



# Grant Regional Health Center

507 S. Monroe St. • Lancaster, WI 53813 • 608-723-2143

*You're the Center of  
Everything We Do.*



## SAVE THE DATE FOR WOMEN'S WELLNESS

The "Be Your Best Self" women's wellness conference is coming Oct. 8. Register today!

**SEE PAGE 3 ►**

# HEALTH SCENE<sup>®</sup>

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • FALL 2016

## 4 MAMMOGRAMS KEY FACTS TO KNOW NOW

Confused about mammograms? It's no surprise. With all the contradictory information out there, you may wonder when you need a mammogram—or even if you do.

Take a deep breath. Here are four key facts about these breast x-rays you can trust.

**1 Mammograms are still No. 1 for early detection.** They may spot a tumor up to three years before it's big enough to feel. Treatment is more likely to be a success when breast cancer is caught early.

This doesn't mean mammograms are perfect. They may miss some cancers or cause false alarms. But all medical tests have limitations. And most doctors agree that mammograms help save thousands of women's lives every year.

**2 You have a choice about when to be screened.** Yes, the American Cancer Society (ACS) has scaled back its mammogram guidelines. After a thorough review of mammograms' risks and benefits, the ACS now advises most women to start yearly screening at age 45—not 40. And this more conservative approach also calls for women to switch to screening every two years at age 55.

But the guidelines also emphasize that women who want to start yearly screening at 40 should still have that choice. They also say that women 55 and older who want to continue with yearly mammograms should have this option too.

So talk with your doctor about what's best for you. And remember: Your preferences matter.

**3 You probably don't need the extra protection of an MRI.** The ACS advises women at high risk for breast cancer—for example, those with certain genetic mutations—to get an MRI plus a mammogram every year. But for women at average risk, MRIs aren't necessary.

**4 Most callbacks aren't cancer.** If doctors see something suspicious on your mammogram, they'll ask you to return for a repeat x-ray or other tests. Try not to be alarmed. Less than 10 percent of women who need more tests turn out to have cancer.



**Making an appointment for your next  
mammogram takes only a minute.  
Call 608-723-3246.**

## HEALTH BITS

### BAD BREATH BLUES?

Halitosis happens, and the causes can be harmless. But medical conditions, including kidney disease and diabetes, can also trigger bad breath. If advice from your dentist doesn't result in sweeter-smelling breath, see your doctor.

American Dental Association



### SAFE PETS, SAFE HOME

Curiosity can kill the cat—and burn the house down. To keep pets safe, make sure they don't run afoul of candles and space heaters. If Fido likes to chew, keep him away from electrical cords.

National Fire Protection Association



### MUFFLE THAT SOUND

If a family celebration includes a loud concert, party or sports event, protect your kids' ears (and your own) with earmuffs or earplugs. And keep your distance from loudspeakers.

American Academy of Pediatrics



# HOW TO LIVE YOUR BEST WITH COPD

**WHEN YOU'RE LIVING** with chronic obstructive pulmonary disease (COPD), it's important to remember these two truths:

- 1 The disease doesn't go away, even with treatment.
- 2 But you can learn to live better with COPD and slow the damage to your lungs.

Here are some suggestions on how to take good care of yourself:

**If you smoke, commit to quit.** Even if you smoked for many years, it's never too late to quit. Stopping now is the best way to help keep COPD from progressing at a faster pace. Ask your doctor about medicines or products that could help you.

**See your doctor.** Regular checkups are especially important when you're managing a chronic condition. Your health care team can answer questions you have about your condition and help you overcome any obstacles to staying healthy.

**Take your medicines as prescribed.** They can help you feel better—if you use them correctly. Again, talk to your doctor if you have questions about your medicines or experience bothersome side effects.

**Get a yearly flu shot.** Catching the flu can be much more serious when you have a lung disease. Find out from your doctor if you need a pneumonia shot too.

**Pace yourself.** COPD can make you feel tired. To help conserve energy so that you don't get worn out:

- Take your time with chores.
- Put often-used items in easy-to-reach places, such as a lower shelf.
- Use a cart with wheels to move laundry around.
- If your home has a second floor, have some items moved to the first floor to cut down on climbing stairs.
- Wear clothes and shoes that are easy to remove.
- Ask family or friends for help.



