

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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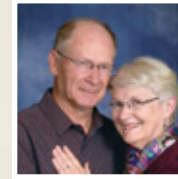
November 2015



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NEW Center for Reflux Care Opens in Aitkin, Crosby

Keeping You in 'Play' On or Off the Field

Getting medical care from a physician with sports medicine expertise is critical to keeping an athlete—or an aging adult—from getting sidelined too long.

Dr. Austin Krohn, a family physician who began practicing at Riverwood in Aitkin in 2014, completed a one year fellowship in sports medicine at the University of Minnesota.

“With sports medicine, our goal is to keep athletes in the game, whether that’s high school/collegiate athletes or the weekend warriors around town who keep on playing. The fellowship gave me the training to treat athletes and their injuries on a very individual basis. Sports medicine requires a unique approach to each person and to help them recover and return to play. Too often, athletes are told, just sit out and rest until it’s better or even worse, you should probably stop playing your sport all together. Getting older does not have to mean giving up all the things you love to do.”

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30%
Over 30 percent of the population suffers to some degree with Gastroesophageal Reflux.

7million
are failing treatment on medications and are dissatisfied.

600% INCREASE

Esophageal Cancer is the fastest rising cancer in the U.S. with over a 600% increase in just three decades.

After two years of investigation and preparation, Riverwood Healthcare Center and Cuyuna Regional Medical Center are pleased to announce the official opening of the **Minnesota Reflux and Heartburn Center**.

“Modeled after other emerging reflux centers across the United States, and following lessons learned from our cancer and bariatric center experience, we are now positioned to offer an excellent patient-centered, comprehensive evaluation and treatment experience, not only for our regional patients,

but also for those patients who seek help throughout the state,” explains **Dr. Paul Severson, Reflux Specialist and Medical Director of the Minnesota Reflux and Heartburn Center**. “The closest center with similar capabilities is located in Green Bay, WI.”

Opening of new center

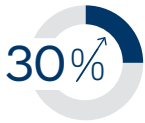
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Advanced, Seamless Care

In recent years, there have been dramatic advances in medical professionals' understanding of heartburn as well as the development of new diagnostics and therapies. The Minnesota Reflux and Heartburn Center has been developed to make all of these advances available to heartburn sufferers and patients with other reflux symptoms.



Heartburn is the most common symptom of gastroesophageal reflux disease (GERD), also known as acid reflux. Other symptoms include 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.



Over 30 percent of the population suffers to some degree with this ailment and most are treated with either over-the-counter medications or prescription drugs. However, it is estimated that 7 million people in the U.S. are failing treatment on medications and are dissatisfied. In addition, many years of reflux can introduce an abnormal lining called Barrett's esophagus, which can lead to cancer of the esophagus. Esophageal cancer is the fastest rising cancer in the U.S., with over a 600 percent increase in just three decades.

Dr. Severson adds: "With the opening of the Minnesota Reflux and Heartburn Center, patients will have continuous, seamless medical care for this condition as well as easy access, information, convenience and support. Comprehensive endoscopic evaluations will use exciting new technologies to diagnose Barrett's, measure severity and guide therapies."

The Minnesota Reflux and Heartburn Center now offers confocal laser endomicroscopy and LINX magnetic sphincter augmentation—two technologies that are available in only a few specialized centers in the U.S.

Our Team of Reflux Specialists

The physician reflux specialists at Minnesota Reflux and Heartburn Center include Dr. Tim LeMieur, Dr. Howard McCollister, Dr. Shawn Roberts and Dr. Paul Severson — all who have extensive experience providing advanced care and treatment for reflux disease.

REFLUX AND HEARTBURN LUNCH & LEARN

Tuesday, November 17 | 12 - 1 PM | First Lutheran Church, Aitkin

Dr. Paul Severson will give a presentation on reflux disease and the comprehensive evaluation and treatment available through the Minnesota Reflux and Heartburn Center.

A free light lunch will be provided with registration required. To RSVP, call Riverwood's events line at (218) 927-5188 or email healthyliving@riverwoodhealthcare.org



For an appointment, call Riverwood's Specialty Clinic at (218) 927-5566 and ask for **Becky Bjorkquist**, nurse navigator for the new Center in Aitkin.

Sports Medicine Care

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Dr. Krohn attends all Aitkin High School football games in the capacity of a medical professional who is there to provide care in the event of game-related injuries. He also volunteers to see students for sports medicine issues on Wednesdays after school as well as coaches baseball in the spring.

