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Get help for heartburn and GERD

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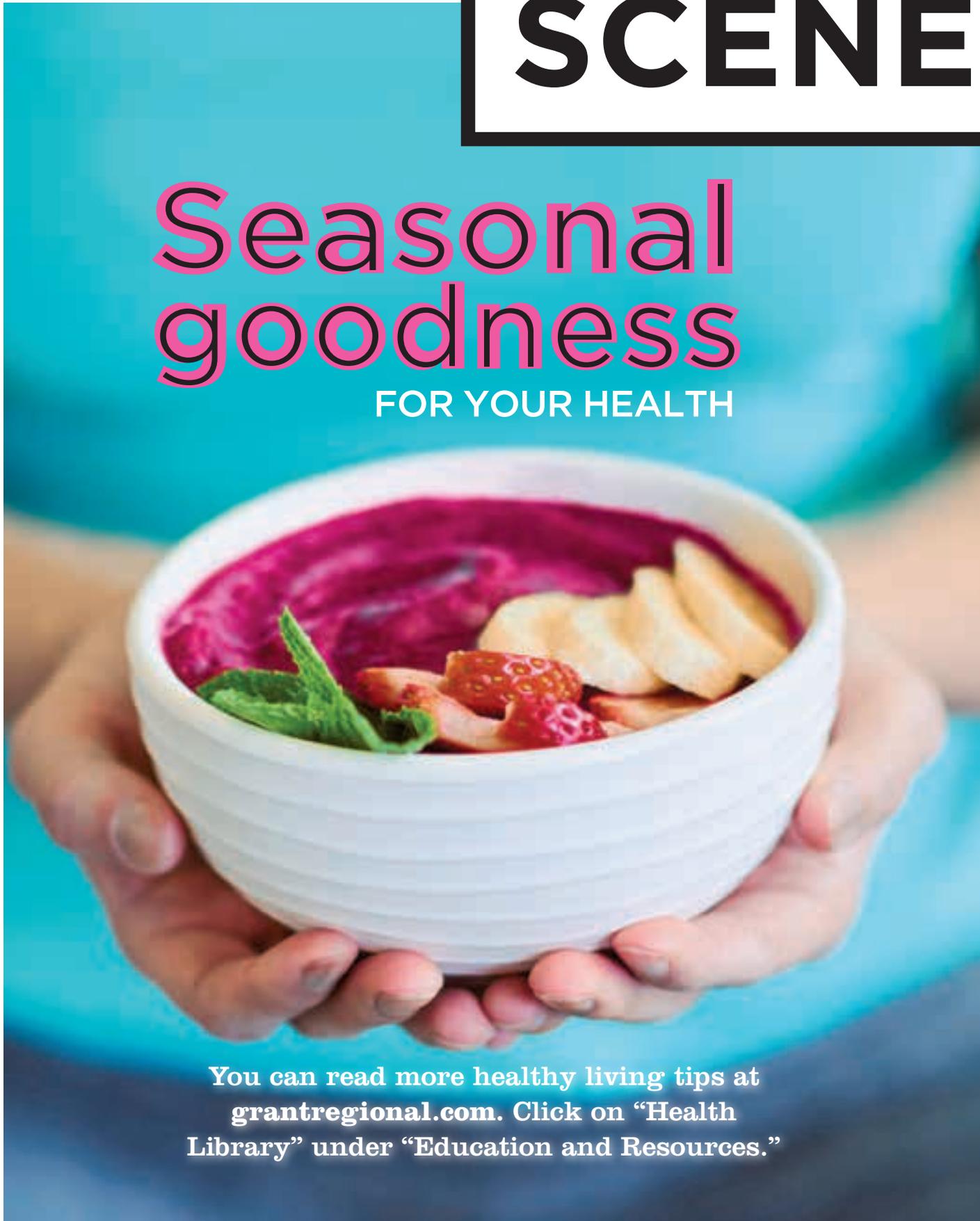
Make a plan for a heart-healthy week

# HEALTH SCENE®

SUMMER 2017

YOUR GUIDE TO WELLNESS AND GOOD HEALTH CARE

## Seasonal goodness FOR YOUR HEALTH



You can read more healthy living tips at [grantregional.com](http://grantregional.com). Click on "Health Library" under "Education and Resources."

