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15 cooking tips and tricks for healthy eating

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Let our experienced, licensed acupuncturist help ease your pain

HEALTH SCENE®

LATE WINTER 2016-2017

YOUR GUIDE TO WELLNESS AND GOOD HEALTH CARE

STROKE? Act F.A.S.T.

When a stroke strikes, time is of the essence.

During a stroke, blood flow to the brain is blocked or interrupted. And when that happens, brain cells start to die. Quick treatment is essential to reduce the risk of serious complications, disability and death. So know the signs of stroke. It helps to think F.A.S.T.:

A stroke is a medical emergency. Always call 911 right away. Our emergency department staff are trained to treat stroke.

F

Face drooping. Is one side of the face drooping or numb? Ask the person to smile—is the smile uneven?

A

Arm weakness. Is one arm weak or numb? Ask the person to raise both arms out to the sides, and take note if one arm drifts downward.

S

Speech difficulty. Can the person speak at all? Is speech slurred or otherwise difficult to understand? Ask the person to repeat a simple sentence. Can they repeat it correctly?

T

Time to call 911. If a person has any of these symptoms, call 911 for help. Call even if symptoms go away. And note the time so you can let medical personnel know what time symptoms started.

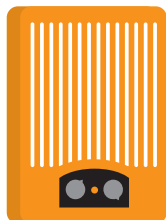
The most common type of stroke can be treated with a medication called tissue plasminogen activator (tPA). And the more quickly that a person is treated with tPA, the less damage the stroke may cause.

Even better than stopping a stroke?

Preventing one in the first place.

- 1 Keep blood pressure and cholesterol at optimal levels.
- 2 If you have diabetes or heart disease, work with your doctor to get the condition under control.
- 3 Maintain a healthy weight, eat a nutritious diet and get regular exercise.

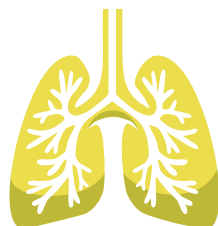
Sources: American Heart Association; National Institutes of Health; National Stroke Association



SPACE HEATERS NEED SPACE

For safety's sake, place space heaters at least 3 feet from anything that can catch on fire, like clothes, curtains and furniture.

Consumer Product Safety Commission



BREATHE EASY

If you use an inhaler, keep the dust cap on between uses to prevent anything from getting lodged in the mouthpiece. Even a little lint can cause big problems if inhaled.

Institute for Safe Medication Practices



Minding your middle

How to avoid the dreaded middle-aged spread

At least one thing they say about middle age is true: It gets harder to eat like you did in your 20s without piling on the pounds.


Many people gain weight in their 30s, 40s, 50s and beyond—pounds that often collect around the midsection. And with that expanded waistline comes a heightened risk of health problems, including type 2 diabetes, stroke and heart disease.

METABOLISM MAYHEM

Metabolism (how quickly the body uses calories) slows as we age. As this happens, we tend to lose lean muscle and gain fat, particularly abdominal fat. It also doesn't help that many of us become more sedentary as we get older.

If you've noticed your waistline growing over the years, you can take steps to slow middle-aged spread. The trick is to make sure the number of calories you take in and the number you burn stays about the same. To help achieve this balance:

Move a little more. Physical activity helps your body burn calories, so it's important to stay active. Try to get in at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, a week. (Brisk walking is defined as a 15-minute mile.)

Eat smart. Over time, you may need fewer calories to maintain the same weight. To help keep from eating more than you need, limit snacking, and make healthful selections when you do munch. Also,  keep your portion sizes reasonable, especially when it comes to high-calorie treats. To learn more about serving sizes and portions, visit [morehealth.org/servings](https://www.morehealth.org/servings).

Speedy action required

What to know about transient ischemic attacks

You probably know that strokes are very serious medical events.

But so is a transient ischemic attack (TIA)—also called a warning stroke. Knowing about TIAs could prove to be just as important when it comes to your life and health.

Here are two top TIA takeaways:

1 They mimic a stroke.

TIAs start just like most strokes—when a clot blocks blood flow to the brain. The symptoms also are identical. But with a TIA, the blockage and the symptoms typically last just a few minutes, which isn't long enough to damage the brain like a full-blown stroke might.

2 TIA is a medical emergency, just like stroke.

Although TIAs are temporary, they're nothing to ignore.

