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Divide and conquer,
plus 3 more ways to
combat stress

HEALTH[®] SCENE

WINTER 2017

YOUR GUIDE
TO WELLNESS
AND GOOD
HEALTH CARE



Heart health

Know the risks this season

Whether you're watching *It's a Wonderful Life* or enjoying time with family and friends, it's easy for the holidays to tug at your heartstrings. Unfortunately, it's also easy for the holidays to have a far less pleasant effect on your heart. Research shows that the risk of having an irregular heartbeat goes up during the winter holidays and that heart-related deaths are highest around Christmas and New Year's Day.

According to the American College of Emergency Physicians and other experts, possible causes for this dangerous seasonal surge in heart problems include:

- Holiday-related events that may trigger things like stress, lack of sleep, excessive alcohol or caffeine consumption, and dehydration.
- Waiting too long to seek medical help for potential heart trouble out of concern that it may disrupt holiday plans.

GIVE THE GIFT OF LIFE

The take-home message: Pay close attention to signals from your heart this holiday season.

If you experience an irregular heartbeat that lasts longer than a few hours, call your doctor or go to the emergency department.

And, of course, if you suspect a heart attack, call 911 quickly. Fast action can save lives.

Most heart attacks cause pain or discomfort in the center of the chest that lasts for more than a few minutes and may come and go. The pain may even be mild. Other symptoms include:

- Discomfort in one or both arms or the neck, back, jaw or stomach.
- Sweating, nausea or dizziness.
- Shortness of breath.

If there's a chance you or someone else might be having a serious heart problem, such as prolonged irregular heartbeat or a heart attack, find out for sure. That way, you're more likely to be around to enjoy next year's holiday season.

We wish you and your family a healthy holiday season. Our emergency department is open 24/7 if you happen to need us.



LOOK THIS WAY

When you have diabetes, it's generally recommended that you have a dilated eye exam at least once a year to help detect the signs of retinopathy.

American Diabetes Association



DEAR LOVED ONE

To help with grief over losing a loved one, you might try writing a letter to that person saying things you never got a chance to say.

HelpGuide



Heading home— and staying there

5 steps to avoid a hospital readmission

“Back so soon?”

These probably aren't the words most people want to hear when checking into a hospital. Yet many patients find themselves returning for another hospital stay shortly after they've been discharged.

Hospitals are working hard to reduce readmissions—when discharged patients return just weeks or months later for the same or a related health condition.

But there are also steps you can take to avoid making that round trip the next time you're in the hospital. Often, it comes down to knowing how to take good care of yourself before and after you go home:

- 1 Speak up!** As you prepare to leave the hospital, make sure you understand your discharge instructions and what you can do to stay well. If any aspect of your care isn't clear, ask the staff to explain it again. Be sure to get written instructions as well.
- 2 Don't be a stranger.** Make an appointment to see your regular doctor or one who specializes in your condition—and follow through. Do the same with any lab work or other tests you need.
- 3 Get to know your meds.** You may leave the hospital with new medicines to take, along with your usual ones—it can be a lot to juggle! To help avoid confusion, make sure you understand when and how to take your medications. And keep all of your doctors up-to-date on everything you're taking, including vitamins, herbs, prescription medicines and over-the-counter remedies.
- 4 Who you gonna call?** Ask the hospital staff what problems (like a new or worsening symptom) to watch for and what to do if you start to get into trouble. Write down the name and number of the person to call if you have any questions or concerns about your condition.
- 5 Find the support you need.** Ask about classes or programs at the hospital or in the area that can help you learn to live better with a health condition.

Sources: AARP; Agency for Healthcare Research and Quality; Centers for Medicare & Medicaid Services; UpToDate

Having a knee or hip replaced? Do some presurgery prep of your home

Plan for your homecoming now by making sure your space is safe and comfortable after surgery.

Place items you use frequently, like a remote control, at arm's level so you don't have to reach up or bend down.

Remove any throw rugs that could cause you to fall.

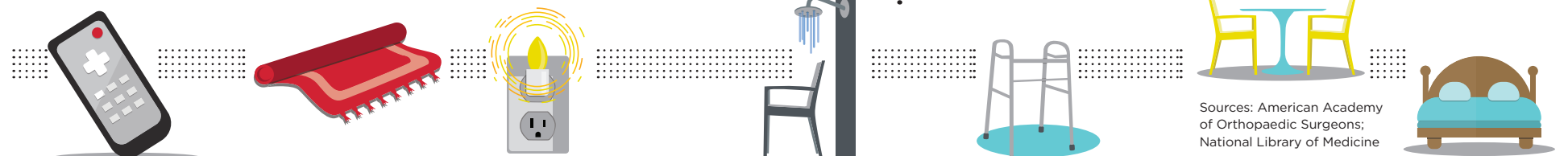
Install night-lights in any dark hallways or rooms.

