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Eat, share, love: For your family's health

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Spring forward with 18 good health habits

HEALTH SCENE®

EARLY SPRING 2018

YOUR GUIDE TO WELLNESS AND GOOD HEALTH CARE



Take aim at the flu

Who should get a flu shot? Chances are, the answer is you! Nearly everyone 6 months and older needs to get this yearly vaccine.

That's because the flu can make people very sick and cause serious complications. People miss a significant amount of time from work or school because of the flu. Even worse, every year people are hospitalized or die from the flu.

The vaccine is particularly recommended for people who are most vulnerable to the flu and

its complications, including:

- Children 6 months to 4 years old.
- People 50 and older.
- People with chronic lung, heart, kidney and other diseases.
- People with weak immune systems.
- Women who are or will be pregnant during the flu season.
- Residents of nursing homes or other long-term care facilities.
- People who live with or care for

children younger than 5 years old and adults 50 and older.

There are rare exceptions to the flu-shot rule. For example, people who have severe, life-threatening allergies to a flu vaccine or any ingredients in a vaccine shouldn't get it. Or people who have a history of a disease called Guillain-Barré syndrome should talk to their doctor before getting a flu shot.

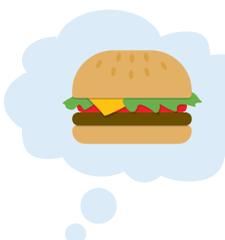
WHEN TO ROLL UP THAT SLEEVE

It's best to get vaccinated before flu season hits hard. Try to get your shot before the end of October.

Some children need to get two doses of the vaccine. (Talk to your child's doctor if you're not sure whether that's the case for your child.) Experts recommend that those kids get their first dose as soon as possible after the vaccine becomes available.

Source: Centers for Disease Control and Prevention

Contact Grant Regional Community Clinic to get your flu shot! Call 608-723-2131.



ARE YOU REALLY FEELING HUNGRY?

Before you reach for that tempting snack or second helping, rate your hunger on a scale of 1 to 10. Being mindful of hunger cues can help control calories.

Academy of Nutrition and Dietetics



YEAR-ROUND PROTECTION

Don't put that sunscreen away when summer ends. The sun's rays can still cause sunburn even in the winter, especially when they reflect off snow.

American Academy of Pediatrics

Planning a pregnancy? Get all your vaccines first

If you're thinking about having a baby, one of the most important things you can do to help protect the health of your future little one is to make sure you're up-to-date on vaccines.

During pregnancy you share everything with your baby—including serious diseases. Which is why even if you think you were vaccinated against a disease, such as measles, as a child, you should talk to your health care provider about immunizations. You may need a booster shot, or there may be a new vaccine that wasn't available when you were a kid. Some necessary vaccines should be given at least one month before you get pregnant.

The March of Dimes recommends women receive these vaccines before pregnancy:

→ **Measles, mumps and rubella (MMR).** Rubella can cause birth defects, and measles and rubella can cause miscarriage. If you don't know if you've gotten this shot, a blood test can tell your doctor if you're immune or not.

→ **Chickenpox (varicella).** Chickenpox can cause birth defects. Tell your doctor if you haven't had chickenpox or haven't been vaccinated for it.

→ **Human papillomavirus (HPV).** Get this vaccine if you're younger than 26.

Additional source: Centers for Disease Control and Prevention

Make mealtime family time

Family meals have a lot of competition from soccer games, piano lessons, homework and the schedules of working parents. Still, if you're a mom or a dad, it's important not to let those commitments crowd out meals altogether.

Research shows that kids who regularly eat family meals are more likely to have healthy diets than those who don't. Shared meals also give families the chance to talk and grow closer. And that may explain why they help protect kids from behavioral problems and even substance abuse.

So do your best to eat as a family at least a few times a week. Here's how to fit in time together—and put healthy food on the table, even when you're rushed:

Plan ahead. Pick times when everybody's available for a meal, and be sure everyone knows to be home at a certain time. If conflicts rule out dinner, try breakfast, especially on weekends.

Let everybody pitch in. For example, young kids can wash the veggies, and older kids can do the chopping.