For one thing, because the symptoms are the same, at first you won't know if you're having a TIA or a potentially debilitating stroke. And you shouldn't wait around to find out.

Timely emergency treatment can reduce your risk of having a full-blown stroke. TIAs many times precede a major stroke. And that risk is especially high right after a TIA occurs.

Sources: American Stroke Association; National Institutes of Health

Call 911 immediately if you experience sudden warning signs like these:

Digestive distress 101: Staying hydrated is a must

A bout of vomiting or diarrhea is usually something you just have to endure. In many cases, both go away without treatment.

But either one can lead to dehydration, which can be especially serious for infants, small children and the elderly.

Symptoms of dehydration include

increased thirst, decreased urination, dark-colored urine and feeling light-headed. In kids, signs of dehydration may include no tears when crying, no wet diapers for three hours or more, and high fever.

To avoid dehydration, drink the equivalent of 8 to 12 glasses of liquids per day.

Broth or clear soups, sports drinks and caffeine-free soft drinks are good options for adults. Clear soups; juice mixed 50-50 with water; and commercial rehydration solutions, such as Pedialyte, can be especially helpful for sick children.

Sources: American Academy of Family Physicians; American College of Emergency Physicians

- Weakness or numbness in your face, arm or leg—especially on one side.
- Trouble talking or understanding what others are saying.
- Trouble seeing out of one or both eyes.
- Loss of coordination or balance.

Go to the emergency department if vomiting or diarrhea lasts longer than 24 hours—12 hours for an infant—or if there is severe stomach or rectal pain; high fever; or blood, mucus or worms in the stool.

WELCOME, DR. ROSSER!

New general
surgeon joins
Grant Regional
Community
Clinic



Adam Schope, MD, and James Rosser Jr., MD,
general surgeons

Grant Regional Health Center is excited to welcome James Rosser Jr., MD, General Surgeon, to our medical community. Dr. Rosser joins Adam Schope, MD, General Surgeon, at Grant Regional Community Clinic.

Dr. Rosser is board-certified in general surgery and is a fellow of the American College of Surgery. He has more than 30 years of experience in surgery, along with advanced training and teaching in the latest laparoscopic and minimally invasive surgery techniques. He has performed countless procedures with positive outcomes.

AN ADVOCATE FOR EMPOWERMENT

Dr. Rosser has traveled the country discussing the benefits of minimally invasive surgery and helping to spread the advantages of these advancements in the field to patients. In addition to long clinical histories of excellence, he is a published author and media personality, having appeared on multiple news and health programs.

Dr. Rosser has accomplished extensive professional success; however, he is most proud of his social and humanitarian contributions around the world outside of medicine. Dr. Rosser has been a pioneer in public information and empowerment with a broad media presence in television, radio and the web. He is a frequent contributor to CNN, CNBC, Fox, CBS and ABC. Dr. Rosser is a regular medical expert on the *The Dr. Oz Show* and has a weekly radio show on iHeartRadio called *House-Calls with Dr. Butch*.

WHAT BRINGS HIM TO LANCASTER, WISCONSIN?

Grant Regional was in the process of recruiting a general surgeon to complement Dr. Schope's practice and provide a consistent partner for providing exceptional surgical care locally. At the same time, Dr. Rosser was searching for an opportunity in which he could contribute to a medical practice while continuing his calling as a "medical messenger" with his various media commitments. It was a perfect match for both parties.

TEAMING UP FOR YOUR HEALTH

Dr. Schope feels fortunate to have someone so experienced and personable joining his practice.

"We make a great team," says Dr. Schope. "Our skills and experience complement each other, and I believe this will only advance surgical care and options for our patients in Grant County."

Able to treat and help many health conditions, Dr. Rosser has a strong interest in one in particular—heartburn. He has launched a community awareness project, Operation Bear Hug, that aims to get the message out to the public that there are ways to treat chronic heartburn and that it doesn't have to be a part of everyday life. Dr. Rosser plans to share his knowledge and expertise in this area with patients at Grant Regional.

For more information or to schedule an appointment with Dr. Rosser, contact Grant Regional Community Clinic at 608-723-2131 or visit our website at grantregional.com.

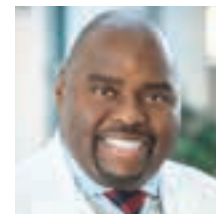
An expert team

Our surgeons treat patients with a wide range of surgical needs, from routine procedures to emergency surgical care.