From spring's first asparagus to fall's butternut squash, farmers markets and backyard gardens are chock-full of nutritious food.

Doctors have long recommended plenty of produce in a variety of colors as a key part of a healthy diet. One way to achieve that goal: Eat what's in season.

With seasonal produce, you'll get more than great-tasting meals. Eating a lot of fruits and vegetables may help lower your risk of heart disease, stroke and certain cancers.

Produce can also help you maintain a healthy weight, because fruits and vegetables are often high in fiber and low in calories.

### IMAGINE A RAINBOW

The American Cancer Society recommends eating at least 2½ cups of fruits and veggies each day.

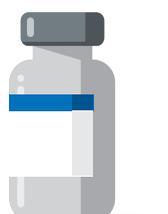
To get a healthy variety, choose produce in a rainbow of colors—such as orange carrots, green kale and red beets—and don't be afraid to try new items.

Different kinds of produce also offer different vitamins and minerals. For example, the following foods are good sources of nutrients:

- Artichokes, beans and lentils—fiber.
- Spinach and asparagus—folate.
- Sweet potatoes, white potatoes and bananas—potassium.
- Apricots, carrots, grapefruit and tomatoes—vitamin A.
- Broccoli, strawberries, cauliflower and cantaloupe—vitamin C.

When possible, foods, not supplements, are the best sources of these nutrients. That's because produce is packed with other naturally occurring substances that are good for you too.

Additional sources: American Heart Association; Centers for Disease Control and Prevention; Produce for Better Health Foundation



### FAMILY NECESSITY

What's your best shot at keeping your family healthy? Make sure everyone 6 months and older gets a yearly flu vaccine.

Centers for Disease Control and Prevention



### GERMS BEGONE!

Wash your hands for at least 20 seconds or as long as it takes to hum "Happy Birthday" twice.

Centers for Disease Control and Prevention



CENTER for  
ADVANCED TREATMENT of  
**HEARTBURN**

**Get specialized care, close to home. If heartburn is holding you back, it's time for a change. Luckily for you, a comprehensive program is closer than ever before. For more information or to schedule an appointment with Dr. Rosser, call the Center for Advanced Treatment of Heartburn at 608-723-3249 or visit our website at [grantregional.com](http://grantregional.com).**

# *little* A heartburn can be a **BIG** problem



Grant Regional Health Center is excited to announce the launch of the new Center for Advanced Treatment of Heartburn. With the addition of general surgeon James "Butch" Rosser, MD, FACS, and the current expansion program, the hospital is poised to offer a unique and important service that has not been available in this region before.

A little heartburn can mean a big problem. Everyone experiences a little heartburn or indigestion sometimes. But for a surprising number of people, this problem is much more than an occasional nuisance. It is painful, affects sleep and the ability to enjoy food, and diminishes your quality of life.

Though many people suffer from chronic acid reflux, which causes heartburn, few people are aware of the more severe health risks. If left untreated, heartburn can cause serious conditions, such as gastroesophageal reflux disease (GERD), which can lead to esophageal cancer.

Grant Regional, with the expertise of Dr. Rosser, recognizes this growing health problem and knows the importance of offering a comprehensive program for this region. Dr. Rosser is dedicated to providing the most advanced, personalized care to prevent, diagnose and treat conditions that cause heartburn.

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

Over 90 million people in the U.S. have heartburn, and it's estimated that only 10 million of those even schedule an appointment to see a doctor. What's more alarming is that only 50 to 60 percent have the proper diagnosis and are treated properly.

Grant Regional's team has developed a compassionate, evidence-based process that will lead patients to an accurate diagnosis, followed up with leading-edge treatment.

