GET FIT FOR ALL SEASONS

A BADGE OF HONOR

A MAMMOGRAM CAN SAVE YOUR LIFE
Take a break from your busy life to check in on your health.

Honor

Winter 2015

INSPIRE

{ caring for women & their families }

Amery Hospital & Clinic
Hudson Hospital & Clinic
Lakeview Hospital

Stillwater Medical Group
Westfields Hospital & Clinic
INSPIRE

{ Winter 2015 }

INSPIRE is a publication of Amery Hospital & Clinic, Hudson Hospital & Clinic, Lakeview Hospital, Stillwater Medical Group and Westfields Hospital & Clinic. The intent is to keep you informed and current about services and programs we provide. All are part of a non-profit health care organization committed to enhancing community health.

The information in this newsletter is not intended to diagnose illness, prescribe treatment or replace the recommendations of your personal physician. If you have concerns or questions about your health, please contact your personal physician.

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6 BREAST CANCER
Making time for yourself can make a difference in ways big and small. Read one woman’s story of how it saved her life.

9 TRAVEL BUG?
Wherever your travels may take you, make sure you have your ducks in a row. Find quick tips to help you prepare for your next adventure.

14 FIT FOR ALL SEASONS
The icy tundra we call home is all-too-often an excuse to avoid exercise, but there are plenty of ways to get active – and you don’t even have to venture outside.

1 EVERYDAY WELLNESS
3 TUMMY TALKS
4 ALL ABOUT EYES
8 LISTEN TO YOUR HEART
11 OUCH! - WOUND CARE
13 BRIGHT BREAKFAST IDEAS
17 COMMUNITY CLASSES
BY THE TIME A GIRL IS 17, she’s seen approximately 250,000 media messages telling her what she’s supposed to look like.

Negative body image can lead to depression, social anxiety and eating disorders. Visit parknicollet.com/melrose to learn about their efforts to prevent eating disorders through conversation, education and action.

-- NOW OPEN -- ST. PAUL LOCATION

Love YOUR HEART February is American Heart Month – take charge of your health by getting a heart health evaluation or coronary artery calcium score. Learn more about our cardiology services by visiting our websites.

AMERYMEDICALCENTER.ORG HUDSONHOSPITAL.ORG LAKEVIEWHEALTH.ORG WESTFIELDSHOSPITAL.COM

15% of adults meet the criteria for irritable bowel syndrome (IBS), yet many haven’t discussed it with their personal physician. If you regularly experience digestive discomfort, visit gastro.org/patient to learn more about IBS symptoms and treatment, or call us to make an appointment.

AMERY HOSPITAL & CLINIC – 715-268-8000
HUDSON HOSPITAL & CLINIC – 715-531-6700
STILLWATER MEDICAL GROUP – 651-439-1234
WESTFIELDS HOSPITAL & CLINIC – 715-243-3400

Cold or flu? The rhinovirus, which is responsible for 40-50% of common colds, has approximately 100 different strains. Visit your local clinic to get your flu shot!

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AMERYMEDICALCENTER.ORG HUDSONHOSPITAL.ORG LAKEVIEWHEALTH.ORG WESTFIELDSHOSPITAL.COM

PLANNING TO ESCAPE THE Icy CHILL?
Add a stop at a HealthPartners travel clinic to your pre-trip itinerary. Our experts can make sure you’re up on any recommended immunizations and help you plan for a healthy vacation.

Call 952-967-7978 or visit healthpartners.com/travel to schedule an appointment with a travel specialist.
The later years can present specific challenges to one’s mental health, including retirement, illness, loss of peers, social isolation and decreasing physical independence. Despite these challenges, depression and anxiety are not normal consequences of aging.

Symptoms of depression include feeling down with little interest or pleasure in normal activities. Symptoms of anxiety include excessive worry, restlessness and irritability. Both depression and anxiety can be associated with sleep disturbance, changes in appetite, inability to focus and difficulty making decisions.

Establishing a daily routine can be helpful. Look for volunteer activities or creative pursuits that facilitate social interaction. Learn a new skill or hobby, or work on a community issue. And, regular exercise is crucial for a healthy body and mind! If you just can’t seem to shake a depressed mood or excessive anxiety, talk with your personal physician.

