critical care Pg 2



Richard Bannen's story
"Coronary CT saved my life."Pg 3



10 tips for trouble-free camping..... Pg 6



Diet talk..... Pg 7

Life-Saving Technology Improves Critical Care

On a starry night, a helicopter breaks the quiet of a sleepy, rural town. A team of emergency healthcare providers– EMTs, Doctors, Nurses, Imaging and Respiratory Technicians and an experienced medical flight crew– work together to do everything within their power to stabilize their patient and transfer them to the appropriate level of care.

At its core, that is the role of a Critical Access Hospital– a designation held by only 58 hospitals in Wisconsin and 82 in Iowa– which ensure essential healthcare services remain in rural communities.

As the region’s independent, community hospital, Crossing Rivers Health’s Emergency Department serves as a critical safety net for the people of this area. “We take great pride in our emergency professionals- here at Crossing Rivers Health and also the volunteers within our communities,” said Bill Sexton, Chief Executive Officer at Crossing Rivers Health. “Their skills and compassion are unmatched,” Sexton added.

John Renelt, MD is the Chief of Staff at Crossing Rivers Health and an Emergency Department Physician of more than 24 years. Renelt shared that part of the Crossing Rivers Health Emergency Department’s role is to stabilize critical patients, such as those with trauma. Renelt added, “In the event of heart attack or stroke, our role includes quickly diagnosing, determining the best treatment and if needed, administering drugs that can break up the clot and prevent more serious consequences for the patient.”

Heart attacks and stroke make up 5% of the visits to the local emergency department, while approximately five trauma patients are seen each month. To assist in the diagnosis of heart attacks,

Renelt said that one of the newest technologies at Crossing Rivers Health is the Coronary Computed Tomography Angiography (CCTA). The CCTA is a more conclusive way for providers to diagnose patients who are experiencing chest pain or pressure. In 2018 alone, Crossing Rivers Health’s Emergency and Urgent Care Departments served a combined total of 8,583 patients. Of these patients, 90 experienced a stroke or heart attack.



“In the past, we didn’t have an ability to rule out coronary artery disease. As with many rural emergency departments, we drew labs such as cardiac enzymes to rule out an acute cardiac event and obtained EKG (electrical tracing of the heart) and then got them scheduled at a cardiac center for follow-up as soon as possible if they ruled out for an severe coronary event. In some cases, these follow-ups may not be able to take place for days or even weeks after the patient reports to the Emergency Department,” said Renelt.

“
Since starting this test in November 2018, 28 CCTA exams have been performed and seven lives have most likely been saved by finding severe blockage and referring patients to a cardiologist.

- John Renelt, MD

This new test allows providers to look at the coronary arteries to tell whether there may be a blockage. “It provides a sense of relief to both the patient and the provider. We’ve had situations where we were able to conclusively confirm a significant blockage and the patient has been able to receive treatment before they had a heart attack,” Renelt said.

“To save even one life, it’s worth it to us to invest in this life-saving technology,” said Sexton. “We pride ourselves in being more advanced than many rural hospitals. We’re more than just a pretty building on the edge of town; lives are saved or changed daily under this roof.”

The next time the sound of a transport helicopter breaks the silence of the night, or the day, please send up a prayer. And trust that your small town community hospital has the best of technology and expert healthcare professionals standing ready.

The finest quality in diabetic comfort footwear.



Each year millions of people develop foot complications due to diabetes. Properly fitted shoes, socks, inserts and compression wear are essential for reducing these risks.

Available at the Crossing Rivers Health Home Medical Equipment Retail Store, diabetic shoes and accessories will help support your feet all day long, using the latest technology and designs.

For qualifying patients, Medicare may cover:

- One pair of extra-depth shoes per calendar year
- Three pairs of heat moldable inserts each calendar year

Our expert staff at the Home Medical Equipment Retail Store will work with your primary care provider to determine eligibility.