They often collaborate with primary care physicians, as well as refer patients to specialists who can provide the most comprehensive care and advanced treatment available. Their team approach with our clinical staff ensures that procedures are handled with the utmost skill and expertise and with a focus on personal comfort, safety and rapid recovery.

The surgery you need, close to home.

For a complete list of our operations, visit grantregional.com/surgical-services.



James Rosser
Jr., MD
General Surgery

"In today's world, there is so much that we as physicians can do

to help our patients. Technology and education is an amazing combination."



Adam Schope,
MD
General Surgery

"Seeing patients get back to health following an injury or illness is

pretty remarkable. Seeing those positive outcomes is the best part of my job."



Krynn Buckley,
MD
Gynecology/
Women's Health

"I believe it's important to listen to patients' concerns, goals and opinions and ask for their input in creating treatment plans."



Brad Binsfeld,
DO
Orthopedics

"I enjoy working with patients, exploring operative and

nonoperative treatment options, and arriving at the best solution—that's the most rewarding part of my career."

Less pain, quicker recovery

Minimally invasive and laparoscopic surgeries available at Grant Regional

Grant Regional Health Center offers a wide range of minimally invasive and laparoscopic surgical procedures. These advanced surgeries allow patients

the advantage of less pain and quicker recovery.

Procedures include:
■ Abdominal and pelvic pain treatment.
■ Appendectomy.

■ Bowel, colon and rectal surgery.

■ Cholecystectomy.

■ Colonoscopy and upper endoscopy.

■ Endoscopic surgery.

■ Gallbladder and bile

duct surgery.

■ Gastrointestinal surgery.

■ Hemorrhoid surgery.

■ Hernia repair.

■ Minimally invasive laparoscopic surgery.

One

LET GARLIC SIT A SPELL.

After crushing or chopping raw garlic, let it sit for 10 or 15 minutes, rather than tossing it right away into a hot pan. That extra time triggers an enzyme reaction that boosts the production of allicin, a powerful, health-promoting plant chemical.



Two

GET SAUCY WITH FRUIT.

Puree apples, berries, peaches or pears in a blender for a thick, sweet and nutrient-rich sauce. For breakfast, pair it with French toast, pancakes or waffles. For dinner, drizzle it on grilled or broiled fish or poultry. Craving dessert? Spoon it onto angel food cake.

Three

TOP IT SMART.

Instead of whipping heavy cream to top a dessert, whip chilled, fat-free evaporated milk with just a touch of added sugar. Frost cake lightly—or better yet, skip frosting entirely. Top cake with a dusting of powdered sugar or fresh strawberries or sliced peaches.

Fifteen
COO
tips &
healthy



Four

SATISFY EVERYBODY'S SWEET TOOTH WITH FRUITY DESSERTS.

Grill bananas, pineapple slices or peach halves until the fruit is hot and slightly golden. Grill watermelon too, but just for 30 seconds on each side. Or enjoy this banana split twist: Top a banana with frozen low-fat strawberry and vanilla yogurt and a sprinkle of low-fat granola. Another possibility: End meals with baked apples or pears.

Five

GO FOR FIBER-FILLED FLOUR.

In dough and batter, substitute fiber-rich whole-wheat flour for half of the refined white flour. Give oat flour a try too—you can even make your own. Just whirl dry oatmeal in a blender. Then replace up to a third of the white flour in recipes with the oat flour.



Six
Seven

SCALE BACK ON SUGAR.

Typically, you can reduce the sugar in any recipe by a quarter, and you won't taste the difference. Or you can switch out sugar for an equal amount of unsweetened applesauce. You can also sweeten recipes with vanilla or peppermint extracts or spices, such as cinnamon or allspice.

MAKE OVER QUICK BREADS AND MUFFINS.

Cut back on calories and saturated fat by substituting three ripe, well-mashed bananas for ½ cup butter, lard, shortening or oil in a recipe. Or try this swap: Replace 1 cup of any of these fats with 1 cup of applesauce.

Eight

KEEP COOKOUTS LEAN.

Pleasant a crowd with turkey burgers. Make them from ground turkey breast (it can be as lean as 99 percent fat-free) seasoned with cilantro, shallots or chili sauce. For variety, pass out grilled portobello mushrooms flavored by a low-fat marinade.