**Menopause**

Menopause is the point in life when women stop having their menstrual cycles. All women will go through it, most often between the ages of 40 and 60. This life change can challenge women in many ways. For some women, periods change. Others experience hot flashes or night sweats, mood swings, sleep disruption and/or a lower sex drive.

Approach menopause armed with knowledge and flexibility. Meet with your physician, midwife or nurse practitioner to discuss symptoms. Get together with other women to know that you are not alone, and talk about ways to cope with - or even conquer - this change. Read information from valid and medically reliable sources.

As with many things, taking care of yourself through a healthy diet, regular exercise and good sleep habits will result in success!

**Laura Dean, MD**

OB/GYN
STILLWATER MEDICAL GROUP
Have you ever experienced unpleasant symptoms after eating? Have you considered the idea that you may have an allergy or be intolerant to a certain food? “The best way to diagnose either an allergy or intolerance is to keep a diary of symptoms: what food did you eat, and what happened after you ate it,” says Jennifer Koziol Wozniak, MD, Allergist, Hudson Hospital & Clinic. “If you develop symptoms after eating a particular food, consult with a specialist for additional testing.”

**ALLERGY OR INTOLERANCE?**

<table>
<thead>
<tr>
<th>ALLERGY</th>
<th>INTOLERANCE</th>
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<tbody>
<tr>
<td>ONSET</td>
<td>Sudden</td>
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<tr>
<td>TRIGGERED BY</td>
<td>Small amounts of food</td>
</tr>
<tr>
<td>FREQUENCY</td>
<td>Every time you eat that food</td>
</tr>
<tr>
<td>SEVERITY</td>
<td>Can be life-threatening</td>
</tr>
<tr>
<td>SYMPTOMS</td>
<td>Rash, hives, shortness of breath, chest pain, trouble swallowing</td>
</tr>
<tr>
<td>COMMON FOODS</td>
<td>Peanuts, tree nuts such as walnuts, pecans and almonds, fish, shellfish, milk, eggs, soy, wheat</td>
</tr>
</tbody>
</table>

Many people experience heartburn—a burning sensation in the chest behind the breastbone. This is commonly related to GERD (gastroesophageal reflux disease or acid reflux) which is when acid enters the esophagus from the stomach.

Heartburn can occur after eating a large meal, consuming specific foods/drinks such as alcohol, laying down too soon after eating, smoking, or by being overweight or pregnant. Simple lifestyle and eating habit changes, as well as taking acid reducers such as ranitidine or omeprazole, can decrease those symptoms over time. If symptoms persist, please consult with your personal physician.

~ PAUL DAMBOWY, MD
GASTROENTEROLOGY / STILLWATER MEDICAL GROUP

**Feeling full?**
An average adult stomach is about the size of a fist, and can stretch while eating to hold approximately 1.5 liters of food before you feel full.

**Love spicy foods?**
Many people assume that spicy foods irritate the lining of the stomach. Actually, the stomach is designed to withstand acid as strong as that found in your car battery.

**Tend to overeat?**
Slow down! It takes your brain 20 minutes from the start of eating to register fullness; so if you take it slow, you’ll be able to stop when you’re full, instead of stuffed.

**bor·bo·ryg·mus:** a rumbling or gurgling noise made by the movement of air and fluid in the gastrointestinal tract.

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**Community Class**
TREATMENT OPTIONS FOR IBS - May 13 | 6:30-7:30 p.m. | Hudson Hospital & Clinic Hospital
Once eyes are fully developed, vision can still change quite a bit during adolescence – particularly the refractive error (farsightedness, nearsightedness, and astigmatism). Many young children are farsighted, but as they get older will shift towards nearsightedness. As people enter their 20’s the prescriptions tend to stabilize, but periodic exams are important to make sure the individual is seeing their best.

Many people notice a decline in vision in their 40’s, and most simply need a pair of reading glasses. “You can certainly pick up a pair over the counter, but it’s a good idea to consult your eye doctor first to make sure there are no other conditions that need addressing,” says Dr. Danielle Busse-Quenan, DO, Family Medicine, Amery Hospital & Clinic. “As we age, eye disease often advances gradually, and quite a bit of vision can be lost without realizing it. That’s why regular eye exams are so important.”