Find footwear and other home medical equipment to meet your needs at crossingrivers.org/HME

Crossing Rivers Health
**HOME MEDICAL EQUIPMENT
RETAIL STORE**

Serving Southwest Wisconsin and Northeast Iowa
Monday - Friday 8 am - 5 pm
Enter “North Entrance,” 2nd floor, just off the elevator
37868 US Hwy 18 | Prairie du Chien, WI
608.357.2399

New Coronary CT Test Predicts Heart Attack Risk

Rich Bannen is a man with a generous heart, who has dedicated his life to helping others. He’s a veteran and a caregiver for his family. He’s been a first responder since 1973 and is the one and only “Crawford County First Responder” who serves on four local volunteer EMR squads – Bridgeport/ Prairie du Chien, Eastman, Seneca, and Steuben. He’s an entrepreneur who established a solar energy company and a welding business. He became a welding instructor and shared his love for the creativity of the trade with students at a local technical college. He has a love for horses and served as the Ranch Manager at the Children’s Ranch in Prairie du Chien for a couple of years.

“
...if I wouldn’t have had
that test done, I wouldn’t
have made it through
the weekend.”

As far as Rich’s health is concerned, he’s an active man who maintains an overall healthy diet. “I stick to the Mediterranean diet most of the time – a diet that research has shown reduces the risk of heart disease. Five years ago, I underwent a nuclear stress test and they said my arteries were clean as a whistle at that time.”

Today, Rich is a survivor. On Friday, March 22, he woke up as he normally does at 5:30 a.m., but, on this day, he didn’t feel like his usual self.

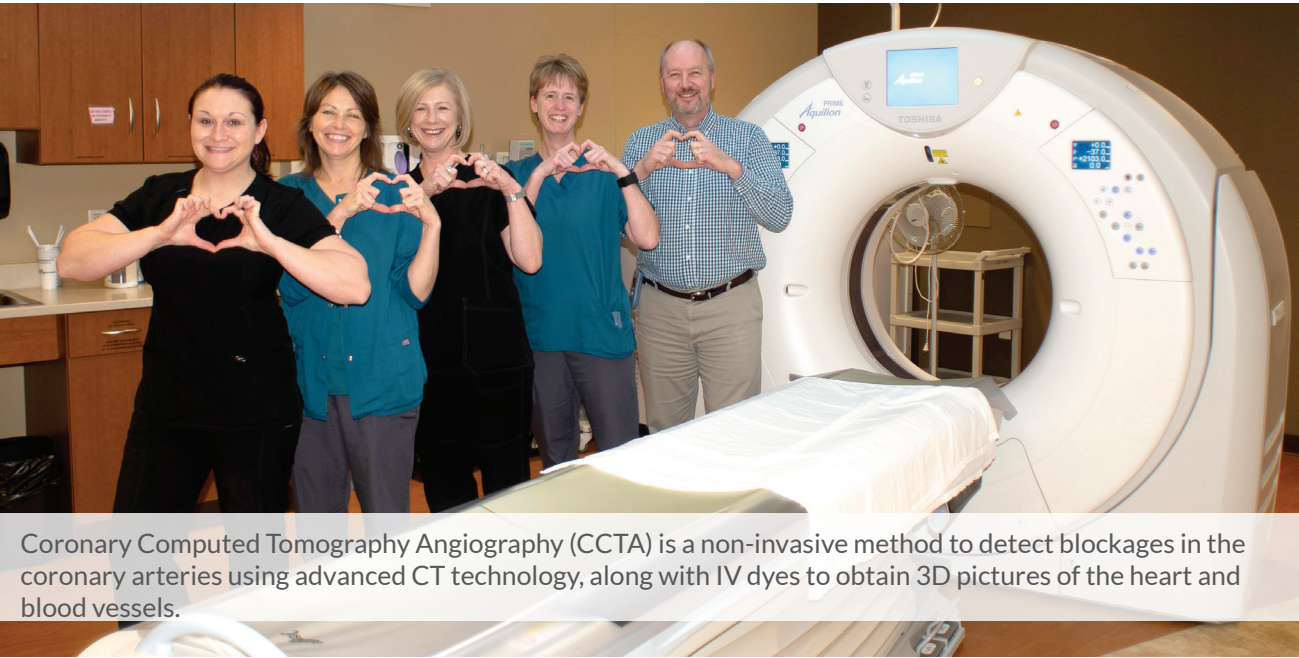
“I had been uncomfortable all night with chest discomfort, similar to heartburn. I felt dizzy, nauseated, and thought I was going to pass out. I knew something wasn’t right, so I asked my wife to take me to the emergency department at Crossing Rivers Health.”

