



# Grant Regional Health Center

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

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



**A PREGNANCY FULL OF SURPRISES** When the unexpected happened, the Kwalleks counted on great care at Grant Regional.

**SEE PAGE 7** ▶

# HEALTH SCENE®

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## Healing your NEW HIP after surgery

After hip replacement surgery, one of your top priorities is to help your new joint heal. You'll start by working with your doctor and physical therapist to draft a postsurgery exercise plan, which you will need to follow faithfully.

A typical exercise plan will often include these tips:

- Start slowly, adding more difficult exercises as healing progresses.
- Don't overdo it, but stay steady and keep on track. Regular exercise increases blood circulation, decreases pain, strengthens muscles and increases range of motion.
- Focus on low-impact activities. Examples include walking, swimming, cross-country skiing, golfing and stationary biking.
- Avoid high-impact activities—such as tennis, badminton, football, basketball, racquetball, jumping and jogging—that can injure or dislodge the joint.

Source: U.S. Department of Health and Human Services

**If pain is keeping you from the activities you enjoy, contact Brad Binsfeld, DO, at 608-723-2131 to discuss options!**

## *find* **FREEDOM** *from* **HIP PAIN**

**W**hen was the last time you took a walk without wincing from the pain in your hip? ♦ If you're having trouble getting around or if you're starting to lose your independence because of hip pain, ask your doctor about hip replacement surgery.

Each year in the U.S., more than 330,000 people have surgery to replace diseased, injured or worn-out hips with new artificial parts, reports the Centers for Disease Control and Prevention.

The typical hip replacement patient is between 50 and 80 years old. But recommendations for surgery are based on a person's pain and disability, not age. Regardless of age, most people who have hip replacement surgery experience a dramatic reduction in pain and a noticeable improvement in mobility and quality of life.

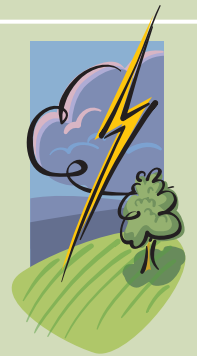
**IS SURGERY RIGHT FOR YOU?** In general, people are candidates for an artificial hip if they:

- Have hip pain or stiffness that limits walking, bending or other everyday activities like getting in and out of a chair or putting on socks and shoes.
- Have hip pain that continues at night or while at rest during the day.
- Have tried other treatments—like medications, physical therapy, or a cane or walker—without much success.
- Are healthy enough for surgery and rehabilitation afterward.

Whether to have your hip replaced is a decision best made after talking with your primary care doctor, an orthopedic surgeon and your family.

Additional sources: American Academy of Orthopaedic Surgeons; National Institutes of Health

## HEALTH BITS



### LIGHTNING LOOKOUT

Summer is the peak season for lightning strikes. If you're with someone who is struck, call 911 immediately. It's safe to give CPR if you know how—lightning strike victims don't carry an electrical charge.

*National Fire Protection Association*

### THE GRILL DRILL

Outdoor gas grills cause thousands of home fires every summer. So before you fire up the barbie for the summer's first feast, be sure it's working right—and review the safety tips that came with it.

*National Fire Protection Association*

### LULLABY AND GOOD NIGHT

Drifting into dreamland to the soothing sounds of relaxing music may improve your sleep—both quality and quantity. It could take up to three weeks to see benefits.

*National Sleep Foundation*

## HEALTH TALK NEWS, VIEWS &amp; TIPS



## Cooking for one

If you're single, you know that a steady diet of cooking for yourself can be a challenge. Many recipes are meant to serve multiple people, and it's not easy to use fresh foods before they go bad.

But with a little planning, you can make cooking for one fun—and much healthier than relying on high-calorie, high-sodium takeout food or frozen dinners.

Try these tips to make solo meals a cinch.

**Plan to please yourself.** A big bonus to single cooking: You don't have to worry about anyone else's likes or dislikes. What are you in the mood for? What kind of cooking appeals to you? Are you the stir-fry type? The soup-and-sandwich sort? Create a meal plan for the coming week or two, and make a grocery list.

