



Grant Regional Health Center

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

You're the Center of Everything We Do.



DOCTOR BUCKLEY IS IN
Meet our new gynecologic surgeon, Krynn Buckley, MD.
SEE PAGE 3 ►

HEALTH SCENE[®]

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2013



5 must-dos @ 50

◆ What is a big deal at this age, however, is making sure you stay in good health. ◆ As you get older, you're more likely to face health challenges. Here are five suggestions for beating back those challenges:

1 Whittle away unwanted weight. A tubby tummy puts stress on your heart, lungs, blood vessels and bones and increases your risk for some serious diseases.

If extra pounds have sneaked up on you, wrap a tape measure around your waist, just above your hips. A measurement greater

than 40 inches for a man or 35 inches for a woman is a sign that you should cut some calories and get more exercise. ◆ Turning 50, it turned out, was really no big deal.

◆ You survived all those obnoxious over-the-hill jokes and cards, and you managed to blow out all those candles on your cake.

2 Take a hike...or a walk...or a bike ride. Just do something to get your heart pumping. Staying active helps control weight, blood sugar, blood pressure and cholesterol. It can also lower stress and raise energy levels.

Aim for at least 2½ hours of aerobic activity each week. Supplement that with muscle-strengthening exercise two days a week.

3 Shape up your shopping cart. A good diet promotes good health—and it starts in the grocery store. If you're not already purchasing fruits and vegetables, whole grains, fat-free or low-fat dairy products, lean meats, and fish, it's time for some meal makeovers. Foods that aren't so healthy are OK periodically. Just don't eat them often.

4 Be seen—and screened. Regular doctor visits can be invaluable in your efforts to stay well. Now is when screening tests become particularly important. In fact, there are some tests—mammograms, for example—that may have been best to start years ago.

However, if you haven't been vigilant about screening, it's not too late. Work with your doctor to tailor a screening plan that's best for you.

5 Tune in to your emotions. Physical health is just one aspect of wellness. Emotional health is another. As you grow older, you may experience isolation and depression. Try to maintain ties to family and friends and to do things you enjoy. If you need help managing your mood, speak with your doctor.

Sources: American Heart Association; Centers for Disease Control and Prevention; Mental Health America; National Institutes of Health

Aging is something to celebrate, and doing it in good health is something to plan for. Go to www.grantregional.com for more healthy-aging resources.

HEALTH BITS



HEALTHY HYDRATION

To help keep from becoming dehydrated, teen athletes should drink 8 to 10 ounces of cool water every 20 to 30 minutes while working up a sweat.

American Academy of Pediatrics

EYE-SAVING TIP Safety glasses protect eyes while you prune, drill, chop, mow or otherwise work around the house or yard. Use glasses made of polycarbonate, which is 10 times stronger than other plastics.

National Eye Institute



SWEET TREAT Grilled fruit is delicious! Lightly brush oil on cut apples, pears, pineapples, peaches, plums, mangoes or other fruit before grilling. Most will be ready to eat in 8 to 15 minutes.

American Institute for Cancer Research



ENDOMETRIOSIS

HOW TO TAME ROGUE TISSUE

YOU'D THINK THAT THE TISSUE that lines your uterus would only be in your uterus, right? It almost seems like it should be a rule.

But, as we all know, rules are made to be broken. And the endometrial tissue that's inside the uterus is a frequent rule-breaker—sometimes it grows where it shouldn't, such as in the fallopian tubes or bladder.

The result: an often painful, sometimes debilitating condition called endometriosis that affects about 1 of every 10 women of menstruating age in the U.S., according to the American College of Obstetricians and Gynecologists.

Endometriosis can't be cured. Unfortunately, that is a rule—at least for now. But there are a number of remedies for the symptoms it can cause.

WHY IT'S A PROBLEM Every month, a surge of estrogen causes the endometrium of the uterus to swell with blood and tissue in preparation for pregnancy. When no pregnancy occurs, the uterus sheds the excess during menstruation.

The same thing happens to any endometrial tissue (often called implants) growing outside of the uterus.

Grant Regional welcomes Krynn Buckley, MD, gynecologic surgeon/women's wellness. Call 608-723-3249 for an appointment.

These wayward implants swell and bleed. Small patches can grow into larger ones, blocking fallopian tubes or covering ovaries (which can make getting pregnant difficult).

The implants also can form scar tissue called adhesions that bind organs together, which can be very painful.

Some women with endometriosis may not have any noticeable symptoms. Others may have one or more of the following:

- Chronic pain in the lower back or pelvis.
- Pain during or after sex.
- Painful bowel movements or urination.
- Spotting or bleeding between menstrual periods.
- Fatigue, bloating and nausea.