When Rich arrived at the emergency department, he shared his symptoms with the staff. They performed an EKG and ran some bloodwork. All of the tests came back negative. Instead of releasing Rich, the emergency department staff suggested that he undergo a Coronary Computed Tomography Angiography (CCTA), a new test available at Crossing Rivers Health that can detect blockages in the coronary arteries.

For CCTAs, a score over 400 may require further testing. Rich’s score was 829.29.

“The doctor said that I had to be transported to Meriter Hospital in Madison immediately. Once I arrived there, they didn’t waste any time and began prepping me for open heart surgery. I had a stint put in Friday night and five more on Monday. My Left Anterior Descending artery – also known as the LAD or Widow Maker – was 90% blocked. We never would have seen that without the CCTA. I wouldn’t be alive today if I didn’t have the CCTA.”

Rich was discharged the following Tuesday and, today, he feels like a new man.



“The CCTA saved my life – that’s the bottom line. If they would have discharged me based on the results from the EKG and the bloodwork, I wouldn’t be here. The Meriter staff told me that if I wouldn’t have had that test done, I wouldn’t have made it through the weekend.”

Rich is currently working with the Cardiac Rehabilitation team at Crossing Rivers Health. “It’s going great. I come here in the morning a couple of days a week to work with Pat Stovey and then I am able to do other things in the afternoon. It’s not a huge commitment and is a good start to my day.”

The whole experience has been quite an emotional roller coaster – even for a pretty tough guy like Rich. He can’t express the importance of preventative care enough. He encourages people to take care of themselves, to listen to healthcare providers, and listen to their body.

“I came to the emergency department that Friday because I felt like something wasn’t right. As an EMT, we often get calls when it’s too late. I was very fortunate we have the CCTA available at Crossing Rivers Health. It saved my life.”





Crossing Rivers Health Clinic

A TEAM Approach to WELLNESS



Cherie & Charlene

QA WHAT IS "NORMAL" BLOOD PRESSURE?

The normal range for blood pressure is between 90/60 and 130/80. The average blood pressure is 120/80. The lower your blood pressure is, the lower your risk of heart attack, heart failure, stroke, and kidney disease will be.



Cherie Rogers, CMA and Charlene Sauer, FNP, IBCLC

Sue & Chelsea

QA IS THERE ANYTHING I CAN DO ON MY OWN TO IMPROVE MY HEALTH?

Our best advice is to make necessary adjustments to your lifestyle. Maintaining an overall healthy diet, getting regular exercise, and ensuring you are getting enough sleep every day would be our top recommendations.



Sue McMillan, APNP and Chelsea Carlson, CMA

Dr. Downey & Lynn

QA WHAT ARE THE SIGNS AND SYMPTOMS OF DIABETES?

Symptoms can include increased thirst, frequent urination, unexplained weight loss, extreme hunger, or blurred vision. Sometimes only a few symptoms are experienced or you may not experience any symptoms.



Walter Downey, MD and Lynn Palas, RMA

Carrie, Brian & Brynn

QA WHEN SHOULD I START GETTING MAMMOGRAMS?

Women ages 40 – 44 have the choice to start annual breast cancer screening with mammograms. Women age 45 – 54 should get a mammogram annually. Women 55 and older can choose to have a mammogram every two years or, depending on risk factors, continue annual screenings.



Carrie Barker, CMA, Brian Quick, PA and Brynn Junk, RN

At Crossing Rivers Health Clinics in Fennimore and Prairie du Chien, you have access to an entire team of Board-Certified providers and knowledgeable, experienced healthcare professionals dedicated to providing the best care for you and your loved ones. Through an integrated team approach, we'll work with you to achieve your overall health and wellness goals.

Our experts
SHARE ANSWERS TO COMMONLY ASKED QUESTIONS.

Lora

QA CAN I GET THE FLU FROM THE FLU SHOT?

No, the flu vaccine is not a live vaccine, therefore, it is impossible to get the flu from the shot. It takes a week or two to get protection from the vaccine, but those who do get sick shortly after receiving the vaccine were going to get sick whether or not they were vaccinated.



Lora Knott, RN

Sarah

QA AT WHAT AGE CAN I GET THE SHINGLES VACCINE?