**Shop for success.** Stock up on quick and nutritious basics, based on your meal plan. For fresh ingredients, buy what you will use before it spoils, and use your most perishable foods, like berries and spinach, first and your heartier produce, such as potatoes and carrots, next.

**Make more.** Make a full recipe that serves four to six. Then portion the food out to use in the next few days, or freeze leftovers to have quick and easy meals on hand when you don't feel like cooking.

**Share the fun.** Host a cooking day once or twice a month where you get together with a few friends. Everyone cooks a different dish and shares portions. You'll cook once and have a week's worth (or more) of meals ready to go!

Sources: Academy of Nutrition and Dietetics

**W**arm weather can bring an outdoor picnic or barbecue to a chilling end when it causes harmful bacteria in foods to grow and multiply. Eating these foods can lead to a nasty foodborne illness.

To protect yourself and others, keep foods cold by packing them with ice in a cooler and transporting it inside your air-conditioned vehicle rather than in the trunk.

At your destination, store the cooler out of the sun and limit how often you open it. This may be easier if you keep beverages in one cooler and perishable foods in another. Be sure raw meat, poultry and fish are securely wrapped so that their juices don't contaminate other foods.

## Put safety on your next picnic menu

If you'll be grilling, use a meat thermometer to make sure cooked foods reach a safe minimum temperature (steaks and roasts, 145 degrees; hamburgers, 160 degrees; poultry, 165 degrees). Don't reuse a marinade that was on raw meat. And don't put foods you take off the grill on the same plate that held raw food unless it's been washed between uses.

Finally, after your meal, return any leftovers to the coolers as soon as possible. If food sits out more than two hours—or one hour if the temperature is above 90 degrees—it's best to throw it out.

These simple steps may help ensure that your outdoor dining experience is memorable for all the right reasons.

Sources: Academy of Nutrition and Dietetics; Partnership for Food Safety Education; U.S. Food and Drug Administration



## Pets 101

### Reduce the risk of bites



Pets can be fun, loving family companions.

But when a cat or dog is provoked, it may bite or scratch whoever is nearby.

Other pets—such as rabbits, ferrets and reptiles—may also bite. Most injuries are to the hands. But they are also common to the face, head and neck.

Kids are the most likely to be injured. Often they don't understand how to approach and play with a pet. You can help prevent these injuries by teaching your kids the following pet safety rules:

- Never put your face close to an animal.
- Don't tease a pet by

pulling its tail or taking away a toy or a bone.

- Never disturb a pet that is sleeping or eating.
- Avoid playing roughly with an animal, such as wrestling or playing tug-of-war with a dog. Also avoid running past a dog. Dogs love to chase and catch things. Don't give them a reason to become excited or aggressive.
- Keep a distance from dogs that are caring for their young.

In addition, as a parent

of kids and pets you should:

- Wait until your child is at least 5 or 6 years old before considering whether to bring a pet into the family.
- Make sure pets are vaccinated against rabies and other preventable infectious diseases.
- Know what to do if your child is bitten. If a bite shows signs of infection—such as swelling, pain, pus discharge or redness—contact your child's doctor.

Sources: American Veterinary Medical Association; Centers for Disease Control and Prevention

## 10 top tips for flip-flop season

Whenever warm weather's here, flip-flops appear. To make sure these trendy summer sandals don't take a toll on your tootsies:

### DO

■ Choose flip-flops made of soft, good-quality leather rather than plastic or rubber. Leather is less likely to cause blisters.

■ Make sure they're flexible enough to bend at the ball of the foot, but not so flexible you can fold them in half.

■ Check that none of your foot hangs over the edges.

■ See a doctor if wearing flip-flops causes pain or tenderness in your heel or arch.

■ Flip them! Invest in new ones when your current pair shows signs of wear.

### DON'T

■ Ignore irritation between your toes. It could lead to blisters or infections.