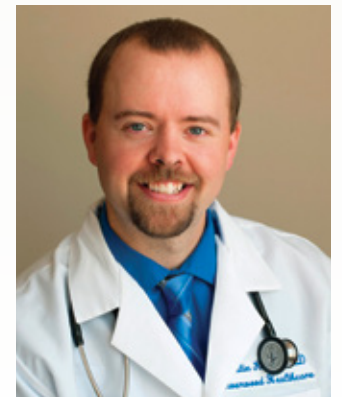
Dr. Krohn has an open door policy for treating acute injuries from student athletes with same-day appointments, with preference given to in-season athletes.

Concussion care, a special need for athletes, was also a large part of Dr. Krohn's sports medicine training. He has extensive experience in concussion management in football, ranging from high school through the professional level. Since 2012, he has worked with the Minnesota Vikings performing baseline concussion assessments for all of their incoming rookies and free agents just prior to the start of training camp.



"With concussions, some athletes have very minimal and fleeting symptoms; these athletes can often be cleared to play by a physician within 4 to 5 days. However, what seems like a mild concussion at first can drag on for several weeks, and it is important to have someone experienced in the nuances of concussion to manage these athletes. The most important step to take whenever a child is suspected of having a concussion is to have them evaluated promptly by someone who is comfortable with concussion management."

— Dr. Austin Krohn



Welcome Nurse Practitioner Cindy Hauser!

Cindy Hauser, CFNP, joined the Family Practice team at Riverwood in October and sees patients at our Aitkin clinic and in Urgent Care. With an extensive background in hospital nursing and special training in the care of children and older adults, Hauser is interested in all areas of family medicine, with certification and expertise in urological issues.



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



"I believe everyone has the right to expect high quality healthcare, delivered by a knowledgeable, compassionate, healthcare provider."

Orthopaedic Clinic with MCO Team

In October, Dr. Krohn began seeing patients in Riverwood's orthopaedic clinic in the rehabilitation department as a member of the Minnesota Center for Orthopaedics team.

He also treats those with arthritis and common orthopaedic problems who want to continue to lead an active lifestyle.

“For those who do go on to need surgery, pre-op orthopaedic care is important. When patients stay active and get good nutrition, it supports better outcomes with faster healing when they have a hip or knee replacement.”

— Dr. Austin Krohn

In addition to sports medicine and orthopaedic care, Dr. Krohn continues to see patients for general family medicine, pediatrics and adolescent health.

MCO Orthopaedic Team Update

The Minnesota Center for Orthopaedics team of providers has grown and undergone a few personnel changes in the past few months.

The team continues to be led by Dr. Erik Severson, orthopaedic surgeon who practices at Riverwood Healthcare Center in Aitkin and Cuyuna Regional Medical Center in Crosby. Physician Assistant Matthew Fleming joined the team in June, working closely with Dr. Severson and Physician Assistant Tom Lewandowski.

Dr. Austin Krohn, family practice physician with fellowship training in sports medicine, sees patients in Riverwood's orthopaedic clinic on Wednesdays. In addition, MCO Joint Coordinator Adam English, a certified nurse practitioner, supports the team in an education and research role.

Two fellowship-trained orthopaedic surgeons, Dr. Susan Moen specializing in Hand and Elbow and Dr. Jon Herseth specializing in Sports Medicine, will join the MCO team in August 2016. They will add orthopaedic care depth and capacity with the departure of Dr. Leo Chough, who has relocated his practice to Washington.

Foundation News

Gala Raises \$105,000 for Reflux Care

An invitation to support local healthcare, specifically advanced care and treatment of reflux and heartburn, drew about 160 people to Riverwood's 11th annual Gala.

A dozen local restaurants and food vendors offered a wide array of delicious entrées, soups, side dishes, and desserts. They included Terry Butenhoff, Forty Club Banquet Center, Forty Club Restaurant, Grand Casino, McGregor Baking Company, Riverwood Food Service, The Beanery, The Joint, The Tuscany Room, Y Club, Ruttger's and Zig's.



Chef winners: Terry Dox of Ruttger's for his side dish, Terry Butenhoff for her dessert, Craig Dunmeier of the Y Club for his entrée, which was also voted the People's Choice award.

Not pictured: Mark and Stacy Bohn of McGregor Baking Company for best appetizer.