Healthy adults 50 years and older should get two doses of the shingles vaccine, separated by two to six months to prevent shingles and the complications from the disease. There is no maximum age for getting the vaccine.



Sarah Egan, RN

Terri & Katie

QA WHAT IS GESTATIONAL DIABETES?

Women who are pregnant who have never had diabetes may have a high blood glucose (sugar) level during pregnancy, referred to as gestational diabetes. Your provider will evaluate your risk and order testing, if necessary, as part of your overall prenatal care.



Terri Payne, CNM, FNP and Katie Skemp, MA

Molly & Jodi

QA HOW OFTEN DO I NEED TO HAVE A PAP TEST OR CERVICAL CANCER SCREENING?

Our current recommendations include a pap test every three years for women ages 21 – 30. From age 30 – 65, we recommend a pap test with Human Papilloma Virus (HPV) screening every five years. Women over 65 should discuss the need for testing with their provider.



Molly Schlegel, CNM, APNP and Jodi Dressler, CMA

Shaina & Katy

QA HOW SOON CAN I TELL IF I AM PREGNANT?

10 to 14 days past ovulation the human chorionic gonadotropin, commonly referred to as hCG, levels in your body are high enough to detect pregnancy. Taking a pregnancy test too early may provide inaccurate results. If you think you may be pregnant, note any signs and symptoms you are experiencing and share them with your provider.



Shaina Kruger, CMA and Katy Maker, CNM

Dr. Valyo & Shaina

QA WHEN SHOULD I START SCREENING FOR COLORECTAL CANCER?

To prevent colorectal cancer, we recommend scheduling a colonoscopy beginning at age 50 even if you are not experiencing symptoms. A colonoscopy is the only test that can both find and prevent cancer by detecting polyps that can be removed before they develop into cancer.



Kenneth Valyo, DO and Shaina Kruger, CMA



5 year ANNIVERSARY

CELEBRATING 5 YEARS OF GROWING WITH YOU.

You're Invited

CROSSING RIVERS HEALTH CLINIC
CUSTOMER APPRECIATION

OPEN HOUSE

MONDAY, JULY 1ST
4:30 P.M. - 7:00 P.M.

PICNIC SUPPER
INFLATABLE OBSTACLE COURSE
FACE PAINTING | TOUR THE CLINIC
MEET OUR HEALTH CARE TEAM

FUN FOR THE ENTIRE FAMILY!

37822 US Hwy 18 | Prairie du Chien, WI | 608.357.2500
crossingrivers.org/anniversary



Schedule your school & sports physicals today!

Crossing Rivers Health Clinic

Prairie du Chien and Fennimore, WI | 608.357.2500
crossingrivers.org

JUNE IS MEN'S HEALTH MONTH



Join Crossing Rivers Health in celebrating Men's Health Month in June. With your help, we can heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This month, and every month, we encourage men of all ages to seek regular medical advice and early treatment for disease and injury.

Learn more about important men's health issues at crossingrivers.org/menshealth

10 tips for trouble-free camping

The fresh air. The views. The s'mores! There's nothing like a camping trip to relax and recharge. If camping is on your agenda this season, review these tips and reminders for a safe outing from the Centers for Disease Control and Prevention, the U.S. Forest Service and the U.S. Department of Agriculture:



Pack the hand sanitizer—since you can't pack the kitchen sink. Developed campgrounds may have water (you supply the soap) for washing hands before eating.



Bringing bikes? Bring the helmets. Protect your noggin in nature, just as you would on the street.



Watch the kiddos closely around water. Never let anyone swim alone, and wear life jackets if boating.



Select a safe campsite.

Watch for hazards like insect nesting areas, hazardous terrain, overhead branches and poisonous plants.



Bring bug spray with DEET. It will help ward off disease-carrying mosquitoes and ticks. Avoid perfumes and colognes that may attract bees.



Respect the wildlife.

Keep your distance from any animals you encounter. Don't try to get close for a photo. At camp, put away food, coolers and cooking utensils that might attract critters.



Bring a hiking buddy (or three).

Don't hoof it alone. In remote areas, bring at least three other people. If one gets hurt, one can stay with the victim while two get help.