## GUARDING AGAINST GERD AND HEARTBURN

Heartburn is a painful, burning sensation felt in the chest or throat. Many people can manage discomfort associated with heartburn by making lifestyle changes or taking over-the-counter medications. However, persistent heartburn may point to a more serious medical condition.

GERD, a more severe form of heartburn, is a chronic, ever-present digestive disease in which stomach acid flows back into the esophagus (food pipe), damaging the lining of the esophagus. If left untreated, GERD can lead to complications such as narrowing of the esophagus, esophageal ulcers, bleeding and Barrett's esophagus (a precancerous condition).

Grant Regional's Center for Advanced Treatment of Heartburn will be at the forefront of diagnosis and treatment of heartburn and GERD. It is committed to leaving no stone unturned when it comes to helping you conquer this illness. The first step in getting your health right is to find out what's wrong. That is where the center will distinguish itself from others.

### WHAT'S CAUSING IT

It can be difficult to properly diagnose GERD, since symptoms can mimic other conditions. In some cases, patients experiencing heartburn symptoms may not actually have the disease. This occurs over 40 percent of the time. In addition, some patients do not receive relief from medications or experience side effects. But together, Dr. Rosser and his team will help get to the bottom of the burning issue.

Knowing the symptoms of chronic heartburn and associated diseases will help patients understand their risk. Symptoms in adults include:

- Painful burning in the upper chest or stomach, just below the breastbone.
- Bitter or acid taste in the mouth.
- Chest pain.
- Regurgitation.
- Difficulty sleeping after eating.
- A dry cough, sore throat or chronic hoarseness.
- Asthma, wheezing or chronic cough.
- Difficulty swallowing or a feeling of something sticking in the throat.
- Gingivitis, tooth decay or bad breath.

### HEARTBURN SEMINARS

Do you have heartburn? Would you like more information on the condition and treatment options? Meet Dr. Rosser, general surgeon, and gain a better understanding of your condition by attending a free heartburn seminar at Grant Regional Health Center.



For more information about upcoming dates, call 608-723-3223.



**James "Butch" Rosser, MD, FACS,**  
general surgeon

### Get to know Dr. Rosser

James "Butch" Rosser, MD, FACS, joined Grant Regional's medical community in fall 2016. Dr. Rosser teamed up with Adam Schope, MD, general surgeon, and together they practice at Grant Regional Community Clinic.

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

Dr. Rosser has traveled the world discussing the benefits of minimally invasive surgery, helping to spread the advantages of these advancements in the field to patients. In addition to a long clinical history of excellence, Dr. Rosser is also a published author of more than 55 peer-reviewed articles and 16 chapters in two books, and he is a media personality. He has made frequent appearances on TV networks and has become increasingly known for his appearances on *The Dr. Oz Show* to help patients unravel the medical complexities around heartburn and other diseases. Referred to as a "medical messenger," Dr. Rosser has been educating the masses on medical issues for over 20 years.

### What brings him to Lancaster?

Grant Regional Health Center was in the process of recruiting a general surgeon to complement Dr. Schope's practice and serve as a consistent partner in providing exceptional surgical care locally. At the same time, Dr. Rosser was searching for an opportunity where he could contribute to a surgical practice and also continue his calling with various media commitments. It was a perfect match for both parties.

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

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

## The lowdown on GERD

"I get heartburn a lot."

If that rings true for you, you may have gastroesophageal reflux disease (GERD). Here's what you need to know about it.

- Reflux occurs when the acidic juice in your stomach flows backward up into your esophagus.
- GERD is frequent reflux. Over time it can damage the lining of your esophagus.
- You're at higher risk for GERD if you are pregnant, are overweight or smoke. Some medicines can make GERD worse. These include sedatives, antidepressants and drugs to treat high blood pressure.
- Without treatment, GERD can cause chest pain, trouble swallowing, respiratory problems and bleeding. It's also linked to esophageal cancer.