Our pulmonary rehab program has helped many people with COPD enjoy more active lives. For details, call 608-723-3236.

**Manage stress.** Feeling stressed can make it harder to breathe. Find ways to relax—perhaps listening to music or sitting quietly—that work for you. But tell your health team if you feel overwhelmed, anxious or depressed.

**Talk with your doctor about lung rehab.** Pulmonary rehabilitation may improve your ability to do activities

without getting out of breath. Classes typically include support, coping tips and exercise.

**Know when to call your doctor.** Ask your health care team what changes in your symptoms should prompt a call to their office or to 911.

Sources: American College of Chest Physicians; National Heart, Lung, and Blood Institute

## Achoo!

Don't forget to see your doctor each fall for that all-important preventive measure: your annual flu shot.

Is it a cold or the flu? Sniffle, sneeze, cough. Something seasonal is bugging you. But what exactly is it that's got you under the weather?

Those vile viruses that cause colds and the flu can cause remarkably similar symptoms. It can be hard to tell them apart based only on how you're feeling. One general clue is how bad your symptoms are—flu symptoms tend to be more severe. But that's not the only difference. Here are some more clues to help you uncover what's causing your ills.

### Sneezing

Cover your sneeze, please! Sneezing is a common cold symptom, although it can sometimes accompany the flu. A stuffy or runny nose is also more common to a cold.

### Complications

The flu is more likely than a cold to lead to complications such as pneumonia and bronchitis. If you think you have the flu, you may want to check in with your doctor. Prescription flu drugs called antivirals may shorten the time you are ill.

### Temperature

Feeling overheated? You've probably caught the flu. Fevers occur only rarely with a cold. Running a temp is common, however, with the flu. Temperatures often reach 100 to 102 degrees and last three to four days.

### Aches and pains

When everything hurts, chalk it up to a likely case of the flu. Headaches and body aches abound when the flu virus invades, and those pains can be quite severe. Acetaminophen or ibuprofen can help provide relief. Colds can be accompanied by aches and pains, but they tend to be milder.

### Exhaustion

If you're dealing with extreme fatigue, it's often a result of the flu. Exhaustion is common with the flu but rarely results from a cold. Flu-induced fatigue can affect you for an extended time, sometimes as long as two or three weeks.



GRANT REGIONAL HEALTH CENTER



WWW.GRANTREGIONAL.COM

# GET READY TO BE YOUR BEST SELF

**GRANT REGIONAL** Health Center is excited to host the “Be Your Best Self” Women’s Wellness Conference on Saturday, Oct. 8, from 8 a.m. to 12:30 p.m. This special event is designed to give women of all ages a time to relax, renew and reenergize.

**A DAY OF EMPOWERMENT** The new event will feature high-spirited keynote speaker Eliz Greene, who is full of inspiration and motivation. She will share simple strategies to live longer, feel better and stress less.

In addition to a vendor fair, a variety of local experts will lead break-out sessions to empower health and happiness.

The event will also offer health screenings, spa treatments, and fitness classes—plus door prizes and giveaways!

Registration is \$20 per person. Scholarships may be available upon request to allow everyone the chance to attend regardless of the ability to pay.

Another bonus: You can bring your children! Complimentary childcare will be available for children ages 3 months to fourth grade, and a Youth Track for children in grades 5 to 8 is only \$5 per child.

Special thanks to the Lancaster Community Fund, Grant County Health Department, CESA3 and Grant Regional Health Center Auxiliary and Foundation for helping to fund a portion of this event. If other businesses would like to make a donation to help offset expenses, please contact Sandy Leibfried at 608-723-3358.

Want to learn more about this event? Check out [www.grantregional.com](http://www.grantregional.com) or find us on Facebook.