If campfires are allowed, build yours in a safe spot.

Check regulations to make sure burning is permitted. Then choose the right place, like a designated pit lined with stones and covered by a grill. Never leave a fire unattended. After drowning the fire with water, feel it to make sure all the coals, embers and sticks are cold and wet.

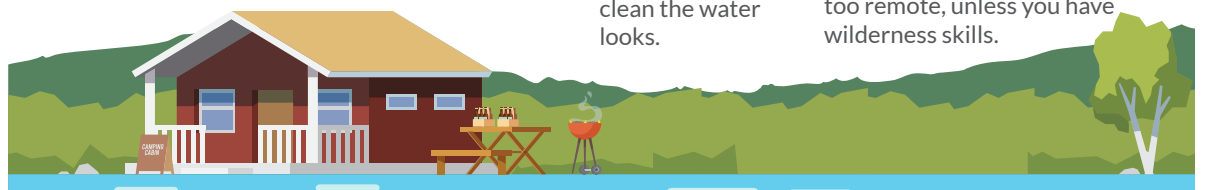


Don't drink from lakes or streams—no matter how clean the water looks.



Be prepared for the unexpected.

Plan on bringing enough supplies, such as a first-aid kit, waterproof fire starter, warm clothing, and plenty of drinking water and high-energy food. Check the weather forecast before you venture out. And don't camp too remote, unless you have wilderness skills.



Discover the Benefits of Giving Wisely

With a number of deserving local charities and over a million in the United States alone, there are many ways that you can allocate your charitable dollars. Whether your interest is to support the Crossing Rivers Health Foundation or another local charity, this information is intended to help you understand the benefits of making a planned gift.

Did you know that it is possible for you to make a gift in support of our mission while also ensuring you meet your needs for your lifetime and those of your loved ones? This giving technique is called "planned giving". Through a bit of easy planning, you, your family and your favorite not-for-profit all benefit.

Remember, please consult your attorney with any questions or to formalize your wishes.

Three simple steps to ensure your charitable wishes are met



Step 1

Learn about your options for will planning and filing a Healthcare and Financial Power of Attorney. The Patient Family Services Department at Crossing Rivers Health can assist you, free of charge, with appointing a Healthcare Power of Attorney.



Step 2

Organize your assets and make sure you have each account, title, etc., documented. Keep this information in a secure, yet convenient, place so you can easily update it.



Step 3

Share your intentions with loved ones, your executor and any charities you may include. If you've formalized your will with your attorney, be sure your executor has your attorney's name and contact information.

You'll find free planned giving resources on our website to help you get started at crossingrivers.org/plannedgiving.



Diet Talk

Food for thought: Do any of these sound familiar?

It's okay, it's low fat.

I better get my steps in today if I'm going to have a bite of that dessert.

She looks amazing! I wonder what diet she's on.

These are all examples of 'diet talk.' Diet talk is EVERYWHERE - television, magazines, at the grocery store, at work, it's almost unavoidable.

Diet talk places a huge emphasis on self-worth being defined by our food choices. If you follow your diet, you're 'good.' If you fall off, you're 'bad' and feelings of guilt and shame are quick to follow.

The below diet talk scenario is from an article written by a fellow dietitian from the perspective of a child:

Imagine you are a child. You're enjoying your holiday meal with family and friends.

Then you hear it. It's subtle, but it's there. Uncle Ned mentions that his doctor told him

he needs to go on a diet and lose weight. Cousin Linda laments that she'll go over her calorie limit for the day if she eats the pumpkin pie and Mom tells her, "Just make sure you work it off at the gym later".

The diet talk.

You stop chewing for a second and wonder why your family members are so concerned with diets, losing weight and changing their bodies.

What is it about food that everyone is so afraid of? Isn't food wonderful and shouldn't everyone enjoy it?

You start to wonder whether you should have a slice of pie. You start to wonder if it's okay to just be you or if you should be trying to change your appearance or "be healthier."

This scenario is one we all can relate to. What's scary are the unintentional repercussions of it.

What are we teaching our kids about body image and healthy eating by constantly

focusing on negative diet talk and weight? Sadly, we live in a culture where we are flooded with advertisements and individuals that discuss their latest diet with almost a religious passion. The reality is, 95% of diets fail.