FINDING IT, TREATING IT An outpatient procedure called a laparoscopy can confirm whether you have endometriosis.

Treatment depends on the extent of the disease, your symptoms and whether you want to get pregnant.

Options include:

- Taking prescription medications, such as birth control pills, that lower or block the production of estrogen and help relieve pain.
- Having surgery to remove the implants, which can improve fertility.
- Having a hysterectomy, which makes any future pregnancies impossible.

Let your doctor know what's important to you when discussing your treatment options.

You can learn more about endometriosis by going to the website of the Office on Women's Health at www.womenshealth.gov. Choose "Endometriosis" from the alphabetical list of health topics.



TRIAGE

A SYSTEM FOR EMERGENCIES

WHEN YOU GO TO MOST PLACES where you need assistance—like the motor vehicle department, for example—you take a number and wait your turn. You expect to be helped in the order in which you arrived.

You might think something similar will happen if you seek medical care at the emergency department. But that's not the case. A process known as triage determines who sees the doctor first—and how long you'll likely wait.

ESTABLISHING PRIORITIES Typically, triage is done by a nurse. He or she will talk to you about your symptoms and assess your breathing, heart rate, blood pressure and temperature to help determine the severity of your condition.

Often, the nurse will gather other information too. He or she might ask about your medical history, for example. The nurse may also talk to you about allergies you have and any medicines you take.

*We're always available for care.
Our emergency department is open 24/7.*

The goal of this process is simple: to determine whose health is most in jeopardy and to make sure those patients get help immediately. That means a doctor is likely to see someone with chest pain who could be having a heart attack before someone with an ankle sprain or minor cut—even if the heart attack patient was the last to arrive.

EVERYONE MATTERS The emergency department works diligently to see everyone who needs care as quickly as possible. But be aware: True emergencies always have top priority.

If your condition is not life-threatening, you may have to wait. But every patient is important and will get the attention he or she deserves.

Source: American College of Emergency Physicians

Is it urgent or an emergency?

Urgent care centers are a convenient place to get treatment for medical problems that are not life-threatening. Most are open in the evening and on weekends, and you can usually walk in without an appointment.

For any life-threatening situation, however, you need treatment in an emergency department. Call 911 for transportation if your condition is quickly getting worse or likely will worsen on the way to the hospital.

GO TO URGENT CARE FOR	GO TO THE EMERGENCY DEPARTMENT FOR
Minor burns.	Chest pain.
Sprains and strains.	Severe difficulty breathing.
Coughs, colds or sore throats.	Severe bleeding that doesn't stop after 10 minutes.
Ear infections.	Head trauma.
Fever or flu-like symptoms.	Loss of consciousness.
Rash or other minor skin irritations.	Sudden loss of vision or blurred vision.
Mild asthma.	Facial drooping or weakness in an arm or leg.
Animal and insect bites.	Persistent vomiting or diarrhea.
Minor bone fractures.	Any sudden or severe pain.
Minor cuts that need stitches.	Suicidal or homicidal thoughts.

Source: American College of Emergency Physicians



WOMEN'S HEALTH

CARE YOU CAN TRUST

GRANT REGIONAL HEALTH CENTER is excited to welcome Krynn Buckley, MD, to our medical community. She began seeing patients on Jan. 14 at Grant Regional Health Center in Lancaster.



Krynn Buckley, MD, gynecologic surgeon/women's health

"I grew up on a ranch in north-central Nebraska and went to a one-room school until high school," says Dr. Buckley. "I spent years doing outreach to medical clinics in my hometown. I'm excited to be practicing in a community with the same hometown values."

Dr. Buckley has over 20 years of experience and strongly believes in preventing disease by encouraging proper nutrition, regular exercise and early screening tests. She specializes in gynecologic surgeries and women's wellness, including infertility, urinary and menstruation concerns.

INDIVIDUALIZED CARE Dr. Buckley strives to provide comprehensive, thorough care regardless of what surgery you are having. Whether you are undergoing an emergency procedure or an elective hysterectomy, her skill and compassion will make your surgical experience positive.

Dr. Buckley is focused on providing individualized care for every patient she sees.

Women require gynecologic surgical procedures for many reasons. Dr. Buckley gives patients the information they need to make positive choices. She provides a thorough overview before any gynecologic surgery, including what you can expect before, during and after the surgery.

She listens to your concerns, goals and opinions, and she asks for your input in creating your treatment plan.