## EmpowHERment for Health & Happiness

*Join us for a day to relax, renew and reenergize!*

- Featuring Keynote Speaker Eliz Greene
- Breakouts Focusing On Health & Wellness
- Health Screenings & Spa Treatments
- Vendor Fair
- Youth Track (5th – 8th grade) \$5
- Fitness Classes
- Complimentary Childcare Available (3 mos. – 4th grade)
- Door Prizes & Giveaways

**LIKE US ON FACEBOOK**

for more upcoming details.

**Featuring Keynote Speaker: ELIZ GREENE**

Get ready to laugh and learn! Full of inspiration and motivation - she shares simple strategies to live longer, feel better, and stress less.



**SATURDAY,  
October 8, 2016**  
8:00am - 12:30pm

**Lancaster High School**  
806 E Elm St,  
Lancaster, WI

**COST:**  
**\$20 PER PERSON**  
**YOUTH TRACK: \$5 (Grades 5-8)**

*Scholarships may be available upon request.*



**GRANT REGIONAL  
HEALTH CENTER  
FOUNDATION**



**GRANT REGIONAL  
HEALTH CENTER  
AUXILIARY**

**GRANT COUNTY  
HEALTH DEPARTMENT**



## WOMEN'S WELLNESS CONFERENCE



### Connect your business with the community

**B**usinesses are welcome to join in as a vendor for only \$25. This includes a table at our event where businesses can display information about their company and products to sell. We also are asking businesses to contribute a door prize (valued at a minimum of \$25). If you have any questions, please call Missy Kliebenstein at 608-723-3255.



## FEATURE

# 06 STEPS TO HELP PREVENT COLO

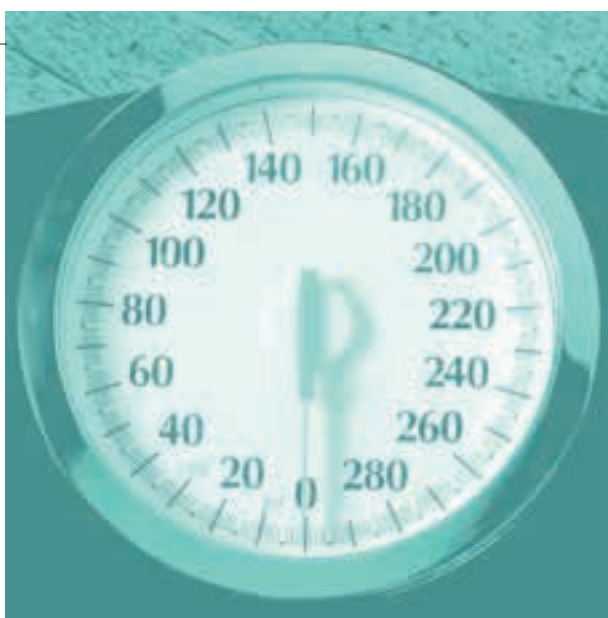
It isn't always easy to make changes in the way you live. ♦ But could you be persuaded to adopt new habits if you knew they could help protect you from colorectal cancer, one of the top cancer killers in the U.S.? ♦ Experts consider this type of cancer one of the most preventable through lifestyle changes. ♦ The American Institute for Cancer Research and the American Cancer Society suggest adopting these six cancer-fighting strategies to help reduce your risk.

## 1 TRIM DOWN

Excess weight, especially fat around your midsection, is a risk factor for colorectal cancer. Lose it by exercising and by eating fewer high-fat and high-calorie foods, such as fast food and sugary drinks.

People sometimes overeat because it can take the body up to 20 minutes to recognize that it has had more food than it needs to feel full. Try serving smaller portions and eating slower.

If it's difficult for you to lose weight, ask your doctor about a weight-loss plan that's right for you.



## BE ALERT TO SYMPTOMS

Let your doctor know right away if you have rectal bleeding; prolonged diarrhea or constipation; stools that are thinner than usual; abnormal fatigue; unexplained weight loss; or frequent gas pains, bloating or cramps.

TAKE A STEP TOWARD PREVENTION: GET SCREENED FOR COLORECTAL CANCER. FOR AN APPOINTMENT, CALL 608-723-2131.

## 2 GET UP AND GO

If you haven't exercised in a while, start gradually. If you have a health condition, you might check with your doctor about the types of activities that are right for you. While vigorous activities, like aerobics and jogging, are great, you can also benefit from moderate activities, such as swimming or brisk walking.

