

Healthy Living

MAY 2016

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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Are you suffering from untreated acid reflux or heartburn?



The Minnesota Reflux & Heartburn Center team includes, from left, Jamie Withrow, dietitian; Dr. Shawn Roberts; Melissa Nelson, nurse practitioner; Dr. Paul Severson, MRHC medical director; Lea Carlson, nurse coordinator; Dr. Howard McCollister; and Dr. Tim LeMieur.

Gastroesophageal reflux disease (GERD) is a common ailment that can be treated effectively with innovative solutions right here, close to home in Aitkin or Crosby.

Many patients are taking advantage of the excellent patient-centered experience

offered by the Minnesota Reflux and Heartburn Center at both Riverwood Healthcare Center and Cuyuna Regional Medical Center (CRMC). See comments below from several reflux patients who have found effective relief for their reflux and heartburn symptoms.

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Innovative diagnostic tool, expert reflux team

On the technology front, the use of confocal laser endomicroscopy is one of the services that sets the Minnesota Reflux and Heartburn Center (MRHC) apart. Since the installation of Cellvizio, the world's smallest microscope, at both Riverwood and CRMC in 2015, reflux specialists can now look inside human cells to diagnose pre-cancerous--Barrett's esophagus--or cancerous conditions.

"What this means for patients is that we can diagnose Barrett's esophagus or esophageal cancer immediately during an endoscopy," explains Dr. Timothy LeMieur, MRHC reflux specialist. "At this time, Cellvizio is being used in only a few specialized centers in the U.S., so being able to offer this innovative technology here is a huge benefit for reflux patients."



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

UPCOMING REFLUX SEMINAR

To learn more about the comprehensive treatment solutions for reflux and heartburn, attend an informational seminar on June 23, 12:00 - 1:00 p.m. at Riverwood Healthcare Center, Conference Room C/D. Dr. Tim LeMieur, a reflux specialist, will provide an overview of the latest advances in diagnostic care and treatment. To register, call Riverwood's events line at 218-927-5188 or email healthyliving@riverwoodhealthcare.org

Patients benefit from expert care for reflux, heartburn

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Brenda Hannafin, McGregor

"At first I had mild heartburn, then it developed into something much worse," Hannafin explains. "I started to wake up from the stomach acid refluxing. I experienced chest pain that radiated up from my shoulders into my jaw; at one point it got so bad that I had to go to the ER. When food began to get caught in my esophagus, I became very concerned."

Hannafin went to see her primary care provider who referred her to a reflux specialist at the Minnesota Reflux and Heartburn Center. He performed an endoscopy with Bravo monitoring that revealed Hannafin's esophageal acid levels to be quite high.

A biopsy showed that Hannafin has Barrett's esophagus, a precancerous condition that may potentially lead to esophageal cancer. In December 2015, she underwent radiofrequency ablation of the esophagus to remove precancerous cells.

Hannafin is now taking omeprazole, a prescription medication that effectively decreases the amount of esophageal acid the body produces. But she's planning on having surgery to reinforce the lower esophageal sphincter, which would eliminate the need for taking medication ongoing.

"With the progression of my GERD symptoms, including frequent sleep disruption, I was feeling miserable. Now I'm doing so much better. I'm so grateful for what has been done to treat my reflux disease so far."



Steven Ladd, Palisade

Steven Ladd, age 59, was diagnosed with gastroesophageal reflux disease after he began spitting up blood, sought emergency care and was hospitalized.

"Twenty-some years ago a coworker on a roofing job mentioned that I was taking a lot of anti-acid tablets and mentioned reflux disease, but I didn't think anything of it," Ladd says. "I just kept taking Tums and Roloids and experienced many years of upset stomach, heartburn and indigestion before I got relief."

Ladd was referred for an endoscopy with a reflux specialist at the Minnesota Reflux and Heartburn Center, where he was diagnosed with a precancerous reflux condition called Barrett's esophagus. Over the last two years, Ladd has undergone a series of ablations to destroy pre-cancerous cells in his esophagus in an effort to prevent the progression of reflux disease to esophageal cancer.