Dr. Buckley's practice focuses on many women's health issues, including the following:

Contraception. Dr. Buckley offers a variety of choices for women who are exploring options to avoid pregnancy. In addition to medications and minor procedures, Dr. Buckley offers patients a leading-edge procedure—Essure, a new permanent birth control option for women. Essure is only meant to be used by women who are certain they no longer want to have children. It is the first alternative to tubal ligation for women seeking permanent birth control. Unlike tubal ligation, the Essure procedure can be performed without general anesthesia and requires no incisions, cutting or burning of the fallopian tubes.

Reproductive medicine. Dr. Buckley provides reproductive services and treatment for recurrent miscarriages as well as other services to help women become happy, healthy moms. During your initial visit to Grant Regional, you will receive a complete overview of our services and the ways in which Dr. Buckley can help you achieve pregnancy or treat your medical problems, including endometriosis, uterine fibroids and hormone issues.

Urinary incontinence. Up to 11 million women in the U.S. have incontinence. According to the National Institute of Diabetes and Digestive and Kidney Diseases, incontinence is most common in women over age 64. However, 1 in 4 women between ages 30 and 59 has experienced urinary leakage. Many women never receive treatment because they are embarrassed to discuss the problem with their physician, but there are medical and surgical treatments. Dr. Buckley is happy to discuss these options—you do not need to live with this uncomfortable issue.

Perimenopause/menopause. Women who experience anxiety, depression, mood swings, hot flashes, insomnia,



irregular cycles or abnormal bleedings may require medical attention to alleviate these symptoms. Dr. Buckley has extensive experience in assisting patients through these difficult issues.

Dr. Buckley is dedicated to providing her patients with an individualized and confidential clinic experience. She encourages patients to place their trust in her care and works together with them to create a plan to feel better and enjoy a higher quality of life.

For more information about Dr. Buckley's services, please call 608-723-3249 or visit our website at www.grantregional.com.

MAKE A DIFFERENCE WITH THE AUXILIARY

ARE YOU RECENTLY retired or do you find yourself wanting to give back? If you are looking for an important cause to get behind, then volunteering at Grant Regional Health Center is exactly what the doctor ordered.

The Auxiliary began in 1954—a year before the hospital was built—as a group of volunteers committed to supporting the mission of Grant Regional and the programs and services it offers our community. Auxiliary members can make a difference in the health of our area through volunteer opportunities with the ambassador program, gift shop, blood drives, Health Career Scholarship Committee, kindergarten tours, Craft Committee, fundraising and much more.

OPPORTUNITIES ABOUND While many people choose to volunteer in the hospital, some prefer involvement in committees, fundraising or other special events. The Auxiliary sponsors many activities to promote and support Grant Regional. Auxiliary fundraising efforts have included the annual Tour of Homes, Holiday Open House, Cookie Walk, Quilt Raffle, Love Lights Ceremony, monthly Otis Spunkmeyer cookie sales and book fairs.

The Auxiliary also operates and staffs a gift shop in the hospital.

Meetings and a quarterly newsletter keep Auxiliary members up-to-date on service opportunities, volunteer

needs, fundraising efforts and special activities.

To learn more about volunteer opportunities, call Rochelle Williams at 608-723-3223 or email rwilliams@grantregional.com.

Auxiliary spring events

The Auxiliary is hosting two fun fundraisers this spring! Save the date for these events. For more information, call the Auxiliary at 608-723-3223.

**DINNER/DANCE
FRIDAY, APRIL 12
HOLIDAY GARDENS, POTOSI**

Enjoy an evening of dancing while benefiting your local hospital. This new semiformal event will feature a delicious meal, excellent music by the Larry Busch Band and dancing. Whether you are a seasoned dancer or you'd like to come and learn, you are in luck! We will be offering lessons a few days prior to the event. Watch for more details to come.

**SPRING STYLE SHOW
THURSDAY, APRIL 25
MACANDIS BOUTIQUE, LANCASTER**

Be the first to view what fabulous fashions will be in style for spring and summer! The GRHC Auxiliary is again teaming up with MaCandis Boutique in Lancaster to feature our Spring Style Show. Enjoy a ladies night out—with social time, great raffles donated by local businesses and salons, delicious snacks and refreshments, and plenty of time for shopping after the show.

Proceeds will benefit the hospital's Club Scrub program, which gives seventh-graders a glimpse at what a health care career could be like with hands-on experiences in various departments of the hospital. Lancaster, Fennimore and Potosi schools have raved about this important educational opportunity!