What you can do:

- Avoid GERD triggers, like alcohol and spicy foods.
- Don't eat within two to three hours of bedtime.



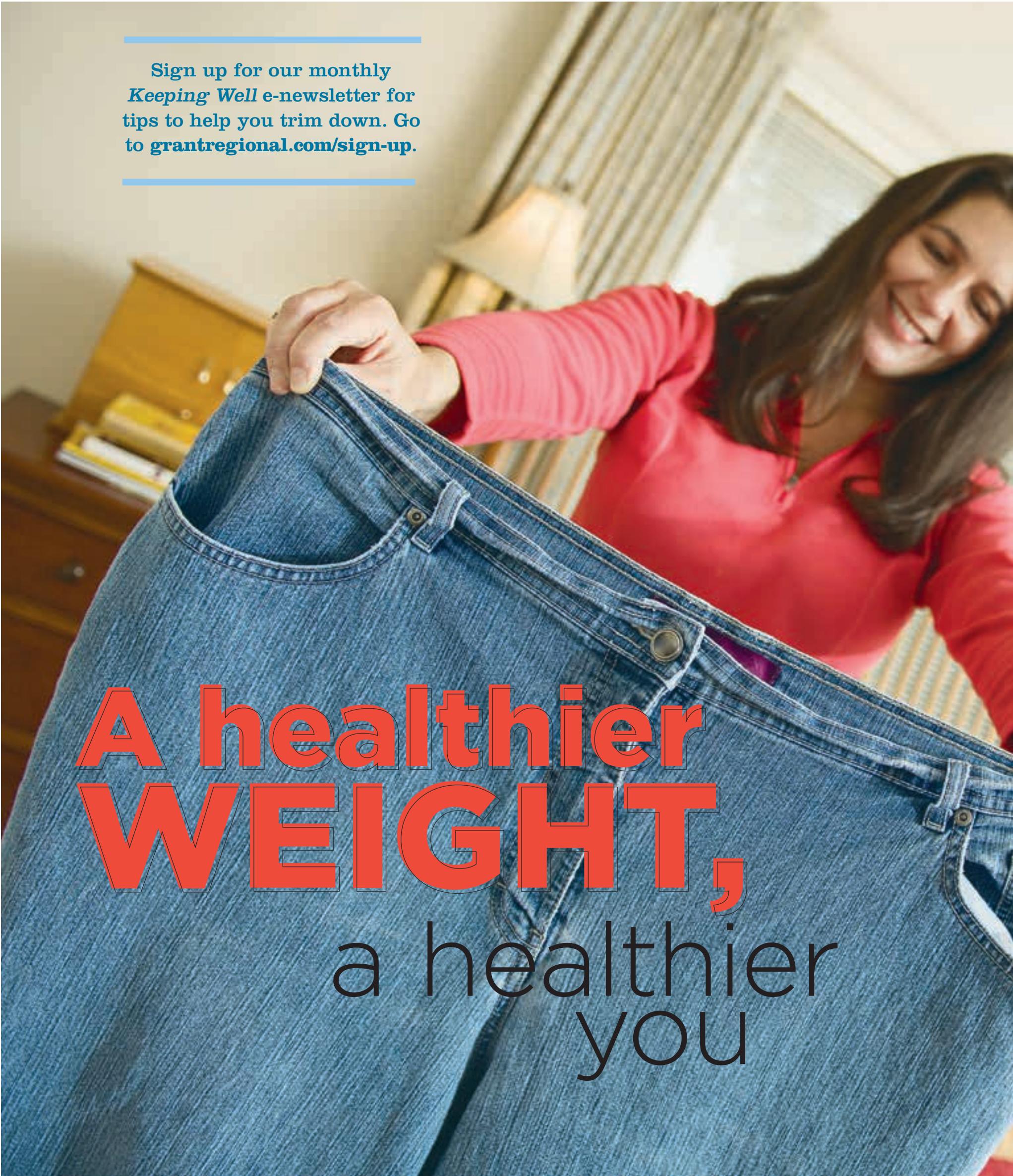
- Raise the head of your bed about 6 to 8 inches.
- Try over-the-counter medications. Options include: antacids, such as Maalox or Mylanta; H2 blockers, such as famotidine (Pepcid AC) or ranitidine (Zantac 75); and proton pump inhibitors, such as esomeprazole (Nexium), lansoprazole (Prevacid) or omeprazole (Prilosec).