Consider installing a shower chair, grip bar or raised toilet seat—or all of these—in your bathroom.

Borrow a walker or a pair of crutches to see how well you can maneuver through your home with them.

Rearrange furniture if you can't easily get around it.

Set up your bed on the first floor if you can.



Sources: American Academy of Orthopaedic Surgeons; National Library of Medicine



Dick Caley gets back on the green following hip replacement surgery.

Getting back in the game

Golf is something Richard (“Dick”) Caley, of Lancaster, really enjoys. When it began getting difficult to finish 18 holes, he knew it was probably time to do something about his hip pain. Dick and his wife, Carol, like to be very active—so when his pain was affecting the things they did together, he decided to take that next step. Dick had been living with hip pain for about 10 years. In the beginning, his pain was off and on, but as the years went by, the pain continued and got so severe that he began to have trouble with daily tasks.

Dick spoke to his primary care physician, who recommended Brad Binsfeld, DO, an orthopedic surgeon at Grant Regional Health Center. With Dr. Binsfeld and the joint replacement care team, Dick began to plan a total hip arthroplasty—a surgery to replace his hip with an artificial implant.

“Dick had advanced osteoarthritis with multiple bone spurs and bone-on-bone arthritis, and decreased range of motion of the left hip,” Dr. Binsfeld says. “His left leg was also about half an inch shorter than the right leg, secondary to the bone-on-bone arthritis.”

A HELPFUL PREVIEW

Before surgery, Dick went through important pre-operative teaching to understand what would happen before, during and after surgery. The teaching provided education, a preview of the post-op unit and answers to questions he might have about the joint replacement process.

“Being told you’re going to stand on the day of your joint surgery can be a little overwhelming,” says Dr. Binsfeld. “We believe the pre-op teaching really helps our patients understand the process and helps patients achieve the best possible outcome.”

Dick learned what to expect during joint surgery, how to care for his new joint and physical therapy exercises to do at home. “I had one of the best physical therapists: Jason Hollander!” Dick says. “He made the visits fun and



Dick and Carol Caley consult with Dr. Binsfeld.

interesting and was always joking and saying, ‘No pain, no gain!’”

Since Dick’s surgery in October 2016, he was determined to get back to golfing and into the swing of things. He and his wife spent that winter in the South, and he was back on the links just three months later. To keep his new joint healthy, he tries to walk each day and stay active.

“I feel so good, I often forget that I’ve had my hip replaced,” says Dick. “Living with pain all those years really limited what I could do. Having surgery and the expert care by Dr. Binsfeld has totally changed my life. With what I know now, I only wish I would have done it years sooner.”

A NATURAL FIT

The goal of joint replacement is to relieve pain, restore independence and return you to an active lifestyle.

In addition to pain relief, the potential benefits of hip replacement surgery include improved mobility and more freedom to pursue everyday activities, such as walking or climbing stairs.

The DuPuy Synthes joint reconstruction hip has been designed to act much like a natural hip as well as increase the stability of your hip replacement. Each person’s hips are unique. To provide the best fit for your hip, Dr. Binsfeld will choose from a number of implant sizes and components.

GET READY NOW FOR GOLF NEXT SPRING

If you have pain that is affecting your daily activities, you or a loved one may be a good candidate for joint replacement surgery. To learn more, visit grantregional.com or contact Dr. Binsfeld at Grant Regional Community Clinic by calling 608-723-2131.

Expect the best outcome

Dr. Binsfeld can help you move past pain

Brad Binsfeld, DO, specializes in orthopedic surgery. He has extensive experience with the following treatments and procedures:

- Total joint replacement of the shoulder, hip and knee
- Arthroscopy of the shoulder and knee
- ACL (anterior cruciate ligament) reconstruction
- Carpal tunnel release
- Trigger finger procedures
- Ganglion cyst removal
- Surgical and nonsurgical fracture care
- Tendon repair
- Joint injections
- Nonoperative arthritis care

Dr. Binsfeld earned his medical degree from Kansas City College of Medicine and Biosciences in Missouri. His internship and residency were completed at Genesys Regional Medical Center with Michigan State University in Grand Blanc.

Dr. Binsfeld looks forward to meeting new patients and welcomes the opportunity to help patients achieve their goals.

Don’t let pain hold you back. To learn more or schedule an appointment, please call **608-723-2131**.