Set a goal of at least 30 minutes of activity every day. As your fitness improves, go for 60 minutes. If you have difficulty meeting your daily goal, work out for 10 to 15 minutes several times a day.



## COLORECTAL CANCER BY THE NUMBERS

**55 TO 84**

The age range in which most men and women are diagnosed with colorectal cancer.

**1 IN 21**

The odds that a man in the U.S. will develop colorectal cancer in the course of his lifetime.

**1 IN 23**

The odds that a woman in the U.S. will develop colorectal cancer in the course of her lifetime.

**1.1 MILLION+**

The estimated number of people in the U.S. living with colorectal cancer.

Sources: American Cancer Society; National Cancer Institute



# COLORECTAL CANCER

## 3 DON'T COUNT ON PILLS

Some research suggests that some vitamins and nonsteroidal anti-inflammatory medicines, or NSAIDs, (such as aspirin and ibuprofen) may help prevent colorectal cancer.

However, you should check with your doctor before taking anti-inflammatory medicines regularly. They can cause side effects, such as gastrointestinal bleeding. And they're not recommended for people at average risk for the disease.

## 4 EAT THE GOOD STUFF

To make your diet work against cancer, eat mostly fiber-rich plant foods, including vegetables, fruits, beans, and whole grains in products like cereals and breads.

For cancer prevention, some research suggests aiming for at least 30 grams of fiber a day. Check nutrition labels on packaged products for fiber content.

Eating fresh foods? A half-cup of chopped vegetables can give you 2 to 4 grams of fiber.

Also, try to limit yourself to no more than 18 ounces of red meat a week. Keep in mind: A 3-ounce portion is about the size of a deck of playing cards. Avoid meats that are smoked, cured or salted or that contain chemical preservatives.

## 5 LAY OFF LIQUOR

There is convincing evidence that drinking alcohol can contribute to colorectal cancer in men and probably in women.

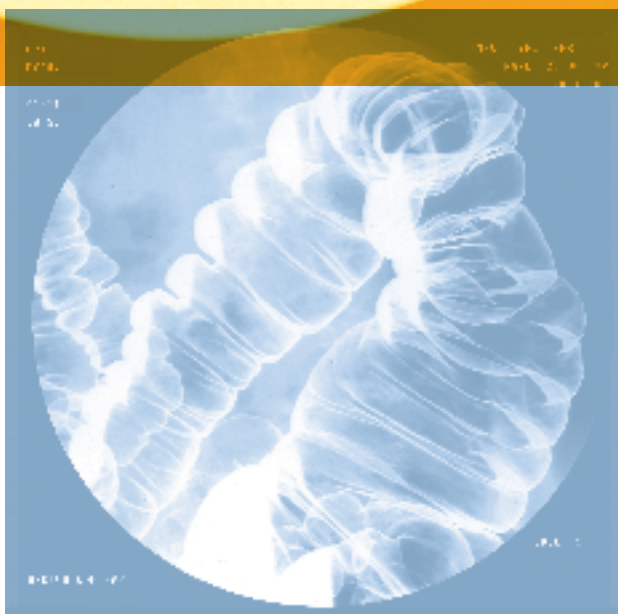
## 6 PUT YOURSELF TO THE TEST

Making healthy choices may reduce your risk for colorectal cancer. But to make sure you're cancer-free and that you stay that way, you need to be tested.

Testing is usually recommended when you turn 50. However, your doctor may recommend testing earlier and more frequently if you are at high risk for colorectal cancer. Screening tests can find cancer early, before symptoms occur and when it is most treatable. In fact, screenings can help prevent cancer by allowing doctors to find and remove polyps, growths that are not yet cancerous.

Tests that are likely to find both cancer and precancerous polyps include: ● Flexible sigmoidoscopy. ● Colonoscopy. ● CT colonography (virtual colonoscopy). ● Double-contrast barium enema.

Stool tests are also available, but they are less likely to find polyps. Your doctor can help you decide which test is appropriate for you.