Talk to your doctor if your symptoms continue.

Sources: American College of Gastroenterology; National Institutes of Health

**Chronic heartburn? Take the quiz to find solutions on Grant Regional's website, [grantregional.com](http://grantregional.com).**

Sign up for our monthly *Keeping Well* e-newsletter for tips to help you trim down. Go to [grantregional.com/sign-up](https://grantregional.com/sign-up).



A healthier  
**WEIGHT,**  
a healthier  
you

If you've struggled with excess weight, you've probably tried a number of ways to drop some pounds. ● Maybe you experimented with a few fad diets. Or perhaps you took advantage of a special New Year's deal and joined a health club. You may even have bought some clothes a size too small, just for motivation.

Some of these strategies may have worked in the short term. But when the diet ended or the gym discount expired, the weight you lost came creeping back.

Losing weight is hard. Keeping off the weight you lose? That can be even more difficult. The key, experts say, is to realize that long-term weight loss requires long-term change: a life change.

### CHANGES FOR YOUR HEALTH

There's little doubt that fitting into a smaller pair of pants or going down a dress size is one of the benefits of weight loss. But there are some healthier gains to be had.

If your doctor has talked to you about your weight, he or she may have mentioned that excess pounds can make you vulnerable to type 2 diabetes. Being overweight also puts you at risk for high blood pressure, heart disease and some kinds of cancer.

Years of supporting extra pounds are hard on your knees and other joints, which may lead to osteoarthritis in older age. And women who are overweight are more likely to have difficult pregnancies.

It's true that being overweight or obese tends to run in families.

One reason is the genes passed down from parent to child. But there's another factor: Kids are likely to share the same dietary and exercise behaviors as their family.

For parents, that doubles the rewards of each healthy lifestyle change you make. That's because whatever you do, your children probably will do too. And over time, healthy changes can become healthy habits for the whole family.

### SLOW AND STEADY

Despite what the infomercials, ads or Facebook feeds filled with exclamation points may suggest, there is no big secret to weight loss. In most cases, it's a matter of eating less and exercising more.

That sounds simple. But for many of us, it means changing the way we live. And that can be a daunting task—unless it's done in reasonable, gradual steps like the following five:

#### 1 Set realistic goals.

For example, don't try to shed 20 pounds by the end of the month. One or two pounds a week is a reasonable weight-loss goal. And keep in mind that even a modest weight loss can have a big impact on your health.

#### 2 Be specific.

Rather than saying, "I will exercise more," decide on a concrete course of action. Plan to take a 15-minute walk after lunch every day, for instance. It will make success easier to achieve, measure and celebrate.

#### 3 Keep a food diary.

Write down what you eat and when in a food diary. You may want to record the calories and even what you were doing at the time. That can help you pinpoint bad habits—did you binge on ice cream when you watched TV alone, for example? You can also include ideas on how you might improve on those bad habits. ("Before I watch a movie again, I'll prepare a small healthy snack to munch on, like some veggie slices with salsa.")