Brad Binsfeld, DO, orthopedic surgeon



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TIPS

— FOR A —

HAPPY, HEALTHY HOLIDAY

Glittering decorations. Heartfelt homecomings. A feeling of goodwill in the air. For many people, these are the things that make the holiday season their favorite time of year.

And yet, it also gets a little hectic around the holidays.

Jam-packed schedules and late-night festivities can sabotage healthy habits and send stress levels up the chimney. And holiday weight gain? Yeah, it's a real thing. In addition, the season has its own set of safety concerns. It's enough to scare Scrooge and frighten even the Grinch.

But you can help make this holiday season a happy, healthy and safe one by following these 10 tips.

1 Don't take on too much. If you can't accept every holiday invite, that's OK. It's also OK to ask for help with holiday tasks and chores.

If you're feeling frazzled, connect with someone close with a phone call or in person. And try your best to get enough sleep—being well-rested may help you manage stress and feel more energetic.

2 Never let anyone drink and drive. Avoid a tragic ending to your holiday festivities. Don't allow anyone to get behind the wheel if you know they've been drinking alcohol. If you host a party, offer your guests nonalcoholic options. For instance, make a festive spritzer containing 100 percent fruit juice, seltzer and a citrus wedge.

3 Keep things safe for the kiddos. Their stockings may be filled with joy, but are those playthings safe?

When toy shopping for little ones, check the label for warnings and age recommendations. And when you're changing coin-sized button batteries in older children's toys, make sure none of the batteries wind up on the floor, where a little one might pick one up and accidentally swallow it. To help ensure you haven't bought any toys with safety issues, check out a list of recalled toys at cpsc.gov.

4 Don't spoil dinner. You want to be a good host and feed your guests a delicious holiday meal—not make them sick. But with all the activities and distractions in the kitchen, it's easy to forget a few food-safety basics:



**Just a reminder:
Our emergency
department is
always open if
something serious
happens during
the holidays. For
minor mishaps,
visit our
Walk-In Care
center.**

- Don't rinse a raw turkey (or any raw meat or poultry) before cooking it.
- Use a food thermometer to make sure meat or poultry is thoroughly cooked.
- Wash your hands before and after handling raw meat or poultry.
- Put away leftovers within two hours after cooking them.

5 Plan ahead for dinner parties. You're sure to find food—lots of food—at holiday parties. And much of it may be loaded with calories, fat, added sugars and salt.

To bolster your resolve to enjoy holiday foods but still make good choices:

- Don't party on an empty stomach. Have a healthy high-fiber snack, such as an apple or some nuts, just before going to a gathering.
- Offer to bring your own healthy dish to share.
- Fill your plate first with healthier choices—like fruits, veggies, whole grains, and baked or grilled foods—before sampling more decadent options.
- Split dessert with someone, or just take a small portion.

6 Watch out for fire hazards. Home fires are a serious risk this time of year. Don't leave any fireplaces, space heaters, cook stoves or candles burning unattended.

When you pull those electric lights out of storage, check for frayed or exposed wires, loose connections, or other defects. Remember to turn off the holiday lights before going to bed. If you put up a tree, plan your spot well—away from any heat source. And keep it watered so it won't dry out and become a fire hazard.

7 Fit in some fitness. Exercising throughout the holidays can help you burn off extra calories and reduce stress. But finding time to be active can be tricky when your schedule is busy and you're hosting out-of-town guests. Here's one solution: Invite them to take walks with you. You'll get some exercise, and they'll enjoy catching up on old times and checking out the holiday decorations with you.

8 Modify your favorite holiday foods. It wouldn't be the holidays without some treasured dishes, including ones that may not be the most nutritious. But you don't have to ban those foods from your table. Instead, try making them with some healthy substitutes. For example:

- Make stuffing with whole-grain bread or cornbread instead of white bread. Include some nuts, like almonds or walnuts, and lots of vegetables and fruits.
- Sauté with olive oil instead of butter.
- Fill your cup a third of the way up with low-fat milk, and then add some eggnog.
- Use low-fat milk instead of heavy cream.
- Use half white and half whole-wheat flour instead of all white flour when baking.

9 Take a halt from the holiday hustle. Slow down and do something you enjoy. Maybe that's reading a book, watching a holiday movie or relaxing in a warm bath. You'll feel recharged, refreshed and ready to tackle your busy holiday to-do list.

10 Focus on what's important. The holiday doesn't have to be flawless to be enjoyable and meaningful for you and your loved ones. Take a tip from those funny holiday movies: Imperfect decorations and overdone turkeys aren't the end of the world, and they can make everyone laugh.