Serve no-fuss meals with nutritious foods. Try frozen ravioli with store-bought tomato sauce and a salad. Or rotisserie chicken with frozen peas and potatoes. A sandwich—even at dinner—is OK too. Just use whole-wheat bread, stuff it with veggies and lean meat, and serve it with a piece of fruit.

Source: Academy of Nutrition and Dietetics



Physical therapy

Feel stronger every day

What can physical therapy do for you? More than you might expect.

Physical therapy (sometimes called PT) isn't just for those recovering from knee or back surgery. It's a powerful tool that can help you work toward pain-free movement. So you can do more

of the things that matter to you.

PT can benefit many people, including:

Those with chronic pain.

PT is a safe, effective alternative to prescription opioids—and more and more doctors are recommending it. While drugs mask pain, PT can help you work through it.

Those looking to avoid surgery. In search of a noninvasive way to treat an injury? PT may work just as well for conditions like meniscal tears, knee osteoarthritis, rotator cuff tears, degenerative disk

disease and some spinal problems.

Older adults. PT can help seniors improve their mobility, strength and balance—so they can be more active and independent.

Physical therapists are experts trained in movement. They can help you reach your function or pain goals with a personalized plan involving exercise, stretches and hands-on therapy.

Best of all, getting started is easy. PT can happen almost anywhere—including in your own home. Ask your doctor if you might benefit from PT.

✦ You can read about our PT services at grantregional.com/services/rehabilitation.

Source: American Physical Therapy Association



Obstetrics



All in the family

Grant Regional's OB department delivers!

For the Edge family, being grateful at Thanksgiving for their many blessings was simply an understatement this past year! Abby and her husband, Levi, welcomed their sixth child, Skylee Sage, on Nov. 21—just two days before Thanksgiving. “I’m thankful for so many things, but having a healthy baby ranks up there pretty high,” Abby says with a smile.

Skylee was born on Tuesday, Nov. 21, weighing 7 pounds, 7 ounces, and measuring 19.5 inches long. Skylee is the sixth child that the couple delivered at Grant Regional Health Center (GRHC) in the past eight years. “I’m not sure, but I bet I’ve beat some sort of record of number of children born in the new OB addition at GRHC,” says Abby.

Abby describes each of her six deliveries as unique and special, but recalls her second-to-last delivery at Grant Regional as extra memorable. It even made the newspaper headlines in Lancaster! Skylee’s older sister Evyrlee was born shortly after the New Year and ended up being Grant Regional’s First Baby of the Year 2016. “It was a wonderful surprise and extra nice to receive so many generous gifts from the hospital and area businesses,” Abby says.

EXCELLENT CARE IS WORTH THE DRIVE

Even more interesting is that the Edge family actually moved out of the area a few years ago, but they felt so strongly about their physician and care received at Grant Regional that they decided to continue their medical care and deliveries in Lancaster.

“We just love our doctor! Dr. Erin Huebschman is so caring and compassionate that I decided I really didn’t want to go anywhere else,” explains Abby. “The drive is so worth it—I love being able to have Dr. Erin take care of my whole family, and the experience is more personal since your doctor knows who you are when you come in or contact them with questions. All of the nurses in OB and the clinic are amazing! I appreciate that Dr. Erin is with us throughout labor, delivery and after delivery.”

The busy family of eight includes mom, dad and siblings Ryder, Karsyn, MaKynlee, Flynn, Evyrlee and now Skylee. “I love being a mom and always knew I wanted a lot of children,” says Abby. “Life with that many does get a little hectic from time to time (most days!) and with all three of my boys having food allergies, life is never dull. But I wouldn’t trade it for anything and am so grateful to Grant Regional for all the wonderful care in bringing each of them into this world and caring for them as they grow.”



Birthing suites

Grant Regional’s OB features five private, exquisitely decorated family birthing suites. From the traditional obstetrics department that offered separate labor/delivery rooms and patient bedrooms, the space has been transformed for comfort, allowing moms to labor, deliver and recover all within the same spacious suite. With soft lighting and modern, comfortable furniture, along with beautiful woodwork and large windows, our family birthing suites provide a welcoming atmosphere.

Each suite is complete with a large private bathroom and whirlpool tub, personal sink and vanity, TV and DVD player, and sleeper loveseat so support people can stay overnight. A nutrition station, which offers beverages, ice and light snacks, is centrally located and available to patients and their families 24 hours a day.