#### 4 Track your exercise.

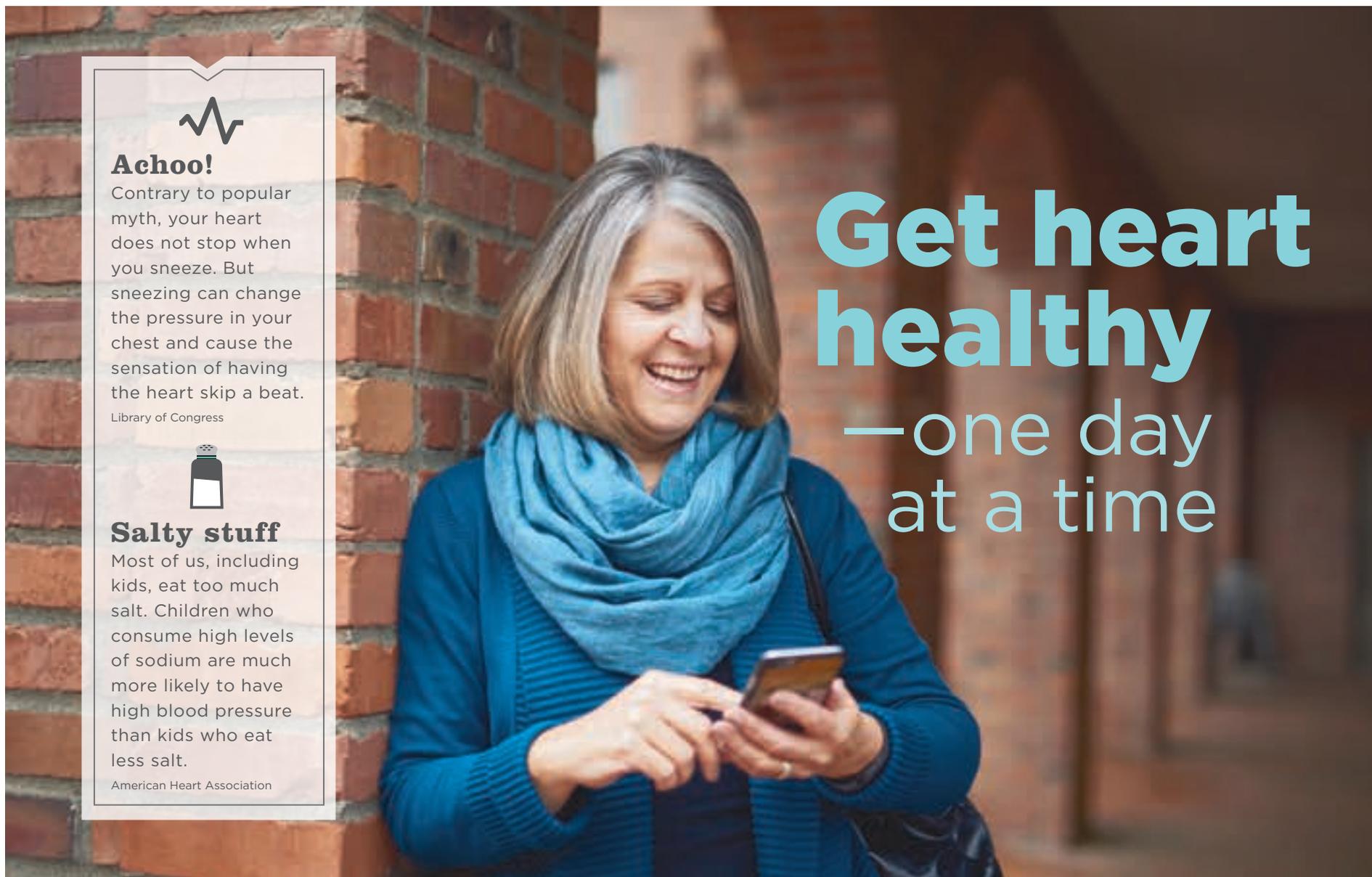
An exercise log serves much the same purpose as a food diary. Watching your fitness increase also can be a great motivator to keep going. You should get at least 150 minutes of aerobic exercise, such as brisk walking or bicycling, each week. Keep in mind that you may need to bump that time even higher to lose weight. Also aim to do muscle-strengthening activities that work all major muscle groups at least two days a week.