■ Walk long distances in flip-flops. They don't offer enough support or absorb shock.

■ Wield a weed trimmer or maneuver a lawn mower in flip-flops. Shoes that cover the whole foot are best for all yard work.

■ Play sports in them. (That includes riding a bike.)

■ Drive a car wearing flip-flops. They could cause you to hit the gas instead of the brake—and crash.

Sources: American College of Foot and Ankle Surgeons; American Podiatric Medical Association



# MEET TOM SCHREIBER, MD, FAMILY MEDICINE

**GRANT REGIONAL HEALTH CENTER** is excited to introduce Tom Schreiber, MD, to its medical staff. Dr. Schreiber began seeing patients in April at Grant Regional Community Clinic in Lancaster. Dr. Schreiber is board-certified in family medicine and is now accepting new patients. His practice specializes in primary care for the entire family—from wellness visits to acute illnesses for all age groups.

Dr. Schreiber has over 25 years of experience, and he listens to your concerns, goals and opinions and asks for your input in creating your treatment plan. He places a high value on health and family, and he looks forward to caring for families in Grant County.

Dr. Schreiber explains: “In addition to my standard medical training, I try to have a more open, almost holistic approach. I believe in addition to the physical part of health, there are also emotional and spiritual components. And diet is as important as exercise in terms of staying healthy.”

**For more information or to schedule an appointment, call 608-723-2131 or visit Grant Regional Health Center’s website at [www.grantregional.com](http://www.grantregional.com).**



## About Dr. Schreiber

- **Board-certified:** Family medicine, 1992–present.
- **Medical degree:** University of Iowa College of Medicine, 1989.
- **Internship:** Wausau Hospital Center, 1989–1990.
- **Residency:** University of Wisconsin Wausau Family Practice Center, 1989–1992.
- **Undergraduate school:** Loras College, 1985.

## GENERATIONS OF TRUST AND CARING

**KAY BRANDEMUEHL IS** no stranger to Grant Regional Health Center—she’s been a volunteer at the gift shop for many years. But Kay’s history with the hospital goes back much further than that. For Kay and her family, Grant Regional has been a trusted source of care since the hospital’s beginning.

**INITIATING HER FAMILY’S CARE** Kay’s second child was one of the first to be born in the facility, in 1955.

“We raised seven healthy kids because of our local hospital,” Kay says. “To me, it’s very important to keep this hospital in town. It feels like family. People know they are cared about here.”

**JOY AND SORROW** Kay’s daughter, Sue McLean, has bittersweet associations with Grant Regional. She was born there, and she had all five of her children there. But the moment most memorable to her was when her husband passed away just before her daughter’s wedding.

“With many family members in town for the wedding, the hospital was filled with friends and family,” Sue says. “The hospital blocked off a whole section for us. It was very much appreciated.”

Sue shares her mother’s confidence in the care at Grant Regional. “It’s a huge relief knowing medical attention is less than 10 minutes away,” she says.

**AT EASE FOR THE UNEXPECTED** No one has felt that relief more than Sue’s daughter (Kay’s granddaughter), Erin Jensen. Like her mother, Erin also had all of her children at Grant Regional. Like her grandmother, Erin is also a part of Lancaster’s medical community, working at High Point Family Medicine for a primary care provider she respects and trusts very much.

“With four small children, you never know what each day will bring,” says Erin. “Having a local hospital with so many services available puts me at ease for the unexpected.”

The unexpected hit when Erin was delivering her



1 Kay Brandemuehl with her husband and three of their children

2 Kay and her granddaughter Erin

3 The Schildgen family (Kay’s daughter Sue with her late husband and their five children)

4 Four generations: Kay, Sue, Erin and assorted great-grandchildren

5 Josh and Erin Jensen with new baby Leah and their three other children

youngest child, Leah, on June 30, 2014. Leah decided to arrive at the same time a tornado came through Lancaster and the city lost power.

“The hospital was on lockdown,” recalls Erin.