Think about what matters most to you this holiday season. Chances are you'll agree that it's not about buying expensive gifts or planning the perfect holiday meal.

Have diabetes? Protect that smile

Diabetes increases your risk of getting gum disease, which threatens the health of your teeth.

Gum disease can also make blood sugar levels hard to control and make diabetes worse.

HOW CAN I PREVENT GUM DISEASE?

- Keep your blood sugar under control.
- Brush and floss teeth daily.
- See your dentist every six months for a checkup and teeth cleaning.



WHAT ARE THE WARNING SIGNS OF GUM DISEASE?

- Gums bleed when you brush or floss.
- Gums are red, swollen or tender.
- Gums are pulling away from teeth (you might see part of a tooth's root, or teeth may look longer).
- Pus appears between teeth and gums.
- Breath smells bad.
- Permanent teeth are loose or moving apart.

Source: American Diabetes Association

Stressed? 4 ways to gain control

When you need to get things done, stress can help motivate you to stay on task. That's the good kind of stress—the kind that helps you deal quickly and effectively with tough situations.

Constant stress can be a problem, though. Over time, that kind of stress can affect your physical and mental health, causing problems such as high blood pressure, anxiety and depression.

To help gain control over stress:

1 Divide and conquer. When you're feeling overwhelmed, try to tackle one task at a time. Set goals, and break large projects into smaller, more manageable tasks. This can give you a feeling of accomplishment.

2 Be realistic. Don't be afraid to say no if you have too much going on or to ask for help. If you try to do it all yourself, you may take on more responsibility than you can handle—or should try to handle.

3 Take care of yourself. Maintain your physical and mental well-being with a healthy diet, regular exercise and good sleep habits. When you feel good, you may be better equipped to manage stress and tension.

4 If needed, talk to your doctor. If stress gets to be too much, a support group or a mental health professional can also help you learn positive ways to deal with stress.

Sources: American Academy of Family Physicians; Mental Health America

Savor the flavor of fresh herbs



When you want to add flavor to your food without using fat or salt, fresh herbs are a good choice. But how best to use them? Check out some common selections.

Basil



PREPARATION: Roll tightly. Slice or chop with a sharp knife.

FOOD PAIRINGS: Tomatoes, eggplant, green salads, pastas, salad dressings, chicken.

TIP: Add to a dish right before serving.



Cilantro

PREPARATION: Gently chop with a sharp knife.

FOOD PAIRINGS: Beans, tomatoes, corn, avocados, rice.

TIP: Add to dish just before serving.



Mint

PREPARATION: Roll tightly. Slice or chop with a sharp knife.

FOOD PAIRINGS: Fruit cups, carrots, cucumbers, lamb, iced tea, water.

TIP: Chew on a mint leaf to freshen your mouth.



Oregano

PREPARATION: Strip leaves from stem.

Discard stem. Firmly chop leaves just before use.

FOOD PAIRINGS: Tomato sauces, mushrooms, beets, green beans, zucchini, chicken.

TIP: Greek dishes often combine oregano, mint and lemon.



Rosemary

PREPARATION: Pull down from top of stem to remove leaves. Discard stem. Firmly chop leaves.

FOOD PAIRINGS: Fish, salad dressings, roasted root vegetables, potatoes, pears, apples, breads.

TIP: The flavor is strong, so use it in small amounts.



Thyme

PREPARATION: Gently pull down from top of stem to remove leaves. Leave leaves intact.

FOOD PAIRINGS: Roasted vegetables, chicken, carrots, corn, green beans, soups, potatoes.

TIP: Add at the start of cooking for best flavor.

Sources: American Heart Association; American Institute for Cancer Research

Self-care

Look and feel your best for the holidays!

With the holidays upon us, it's easy to get caught up in the hustle and bustle. We all want to enjoy time with friends and family, but the holidays can add to our stress levels. That's why it's even more important this time of year to take good care of your body, mind and spirit. Grant Regional is pleased to offer services and solutions that can help you relax and recharge and help you look and feel your best for the holidays.

Our services are perfect to help you relax and recharge when you need it most.



Special discounts

December

20% off each treatment received in December.

Therapeutic services discount applies only to the following: Body shaping, laser hair removal, laser treatment for toenails, intense pulsed light and acupuncture.

*Services must be scheduled and redeemed in December to receive the discount.

January

Purchase any facial and receive FREE microdermabrasion. Choose a facial specific to your skin's needs. Microdermabrasion removes damaged surface-skin cells; improves skin elasticity, texture and color; minimizes fine lines and wrinkles; and diminishes age spots around the eyes, lips and neck.