You know this: A healthy diet can benefit you and your family's too. But it's not just about eating well—it's about actually acting on it—before you put your next recipe to the test. So before you put your next recipe to the test, to check out the cooking tips on the page opposite, a no-fuss way to help you and your family enjoy a better taste. And together, they can help you avoid health problems, from heart disease to diabetes. It's your recipe for better health.

Check out our library of healthy and tasty recipes. Go to healthlibrary.com. See you there!

cooking tricks

For healthy eating

A diet could add years to your life without knowing something—and these two entirely different things. So at meal on the table, you may want these two pages. Each one is a family eat better—without sacrifice—help protect everybody from serious disease to cancer and diabetes. ♦ Here's

variety of nutritious and grantregional.com/ search for “recipes.”



Nine



TRY SOMETHING GRATE.

Sneak more produce into your family's diet by adding grated or chopped fruits or veggies to your favorite foods. A few ideas: Try shredded carrots in muffins or meatloaf, grated apples in pancakes, or grated or chopped zucchini or spinach in lasagna and other pasta dishes.



Eleven

DON'T THROW AWAY A GOOD THING.

Scrub—rather than peel—edible skin on produce such as carrots, potatoes and pears. It's a rich source of vitamins, minerals and fiber. Consider: A medium baked potato with the skin on has twice the fiber of one without it—about 5 grams compared to 2.5.



Twelve

PLAN A POTATO BAR.

Turn kids into veggie fans with a serve-yourself spread of baked potatoes and toppings. Among the options: chives, scallions, steamed broccoli, chopped tomato, salsa, diced avocado, low-fat shredded cheese and low-fat Greek yogurt.



Ten

CREATE A RAINBOW.

Choose produce of different hues to increase the variety of nutrients, minerals and phytochemicals—disease-fighting plant chemicals—in your diet. Tuck spinach leaves and sliced red pepper and avocado into sandwiches. Add sliced beets, dried cranberries, orange segments or sweet peas to salads. And top pizzas with colorful veggies.



Thirteen

FOOL YOUR EYES.

Puree cooked orange veggies, such as carrots, sweet potatoes and butternut squash. Then add them to cheesy dishes, such as mac and cheese, lasagna, and baked enchiladas. Since cheeses and the pureed veggies blend well, you can use less cheese, which tends to be high in saturated fat and sodium.

Fourteen

SAVE GOOD-FOR-YOU NUTRIENTS.

Some minerals and vitamins dissolve in cooking water. So steam vegetables in a microwave or vegetable steamer. That way, veggies and cooking liquids usually stay separate. And resist the urge to rinse rice before cooking—that can wash nutrients straight down the drain.



Fifteen

KEEP FISH HEART-HEALTHY.

Fish such as salmon, albacore tuna and lake trout are rich in omega-3 fatty acids, which help reduce heart disease risk. But rather than smother fish in a creamy sauce, bake it with a splash of reduced-fat salad dressing, tomatoes and fresh herbs. Likewise, instead of deep-frying fish, oven-fry it. Dip it first in egg whites, then coat it in breadcrumbs and bake.

Sources: Academy of Nutrition and Dietetics; American Heart Association; Fruits & Veggies—More Matters; U.S. Department of Agriculture



Give me 5!

Tasty tips for making veggies appealing to your kids

Would your kids rather do homework than eat their veggies?

You might try these five veggie-friendly strategies to get your kids eating more vegetables—and liking it.

1 Let them loose in the produce aisle. They can pick out veggies they'd like to try.

2 Turn them into chefs. Let kids make their own salads, tacos or wraps. Fill small bowls with avocado, broccoli, tomatoes or other ingredients, and they can pick and choose.

3 Have a family contest. See who can reach their daily vegetable goal. The winner gets a prize!

4 Fake them out. Whip up some pureed cauliflower, add a little butter and salt, and you have a mashed potato fake-out.

5 Let them give 'em a dip. Serve veggies with a favorite dip, such as low-fat ranch dressing, peanut butter or salsa.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention



Hypothermia

Chilly temps pose real risk

It can happen gradually and under conditions you might not usually suspect, so that you may not realize what's going on.

We're talking about hypothermia, an abnormally low body temperature that can be dangerous, even deadly, if not treated quickly.