High-quality care

To ensure comfort and safety, we have modern birthing beds and monitoring and emergency equipment, all within your own room.

When it’s time for delivery, your suite can be converted into a delivery room within seconds. Each suite is equipped with leading-edge technology including special lighting and equipment that’s hidden behind panels in the wall and ceiling. The entire obstetrical unit, including the Nursery, has discreet but strict security measures to ensure that babies and moms are safe and secure.

Compassionate staff

Our nurturing doctors and nurses offer expert care before, during and after the baby’s birth. Our nurses pride themselves on providing helpful information for new moms and dads. They take the time to answer questions and help with the intricate details of well-baby care. Moms tell us they go home feeling confident and knowledgeable.

Many of our well-planned features and touches truly make this an ideal setting where new moms and dads can enjoy the wonder of bringing a new life into the world. Having a baby is one of life’s most memorable moments. We welcome the opportunity to share it with you!

Wellness

To stop smoking



1

Don't think forever. When you first try to quit, take it one minute, one hour and one day at a time. That will help you stay positive. And if you're on the verge of lighting up, hold off for at least 10 minutes. You'll likely get past the strongest urge to smoke.

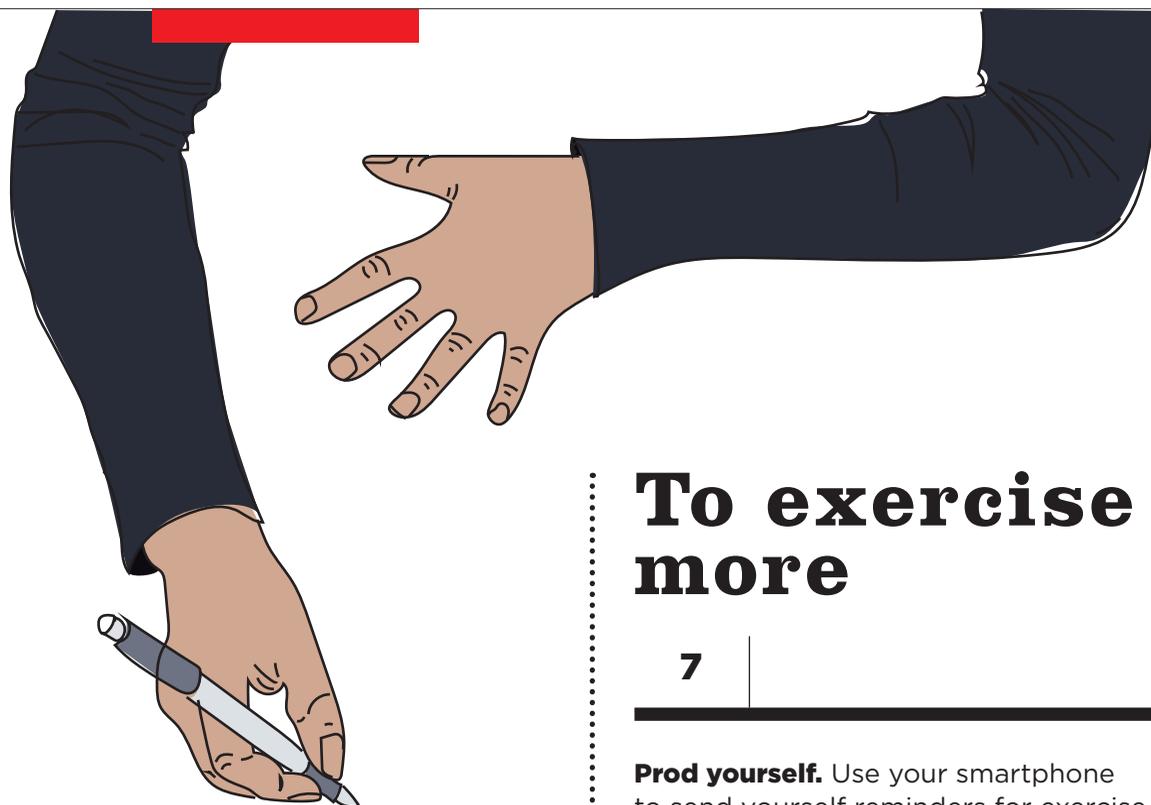
2

Chew on this. Munch on smoking substitutes such as sunflower seeds or carrot sticks. Some folks even chew straws.