# AWAITING A NEW ARRIVAL?

## EXCITED. ANXIOUS. HAPPY.

You've probably experienced all of these feelings and more during your pregnancy. Maybe you've alternated among a few of them in the past 10 minutes alone.

That's normal. Your months of waiting to meet your baby are nearly over. And whether you're a first-time mom or an experienced parent, you know there are challenges ahead.

We're here to help you meet them throughout this special time—from birth to baby and beyond.

**PREPARING FOR THE BIG DAY** One way to ease anxiety about childbirth is to learn more about it. Every birth is unique, of course. But childbirth education classes can teach you the basics of labor and delivery as well as introduce you to other parents-to-be.

We also want you to know that your comfort—and confidence in our care—is important to us. That's why we invite expectant parents to tour our birthing facilities.

During your tour, feel free to ask the staff any questions you have about what you can expect during labor, delivery and afterward. We're here to help in any way we can.

**BEFORE 'LABOR DAY' ARRIVES** Ask your doctor how you'll know when it's time to go to the hospital.

Signs of labor can vary, but the Office on Women's Health lists the following signs that it has begun:

- Strong, regular contractions.
- Back pain.

To make an  
appointment to  
tour our birthing  
suites, call  
608-723-3377.

## Choosing a baby doctor

**A**long with names, a crib and paint for the nursery, one of the things expectant parents think about is choosing their baby's doctor.

The choice is important. You want someone you can depend on to help your child stay healthy in the years to come.

To find a doctor, you may want to get references from your obstetrician, friends and family. And you may want to visit candidates.

Here are some things to think about in making

your choice:

- Does the doctor seem friendly and knowledgeable?
- Is the staff helpful?
- How does the office handle emergencies and after-hours care?
- Can you call or email the doctor with questions?
- Does your insurance plan cover seeing this doctor?

To learn about our doctors who care for kids, visit



[www.grantregional.com](http://www.grantregional.com).

Source: American Academy of Pediatrics

- An increase in vaginal discharge.
- A trickling or gush of fluid (your water breaking).

**READY TO WELCOME YOUR BABY** When you arrive at the hospital, our staff will try to make you as comfortable as possible and assist you and your family in any way we can.

Having a baby is one of life's most rewarding experiences. We're honored to share it with you, and we're ready to help you welcome your baby into the world.

## HYSTERECTOMY

# KEY FACTS TO KNOW

**HYSTERECTOMY**, or removal of the uterus, is a very common female surgery. Approximately 500,000 women in the U.S. have one every year.

It is a treatment option for a number of conditions that affect the uterus and surrounding organs. It's also among the safest of surgical procedures, according to the American College of Obstetricians and Gynecologists.

**WHEN IS IT RECOMMENDED?** Hysterectomy can be an effective treatment for the following conditions:

**Abnormal uterine bleeding.** Heavy, painful bleeding may be caused by polyps, anovulation or hormone imbalance.

**Cancer.** According to the federal Office on Women's Health, hysterectomy is often the best option when cancer is found in the uterus, ovaries or other pelvic organs.

**Fibroids.** Although these uterine tumors are usually noncancerous, they can cause bleeding and pain. Hysterectomy may be recommended if medication or less invasive procedures haven't helped.

**Endometriosis.** This is a condition in which tissue that lines the uterus begins growing outside of it, which may cause pain, bleeding and other symptoms.

**Adenomyosis.** Similar to endometriosis, it also involves migrating tissue, this time growing within the walls of the uterus. For either of these conditions, hysterectomy may be a treatment option when other measures have failed to ease symptoms.

**Pelvic support problems.** Hysterectomy also may be recommended to treat uterine prolapse or to relieve chronic pain or abnormal bleeding.