Ladd, who retired from construction work a few years ago due to health reasons, has congestive heart failure with a defibrillator implant and takes a blood thinner. While these factors add to the complexity of his reflux care, he's been impressed with how the MRHC team has made accommodations to make the endoscopy and ablation procedures go smoothly for him.

"Right now I have no chest pain and am able to enjoy my diet without too many restrictions," Ladd adds. "I greatly appreciate the comprehensive care I've received for my acid reflux."

For more patient testimonials and information on the innovative reflux treatment available in Aitkin and Crosby, go to www.mnheartburn.org

Riverwood News



Welcome Nurse Practitioner Karen Barton-Sundeen!

Karen Bartron-Sundeen, CFNP, joined the Family Practice team at Riverwood this spring and sees patients at our Aitkin clinic and in Urgent Care. With 30 years of nursing experience, including working in intensive care, medical-surgical, emergency, peri-operative and interventional radiology, she is interested in the entire spectrum of family medicine and caring for patients of all ages.

For an appointment, call Riverwood's clinic line (218) 927-2157 or toll-free at (888) 270-1882.

Manage your healthcare online with MyChart



Effective April 1, Riverwood Healthcare Center moved to a more advanced electronic medical record system called Excellian. With this change comes a new way to manage your healthcare online with a patient portal called MyChart.

Three ways to sign up for a MyChart account:

- 1. In person:** Our clinic registration staff can give you an activation code to register for a MyChart account and has paper copies of the sign-up form and the adult and child proxy forms.
- 2. Online:** If you have a current, valid email address on record with Riverwood, go to www.mychartweb.com and click on "sign up now" to complete the MyChart online registration form.
- 3. By fax or mail:** Go to www.mychartweb.com to download and print a sign up form to complete and fax or mail.

If you have any technical or access issues, call MyChart Services at 1-855-551-6555, Monday-Friday, 8 a.m. - 8 p.m.

Foundation News

Local couple leaves a legacy through planned gift



Gary and Ihleen Williams share their story on why giving back to the community and their local health system is so important to them. Gary and Ihleen, now retired, owned and operated a hardware store in downtown Aitkin for 53 years. "I started working in the hardware store when I was 12 and Ihleen began working there shortly after we married," Gary explains. "We didn't always know everyone by name, but we always knew them by their projects."

Ihleen adds: "This is a community that knows how to support one another. The community was very good to us; they supported us and we're very, very thankful for that."

Gary and Ihleen said that Riverwood has always come through for them when health crises have arisen.

"Over the years, we've had times when we needed healthcare very badly and we've consistently found the care to be excellent," they said. "We know that Aitkin is lucky to have access to all the services Riverwood provides."

Their desire to leave a planned gift for Riverwood grew out of their gratitude for all that the community and Riverwood has given to them. "We're so thankful for the care Riverwood has given to our family. We want to make sure Riverwood is always a part of the community."

A Planned Gift to Riverwood Healthcare Center is a great way to support the future of the hospital over time. For more information on planned giving or other charitable giving options, contact **Katie Nelson**, director of Riverwood Foundation, at **(218) 927-5158** or knelson2@riverwoodhealthcare.org

Holes for Hospice Charity Event



Sunday, July 10
Ruttger's Bay Lake Resort | Deerwood

Schedule of Events

10:00 AM Registration opens
Lunch served, games & raffles
12:30 PM Golf Scramble, shotgun start
5:30 PM Appetizers & Awards

If you like to golf and enjoy supporting a good cause, consider joining us for Holes fore Hospice, an annual charity event golf tournament, to be held on Sunday, July 10, at Ruttger's Bay Lake Resort in Deerwood.

