

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

## IN THIS ISSUE January 2016



**Diet, activity changes help manage diabetes.** Riverwood patient benefits from free wellness coaching  
Page 2



**Making connections, finding a home for healthcare.** Communities grateful for Riverwood's care.  
Page 3



**Spring Women's Wellness event.** Mark your calendars for April 7!  
Page 4

## Take Steps toward Better Health

# HAVE A HAPPY Healthy 2016



When it comes to New Year's resolutions, each year brings its own personal goals and associated challenges. But the top goals are typically eating more nutritiously, getting fit and losing weight.

Is your family among those resolving to make some healthy changes in 2016? For best success choose just a few resolutions and make them specific and manageable. In other words, "sign up for Silver Sneakers class on Tuesdays and Thursdays and attend regularly" is better than "work out every day."

See suggested resolutions, adapted from the American Academy of Pediatrics and the YMCA of the USA, for adults, teens, kids and families at <http://familyfitness.about.com/od/motivation/a/resolutions.htm>

Continued on page 2

## Reflux can cause esophageal cancer

Esophageal cancer has increased over 600% in the past three decades; making it the fastest growing cancer in the United States, according to the National Cancer Institute. The American Cancer Society estimates that 17,000 new cases of esophageal cancer will be diagnosed in 2015.

Gastroesophageal reflux disease (GERD), now affecting 30% of Americans, is driving this rapidly growing increase in esophageal cancer.



"GERD is a progressive disease that requires management over time," explains Dr. Howard McCollister, reflux specialist at Cuyuna Regional Medical Center and Riverwood Healthcare

Center. "Many years of this chronic disease have been clearly associated with an increased risk of developing cancer of the esophagus. The good news is that there are new technologies for identifying the cause and effect of reflux to help plan for the best quality care for reflux and prevention of esophageal cancer."

GERD symptoms include heartburn, regurgitation, chronic cough, hoarseness, and chest pain. Its cause is the "back up" of stomach acid into the "swallowing tube" or esophagus. This acid causes irritation of the fragile lining of the esophagus.

Continued on page 4

## Take Steps toward Better Health

Continued from page 1

### 1 Tap wellness resources

#### *Want to keep your fitness resolutions and stay well all year long?*

We're here to help. Since 2013, Riverwood has offered free wellness coaching with **Dan Schletty**, health and wellness coach. He meets with patients for a series of weeks to help them develop customized plans to address health issues such as high blood pressure, high blood sugar/diabetes, weight loss, tobacco cessation and more. *To schedule an appointment in Aitkin, Garrison or McGregor, call Dan at (218) 927-5168 or email [dschletty@riverwoodhealthcare.org](mailto:dschletty@riverwoodhealthcare.org).*

See wellness coaching story below.

**Need help managing diabetes?** Riverwood's diabetes team includes **Maureen Mau**, registered nurse and certified diabetes educator; **Megan Zillmer**, registered dietitian; and **Renee Fliss**, diabetes education assistant. For any questions on services offered, call our **Diabetes Center** at (218) 927-8281.

**Is easing anxiety or stress an issue for you?** Riverwood offers a 4-week mindfulness class series that teaches relaxation techniques and offers tools for ongoing use. If you need help managing depression or mood changes, seek help from your primary care provider.

### 2 Know your health numbers

You may have heard that you need to "know your numbers," which refers to key markers of heart health: **blood pressure, cholesterol, blood sugar, body mass index (BMI), and waist circumference**. Although doctors test most of these numbers at annual check-ups, it's important that you not only know your numbers but understand what they mean. By keeping those numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease. And put yourself on the road to a healthier, longer life.

### 3 Engage with your primary care provider

One of the most important steps you can take toward better health is being an active member of your healthcare team. Beyond the basics of healthy eating, daily physical activity, and restful sleep, ask yourself what you are doing already and what you can partner with your primary care provider to improve.

View your primary care provider as someone who can help you stay well, not just treat you when you are sick or injured. Ask him or her about the need for immunizations and health screenings related to your age, individual health history and risks.

### 4 Choose providers for primary, specialty care

Riverwood offers an experienced team of Family Practice and Internal Medicine providers, including nine physicians, six nurse practitioners, plus a nurse midwife. In addition, specialty care is available at our Aitkin clinic for a wide range of services including, cardiology, dermatology, orthopaedics, obstetrics and gynecology, reflux and heartburn, podiatry and more.

Pick up a newly updated provider directory at our Aitkin, Garrison or McGregor clinic lobbies, or view bios for each on our website (click on the Providers tab at the top of the homepage at [www.riverwoodhealthcare.org](http://www.riverwoodhealthcare.org)).