3

Reward yourself. Fill a jar daily with the money you would have wasted on tobacco. Then splurge on something special.



To stress less

4

Write it out. When something upsetting happens, writing about it may help you organize your thoughts—and make the experience seem more manageable.

5

Practice positive self-talk. Swap a negative thought such as “I hate it when this happens,” with “I can handle this—I’ve done it before.”

6

Enjoy a good belly laugh. Watch a funny movie, read the comics or do something silly. Laughter helps you relax and recharge.

To exercise more

7

Prod yourself. Use your smartphone to send yourself reminders for exercise breaks. Then march in place, do some squats, or take a quick walk around your block or office.



8

Be a do-it-yourselfer. Rather than paying somebody else, do your own housework. Ditto for raking your yard or cutting your grass—as long as you use a push mower. Anything that gets you moving counts as exercise.

9

Rethink your commute. If you drive, could you bike or walk a few times each week? If you take public transportation, why not get off at an earlier stop and hoof it the rest of the way?

18 TIPS FOR A

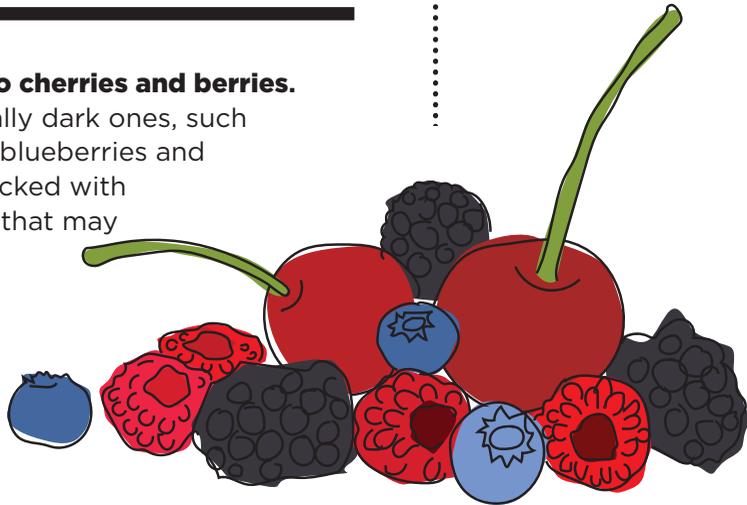
With spring on the way, it's the perfect time for a fresh start. So why not make...
The tips are for some common healthy changes that many of us struggle to adopt. But since they're m...

To eat better

10

Treat yourself to cherries and berries.

Berries—especially dark ones, such as blackberries, blueberries and cherries—are packed with plant chemicals that may boost memory.

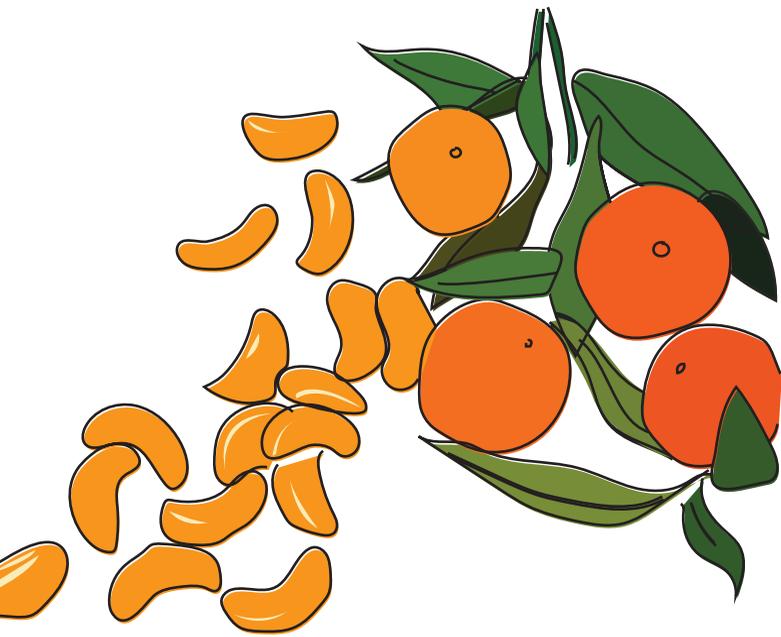


11

Know your oils. Cook with heart-healthy ones, such as olive, canola, corn or safflower oil. Of all oils, these contain the least saturated fat, which can raise your LDL (bad) cholesterol level.