Holes fore Hospice supports hospice care and palliative programming for patients, and their families, who are facing terminal illness. For more information or to register for the event, call Riverwood Foundation at (218) 927-8286 or email peklund-fisher@riverwoodhealthcare.org



Honoring and Remembering Loved Ones

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

Donations from December 1, 2015 - March 31, 2016

In Memory of:

William Ahiers	Gary Flakne	Marion Kilpela	Jack Wagner
Claude Anderson	Jeffrey Heggem	Elmira McGarahan	Marvin & Trudy Wyman
Dwanna Berry	Mildred & Angelo Holstein	Elliot Otteman	Barlaam Young
Everett Davies	Russell Kullhem	Gordon Root	Jim Young



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

New video with local faces

YOU ARE...and together we will. This is the theme of an inspiring new Riverwood 70-sec. video. Watch it at www.riverwoodhealthcare.org/AboutUs or view it on our Facebook page. See if you can recognize the faces of people from our Aitkin County and Mille Lacs Lake area communities.

Fresh look for website

In April, Riverwood launched a newly designed website with more user-friendly navigation and some new features, including a Stories section with comments from patients, donors and volunteers. View stories by clicking either the About Us or Foundation tab at www.riverwoodhealthcare.org. We will add more stories ongoing.



If you have a patient care story to share, contact us at **(218) 927-5589** or healthyliving@riverwoodhealthcare.org

RIVERWOOD Q&A

Solutions to hip and knee pain



Adam English,
Orthopaedic DNP

Below are answers to common questions for those with hip or knee pain caused by osteoarthritis. They reflect information shared by Adam English, Orthopaedic Total Joint Coordinator and Nurse Practitioner for Minnesota Center for Orthopaedics (MCO) in Aitkin and Crosby, at a recent seminar.

Q: What is the difference between steroid vs. gel-based injections for knee pain?

A: Steroids are usually given to patients if knee pain is quite severe at the time of a clinic visit as they work to decrease inflammation. The optimal time for relief is 7 to 10 days, with many patients better in the first week. Gel injections are given to patients when their arthritis is not as severe. They simply provide lubrication to the joint—like 10W40 oil to the knee.

Q: How can you tell if pain is coming from the hip or the back?

A: Back pain usually presents itself as a burning “zinger” like pain that can go into the feet. This could also present as leg weakness. Hip pain is usually groin and buttocks pain that does not radiate past the knee. Injections into the joints can help differentiate between back and hip pain.

Q: Where can you go to find out a score for knee joint pain?

A: Go to http://www.orthopaedicscore.com/scorepages/oxford_knee_score.html to complete a 12-point questionnaire that will give you a score for knee arthritis. Typically, surgical intervention is needed for those who score 19 or lower.

Another great online resource for orthopaedic information is www.orthoinfo.org

Upcoming seminar

Riverwood will host another seminar on “Solutions to Hip and Knee Pain” at the Aitkin Public Library on **June 8, 5:30 to 6:30 p.m.** To register, call Riverwood’s events line at 218-927-5188 or email healthyliving@riverwoodhealthcare.org

MORE OPTIONS, CAPACITY FOR CARE

Riverwood has increased coverage for orthopaedic appointments, now available for scheduling five days a week in Aitkin. The provider team consists of Dr. Erik Severson and two orthopaedic physician assistants, Matt Fleming and Tom Lewandowski, plus Dr. Austin Krohn, family physician who is fellowship trained in sports medicine. Two more orthopaedic surgeons, Dr. Susan Moen and Dr. Jon Herseth, will join the MCO team in Fall 2016.



WELLNESS CALENDAR

Education

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
August 30, September 6, 13, 20 & 27
Aitkin: Riverwood Healthcare Center
Education: (218) 927-5552

Events

For more information on events below, call Riverwood Foundation, (218) 927-8286.

Healing Garden Planting Day

June 1, 3:00 PM

Healing Garden Memorial Ceremony

June 9, 5:00 PM

Holes for Hospice

Golf tournament & lunch
July 10
Deerwood: Ruttger's Bay Lake Resort

Riverwood Gala

September 10, 6:00 PM
Aitkin: Forty Club Convention Center

Seminars

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

Solutions for Hip & Knee Pain

June 8, 5:30-6:30 PM
Aitkin: Public Library

Reflux & Heartburn

June 23, 12:00-1:00 PM
Aitkin: Riverwood Healthcare Center
Conference Room C/D



Together we will.

Riverwood Healthcare Center
200 Bunker Hill Drive
Aitkin, MN 56431
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