As a dietitian, I can assure you that listening to your body and nourishing it with food and movement that you enjoy will serve you much more than any diet ever will.

Ultimately, the food that you eat and the size of your body do not determine your worth or value as a person.

Re-read that last sentence again.



Shelby Moose
Crossing Rivers Health
Registered Dietitian

Common Salad 'Diet Talk' Myths

DESSERT

MYTH: Avoid dessert like the plague or only have if you've been 'good'.

REALITY: It's okay to eat dessert daily! By working in a little bit of what you love into your daily routine, you'll never feel like you're depriving or restricting yourself.

EGGS

MYTH: Only eat the egg whites, avoid the yolk.

REALITY: Actually, the yolk contains the bulk of egg's nutrients. Most notably - Choline. This nutrient impacts liver function, brain development, muscle movement, your nervous system and metabolism. The richest dietary sources of Choline are beef liver, chicken liver and eggs. Eggs may be the most appetizing!

FRUIT

MYTH: Fruit has too much sugar.

REALITY: Yes, fruit contains sugar - but that sugar is naturally derived and is full of vitamins and minerals. Fruit is nature's candy, enjoy it!

BREAD

MYTH: Hold the bread basket and croutons, bread is bad.

REALITY: Watch out for refined grains such as white bread and opt for whole grains instead. The front of food packages can be misleading, read the ingredient list. When buying bread, pasta, cereal, crackers and other grains you want the very first ingredient to say "whole" grain or wheat. The word "whole" is vital and means all parts of the grain were used to make the product, therefore, all the fiber and good nutrients are intact to eat and enjoy!

DRESSING

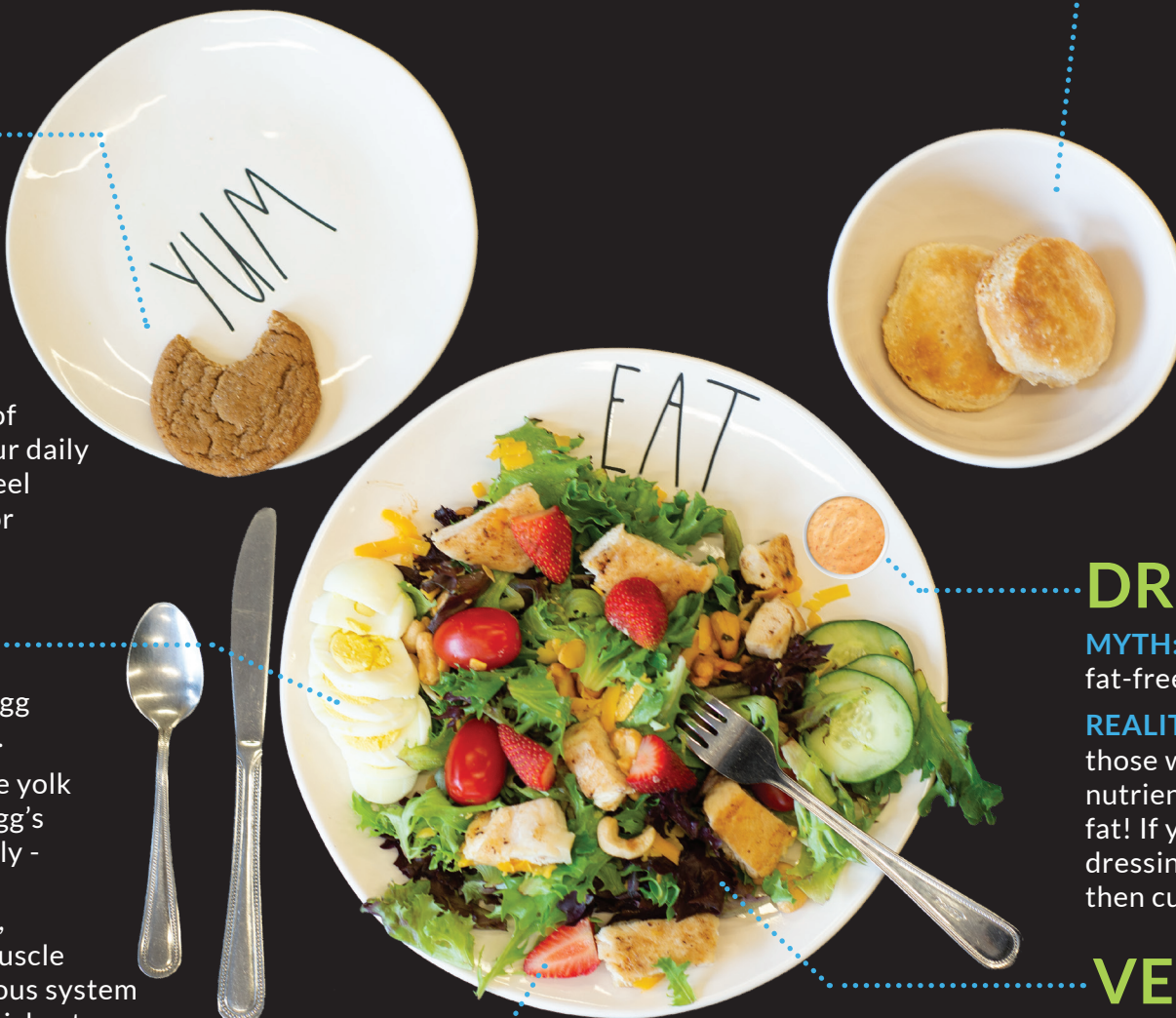
MYTH: Only use low-fat or fat-free dressings.