FEATURE

Cancer is always personal. ♦ But for women, a gynecologic cancer may be the most personal of all. ♦ It affects the very parts of the body that distinguish a woman from a man—the reproductive organs. No matter if a woman gives birth once, twice or never, these are the parts of her body that make her female. ♦ There are different kinds of gynecologic cancers. Each is unique, but they do share a few things. ♦ For instance, some risk factors are nearly universal—such as smoking or having a family history of cancer. Ditto with some symptoms, such as abnormal bleeding. And treatment falls into the same general categories:

- Surgery to remove as much of the cancer as possible.
- Radiation therapy or chemotherapy (or both) to kill cancer cells.

What sets apart the three cancers discussed here is how often they occur—they are the most common gynecologic

Gynecologic cancer

cancers. Learning more about them can help you and your doctor assess your risk and devise a plan to lower it.

UTERINE (ENDOMETRIAL) CANCER

What it is. The uterus is a muscular organ, about the size and shape of a pear. Also called the womb, the uterus is where



a fetus develops and is nourished during pregnancy.

Most cancers of the uterus develop in the lining, called the endometrium. Endometrial cancer is the most common of all gynecologic cancers. The American Cancer Society (ACS) estimates it will occur in more than 47,000 women in the U.S. this year.

Signs and symptoms. Signs of uterine cancer include abnormal bleeding, spotting and vaginal discharge. It's especially important to tell your doctor about these symptoms if you're postmenopausal—uterine cancer occurs most often in older women.

Risk factors. Most uterine cancer is linked to an imbalance in levels of the hormone estrogen. Risk factors include:

- Being obese. (Excess body fat can raise estrogen levels.)
- Being unable to have a baby or opting not to have one. (Pregnancy temporarily shifts hormone levels more toward the hormone progesterone.)
- Having a history of early menstruation (before age 12) or of late menopause (after age 55).
- Having a history of polycystic ovary syndrome, a condition that affects hormone levels.
- Having a history of long-term use of high-dose birth control pills or estrogen-only hormone therapy to treat symptoms of menopause.
- Having a history of taking the drug tamoxifen to treat or prevent breast cancer.
- Having a history of diabetes.

Detection and prevention. There is no easy, reliable way to screen for uterine cancer in women without symptoms. However, your doctor may order one or more tests—such as an endometrial biopsy or a vaginal ultrasound—if you have symptoms.

Eating a low-fat diet and getting regular exercise may lower your risk for uterine cancer, reports the ACS. Controlling diabetes, if you have it, can also help.

Good to know. Most women will have early signs and symptoms of uterine cancer, allowing for quicker and possibly more effective treatment.

For gynecologic specialty care, Krynn Buckley, MD, now sees patients in Lancaster. Call 608-723-3249 to schedule an appointment.

to find the cells—and treat them—when they're still in a precancerous state.

According to the Centers for Disease Control and Prevention (CDC), about 12,000 women in the U.S. get cervical cancer every year.

Signs and symptoms. Early signs, if any, may include spotting, bleeding after sex, other abnormal bleeding or a watery vaginal discharge. As the disease progresses, tumors may spread and cause other symptoms. For example, a tumor pressing on the bladder could cause pelvic pain and urinary problems.

Risk factors. The main cause—and the most important risk factor—of cervical cancer is infection with any of the types of human papillomavirus (HPV) that are linked to cancer. Left untreated, HPV can trigger dysplasia.

Your risk for HPV infection rises with sexual activity. The earlier you started having sex and the more partners you or your partner have had, the more likely you are to get this common virus.

Other factors linked to cervical cancer include having:

- A history of dysplasia.
- A chlamydia infection.
- A mother who took a drug called diethylstilbestrol (also known as DES) during pregnancy.

Detection and prevention. Cervical cancer is the only gynecologic cancer that can be prevented. How? By having regular Pap tests to screen for cervical changes that can be treated before cancer develops.

The CDC suggests having your initial Pap test within three years of starting sexual activity or by age 21—whichever comes first. Continue having the tests as often as your doctor recommends.

Also consider:

- Asking your doctor about getting the HPV vaccine if you're 26 or younger.

- Talking with your doctor about testing for HPV.

- Using condoms to lower your risk for infection.

Good to know. Cervical cancer is almost always curable when found and treated early.

OVARIAN CANCER **What it is.** Ovaries are the glands that produce female hormones and eggs. Most women have two of them. Each ovary is covered in a layer of epithelial cells. The vast majority of ovarian cancers start in those cells.

The CDC estimates that about 20,000 U.S. women get ovarian cancer every year.