12

Help your eyes “C” better. Vitamin C-rich foods are high in antioxidants that can lower your cataract risk. Smart choices include strawberries, bell peppers, broccoli, kale, oranges and grapefruit.



Sources: American Academy of Nutrition and Dietetics; American Cancer Society; American Council on Exercise; American Heart Association; Mental Health America; National Institutes of Health; National Sleep Foundation

Make sure everyone in your family has a primary care provider who can help you achieve your health goals. To make an appointment with one of our providers, call 608-723-2131.

To manage weight

13

Pace, don't race. It may take at least 15 minutes for your brain to get the message that your stomach is full. So eat slowly and savor every bite, rather than rushing.

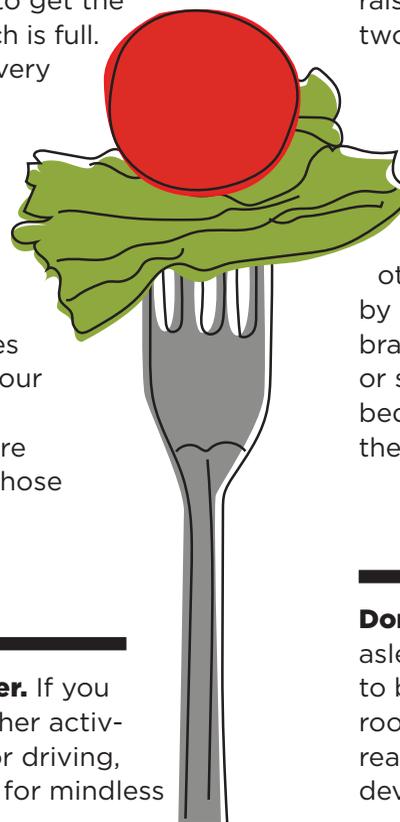
14

Add strength training to your exercise routine.

Muscle burns more calories than fat, so you'll rev up your metabolism. People with muscular bodies need more calories to function than those with more body fat.

15

Don't be a distracted eater. If you combine eating with another activity, such as watching TV or driving, you're setting yourself up for mindless overeating.



To sleep better

16

Wind down. Avoid any activity that raises your heart rate for at least two hours before bedtime.

17

Turn off electronics. The light from computers, cellphones and other electronics can disrupt sleep by sending be-alert signals to your brain. So if you have trouble falling or staying asleep, put electronics to bed at least one hour before you hit the sack.

18

Don't toss and turn. If you can't fall asleep within 30 minutes of going to bed, get up and move to another room. Then do a quiet activity, like reading (but not on an electronic device!), until you feel sleepy.

HEALTHY 2018

Make 2018 your healthiest year ever? Yes, that's doable—especially with these tips.

More tweaks than overhauls, they may make changes that have eluded you in the past a whole lot easier.

Do's and don'ts for a healthy pregnancy

Oh, baby, there's a baby on the way! Finding out you're pregnant can be an overwhelming time. Focus on a few, simple steps that can start this pregnancy off right and help keep it on a healthy track for the months to come.

DO:

Get regular prenatal care. It will help ensure the healthiest possible outcome for you and your baby.

Drink plenty of water. Staying hydrated can help you avoid problems such as constipation, hemorrhoids, urinary tract infections and premature labor.

Talk to your doctor about how you can safely stay active. Exercise can help ease or prevent common pregnancy problems such as constipation, varicose veins and backaches. It may also help you sleep better, lessen the risk of depression and speed recovery after you give birth.

Take a folic acid supplement every day, throughout your pregnancy. Just 400 micrograms per day, leading up to and during the first few months of pregnancy, can help prevent up to 70 percent of some birth defects.

Sources: National Institutes of Health; Office on Women's Health

DON'T:

Drink alcohol. There is no known safe amount of alcohol to consume during pregnancy. Talk to your doctor for help with quitting drinking, smoking or any other habit that may harm your baby.