A professional, Erin labored through work and got home in time to take her older children to her mother’s before arriving with her husband back at the hospital at 6:01 p.m., one minute after the hospital regained power. Nine minutes after that, Leah was born.

“I was impressed with the efficiency and calmness of

the nurses during that stressful rush,” Erin says.

**MORE THAN JUST A HOSPITAL** Through four generations, Grant Regional has been there for Kay, Sue, Erin and their families.

“There is a sense of trust and confidence when you know the people caring for you and your family,” says Erin. “It’s a difference that means the world.”

To connect with a primary care provider, contact our clinic at 608-723-2131.



## FEATURE

# 40 TIPS FOR YOUR 40S

Ah, your 40s! While you're hardly a kid, there's a lifetime of health and happiness ahead of you. Here's your game plan for staying vital. Your risk of many diseases inches upward in your 40s—these tips can help give you a healthy future.

TAKE YOUR BEST SHOT



## GET YOUR SHOTS

- 1 Keep up with vaccines.** You haven't outgrown them. Over time, their protection can fade. And you may need certain ones now because of your health, job or lifestyle.
- 2 Play detective.** Find out if your vaccines are up-to-date with a quiz from the Centers for Disease Control and Prevention. Go to [www2a.cdc.gov/nip/adultimmsched](http://www2a.cdc.gov/nip/adultimmsched).
- 3 Bring on the boosters.** You need a combined diphtheria and tetanus vaccine every 10 years.
- 4 Fend off the flu.** Get vaccinated every year—no exceptions. It's the best way to avoid the flu, which can cause pneumonia and other serious complications. A flu shot is especially important if you have a chronic health problem, such as diabetes or heart disease. You face a heightened risk of complications.

## BE SCREENED

- 5 Stay on top of blood pressure.** Get it checked every two years, even if you feel fine.\* High blood pressure rarely causes symptoms. Yet it can trigger serious problems, like a stroke, if it goes undetected and untreated.
- 6 Check cholesterol.** All men in their 40s and women over 44 need cholesterol tests every five years.\* Abnormal cholesterol levels may harm your heart.
- 7 Test for type 2 diabetes.** Nearly 1 in 4 people with this form of diabetes don't know they have it. If you're a man over 45 or a woman over 44, get tested every three years.\* Among other things, diabetes increases the risk for eye, kidney and heart disease.
- 8 Have a conversation about mammograms.** The American Cancer Society now says women at average risk of breast cancer should start getting mammograms at age 45, not 40 as previously advised. But it also says women should have the option of starting screening at 40. Talk with your doctor about what's right for you.
- 9 Ladies: Don't skip Pap tests.** They are essential for protecting against cervical cancer. A Pap test can find precancerous changes in the cervix that can be treated before they become cancer.

\*Unless your doctor advises otherwise



## GET ON BOARD FOR BETTER HEALTH



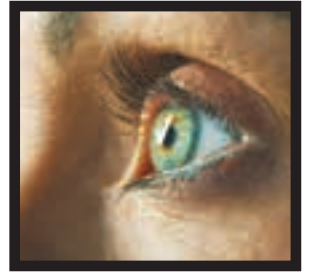
PROTECTIVE PRODUCE

## SAVOR HEALTHY FOODS

- 10 Fill half your plate with produce.** Not only are fruits and veggies naturally low in calories, but they may also help protect you from high blood pressure, heart disease and some cancers.
- 11 Create a rainbow.** Concentrate on colorful produce, such as bright blueberries, ruby red beets and dark leafy greens. Produce is packed with powerful plant chemicals that help fight disease.
- 12 Make half your grains whole.** Fiber fills you up and may help keep your heart healthy.
- 13 Be fussy with fats.** Choose healthy ones—for example, olive oil rather than solid fats like butter or margarine.
- 14 Snack strategically.** Use between-meal nibbling to fit more produce, whole grains and low-fat dairy foods into your day. And only snack when you're truly hungry—not when you're bored, frustrated or stressed.
- 15 Go meatless at dinner.** Aim for a meatless meal once a week, with dishes such as bean burritos, veggie lasagna or split pea soup.