Signs and symptoms. Ovarian cancer can be stealthy. It wasn't until 2007 that a consortium of cancer groups released a list of the symptoms most likely to be associated with the disease:

- Bloating.
- Pelvic or abdominal pain.
- Difficulty eating or feeling full quickly.
- Urinary urgency or frequency.

If any of these symptoms are unusual for you but occur almost daily for several weeks or worsen over time, call your doctor.

Risk factors. Most ovarian cancers occur in women 60 and older. Other risk factors include:

- Having a family history of breast, ovarian, colon or uterine cancer.
- Having an Eastern European (Ashkenazi) Jewish background.
- Being infertile or never having had a baby.
- Having a history of endometriosis—an abnormal growth of uterine tissue.
- Having a mutation of the BRCA1 or BRCA2 genes. These mutations are also linked to breast cancer.

Detection and prevention. There is no easy way to screen for ovarian cancer, and the disease can be very difficult to identify in its early stages. Even a pelvic exam may not find it. The best way to protect yourself is to talk to your doctor about your risks.

If your family has a history of breast or ovarian cancer, your doctor may suggest genetic counseling to test for the BRCA mutations. You may be able to lower your risk for ovarian cancer by taking birth control pills for five or more years or by

having a tubal ligation (surgery to close the fallopian tubes). You can also choose to have your ovaries removed.

Good to know. The ACS reports that research is being devoted to improve detection of ovarian cancer.

Additional source: American College of Obstetricians and Gynecologists

A threat to fertility

Pelvic inflammatory disease, or PID, can be a very cruel infection to women. It doesn't always cause symptoms. Or its symptoms may seem too minor to warrant a call to a doctor's office.

In the meantime, however, the infection can cause damage to pelvic organs that may be permanent—and could even lead to infertility.

PID is often a complication of a sexually transmitted infection (STI)—usually either chlamydia or gonorrhea. The link to STIs makes PID more likely to occur in women who are sexually active, particularly those under age 25. But it's important to know that there are other ways you can get PID.

For example, it can be triggered by bacteria normally found in the vagina or on the cervix. Douching may also lead to PID by causing changes in normal vaginal flora and propelling bacteria into other organs.

Signs to watch for

The most common symptom of PID is pain in the lower abdomen. Others may include:

- Fever.
- Unusual vaginal discharge that may have a foul odor.
- Pain during sex.
- Painful urination.
- Irregular periods.

Any of these symptoms should prompt a call to your doctor. Left untreated, PID can cause pus-filled lumps (abscesses) to grow in or around your ovaries and fallopian tubes. It can also cause scar tissue that blocks eggs from traveling through the tubes and into the uterus, leading to infertility.

Sometimes sperm can pass through the blockage, however. In that case, a fertilized egg may begin growing inside the fallopian tube instead of the uterus—a dangerous and sometimes fatal complication.

Treatment

If you have PID, your doctor likely will prescribe at least two antibiotics to cover a wide spectrum of bacteria. Your partner will need to be treated as well, and neither of you should resume having sex until your doctor confirms that the treatment is working.

Sources: American College of Obstetricians and Gynecologists; Centers for Disease Control and Prevention; Office on Women's Health

For women, it's personal

CERVICAL CANCER **What it is.** The cervix—located at the lower end of the uterus—is covered by a thin layer of tissue. And it's in that tissue where cancer develops.

It starts with abnormal cell changes, a process called dysplasia. Fortunately, it often takes years for abnormal cervical cells to turn into cancer. That allows time

HEALTH TALK NEWS, VIEWS & TIPS

Tame the heat of hot flashes

A folded paper used as an impromptu fan. A bedcover tossed impatiently aside. A sweater shed as quickly as possible.

You've probably done one—if not all—of these things if you've ever had menopausal hot flashes or nighttime sweats.

Over time, flashes and sweats tend to stop on their own. But in the meantime,

what can you do? These tips may help:

- 1 Take notice. Are your hot flashes tied to caffeine or spicy foods? To stress? Knowing your triggers can help you avoid them.
- 2 Chill out from within. When you feel a hot flash starting, drink some cold water or juice. Or try breathing deeply and slowly, a technique that some women find useful.
- 3 Layer up. Wear layers of light clothing you can take off as a flash starts.
- 4 Keep nights cool. Open windows or lower the temperature in your bedroom, and use breathable sheets.

5 Exercise. It's good for your overall health, and it may also help with hot flashes.

If symptoms are debilitating, menopausal hormone therapy may be an option. However, it does carry risks. Your doctor will review your medical history and guide you to make a carefully considered decision. Other drugs are sometimes prescribed for hot flashes as well, including low-dose birth control pills and certain antidepressants. Acupuncture may help too.