Speakers: Dr. Richard Burman and Dr. Paul Severson

“I am amazed each year at the outpouring of support we continue to get from our community for this event. We are extremely fortunate to have so many people who understand the importance of quality healthcare in our rural community. **We are excited to announce that we exceeded our \$50,000 goal, raising \$55,000 for the 2015 Gala.** With our matching donation, we raised a total of \$105,000 for the treatment of reflux and heartburn as we open the Minnesota Reflux and Heartburn Center.”

— Katie Nelson, Riverwood Foundation Director



Honoring and Remembering Loved Ones

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

Donations from August 1 - September 30, 2015

In Memory of:

Linda Anderson
Mary Anne Bays
Adella Bridgewater

Noel "Buzz" Jones
Russell Kullhem
Pat & Glen Olesen

Michael F. Ryan
Jack Wagner
Gere & Dorothea Williams



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

THANKS RIVERWOOD!



Dave and Fran Kohanek

Getting The Right Care at the Right Time

Primary care coordination makes big difference for cancer patient

A few months ago after experiencing headaches, Dave Kohanek of Aitkin learned he had a recurrence of melanoma, which he was first diagnosed with and treated for in 2008 at Riverwood.

“Dr. Steve Kinzer discovered something wrong with my vision during a routine eye exam and referred me to see my primary care physician, Dr. Don Hughes, at Riverwood the next day,” Dave explains. “After ordering a CT scan, Dr. Hughes stayed until 7 p.m. on a Friday night to get the results and inform me and my wife, Fran, that I had a brain tumor.”

Dr. Hughes referred Dave to Abbott-Northwestern Hospital in Minneapolis for further evaluation and was able to personally speak to Dr. Michael McCue,

a neurosurgeon, after hours and arrange for further scans there and an appointment for Dave on Monday. Dr. Hughes also started medications to try to prevent brain swelling and related problems until he could be seen by Dr. McCue.

After a full body scan, additional tumors were found on Dave’s pancreas and liver and a liver biopsy was completed to determine the type of cancer for how to best proceed with treatment.

In the meantime, they were connected through Fran’s sister to a neurosurgeon at the Mayo Clinic with an Aug. 21 appointment arranged. However, on Aug. 19, Dave had another medical setback. He suffered a seizure, was taken to Riverwood’s ER and then airlifted to Abbott-Northwestern Hospital in Minneapolis.

The next obstacle was getting Dave’s liver biopsy report from a lab in Brainerd for his Aug. 21 Mayo appointment. Again, Riverwood came through with above and beyond service.

“Even though Amy Renner, oncology nurse coordinator, was on vacation she gave Dr. Hughes her home and cell phone numbers to give to us and she got Dave’s biopsy slides sent to Mayo prior to his appointment and had his imaging discs ready for us to pick up at Riverwood to bring with us,” Fran says. “What outstanding service at such a critical point in Dave’s care!”

After having surgery to remove his brain tumor in August, Dave is now continuing his cancer treatment with a new infusion therapy drug called Keytruda at the Mayo Clinic in Rochester. Keytruda boosts the immune response against melanoma cells, which can often shrink tumors and help people live longer.

“We want to thank Riverwood, Father David Forsman, our neighbors, friends and family for all their care, support and prayers, for making Dave’s cancer journey easier. Minnesota is a great state to live in for top medical care and treatment.” — Fran Kohanek

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

January 5, 12, 19 & 26, February 2

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

Breast Cancer Support Groups

Men’s: Partners of breast cancer patients

Fourth Monday, 6:30-8:00 PM

Sister-to-Sister: Breast cancer patients

Fourth Monday, 6:30-8:00 PM

Aitkin: Riverwood Healthcare Center
Breast Health: (218) 429-3975

Diabetes Support Group

Second Thursday, 4:00-5:00 PM

Aitkin: Riverwood Healthcare Center

First Wednesday, 9:00-10:00 AM

McGregor: McGregor Clinic

Diabetes Education: (218) 927-8281

Events

Registration for these programs is required.

Contact (218) 927-5188 or

healthyliving@riverwoodhealthcare.org

Reflux and Heartburn Lunch & Learn

Presentation by Dr. Paul Severson

A free light lunch will be provided with registration

Tuesday, November 17, 12:00-1:00 PM

Aitkin: Fist Lutheran Church

Pelvic Health Concerns for Women: Incontinence, Pelvic Prolapse & GYN Cancers

Teleconference with Q&A presented by

Dr. Christina Kramer, OBGYN

Wednesday, November 18, 12:00-1:00 PM

Riverwood
HEALTHCARE CENTER

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