Hypothermia occurs when your body loses heat faster than it can be replaced, causing a drop in the body's temperature. That can affect your brain and make you unable to think clearly or move well.

Prolonged exposure to low temperatures can cause hypothermia. But you can also get it in temperatures over 40 degrees if you become chilled from rain or sweat. Exposure to wind or immersion in cold water can also cause hypothermia.

Anyone can develop the condition, but older adults and infants are most vulnerable.

Signs and symptoms of hypothermia include:

- Confusion.
- Drowsiness.
- Poor body control.
- Shivering.
- Slow reactions.
- Slowed, slurred speech.
- Weak pulse.

Babies with hypothermia may have bright red, cold skin and very low energy.

WHAT TO DO

If someone has signs of hypothermia, the Centers for Disease Control and Prevention recommends that you:

- Get the person to a warm place.
- Remove any wet clothing.
- Use a blanket and skin-to-skin contact to warm the person.
- Offer warm beverages but not alcohol.
- Get medical help right away.

Ovarian cancer

Watch for early cues

It was once considered a silent disease—often going undetected until it was too late to do much about it.

But now doctors believe that ovarian cancer may cause early symptoms. And if you're a woman, it's important to become familiar with them. The reason?

More than 90 percent of women whose ovarian cancers are found and treated early will live five years or longer—and many will live much longer and even be cured, reports the American Cancer Society.

Unfortunately, only 15 percent of ovarian cancers are actually found at an early stage. However, if you know what to look for, you can get the symptoms checked.

The most common early symptoms include: ● Bloating. ● Pelvic or abdominal pain. ● Difficulty eating. ● Feeling full quickly while eating. ● Urgent or frequent need to urinate.

These symptoms are, of course, relatively common. In most cases, they aren't related to ovarian cancer. Still, if the symptoms are new for you, occur almost daily and last

for more than a few weeks, they should prompt you to get a checkup, preferably with a gynecologist.

WHO IS MOST AT RISK?

Half of all ovarian cancers occur in women 63 or older. But it can occur earlier.

In addition to advancing age, other risk factors include:

- A family history of ovarian, breast or colorectal cancer.
- A personal history of breast cancer.
- Being of Ashkenazi Jewish origin.
- Being a carrier of a genetic mutation linked to ovarian cancer.
- Obesity.
- Never having children or having a child after age 35.

Let your doctor know if you have any questions about ovarian cancer.



Pain relief



Want to learn more?
Visit grantregional.com
or schedule an ap-
pointment with Ashley
Oberbroeckling at Grant
Regional Health Center's
therapeutic services
department by calling
608-723-3236.



Ashley Oberbroeckling,
Licensed Acupuncturist

The skillful touch

Ashley Oberbroeckling, MAc, DAac, Licensed Acupuncturist and Massage Therapist, began practicing in October 2016 at Grant Regional Health Center.

She specializes in the treatment of pain, sports injuries and women's health. She attended an extensive four-year graduate program at Northwestern Health Sciences University, where she received her master's degree in acupuncture. She uses acupuncture, Tui-Na, cupping, electrostimulation and Gua Sha therapies to safely and effectively relieve her patients' pain, lessen anxieties and return them to good health.

Oberbroeckling is board-certified by the National Certification Commission of Acupuncture and Chinese Medicine and also licensed in Wisconsin.

Oberbroeckling takes a multidisciplinary approach to the treatment of pain, also offering food therapy and massage to help alleviate pain. She strongly believes in integrative medicine and works closely with other medical specialists to comprehensively treat and eliminate pain and dysfunction after injury.

"I'm excited to be employed by such a remarkable medical system," says Oberbroeckling.

Her special interest is in using acupuncture to prevent surgery, or if surgery is necessary, helping to reduce pain and speed rehabilitation post-operatively. She also helps control and minimize painful menstruation, anxiety, and symptoms of menopause.

Acupuncture provides real pain relief



Katie Mergen, of Bloomington, wasn't about to let nagging foot pain slow her down. Fortunately, she looked into acupuncture services at Grant Regional Health Center. Now she is grateful for the pain relief and ability to keep up her busy lifestyle.

"Last year in August, I noticed my heel hurt, but I'm one of those people that says, 'Oh, it will go away,'" explains Katie. "About that same time, I started a weight-loss journey, so I was putting even more strain on my foot, making the pain even worse!"