Source: National Institutes of Health



URINARY TRACT INFECTIONS

Go-to info for women

Ow.

The sting you feel when you urinate that makes you grimace just a little and whisper that two-letter word to yourself—well, it's trying to tell you something: You may have a urinary tract infection (UTI).

A UTI occurs when bacteria invade and infect any part of the urinary tract, from the urethra up to the bladder, ureters and kidneys. UTIs are common—particularly in women, who are prone to them because of their anatomy.

But just because they're common doesn't mean they don't need to be treated: Call your doctor at that first *ow*.

Do you have a UTI? According to the Office on Women's Health, a UTI usually announces itself with one or more of the following symptoms: ● Pain or burning when urinating. ● A strong urge to urinate, although little may come out. ● Urine that is cloudy, is tinged with blood or smells bad.

You might also have back pain and possibly a fever, especially if the infection has moved into the kidneys.

Treat and prevent Your doctor usually can diagnose a UTI with a test of your urine. And antibiotics often are a quick and effective treatment. But note: Take the antibiotics as prescribed until they're all gone, or the infection may come back.

Some things you can do to prevent future UTIs:

- Drink lots of fluids every day.
- Avoid douches and feminine hygiene sprays.
- Wipe from front to back after using the toilet.
- Don't hold urine in your bladder—when you have to go, go.
- Wear underwear with a cotton lining.

One more thing: Don't count on cranberry juice to prevent a UTI. The evidence that this popular remedy actually works is shaky.

Additional source: American College of Obstetricians and Gynecologists



Rider up: Cycle safely

Whether you're an avid rider or you can barely wobble around the block on two wheels, you need to be sure you're cycling safely. Read on to learn more about the benefits of bike riding—and a few rules of the road.

Health on wheels Like any form of exercise, riding a bike can help you burn calories and get to—or stay at—a healthy weight. Being active can also reduce your risk of health problems, including a heart attack.

Riding a bike has the added benefit of being easy on the body—it doesn't stress your joints as much as activities like running.

As fun and beneficial as biking may be, it's not without risk. Serious injuries can occur if you aren't careful. Follow these tips for safe biking from the American Academy of Family Physicians and other experts:

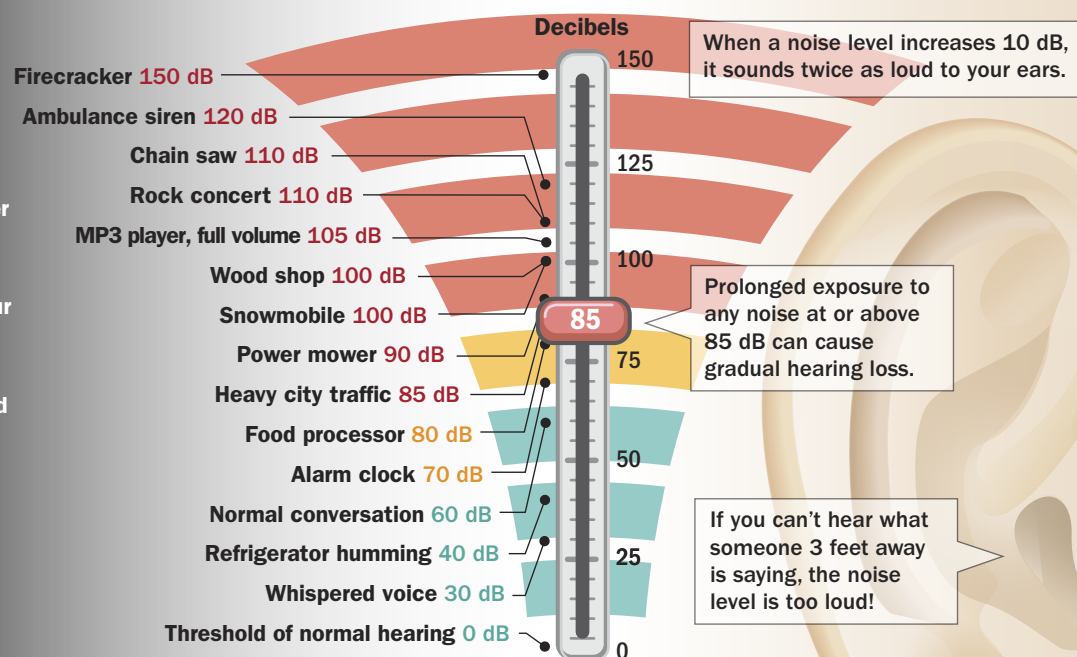
- Always wear a helmet. Most bicycle deaths are the result of head injuries. Protect your head with a helmet that fits snugly.
- Make sure your bike fits right. Your feet should be flat on the ground when you straddle the top bar of the bike.
- Make yourself more visible to drivers. Deck yourself out in bright colors and reflective tape. Have reflectors or lights—or both—on the front and back of the bike.
- Know and follow the rules. Ride in the same direction as cars. Stop at stop signs and intersections. Use the proper hand signals when making a turn.