**WHAT ARE THE TYPES?** **Total hysterectomy.** This surgery is when the entire uterus and cervix are removed.

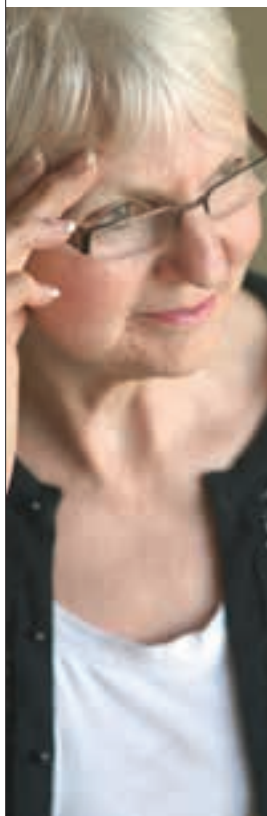
**Total hysterectomy with removal of tubes and/or ovaries.** This can be performed vaginally (laparoscopically assisted vaginal hysterectomy) or abdominally (with an incision).

**Supracervical hysterectomy.** This involves removing only the upper part of the uterus. Because the cervix is left intact,

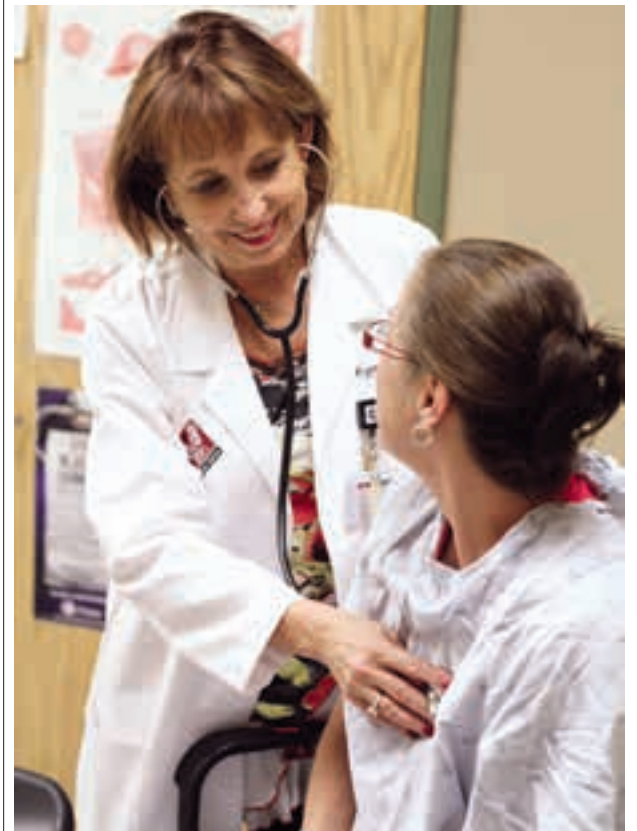
it's also called a supracervical procedure.

**Radical hysterectomy.** With this surgery, the surgeon takes out the entire uterus, tissue on both sides of the cervix and the upper part of the vagina. This procedure is used for cancer surgery.

The uterus (and other organs) may be removed through the abdomen or the vagina, with or without the aid of a laparoscope. Using a laparoscope—a thin, lighted tube that contains a camera—allows for smaller incisions to be made and, usually, a quicker recovery.







## #MYGRANTREGIONAL

## SHARI'S STORY

**SHARI KNEW WHAT** it was like to worry. She had gone through years of worry and problems dealing with menstrual issues since a dilation and curettage 12 years ago. But Shari admits she really didn't worry much about her upcoming hysterectomy.

"I worry about my kids and grandkids all the time, but for some reason I wasn't concerned about myself this time," she says. "I had a close friend go through a similar surgery with Dr. Krynn Buckley, and she came highly recommended. Knowing that—and after meeting with Dr. Buckley—it really gave me a sense of confidence going into surgery."

"Dr. Buckley was wonderful. She met with me in a private consultation in her office before my exam," Shari says. "That set the tone right there—I was more comfortable and more at ease. I think I was more concerned about what would come after the surgery. Will I be able to get back to work in a short amount of time, and how will my recovery go?"

Her reaction isn't uncommon. Because a hysterectomy is a life-changing procedure, it can bring a range of emotions. However, Shari does not regret her decision. She's a good example of how a hysterectomy has the potential of changing a woman's life for the better.