TIME TO SEE AN ACUPUNCTURIST

After seeing a chiropractor every three to four weeks for almost a year because her hips, knees and lower back were bothering her so much, she was recommended to see an acupuncturist.

"I had tried almost everything at this point to try and get rid of the pain with no relief," says Katie. "So I had checked a few places and found out prices and thought, 'Wow, that's kind of expensive,' and put it on the back burner and just kept dealing with the pain. In November I saw on Facebook that Grant Regional was now offering acupuncture. I thought to myself, 'I need to check into that.'

"About a week passed and I saw the same ad in the paper and decided that this was a sign and I really needed to call and find out about this. So I called and made my appointment, not really knowing what to expect. At this point, having dealt with the pain for well over a year, I didn't expect a miracle. I was just hoping it would lessen my pain a little so I could walk 'normal' again."

HAPPY WITH THE RESULTS

Katie was connected with Ashley Oberbroeckling, Licensed Acupuncturist. "Ashley did tell me that I may have some inflammation because the area she was working with was a sensitive area. I had some major inflammation by the end of that evening, but the next morning I woke up and it was gone! I decided to not push myself for a few days, and by Friday night I couldn't believe the difference. My foot still hurt, but the pain I felt was way different. I could actually put all my weight on that foot and not be in searing pain! I was hooked! Ashley was amazing!"

Katie describes Oberbroeckling as someone who really cares about your well-being. "She was knowledgeable and willing to answer any questions that I had. I definitely recommend that if you're having problems, that you give this a try. My foot is getting better by the day!"



Ashley Oberbroeckling (left) with Katie Mergen

You don't have to be injured on the job or even have a job to benefit from seeing an occupational therapist (OT).

Whatever your occupation, if you have a disabling mental or physical condition, an OT can help you improve your ability to perform tasks in your home as well as in your workplace.

And anybody who is having problems with daily living because of a health crisis—it doesn't have to be work-related—can also benefit from time spent with an OT.

HOW AN OT CAN HELP

An OT is a highly trained health care professional who helps people who have been through some type of life-changing experience, such as a brain injury or stroke, improve basic motor skills and find other ways to master the tasks of daily work or home life.

For example, if you have had a stroke and are paralyzed on one side of your body, an OT can help you learn how to do things one-handed or relearn how to use the impaired side of your body.

You may also benefit from occupational therapy if you have:

- A work-related injury, such as a low-back problem or a repetitive stress ailment.
- Arthritis, cerebral palsy or another chronic health condition.
- Mental health or behavioral



Moving forward

How an occupational therapist can improve your quality of life

problems, including Alzheimer's disease and post-traumatic stress disorder.

- Problems with drug or alcohol abuse.
- A spinal cord injury, amputation or burn-related injury.

MAKING YOUR LIFE EASIER

An OT can help you with all types of activities, from using a computer

to caring for daily needs—such as dressing, cooking and eating—to finding a suitable job.

An OT can also aid you in setting up an exercise program to increase strength and dexterity and teach you how to use adaptive devices, such as wheelchairs.

The goal of an OT is to do whatever it takes to help you improve your quality of life so you can live it to the fullest.

To make an appointment with one of our occupational therapists, call **608-723-3236**.

PROVIDER LISTING



Grant Regional Health Center Specialty Clinic

507 S. Monroe St.
Lancaster, WI 53813
608-723-3249
■ Krynn Buckley, MD,
Gynecologic Surgeon

Grant Regional Community Clinic

507 S. Monroe St.
Lancaster, WI 53813
608-723-2131
■ Abby Allen, PA-C
■ Brad Binsfeld, DO
■ Erin Huebschman, MD
■ Janet Laban, APNP
■ Sheirlie LaMantia, MD
■ Laurie Meighan, APNP
■ Kelly Muench, PA-C
■ James Rosser Jr., MD
■ Adam Schope, MD
■ Tom Schreiber, MD

High Point Family Medicine

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

Grant Regional Emergency Department

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

Family Medical Center

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

High Point Family Medicine—Fennimore

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

Save lives by donating blood

Grant Regional Health Center Monroe Conference Room:

- Wednesday, March 22, 9 a.m. to 1 p.m.
- Thursday, April 20, 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, call Barb Bausch at **608-723-7557**.

Give the gift of life!

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