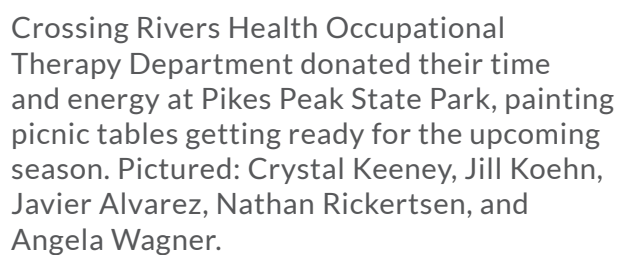
REALITY: In order to absorb all those wonderful vitamins and nutrients from your salad, you need fat! If your salad is drenched in dressing or looking more like soup, then cut back. Otherwise, enjoy it!

VEGETABLES

MYTH: Iceberg lettuce isn't healthy.

REALITY: All vegetables are packed full of vitamins and minerals. Eat a variety of vegetables so you don't get burnt out on the same thing day after day.





Since 2014, Abby Jacobs, Environmental Services Manager at Crossing Rivers Health, has coordinated employee volunteers and dedicated numerous hours to roadside clean-up through the Adopt a Highway program. Beautifying the stretch of Highway 18 near the healthcare campus, ensures residents and visitors have a great impression as they enter Bridgeport and the City of Prairie du Chien from the south.



As a not-for-profit, critical access hospital, Crossing Rivers Health is dedicated to improving the health and wellness of the individuals and communities we serve.

In addition to healthcare services, Crossing Rivers Health offers an array of outreach and support programs, to help meet the broader health and wellness needs of the region.

These programs range from education and screenings, to support groups and specialty care services.

947
Surgical
procedures

21,715
Outpatient
visits

15,179
Primary care
visits

880
Total inpatients
discharged

155
Newborn
Deliveries

5,325
Specialty Care
visits

2,716
Urgent Care
visits

5,867
Emergency
Room visits



La Derby Soirée

Saturday, July 13, 5–10 p.m.

The Dousman House, Prairie du Chien

A fun-filled community event hosted by the Crossing Rivers Health Foundation. Proceeds to support the Obstetrical Department at Crossing Rivers Health.

8th Annual Golf Classic

Wednesday, September 11, 12–5 p.m.

Prairie du Chien Country Club

A best ball, flighted charity golf tournament, hosted by the Crossing Rivers Health Foundation. Proceeds to support programs and equipment purchases at Crossing Rivers Health.

Wellness Fair

Saturday, September 14, 9 a.m. - 1 p.m.

Crossing Rivers Health campus, Prairie du Chien
Join us for a Wellness Fair celebrating wellness across the generations. It's sure to be fun for the entire family! Hosted by Aging & Disability Resource Center and Crossing Rivers Health.

Learn about these events and more at

crossingrivers.org

Our website also provides a wealth of information including:



Connect with us!