**DECIDING TO HAVE A HYSTERECTOMY** According to the American Congress of Obstetricians and Gynecologists, a hysterectomy may be done to treat several conditions that involve the uterus, including abnormal bleeding, cancer and chronic pelvic pain. For Shari, having a hysterectomy would put an end to the heavy menstrual bleeding she'd been living with for years. "It really affected my life, my job and my family," she says.

After several attempts to lessen her symptoms with various medications, nothing seemed to help, and that's when her primary care provider, Kate Reuter, APNP, of Family Medical Center, suggested a referral to Krynn Buckley, MD, a gynecologic surgeon.

"I've been a patient of Kate's for years and trust her judgment," Shari says. "So when she suggested Dr. Buckley, I knew I'd be in good hands."

Shari also wanted to make sure she understood any risks. "I was worried, given the fact that I have type 1 diabetes, that it would somehow make the procedure and recovery more difficult," she says. "I had to keep a close watch on my blood sugar levels in order to have the surgery."

Dr. Buckley had explained that depending on scar tissue, laparoscopic surgery might be possible—which would mean a shorter recovery time and allow her to return to work much sooner.

With close monitoring of her diabetes and the expert skill and compassion of Grant Regional's staff, the hysterectomy went well, as planned. "I remember waking up in the recovery room and feeling groggy," Shari says. "I asked right away if they were able to perform the surgery laparoscopically and was relieved to hear the answer yes!"

Shari continues to feel good about having a hysterectomy. Thanks to the procedure, she was able to go back to work within three weeks. "I don't miss the worry, pain and discomfort, and I can live a normal and active life."

**CONSIDERING A HYSTERECTOMY?** If treatment alternatives have proven ineffective for you and you're considering having a hysterectomy, talking to your doctor about what the procedure entails—and the risks and benefits—can help you make the right decision for you. And it can help you prepare for the procedure if you decide to have one.

Dr. Buckley feels that knowledge is power and patients should be well-informed about a hysterectomy. "My goal is to do what is best for the patient so that they can get the most out of life possible," she explains. "It is important patients feel comfortable to talk about any concerns or worries." Dr. Buckley believes that the best approach is when patients can take the information they have acquired about their condition and use it to effectively participate in their important health decisions. It helps alleviate concerns and anxiety for patients going into surgery, making them more confident and more at ease.



## Krynn Buckley, MD

Gynecology/Women's Health

## Women's wellness care

- Annual exams.
- Gynecologic problems.
- Infertility.
- Birth control.
- Sterilization.
- Urinary incontinence.

## Gynecological surgery

- Colposcopy.
- LEEP (cervical loop electrode excision procedure).
- IUD—intrauterine devices (Mirena and Paragard).
- Nexplanon (implant birth control).
- Cystometrics for incontinence
- ESSURE sterilization.
- Endometrial ablation.

- Suction dilation and curettage for miscarriages.
- Laparoscopy (diagnostic and operative).
- Hysteroscopy (diagnostic and operative).

## Hysterectomy

- Vaginal.
- Laparoscopic-assisted.
- Abdominal.

**To schedule an appointment with Dr. Buckley, call 608-723-3249.**





# SCHOOL DAYS ARE HERE AGAIN!

*Make sure your child is off to a healthy start*

**THERE'S A LOT** to remember when you're preparing for kids to go back to school. Do their clothes and shoes still fit? Do they need school supplies or sports gear?

As you're crossing things off your to-do list, there are some healthy back-to-school essentials you should remember.

**CHECK OFF A CHECKUP** Back-to-school time is a great time for your child's yearly wellness exam. This exam is in addition to any sports exam done at school, which can be helpful but is usually not as thorough.

An annual wellness exam gives your child's doctor a chance to check your child's overall health, look for any emerging problems, answer questions and offer advice about staying healthy.

In addition, the doctor can make sure that your child's immunizations are up-to-date. These immunizations can greatly reduce your child's risk of serious illness, and schools may require kids to be vaccinated before they can attend.

Kids should also have regular hearing, vision and dental checkups—and back-to-school time is a convenient time to get these done.



**Do you need a doctor for your child?**  
Our family medicine providers are accepting new patients. Find one at [www.grantregional.com](http://www.grantregional.com).