### TAKE A TOUR!

For anyone who would like a tour of Riverwood's hospital and clinic facilities in Aitkin, including a new birthing center, or Garrison or McGregor clinics, **simply call (218) 927-5589 to set up a time.**

## Diet, activity changes help manage diabetes

A high blood sugar level and out-of-control diabetes prompted **Dr. Janelle Trueblood** of Riverwood's Garrison clinic to refer **Arty (Arleen) Heins** for free wellness coaching offered at Riverwood Healthcare's three clinics in Aitkin, Garrison and McGregor.

In just three months, Arty lowered her A1C (blood sugar level) by 2.5 points by changing her eating habits and boosting her activity level with 3-mile walks and 30-minute workouts on an elliptical.

"I grew up on a dairy farm and food has always given me a feeling of love and comfort," Arty explains. "I've set two goals that are helping me resist the temptation to buy sweets and snacks. I now buy only the items on my grocery list and I pay for gas at the pump instead of going into the store."

After starting wellness coaching with **Dan Schletty**, Arty has lost 12 pounds with a goal of losing 15 more so that she can discontinue daily insulin shots. Recently, when she reached a plateau with no more weight loss, Dan showed her how to alternate speeds on the elliptical to burn more calories.

Arty adds: "Being accountable and receiving support and guidance from Dan has hugely impacted my health and life. My self-esteem is up and I feel so much better now that my blood sugar is under control."

Another source of support for Arty is a monthly Diabetes Support Group, which meets the second Thursday of the month, 4 to 5 p.m. at Riverwood's Diabetes Center in Aitkin.



Arty Heins, Patient



## Foundation News

### Making connections, finding a home for healthcare

Many people in the communities Riverwood serves are grateful for having a community hospital and clinic that offers not only access to quality healthcare services and highly skilled providers, but for the community connections they find here too. In the year ahead, we will feature stories from local residents on why they appreciate their relationship with Riverwood.



If you have a story to share as a patient, donor or volunteer, contact **Katie Nelson**, Foundation director, at **(218) 927-5158**.



“In 2010, I had to have double-knee replacement surgery and then had a pacemaker put in after a coronary event. After both experiences, I went through rehab and physical therapy at

Riverwood. The providers worked hard to make sure I was back on my feet quickly and could use my tractor and get on my land again. I've felt grateful knowing that Riverwood is here because it feels like community. The people at Riverwood are top-notch. Dr. Severson takes time with you and makes you feel at home. I would recommend Riverwood to anyone.”

— **Dale Schwerin**, Custodian & Retired Farmer



“I was a member of the Ladies Auxiliary when the hospital was called Aitkin Community Hospital. Then later, when it became Riverwood Healthcare Center, my niece, who coordinated the volunteers,

asked if I wanted to volunteer. I thought I might do a shift or two a month, but last month I did 10 shifts! I like volunteering because I get to see the good that Riverwood is doing firsthand. As a volunteer I feel a connection to the other volunteers and to Riverwood. I think Riverwood is a valued and needed part of our community and we're fortunate to have it here.”

— **Wilma Sandberg**, Riverwood Auxiliary Volunteer



### Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here.

Donations from October 1 - November 30, 2015

#### In Memory of:

“Miss Marion” Barta  
JoAnn Brekke Mapes  
Bob Bunger

Everett Davies  
Larry Eklund  
Doug Gardner

Dr. Clark Marshall  
Elmira McGarrahan  
Steve Sandberg

#### In Honor of:

Kyle, Marci & Maxwell Killeen



To make a donation in memory or honor of a loved one, visit [www.riverwoodhealthcare.org/foundation/donationform](http://www.riverwoodhealthcare.org/foundation/donationform). All gifts recognized in newsletter.

### Topics for 2016 Diabetes Support Groups

Riverwood Healthcare continues to offer two Diabetes support groups that meet monthly. The **Aitkin** group meets on the **second Thursday** from **4 to 5 p.m.** at Riverwood's **Diabetes Center** in the hospital and the **McGregor** group meets on the **first Wednesday** from **9 to 10 a.m.** at the **McGregor clinic**.

For the year ahead, there will be a new topic for discussion each month:

- **January** - New Year, New You
- **February** - Diabetes & Heart Health
- **March** - Travel & Vacationing Tips
- **April** - Insulin Pump Technology
- **May** - Supermarket Tour
- **June** - Keeping Your Feet Healthy
- **July** - Let's Move: Overcoming Exercise Barriers
- **August** - Portion Distortion
- **September** - Medications & New Technologies
- **October** - Diabetes “Jeopardy”
- **November** - Navigating the Holidays

The only two support group meetings that require pre-registration are in April and May. Please contact the Diabetes Center at (218) 927-8281.

### Safe use of antibiotics

Each year, an estimated 2 million people in the United States become infected with bacteria that antibiotics cannot treat because the bacteria is no longer responsive to antibiotics. Antibiotics also can kill good bacteria in the body, potentially leading to other problems such as diarrhea or yeast infections. As a result, antibiotic overuse has become a critical health and patient safety concern, especially in young children and seniors, who are at higher risk for illness.