Take any medicines without your doctor's OK. That includes herbal or plant-based supplements and over-the-counter drugs.

Eat unpasteurized soft cheeses. These include unpasteurized feta, Brie, queso blanco, queso fresco and blue cheeses.

Sit for long periods of time while traveling. Take frequent breaks to stretch your legs.

Make an appointment to start your prenatal care. Call 608-723-2131.



Men: Take control of your health

It's dangerous to generalize about half the population, but when it comes to men and routine health care, it's safe to say: Men could do better.

For instance, compared to women, men are more likely to put off seeing a doctor. Men also drink more, smoke more, and generally make more unhealthy or risky choices in their lives.

During a routine checkup, a doctor can:

Better health care starts with regular visits to a primary care doctor. To schedule an appointment with Grant Regional Community Clinic family practice provider Tom Schreiber, MD, call **608-723-2131**.



Keep track of your vaccines. He or she will make sure you get the shots you need when you need them. Vaccines may include an annual flu shot, a tetanus booster, and shots to prevent pneumonia and shingles.



Plan or perform screening tests. These tests can spot diseases early—often before symptoms crop up—when they are easier to treat.

Routine checks may include blood pressure measurements, cholesterol screenings to help find heart disease and a blood test designed to detect diabetes.

Other tests can indicate depression or various types of cancer.



Support your healthy habits. Your doctor can help you create a diet and exercise plan and help you find answers to your health questions. And if you use tobacco, your doctor can help you quit.

Sources: National Institutes of Health; U.S. Department of Health and Human Services

The good visit

Tips for spending time with an Alzheimer's patient

When you're visiting someone with Alzheimer's disease for the first time, you may not know what to expect. Will the person recognize me? What will we do during the visit? What kind of conversation can we have?

You want the visit to be a positive experience for both of you. Here are some steps you can take to make that outcome more likely.

Inquire ahead. Find out from

the caregiver or nursing home when the person is usually at his or her best, and visit at that time of day.

Have a plan. Come up with ideas for conversation before the visit. Some possibilities: Bring photo albums or a shoebox of memorabilia. Or play some music the person used to enjoy.

Go alone or in a small group. Too many people may overwhelm someone with Alzheimer's.

Limit distractions. Find a quiet place for your visit, away from excess noise.

Introduce yourself. Use a familiar nickname, if you have one. Call the person by name too.

Be calm and quiet. Avoid raising your voice, but don't talk to the person like he or she is a child.

Be flexible. If the person doesn't want to do something you planned, skip it and do something else.

Avoid disagreement. Don't argue if the person is confused. Don't correct him or her either.

Show affection. Hold the person's hand. Even better, use lotion to give him or her a hand massage. Or lightly scratch the person's back.

Be playful. Laugh with the person. Sing songs. Move to music. Try to tap into the person still inside.

Sources: Alzheimer's Association; National Institute on Aging

Surgery

Surgical care you can count on

Grant
Regional
Health
Center

is proud to offer enhanced surgical skill and expertise for our region. When surgery is necessary, our board-certified medical professionals and support staff are dedicated to providing the highest level of surgical care.



We are fortunate to have two highly skilled surgeons on staff: Adam Schope, MD, and Butch Rosser, MD. Their skill and years of experience, working closely with our highly trained surgical team, is what sets Grant Regional apart. They assist patients with a wide range of surgical needs, from routine procedures to emergency surgical care. They often collaborate with primary care physicians and referring physicians to provide the most comprehensive care and most advanced treatment available. Their team approach with our clinical staff ensures that procedures are handled with the utmost skill and expertise, with a focus on personal comfort, safety and rapid recovery.

VEIN TREATMENT SPECIALIST

In addition to offering a comprehensive spectrum of surgical procedures and treatments, Dr. Schope specializes in the treatment of varicose veins. Varicose veins may be related to a more serious medical condition called chronic venous insufficiency (CVI). In addition to causing leg pain and swelling, CVI can result in leg restlessness, skin damage and even ulcers. Today, less than 10 percent of people with CVI seek treatment—which is a shame.