#### 5 Focus on good-for-you foods.

You probably have heard the basics of a healthy eating plan, such as:

- Limit saturated fats, trans fats, salt (sodium) and added sugars.
- Emphasize fruits and vegetables.
- Choose whole grains—such as whole-wheat bread, whole-wheat pasta, whole-wheat crackers, oatmeal and brown rice—more often.
- Eat a variety of protein foods, which include fish, lean meat and poultry, eggs, and beans.
- Buy low-fat or nonfat dairy products, including yogurt and milk.

Make a list of foods that fit into a healthy meal plan, and stick to your list when grocery shopping. There are a number of websites that can help you make healthier choices at the store. The Academy of Nutrition and Dietetics at [eatright.org](http://eatright.org) is a great resource.



# Get heart healthy

—one day at a time



### Achoo!

Contrary to popular myth, your heart does not stop when you sneeze. But sneezing can change the pressure in your chest and cause the sensation of having the heart skip a beat.

Library of Congress



### Salty stuff

Most of us, including kids, eat too much salt. Children who consume high levels of sodium are much more likely to have high blood pressure than kids who eat less salt.

American Heart Association

**The human heart is complex.** But keeping it healthy doesn't have to be. Experts say making simple changes can help keep your heart ticking over time.

Where should you start? Try focusing on small, everyday choices

that can help you improve your diet, pump up your exercise routine, manage your weight or relieve stress.

Still stuck for ideas? Follow this day-by-day plan for a heart-healthy week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>MAKE IT MEATLESS.</b> You'll reduce your overall saturated fat intake, which can help prevent heart attacks and other problems. Instead, look to beans, lentils or unsalted nuts to replace meat in your favorite recipes.</p>	<p><b>SWEAR OFF SUGAR-SWEETENED BEVERAGES.</b> They're high in calories and low in nutrients, which adds empty calories to your diet. Quench your thirst with water instead.</p>	<p><b>TAKE 10.</b> A 10-minute walk, that is. Experts say even this small burst of activity can help your heart. Be sure to walk briskly enough to increase your breathing and heart rate. Then build on your success until you're hitting the pavement for at least 30 minutes a day (in three short bursts or all at once) at least five days a week.</p>	<p><b>MAKE THE SWITCH.</b> If you're a milk drinker, go from whole milk to low-fat—or even nonfat. You'll get all the benefits of milk, like vitamin D and calcium, without the potentially artery-clogging saturated fat.</p>	<p><b>TRY SOMETHING FISHY.</b> Fish that is rich in omega-3 fatty acids helps improve cardiovascular health. Aim to get two servings of heart-healthy fish each week. (A serving is about 3½ ounces.) Salmon, trout and herring are great choices.</p>	<p><b>RELAX.</b> Set aside 15 minutes to just sit quietly and breathe deeply. Imagine your stress seeping away. Finding healthy ways to manage stress can help keep your blood pressure in check.</p>	<p><b>DRAW UP NEXT WEEK'S PLAN.</b> What new heart-healthy habits can you work into your life?</p>

**If you fear your favorite foods aren't heart-friendly enough, visit the Health Library at [grantregional.com](http://grantregional.com) for more heart-healthy diet tips!**

For more inspiration, browse the website of the American Heart Association, [heart.org](http://heart.org).

Additional sources: Academy of Nutrition and Dietetics; U.S. Department of Agriculture



### Sweet news

Enjoying a moderate amount of chocolate every day may lower your risk for heart disease. But not all chocolate is created equal. Dark chocolate contains the most heart-healthy compounds.

American College of Cardiology

# Body shaping

Grant Regional raises the bar for nonsurgical cosmetic treatments

**Grant Regional Health Center** is proud to announce that we are among the first in the area to introduce BTL Exilis Ultra™, a new body-shaping treatment that effectively and safely contours, shapes and slims the body by reducing cellulite and firming problem areas.