**SMART START** Good health can help kids miss fewer days of school and do better on schoolwork. In addition to back-to-school physicals, here are some ways to support kids' health and help them succeed in school.

Encourage your kids to:

**Get enough sleep.** Teens need about 9 hours a night, younger kids need about 10, and preschoolers need 11 hours or more. Lack of sleep can cause problems with learning, concentration and mood.

**Eat breakfast.** Studies show that eating breakfast improves students' physical and mental performance.

**Build a better backpack.** Your kids should use all of the compartments in their backpacks and pack heavier items closest to the center of their back. And even though it may look cool, a backpack should never be slung over

just one shoulder—using both shoulder straps can help prevent strained muscles.

**Develop good homework and study habits.** Establish a schedule for doing homework. Designate a space at home for studying that is quiet and free of distractions. And make sure the TV and other electronic distractions stay off while your kids are doing homework.

**Report bullying.** Whether bullying takes place at school, on the playground, or through a computer or cellphone, it's important that the bad behavior is reported and stopped. Teach your children when and how to ask a trusted adult for help. And do your part by working with school officials to find solutions to any bullying.

Sources: American Academy of Pediatrics; Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention; National Institutes of Health

## PROVIDER LISTING



**Grant Regional Health Center Specialty Clinic**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-3249**  
■ Kyrnn Buckley, MD, gynecologic surgeon

**Grant Regional Community Clinic**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-2131**  
■ Abby Allen, PA-C  
■ Brad Binsfeld, DO  
■ Erin Huebschman, MD  
■ Janet Laban, APNP  
■ Sheirle LaMantia, MD  
■ Laurie Meighan, APNP  
■ Kelly Muench, PA-C  
■ Adam Schope, MD  
■ Tom Schreiber, MD

**High Point Family Medicine**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-3100**  
■ Neil Martin, MD  
■ Misty Nemitz, APNP  
■ Eric Slane, MD  
■ Eric Stader, MD  
■ Jessica Varnam, MD

**Grant Regional Emergency Department**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-2143**  
■ Liz Hinkley, APNP  
■ Neil Martin, MD  
■ Robert J. Smith, MD  
■ Michael Zeman, MD  
■ Jolene Ziebart, APNP

**Family Medical Center**  
9177 Old Potosi Road  
Lancaster, WI 53813  
**608-723-4300**  
■ Renee Edge, APNP  
■ Brian Quick, PA-C  
■ Kate Reuter, APNP  
■ Robert Stader, MD  
■ Ken Valyo, DO

**High Point Family Medicine—Fennimore**  
1255 11th St.  
Fennimore, WI 53809  
**608-822-3363**  
■ Neil Martin, MD  
■ Misty Nemitz, APNP  
■ Eric Slane, MD  
■ Eric Stader, MD  
■ Jessica Varnam, MD

## Save lives by donating blood

Give the gift of life!

Mississippi Valley Regional Blood Center is the exclusive provider of blood to Grant Regional Health Center. Donating blood is a safe and simple procedure that takes only about an hour. Blood donation saves lives. It's simple yet important. For more information or to schedule a donation time, call Barb Bausch at **608-723-7557**.

### Donate at a blood drive at Grant Regional Health Center

**Monroe Conference Room: Friday, Sept. 30, 9 a.m. to 1 p.m.; Thursday, Oct. 13, 2:30 to 6:30 p.m.; Monday, Nov. 28, noon to 4 p.m.; Tuesday, Dec. 27, 2 to 6 p.m.**

HEALTH SCENE is published as a community service for the friends and patrons of GRANT REGIONAL HEALTH CENTER, 507 S. Monroe St., Lancaster, WI 53813, telephone 608-723-2143, [www.grantregional.com](http://www.grantregional.com).

**Nicole Clapp**  
President/CEO

**Dawn Bandy**  
Chief Financial Officer

**Jennifer Rutkowski**  
Vice President of Professional Services

**Rochelle Williams**  
Marketing Coordinator

**Stacy Martin**  
Human Resources

Information in HEALTH SCENE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

2016 © Coffey Communications, Inc. All rights reserved.

HEALTH SCENE®

FALL 2016