Dr. Schope offers Venefit™ Endovenous Therapy, a minimally invasive treatment that uses radiofrequency energy to precisely and effectively treat patients with CVI. “There are many misconceptions about varicose veins. At Grant Regional, we are working to debunk these myths and urge people who tend to put their own health last on their to-do list to listen to their bodies and take action,” says Dr. Schope.

Dr. Schope joined our medical community after practicing in Dubuque, Iowa. He received his medical degree from the University of Iowa in Iowa City, and completed his internship and residency at the University of Missouri in Kansas City. He is also board-certified in general surgery. Grant Regional is proud to offer his expertise to patients in Lancaster and our surrounding communities.



Adam Schope, MD,
general surgeon

HEARTBURN TREATMENT SPECIALIST

Dr. Rosser is board-certified in general surgery and has over 30 years of experience, along with advanced training and teaching in the latest laparoscopic and minimally invasive techniques.

“While my clinical expertise is centered on utilizing minimally invasive techniques, my true passion is helping patients who suffer from chronic heartburn and GERD,” explains Dr. Rosser. “With our advanced testing and treatment options, we can help you win the war on heartburn! It’s personal for me. My uncle died of esophageal cancer. Esophageal cancer is on the rise—up 600 percent since 1975—and is the fastest growing cancer in America.”

Over 90 million people experience heartburn in the U.S., and it’s estimated that only 10 million of those actually schedule an appointment to see a doctor. What’s more alarming is that only 50 to 60 percent have the proper diagnosis and are treated properly. Dr. Rosser, along with Grant Regional’s team, has developed a compassionate evidence-based process to provide patients with an accurate diagnosis and leading-edge treatment.



Butch Rosser, MD,
general surgeon

General surgery

Grant Regional offers a wide range of minimally invasive and laparoscopic surgical procedures, advanced surgeries offering patients less pain and a quicker recovery.

Procedures:

- Abdominal and pelvic pain treatment.
- Bowel, colon and rectal surgery.

- Appendectomy.
- Cholecystectomy.
- Colonoscopy and upper endoscopy.
- Endoscopic surgery.
- Gallbladder and bile duct surgery.
- Gastrointestinal surgery.
- Hemorrhoid surgery.
- Hernia repair.
- Incisionless surgery.

- Minimally invasive laparoscopic surgery.
- Spleen, liver and stomach surgery.

For more information or to schedule an appointment regarding general surgery with Dr. Schope or Dr. Rosser, please call Grant Regional Community Clinic at **608-723-2131**. For appointments regarding varicose vein or heartburn treatment, call **608-723-3249**.