SOUND ADVICE

Everyday noises can hurt hearing. The louder the noise, the more quickly your risk for harm increases. Do your ears a favor: Wear earplugs whenever you're involved in a loud activity.



Coffey infographic with information from National Institutes of Health and American Speech-Language-Hearing Association



2012 TRADITION OF GIVING



The Grant Regional Health Center Foundation Board and Staff would like to thank our philanthropic friends for making 2012 such a successful year! Through your generosity of time, talent and treasure the Foundation was able to support Grant Regional Health Center with:

- Funding towards the purchase of Digital Mammography
- Two new computers for telestroke and interpretive services
- Assisted with the expansion of TeleHealth Services
- Furniture for the new registration Family Room
- Projector, Screen & Laptop for use for community education events
- Five CPR manikins for Educational purposes
- Donor Appreciation Wall & Signage
- Med-line Knee Walker for Rehabilitation Department
- Stroke Awareness pamphlets & educational materials for local EMS & public
- Treadmill for the Rehabilitation Department
- Snug Sacks with logos to be handed out to every baby born at GRHC
- 50 Baby Signs, announcing a baby girl or boy

- Additional bricks & pavers placed in the Memory Walk
- Approximately 100 Teddy Bears/Beanie Babies for distribution to children
- Funds to host the annual Cardiac Pulmonary Luncheon
- 6 Healthcare Scholarships were awarded
- \$2000 from the Grant County Cancer Coalition for breast & prostate cancer awareness
- \$900.00 from Fun Run T-Shirt sponsors
- Scrub shirts, meals and snacks for 40 Club Scrub members
- Presenters for the Diabetes Class
- Many miscellaneous items such as jewelry, crayons, games etc...

Special thanks to those who have given so generously and in so many ways!



General Donations:

Platinum Level - \$1000 and higher

- GRHC Auxiliary
- Fritz Family Foundation
- Darrel & Marly Haskins
- Drs. Erin & Jeffrey Huebschman

Gold Level - \$500 - \$999

- Jack & Sharon Gruender

Silver Level - \$100 - \$499

- Stan & Lorna Angell
- Royal Neighbors
- Wood-N-Brush & Coffee Too

Pewter Level - \$1.00 - \$99

- Pioneer Motors
- West Grant Lioness Club



Memorials:

- In Memory of Mary Baker
- In Memory of Myrt Christianson
- In Memory of Willi Maier
- In Memory of Barbara Rands
- In Memory of Lela Rech
- In Memory of Maynard Sanger
- In Memory of Ann White
- In Memory of Loyle Wood

Gift and In Kind Donations:

- Connor Volkman
- Barb Carr
- Jennifer Anderson
- Jesse & Fern Reinstein and JAS Candies
- Don Borchert and SWTC Masonry Class
- Edith Parkins
- Gasser True Value Hardware
- Royal Neighbors
- Ruby Novinski
- Del Rose Schmitt
- Jan & Bob Schmidt
- Tami Stagman
- Judy Bevins
- Morris Newspaper Group
- Queen B Radio
- City of Lancaster
- Lancaster Interiors
- Lancaster Chamber of Commerce



Cardiac Pulmonary

Luncheon Donations:

- Cash donations and sponsorships - \$925.00
- Door Prize donations - Value of \$450.00

10th Annual Golf Outing:

(profits over \$17,000.00)

\$1000 Sponsors:

- CPS Pharmaceuticals
- Findorff
- Health Tech
- L & G Wolf Farms
- L & M Corrugated Containers
- TDS Telecom
- Tricor Insurance
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- Quarles & Brady

\$500 Sponsors:

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- Dr. Ron & Barb Reschly
- ISG Advisors
- Majestic View Dairy

Major Raffle/ Auction Sponsors:

- Nicole Clapp
- Lancaster Country Club
- Grant Regional Health Center
- Mound View Motors
- Ace Lending
- American Solutions for Business
- Newman's Lancaster Mobil/McDonalds
- US Cellular
- Les Mack Chevrolet Buick Chrysler
- Madison Environmental Resourcing
- Pine Point Lodge - Potosi

Memory Walk:

(ongoing project, \$31,000 - to date)

Grants: (\$30,030)

- Southwest Wisconsin Community Fund
- Multi Plan
- Wisconsin Universal Services Fund
- Alliant Energy Grant
- WSCPFR Grant

Festival of Trees: (\$4000)

Special thanks to the many businesses, clubs and organizations that supported this and to all of the people for attending.