# EMBRACE EXERCISE

- 16 Step sprightly.** Walking only 30 minutes daily cuts your risk of premature death.
- 17 Sneak in activity.** Park farther away from your destination. Head for the stairs, not the escalator.
- 18 Do more than you're doing now.** Most adults need at least 150 minutes of moderately intense aerobic activity every week. If you're coming up short, gradually add time—say, 5 minutes more every few weeks.
- 19 Turn back the clock.** What kinds of physical activity made you happy as a kid? Roller skating? Biking? Shooting hoops? If they're long-ago memories, rediscover them.
- 20 Take two.** With a buddy beside you at the gym—or on your morning walk—you're likely to stay motivated.
- 21 Muscle up.** Lifting weights or doing other muscle-building exercises helps rev up an aging metabolism.



Visit [www.grantregional.com](http://www.grantregional.com) for classes and screenings that can help keep you healthy.



KEEN  
SENSES

# SHIELD EYES, EARS

- 34 See to regular eye exams.** They're the only way to detect vision-robbing diseases such as glaucoma in their early stages.
- 35 Protect your eyes from sunlight.** Wearing sunglasses that block ultraviolet light can help head off cataracts.
- 36 Feast on fatty fish.** Eating fish that is high in omega-3 fatty acids—such as salmon and tuna—can help protect your vision.
- 37 Don't light up.** Smoking raises your risk of serious eye disease and can hurt hearing too.
- 38 Wear earplugs around loud noises.** Sounds over 85 decibels—from firearms, snowmobiles or power tools, for example—can cause permanent hearing loss. And this hearing loss, combined with aging, can be severe enough that you might need hearing aids one day.
- 39 Step back.** If you can't protect yourself from a loud noise, move away from it.
- 40 Know what's risky.** Noise is too loud if you have to shout to be heard.



A  
WEIGHTY  
MATTER

# KEEP AN EYE ON THE SCALE

- 22 Think before you eat.** Pounds have a way of creeping on in midlife, settling comfortably on your tummy or thighs. So ask yourself: Is this food really worth it?
- 23 Don't be a distracted eater.** Resist the urge to munch while watching TV, chatting on the phone, reading or driving. That way you're less likely to overeat. If you want to occasionally snack while watching TV, portion out a small serving.
- 24 Watch liquid calories.** They can add up quickly. Sip sparkling water, not sugary soda.
- 25 Fool your eyes.** Downsize to smaller plates and bowls so portions look more generous.
- 26 Be calorie savvy when eating out.** Halve your calories by splitting dishes with a friend. Order rich sauces or salad dressings on the side, which will help you control the amount you eat.
- 27 Start smart.** Take the edge off your appetite with a broth-based soup before meals.

# STRESS LESS

- 28 Know the signs of overload.** Among them: losing your temper, overeating, or trouble sleeping or concentrating. Don't shrug them off—they can hurt your health.
- 29 Breathe.** When stress strikes, take slow, deep, even breaths.
- 30 Get moving.** Your brain releases mood-boosting chemicals when you exercise.
- 31 Lighten your load.** If your to-do list is long, ask yourself, "What really needs to be done?" Hold off on nonessentials.
- 32 Swap negative thoughts for positive ones.** Stalled in traffic? Try to see the time as your chance to unwind with the radio.
- 33 Reach out.** Talk out problems with an understanding friend or a good listener. And if that doesn't help, alert your doctor.

Additional sources: Academy of Nutrition and Dietetics; American Academy of Family Physicians; American Council on Exercise; American Heart Association; Mental Health America; Office on Women's Health; Produce for Better Health Foundation

## HEALTH TALK NEWS, VIEWS &amp; TIPS

## We deliver!

We're proud to provide a family-focused, nurturing place to welcome your baby

When it's time to deliver your baby, we have just what you need the most: a warm, caring, family-focused birthing center—and the expertise and quality of care that can give you peace of mind.