What can you do? Follow the advice of your doctor on whether an antibiotic is really needed and how to appropriately take it. Antibiotics are typically used to fight bacterial infections, not viral infections caused by a cold or flu. Viral infection symptoms should be treated with fluids, rest and pain medication like aspirin as needed.



## MARK YOUR CALENDAR!



### Women's Wellness: Celebrating Midlife

April 7, 5:30 - 7:30 PM  
Rialto Theater | Aitkin

Come enjoy another Women's Wellness evening with Riverwood. As in past years, our program will feature education, entertainment, door prizes, and appetizers. Our OB/GYN specialists will present

information on midlife health issues for women, including the showing of a film clip on menopause called "Hot Flash Havoc." Look for more information in our March newsletter, online and in local newspapers.

## Reflux can cause esophageal cancer

Continued from page 1

Many patients with GERD are effectively treated with medicines usually delivered through area primary care physicians. But now there's a new option for patients who have persistent symptoms or do not obtain adequate relief on medicines. Comprehensive evaluation is now offered during an excellent outpatient experience.

The newly established Minnesota Reflux and Heartburn Center (MRHC) in Aitkin and Crosby offers four reflux specialists—Dr. Tim LeMieur, Dr. Howard McCollister, Dr. Shawn Roberts, and Dr. Paul Severson—to provide advanced diagnostic care, and even surgical treatment if necessary. They are leaders in reflux research nationally, using the latest technologies like Confocal Laser Endomicroscopy for diagnosing a pre-cancerous condition called Barrett's esophagus. The team also includes Dr. Cory Richardson, Surgeon Fellow at the Minnesota Institute for Minimally Invasive Surgery, and Nurse Practitioner Melissa Nelson and Nurse Coordinator Lea Carlson.

To learn more, attend a Reflux & Heartburn seminar scheduled for March 29, 5:30 to 7:00 p.m., Fireside Inn, McGregor.

Riverwood's Aitkin Commerce Show booth on March 12-13 will feature information on GERD and MRHC as well.



For an appointment with a reflux specialist, call Riverwood's Specialty Clinic at (218) 927-5566 or 844-200-BURN (2876).

## Seminars

Registration for these programs is required. Light meal served at no cost. Contact (218) 927-5188 or [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

**Reflux & Heartburn**  
Dr. Paul Severson  
March 29, 5:30-7:00 PM  
McGregor: Fireside Inn

**Solutions for Hip & Knee Pain**  
February 24, 12:00-1:00 PM  
June 8, 5:30-6:30 PM  
Aitkin: Library

## WELLNESS CALENDAR



### Education & Support

**Breastfeeding Education & Support**

Call for free consultation with nurse certified as lactation counselor

**Aitkin:** Riverwood Healthcare Center  
Birthing Center: (218) 927-2121

**Joint Replacement (Pre-surgery class)**

Second Friday, 10:00 AM-12:00 PM

**Aitkin:** Riverwood Healthcare Center  
Surgical Services: (218) 927-5549

**Prenatal Education Classes**

Tuesdays, 6:30-8:30 PM

March 8, 15, 22, 29 & April 5, 12

May 3, 10, 17, 24, 31 & June 7

**Aitkin:** Riverwood Healthcare Center  
Education: (218) 927-5552

**I Can Prevent Diabetes**

Free 16-week class series.

Tuesdays, 4:30-5:30 PM

February 16 - May 31

Register: (218) 927-8281

**Diabetes Support Group**

Second Thursday, 4:00-5:00 PM

**Aitkin:** Riverwood Diabetes Center

First Wednesday, 9:00-10:00 AM

**McGregor:** Riverwood Clinic

Diabetes Education: (218) 927-8281

**Grief Group**

Thursdays, 4:30-6:00 PM

April 14 - May 19

Social Services: (218) 927-5524

## Events

Registration for these programs is required.

Contact (218) 927-5188 or

[healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

**Aitkin Commerce Show Booth**

Digestive Health, Reflux & Colon Cancer

March 12-13

**Aitkin:** High School

**Women's Wellness: Celebrating Midlife**

April 7, 5:30-7:30 PM

**Aitkin:** Rialto Theater

Register: (218) 927-5188



Together we will.

Riverwood Healthcare Center  
200 Bunker Hill Drive  
Aitkin, MN 56431

[www.RiverwoodHealthcare.org](http://www.RiverwoodHealthcare.org)

Contact any Riverwood Healthcare Center facility toll-free at (888) 270-1882

This institution is an equal opportunity provider and employer.

**Hospital - ER - Urgent Care** 218-927-2121  
**Aitkin Clinic** 218-927-2157  
**McGregor Clinic** 218-768-4011  
**Garrison Clinic** 320-525-3400  
**Specialty Clinic** 218-927-5566