Relax

MASSAGE

The holiday season may be all about giving to others, but it's important to give to yourself as well. Booking a massage is the perfect way to reduce stress, stabilize your sleep patterns and improve your outlook on life for the positive mood and the endless energy you need to enjoy the holidays to their fullest.

Swedish/therapeutic. Light massage to ease overall muscle tension, reduce stress and increase circulation.

Deep tissue. A stronger massage applying slow, deep pressure to penetrate sore muscles.

Hot stone. Traditional light massage combined with warmed river stones to promote body balance and release tension.

Prenatal. A nurturing full-body massage to release tensions and ease the discomforts of pregnancy.

Couple's massage. A massage for two pamperers both in a luxurious and calming atmosphere.

Reflexology. A pressure point therapy on hands and feet to restore the body's natural equilibrium and energy.

Hot stones; aromatherapy; or new, hot towels can be added to any massage for \$5 each. Cupping can be added for \$10.

Renew

SKIN CARE

Radiant skin means healthy skin. Unique rejuvenating facial treatments will help you to reclaim your youthful glow.

Régenique. A new skin rejuvenation program that smooths wrinkles, lightens discoloration and reduces acne to reveal beautiful skin.

Intense pulsed light. This unique treatment offers targeted results for specific skin conditions, including pigmentation (sun spots or age spots), vascular lesions and small spider veins.

Facials. Treatments include acne-clearing, anti-aging, mini, classic, oxygenation, glycolic peel, men's facial, back facial, lip treatment and microdermabrasion.

Rejuvenate

LASER SERVICES

Laser hair reduction. Our registered nurses have specialized training in using the gentle power of lasers to reduce unwanted hair safely and comfortably. Sessions are priced by the location and size of the area to be treated. Laser hair treatments in the winter will not only deliver a reduction in hair growth but also set the stage for the real results you want to see when the summer season hits.

BODY TREATMENTS

Exilis body shaping. Exilis is a radio frequency medical device that delivers high energy in a safe, controlled fashion to melt fat and repair and stimulate the production of natural collagen. Almost any area of the body can be treated. The

most popular sites are the abdomen, flanks, thighs, neck, arms and face.

Herbology body treatments. Transform your body's complexion and indulge your senses with extracts and essential oils intended to purify, restore and tone your skin. Available as a body wrap, a body buff, and a hand or foot treatment.

Body waxing. Gently wax away unwanted hair for smooth, moisturized skin. Options include legs, bikini line, eyebrows, lip and chin, back, and underarm areas. Hard or soft wax available.



Our therapeutic services team is here to help you be your best.

Acupuncture. A safe, natural and effective solution for treating a variety of health conditions, such as back pain or sciatica; colic; headaches, including migraines; Lyme disease; insomnia; premenstrual syndrome; menopause; reproductive health; stress and anxiety; allergies; irritable bowel syndrome; cravings and

addictions; and excess weight.

Sunless tanning. A healthy and easy spray-on alternative to harmful tanning beds or time in the sun. Options include full body; legs; raccoon eyes; face, shoulders and arms; and a full facial/back blend.

Common facts about the common cold



You can't make colds go away faster with over-the-counter cold medicine. But they may ease symptoms.



Don't give any child under age 6 an over-the-counter cold medicine. They can have serious side effects.



For most people, colds last 7 to 10 days. But people with weakened immune systems and lung conditions can develop a serious illness, such as pneumonia.



Kids and adults in the U.S. sneeze their way through more than 1 billion colds every year.



Eating yogurt that contains active cultures may help prevent colds.



In kids with asthma, colds are the most common trigger of wheezing.



More than 200 viruses can cause colds. But the rhinovirus is the one most often to blame.



Cough and sneeze into a tissue, then throw it away if you have a cold. Or sneeze into your upper shirt sleeve, covering your mouth and nose completely.



Antibiotics don't work against viruses. That means they won't help you feel better if you have a cold.



Call your doctor if you have trouble breathing when you have a cold, your symptoms get worse or you don't feel better in 10 days.



People are most contagious for the first two to three days of a cold. After the first week, colds often aren't contagious.

Sources: Centers for Disease Control and Prevention; National Institutes of Health

PROVIDER LISTING



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■ Eric Slane, MD
■ Eric Stader, MD
■ Jessica Varnam, MD

Save lives by donating blood



Grant Regional Health Center mobile unit:

- Friday, Dec. 29, 2 to 6 p.m.
- Tuesday, Jan. 23, 9 a.m. to 1 p.m.
- Thursday, Feb. 22, 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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