**Your plan, our goal** Meeting your needs and making the birthing process a safe and family-centered experience are our priorities.

We strive to accommodate your personal wishes, encourage family involvement, and provide the best nursing care and support possible.

In addition, it is our belief that every family is unique and deserves a birthing experience that embraces the needs of that

particular family. That's why we:

- Encourage you to create and share your birth plan with your team of caregivers.
- Employ a medical staff that is caring, nurturing and highly skilled.
- Maintain a state-of-the-art facility to meet any special needs that arise for mom or baby.
- Include you in decisions during labor and delivery.
- Provide education and support before, during and after your birth experience.

**Here for you** Our staff works to encourage mother-baby bonding and ease the transition to parenting a newborn. The doctors and nurses are here to answer your questions and give you the tools you need to feel confident in your new role.

Our nurses and lactation consultants can help you establish a good feeding routine before you leave the hospital with your newborn. And our staff is available 24 hours a day to answer questions and provide support.

It's an honor: Our caring, skilled staff is here for new moms, babies—and families too.



### RHEUMATOID ARTHRITIS

## Don't delay getting help

If lately your hands have felt a bit achy, swollen and stiff, you might think that's just another middle-aged pain to mention to your doctor—someday.

You're right about the part to tell your doctor. But not about the part to wait. The reason? You may have rheumatoid arthritis (RA). Getting a timely diagnosis—and starting treatment as soon as possible—can help limit the amount of destruction RA causes to the joints.

Unlike osteoarthritis, RA isn't caused by wear and tear of the joints. Instead, the body's defense system mistakenly attacks healthy tissues around the joints, often damaging the hands, wrists, fingers or feet.

Stiff joints is a common symptom of both osteoarthritis and RA. But the difference is that the stiffness from RA is often worse in the morning and may last several hours—even the entire day. Osteoarthritis usually doesn't cause prolonged morning stiffness.

Other signs and symptoms of RA include a loss of energy, low fevers, and firm lumps under the skin in places such as the elbow and hands.

Source: American College of Rheumatology

## Sprain your ankle?

### Don't just limp away

Your ankle bones and joint are held together with tough, stretchy bands called ligaments.

Although they support your ankle as it moves, bends and twists, ligaments do have their limits. And when they are stretched past those limits—such as when you step awkwardly and twist your ankle—you may end up with a sprain.

Sprains can range from mild, with a slight amount of tenderness and swelling, to severe, where the ligaments tear completely and swelling and pain are significant.

For mild or moderate sprains, treatment is pretty much the same: the tried and true **RICE** method, which helps reduce pain and swelling:

**Rest** the ankle. Don't walk on it.  
**Ice** keeps swelling down. Apply ice to the injured ankle for 20 to 30 minutes at a time, three or four times a day for about three days.

**Compression** bandages or ace bandages can help immobilize and support the ankle.

**Elevate** your ankle above heart level for the first 48 hours.

Over-the-counter pain relievers, such as aspirin or ibuprofen, can help ease the ache too.

**Play it safe** The worse the sprain, the longer it will take to heal. Mild sprains might feel better after just a few days. For severe sprains with torn ligaments, healing could take months, and surgery could be needed to repair the ligament.

If you suspect you've sprained your ankle, it's best to have a doctor check it out. The typical sprain symptoms—pain and swelling—could also be signs of a broken ankle. Your doctor can determine what is wrong and the best way to treat it.

Your doctor will let you know when it's OK to return to your usual activities, including playing sports. If you try to do too much too soon, you could reinjure the ankle.

Sources: American Academy of Orthopaedic Surgeons; National Institute of Arthritis, Musculoskeletal and Skin Diseases

## HEALTHY HYDRATION

Our bodies need water to survive. Without enough water or other fluids, we can become dehydrated, which is a serious health risk—particularly in older adults, kids and people who are ill.

To stay well-hydrated:



### DRINK UP

Water is your best option. Keep a reusable bottle with you during the day.

Don't like the taste of plain water? Try adding a slice of lemon, lime or cucumber.