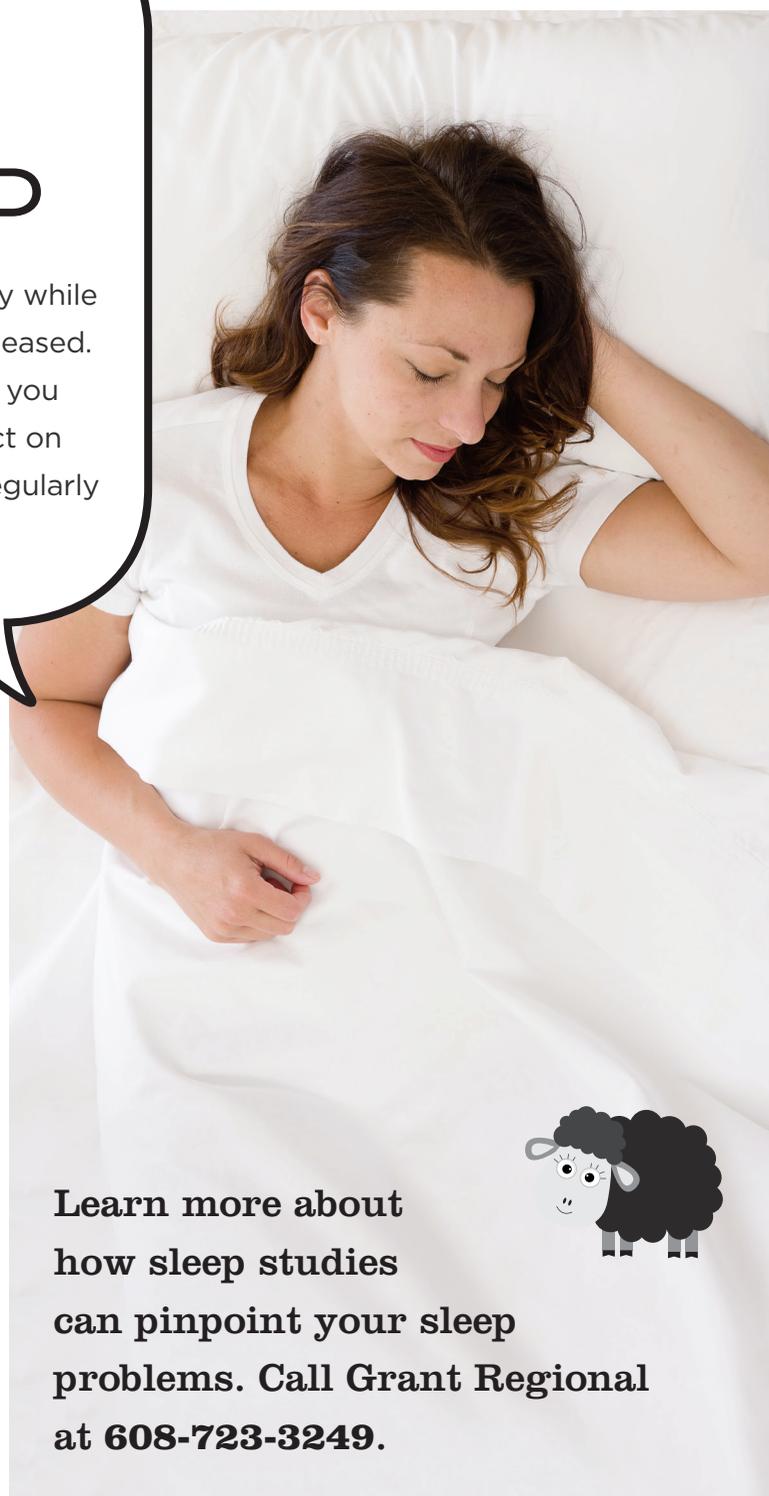
Sleep

THE POWER OF SLEEP

There's a lot going on in your body while you sleep. Hormones are being released. Cells are being repaired. How well you sleep at night can have a big effect on how well you feel and perform. Regularly getting a good night's sleep can:

HELP KEEP
YOUR BLOOD SUGAR LEVELS
STABLE.

Improve
YOUR ABILITY
to learn
& SOLVE
problems.



Learn more about how sleep studies can pinpoint your sleep problems. Call Grant Regional at **608-723-3249**.

 Lower your
RISK FOR OBESITY.

Enhance
YOUR
creativity.

LOWER YOUR RISK OF DEPRESSION & ANXIETY.

Improve
YOUR MIND
and memory.

Sources: American Academy of Sleep Medicine; National Institutes of Health

PROVIDER LISTING



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Lancaster, WI 53813
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■ Kryn Buckley, MD
■ Erin Huebschman, MD
■ Sheirle LaMantia, MD
■ Laurie Meighan, APNP
■ Kelly Muench, PA-C
■ James Rosser Jr., MD
■ Adam Schope, MD
■ Tom Schreiber, MD

High Point Family Medicine
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■ Misty Nemitz, APNP
■ Eric Slane, MD
■ Eric Stader, MD
■ Jessica Varnam, MD

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■ Neil Martin, MD
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■ Michael Zeman, MD
■ Jolene Ziebart, APNP

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■ Brian Quick, PA-C
■ Kate Reuter, APNP
■ Robert Stader, MD
■ Ken Valyo, DO

High Point Family Medicine-Fennimore
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Fennimore, WI 53809
608-822-3363
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■ Misty Nemitz, APNP
■ Eric Slane, MD
■ Eric Stader, MD
■ Jessica Varnam, MD

Save lives by donating blood



Grant Regional Health Center mobile unit:

- Thursday, Feb. 22, 2 to 6 p.m.
- Thursday, March 22, 9 a.m. to 1 p.m.
- Thursday, April 19, 2 to 6 p.m.

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 about 10 minutes to complete, and the entire appointment takes about an hour. Blood donation saves lives. It's simple yet important. For more information or to schedule a donation time, email scheilastorberg@gmail.com.

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