2011-2012 Annual Campaign

Following is a list of donations made in 2012 towards the 2011 campaign:

Platinum Level - \$1000 and higher

- Teri & Ronald Abing

Bronze Level - \$100 - \$249

- Becky Bohnenkamp (employer match)
- Marion Welsh
- Rochelle & Shaun Williams

Pewter Level - \$1 - \$99

- Jeanne Bonin
- Sandy & Richard Taylor

2012-2013 Annual Campaign

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Chronic sleep problems may require medical attention. To learn about our sleep lab services, go to www.grantregional.com.

SLEEP BETTER TONIGHT

HAVING TROUBLE SLEEPING? Maybe it's time for a wake-up call: You shouldn't toss and turn and hope for the best rest.

A good night's sleep is essential for good health, as many studies have shown. It's not just the amount of sleep that's important either—quality counts too. Without both, people face a higher risk of heart disease, kidney disease, high blood pressure, stroke, obesity and depression.

Fatigue affects work, relationships, and the ability to learn and remember. It is such a widespread problem in our sleep-deprived world that the Centers for Disease Control and Prevention has dubbed lack of sufficient slumber a public health epidemic, linked to car, plane and ship accidents—even nuclear reactor meltdowns.

SLUMBERLAND BASICS For dreamy nights, take a close look at your sleep environment and habits. These simple tips may help you fall asleep and stay there:

Keep a schedule. Try to go to sleep and get up at the same time every day, even on weekends.

Dim the lights. Bright lights can interfere with the chemical melatonin, which helps the body grow drowsy

and prepare for sleep. That's why experts recommend not watching TV or using a computer right before bedtime.

Keep it cool. Sleep studies suggest that a cool room is best for sleeping. But keep warm covers handy: Middle-of-the-night shivers can shake you awake.

Exercise, but time it well. Regular exercise during the day promotes better sleep, but strenuous activity too close to bedtime can leave the body too revved up for relaxation.

Keep it quiet. Use the hour before bedtime to relax with a hot bath, music or light reading. A small snack is OK, but avoid heavy meals within two hours of heading to bed.

If you continue to have trouble sleeping, talk with your doctor. There are many treatable disorders—including restless legs syndrome and sleep apnea—that can leave you foggy and exhausted, even after hours in bed. Some common medicines can affect sleep too.

HOW MUCH IS ENOUGH? Needs vary, but most adults need seven to nine hours of sleep each night. That's enough time for the body to cycle through the important stages it needs to repair itself—and to prepare for the day ahead.

Rx for sleep: What to know

Prescription sleep medicines are the most popular treatment for chronic or ongoing insomnia. They can include:

Hypnotics. Each one has a different chemical structure, but common hypnotics work on the sleep-promoting parts of the brain. Those that wear off quickly may be best for people who need to be fully refreshed in the morning.

In general, hypnotics are well-tolerated and very effective, according to the U.S. Food and Drug Administration. However, they can cause odd side effects. Some people report eating, driving or making phone calls—all while not fully awake.

Antidepressants. Some have sedating properties and may be prescribed in low doses to promote sleep.

Anti-anxiety drugs. These are prescribed if insomnia is related to anxiety.

A careful medical evaluation can help pinpoint the causes of insomnia. You and your doctor can decide which, if any, sleep medicine might be best. Lots of factors need to be considered, including your health, lifestyle and employment.

If you decide to take a sleep medicine, experts recommend that you begin with the lowest dose needed to be effective. You should discuss with your doctor how long to take the drug and whether to take it every night.

PROVIDER LISTING



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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 Janis Waddell at **608-723-2143, ext. 216**.

Donate at a blood drive at Grant Regional Health Center, Monroe Conference Room

■ **Tuesday, Feb. 26:** 2:30 to 6:30 p.m.
■ **Tuesday, March 26:** 9 a.m. to 1 p.m.
■ **Wednesday, April 24:** 2:30 to 6:30 p.m.
■ **Thursday, May 23:** 9 a.m. to 1 p.m.
■ **Thursday, June 20:** 2:30 to 6:30 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.

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SPRING 2013