## FEAST ON FRUITS AND VEGGIES

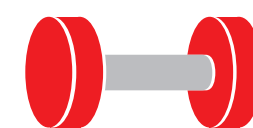
Many—like watermelon, cantaloupe, strawberries, tomatoes, spinach, broccoli and lettuce—contain a high amount of water.



## WATCH THE WEATHER



Excessive heat raises the risk of dehydration. Plan on drinking more when temperatures soar.



## EXERCISE CAUTION

Drink water before, during and after a workout.



Sources: American Academy of Emergency Physicians; American Academy of Family Physicians; American Institute of Cancer Research

GRANT REGIONAL HEALTH CENTER



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**DOUBLE JOY:** Jessica Varnam, MD, congratulates new parents Dan and Renee Kwallek on the memorable delivery and precious twin girls, Calie and Ariella.

## 'YOU'RE HAVING TWINS!' WAS JUST THE FIRST SURPRISE

**WITH BABIES,** things rarely go as planned. Renee Kwallek's pregnancy was about as unpredictable as they come—from fainting at 11 weeks to delivering at just over 36 weeks.

The first-trimester fainting spell led to a trip to the hospital with Renee's sister Paige, where they unintentionally found out that Renee was having twins.

"Unfortunately Dan and I found out at separate times," says Renee, who admitted that she was a little disappointed that it happened that way.

That's the nature of babies, though, and any parent will tell you that the first thing you learn is to plan for things not to go quite as planned. Renee told her husband, Dan, who was out of town, the next morning. They both had the same reaction: smiling on the outside, slightly panicky on the inside.

**ROUTINE—ALMOST** The rest of Renee's pregnancy went really well, she says. Since there is no neonatal specialist at Grant Regional Health Center, Renee's doctor suggested that they go meet with a doctor in Dubuque in the event that she went into labor before 36 weeks and would have to deliver there instead of Grant Regional as planned.

They did go to Iowa City for an ultrasound of the babies' hearts, and a white spot was found on one of the twin's hearts. Thankfully, the spot eventually went away and was not a concern.

When Renee hit 36 weeks, she was clear to deliver at

Grant Regional. Two days later, on Oct. 15, at 4:30 a.m., she went into labor.

"I did deliver both babies naturally, which was what I was expecting," recalls Renee. "What I wasn't expecting was to deliver Calie breech at 1:23 p.m. and that Ariella would take quite a bit longer."

Renee laughs. "Turns out Calie was in a hurry to come into this world and Ariella wanted to wait a little longer. Lucky for me, I barely felt the contractions I was having after delivering Calie, but then that also meant that Ariella was not even close to being ready to be born."

At around 7:30 p.m., Renee and her doctors made the decision to break her water.

It's very unlikely for twins to be born more than three hours apart. Calie and Ariella were born seven hours apart.

"I remember wanting to hurry up and get the second delivery over with, but then on the other hand, it was nice to get some rest before going through another set of contractions and delivery. I guess if my water would have broken sooner, on its own, I wouldn't have this story to tell!"

**GREAT CARE: NO SURPRISE** Overall, the experience was unexpected, but Renee and Dan were very happy to be so close to home and have the compassionate staff they did at Grant Regional.

"I have total confidence and trust in them," says Renee. "I wouldn't have wanted to go anywhere else."

## CARING FOR WOMEN'S HEALTH NEEDS

*Krynn Buckley, MD,  
gynecology/women's health*

**KRYNN BUCKLEY, MD,** specializes in gynecologic surgery and women's wellness, including infertility, urinary and menstruation concerns. Her practice focuses on gynecology and pelvic surgery; comprehensive examinations for menopause and prolapse problems; management of excessive and abnormal bleeding; treatment of endometriosis, fibroids, pelvic pain and contraception concerns; hysterectomy and alternatives to hysterectomy, including medications, myomectomy and endometrial ablation.

Dr. Buckley received her medical degree from the University of Nebraska Medical School and completed her internship and residency at the University of Nebraska—Lincoln. She is a fellow of the American College of Obstetricians and Gynecologists and has over 20 years of experience.