Our body-shaping treatments can help you look your best. The BTL Exilis Ultra is a deep therapeutic body-shaping treatment offering comfortable, rapid results and no downtime. It is also safe for all skin types. The new, noninvasive device is a first-of-its-kind aesthetic treatment that simultaneously transmits both radio frequency and ultrasound energy to address numerous aesthetic concerns, including wrinkles or skin laxity. The combination of energies helps to optimize the patient's experience and outcome, as the optimal therapeutic temperature can be reached faster than with either modality alone. Additionally, the design of the applicator is unique in that it has a cooling tip to allow the technician to adjust the level of penetration for enhanced results, adding to its treatment versatility to rejuvenate previously challenging areas like the neck and arms. Patients will experience ultra-safe, ultra-comfortable and ultra-consistent results.

The BTL Exilis Ultra affects only the targeted tissue at the exact depth needed to achieve the desired cosmetic outcome, whether it is tightening, lifting or body shaping. Patients today are very savvy when it comes to cosmetic procedures, and they want nonsurgical solutions that can deliver noticeable results safely and without significant downtime. The demand for procedures that can target multiple concerns has never been greater.

Cleared by the U.S. Food and Drug Administration (FDA) for noninvasive treatment of wrinkles and rhytides and reducing the appearance of cellulite, BTL Exilis Ultra requires no anesthesia or numbing when used for any face or body treatment. Common treatment areas include around the eyes and mouth, as well as the chin area, jawline, décolleté, abdomen, back, hands and buttocks.

Patients appreciate the fact that results can often be seen and felt after the first treatment and continue to improve with each additional session.

 Body-shaping treatments are administered by specially trained registered nurses at Grant Regional. Their goal is to provide advanced clinical services while keeping exceptional quality and safety in mind. For more information and to schedule an appointment, please visit [grantregional.com](http://grantregional.com) or call 608-723-3343.



## Pamper yourself with therapeutic services offered by Grant Regional

### RENEW

#### **Skin care:**

Radiant skin means healthy skin. Unique, rejuvenating facial treatments will help you 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.** Acne-clearing, anti-aging, mini, classic, oxygenation, glycolic peel, men's facial, back facial, lip treatment, microdermabrasion.

### RELAX

#### **Massage:**

■ **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.** Get pampered with your partner in a luxurious and calming atmosphere.

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

### REJUVENATE

#### **Herbology body treatments:**

Body wrap, body buff, hand/foot.

#### **Laser services:**

Laser hair reduction.

#### **Body waxing:**

Gently wax away unwanted hair for smooth, moisturized skin.

#### **Acupuncture:**

A safe, natural and effective solution for treating a variety of health conditions.



Children's health

# PLAY IT SAFE

Everybody's a winner when parents make sure their kids are safe on the field or on the court. More than 2.6 million children in the U.S. are treated in emergency departments each year for sports injuries. Follow these tips to help your child avoid being one of them.

## CALL YOUR CHILD'S DOCTOR

to set up a preseason physical exam.

## MAKE SURE

strict rules of play are enforced to help avoid head injuries.

## FIND OUT

if your child's coach is trained in first aid and CPR.

## ENCOURAGE YOUR CHILD

to warm up and cool down properly. Warm-up exercises foster flexibility. Cool-downs loosen muscles made tight by exercise.

## ENCOURAGE BREAKS.

Rest periods can reduce injuries.

## MAKE SUNSCREEN THE RULE

for outdoor play.

## BE SURE WATER

or sports drinks are available during play.

## DRESS YOUR CHILD

in the right gear for the right sport.

## IS IT HOT OUT?

Dress your child in light, breathable clothes.



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

## PROVIDER LISTING



**Grant Regional Health Center Specialty Clinic**  
507 S. Monroe St.  
Lancaster, WI 53813  
**608-723-3249**  
■ Kryn 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  
■ Sheirle 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** mobile unit:  
■ Friday, July 28, 9 a.m. to 1 p.m.  
■ Tuesday, Aug. 15, 2 to 6 p.m.  
■ Wednesday, Sept. 13, 9 a.m. to 1 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**.

## HEALTH SCENE | Summer 2017

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