Dr. Buckley listens to your concerns, goals and opinions and asks for your input in creating your treatment plan. She strongly believes in preventing disease by encouraging proper nutrition, regular exercise and early screening tests to maximize your quality of life.

To schedule an appointment with Dr. Buckley, please call Grant Regional Health Center Specialty Clinic at 608-723-3249.



### Services offered

Krynn Buckley, MD, offers complete care for women.

#### Women's wellness care

- Annual checkups.
- Gynecology problems.
- Infertility.
- Birth control.
- Sterilization.
- Urinary incontinence.

#### Gynecologic surgery

- Colposcopy and LEEP (cervical loop electro-surgical excision procedure).
- Cystometrics for incontinence.
- IUD—intrauterine devices (Mirena and Paragard).
- Nexplanon (implant birth control).
- Suction D&C for miscarriages.
- Laparoscopy, diagnostic and operative.
- Hysteroscopy, diagnostic and operative.
- ESSURE sterilization.
- Endometrial ablation.

#### Hysterectomy

- Vaginal.
- Laparoscopic.



## HEART FAILURE

# 5 STEPS FOR BETTER HEALTH

**THERE ARE MORE** than 5 million Americans living with heart failure. And the key word here is *living*.

While there's no cure for this condition, there's plenty that people who have it can do to relieve symptoms and lead comfortable, productive lives.

If you've recently been diagnosed with heart failure, or even if you've had it for awhile, it's important to do those things that may help keep you healthy. Here are five to focus on:

**1 Cut back on fluids and sodium.** People with heart failure are prone to retaining fluid. If you consume a lot of liquids or eat foods high in salt, which causes the body to hold onto water, fluid retention may get worse.

**Take action:**

- Ask your doctor how much fluid is safe to consume.
- Read food labels and choose foods with the lowest amounts of sodium—particularly when choosing breads and rolls, pizza, soup, cold cuts and cured meats, poultry, and sandwiches.
- Use less table salt to season foods.

**2 Weigh yourself regularly.** Weight gain can be a sign you're retaining fluid—which can make your heart failure worse.

**Take action:**

- Ask your doctor when to bring weight gain to his or her attention.
- Step on the scale every day, preferably before breakfast and after urinating, and use the same scale in the same spot. Wear the same type of clothing, but no shoes.

**3 Manage your medications.** Several types of medicines help keep heart failure in check. Ask your doctor to explain how your medicines work—and be sure to take them exactly as directed.

**Take action:**

- Use a checklist, pillbox or other device to track your medication use.
- Consult your doctor before taking any new medicine, over-the-counter product or herbal supplement.
- Tell your doctor if you have side effects or other



**HEART POWER:** Grant Regional's cardiac rehab program helps patients get back to a healthier lifestyle following surgery.

## Heart failure patients benefit from cardiac rehab. Read about our rehab services at [www.grantregional.com/rehab](http://www.grantregional.com/rehab).

problems with your medicines—including problems paying for them.

**4 Don't ignore emotional distress.** Heart failure can cause depression and anxiety. Both can make it harder to stick with your treatment plan and affect your quality of life.

**Take action:**

- Report any feelings of depression or anxiety to your

doctor right away. He or she can help.

- Tell family and friends how you're feeling and what they can do to help.
- Consider joining a support group.

**5 Work closely with your doctor.** His or her guidance is essential in helping you manage heart failure.

**Take action:**

- Follow your doctor's advice.
- Know how often to seek regular medical care and when you need emergency care.
- Keep all scheduled appointments, including those for tests and lab work.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

## PROVIDER LISTING



**Grant Regional Health Center Specialty Clinic**  
507 S. Monroe St.  
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**608-723-3249**  
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## 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 only takes 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, June 17, 2:30 to 6:30 p.m.; Friday, July 22, 9 a.m. to 1 p.m.; Tuesday, Aug. 16, 2:30 to 6:30 p.m.**

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