TO LEARN MORE:
AMERY HOSPITAL & CLINIC | AMERYMEDICALCENTER.ORG
HUDSON HOSPITAL & CLINIC | HUDSONHOSPITAL.ORG
STILLWATER MEDICAL GROUP | LAKEVIEWHEALTH.ORG
WESTFIELDS HOSPITAL & CLINIC | WESTFIELDSHOSPITAL.COM
The eye-skin connection
Many people don’t realize there’s a connection between common skin conditions like acne and rosacea, and eye issues such as reoccurring styes. Your eyes won’t be comfortable until you treat those underlying conditions.

Windows to our bodies
Because the eyes are the only place in the body where we can directly observe blood vessels, primary care doctors often examine your eyes for signs of diabetes, hypertension and other diseases.

Healthy eyes at any age

Infancy & adolescence
Young children can’t really complain of vision issues, so it’s important for parents and caregivers to be on the lookout for signs and symptoms such as misalignment of the eyes, squinting, light sensitivity or droopy eyes. Most potential vision issues will be identified early during well-child visits or through in-school screening. But if you do have concerns, don’t wait to seek care – it’s important to treat vision issues as young as possible before the eye fully develops.

Early adulthood
For those who feel encumbered by glasses or contact lenses, this is an ideal time to consider vision correction surgery. It’s important to wait until your vision has stabilized – typically between ages 18 and 25 – to get the most benefit from the procedure. Several types of procedures are available, depending on your current vision and needs. A free screening appointment can tell you what’s right for you. And while insurance doesn’t cover this, you can usually use your HSA funds to offset the cost.

Adulthood
Even if you don’t have corrective lenses, an eye exam every two years will catch any vision changes and monitor your general eye health. Once you turn 50, doctors recommend annual eye exams to watch for issues such as glaucoma and macular degeneration. Another issue that tends to accompany aging is bulging or drooping lids, which can obstruct vision as well as being cosmetically unappealing. A minor surgical procedure is available to remedy this. If you’ve noticed changes with your eyelids, talk with your doctor about your options.

1. Provide good light for reading, work or study.
2. Take regular breaks from visually-demanding tasks – blink often, and rest your eyes when they feel tired or dry.
3. Avoid screen glare by placing your TV or computer where lights don’t reflect on the screen.
4. Wear proper eye safety equipment for hazardous tasks.
5. Wear UV-blocking sunglasses to protect your eyes from excessive UV light from the sun, which increases the risk of cataracts.
6. Avoid smoke and eye irritants.
7. If your eye is irritated, don’t rinse with tap water – it could create more of a problem. Try artificial tears instead.

7 tips for good vision
For Donna Norman, the past five years have been spent moving to Hudson, Wisconsin with her family of four, sending her oldest son off to college, running her high-school soccer athlete around, managing household activities, traveling with her husband and staying in touch with her parents in Texas. Amidst her busy schedule, Donna said she understands the importance of making time for herself.

“Jubilee and Ashley held my hands for the first few weeks after receiving the news until I felt strong enough to move forward on my own,” said Donna. The nurse navigators are there for you through the scariest time of your life.”

After she was presented with the treatment options, Donna selected a lumpectomy performed at Hudson Hospital.

“A lumpectomy unlike a mastectomy only removes a portion of the breast, said,” Kirk Jacobson, MD, General Surgery, Hudson Physicians. “Typically for women with early-stage breast cancer a lumpectomy is the first treatment option.”

“The toughest part about surgery was not knowing what I would look like when I woke up,” Donna said. “Dr. Jacobson did a nice job with the aesthetics.”

Following her surgery, Donna completed 33 treatments of radiation at the Cancer Center of Western Wisconsin in New Richmond.
A full spectrum of care

When it comes to your health we offer a full spectrum of women’s health services

- Obstetrical care (all)
- Midwifery care (Amery, Hudson, Stillwater)
- Gynecologic care (all)
- Urogynecology (Stillwater)
- Varicose vein screening (Amery, Hudson, Stillwater)
- Physical therapy (all)
- Nutrition (all)
- Mammography (all)
- Lab and ultrasound (all)
- Breast Health Center (Lakeview)
- Massage therapy (Amery, Stillwater, Westfields)
- Sleep Center (all)
- Plastic & cosmetic surgery (Hudson)
- Dermatology (Westfields)
- Behavioral health (Amery)
- Wound healing (Amery, Westfields)

----- to schedule an appointment-----

AMERY HOSPITAL & CLINIC
715-268-8000 | AMERYMEDICALCENTER.ORG

HUDSON HOSPITAL & CLINIC
715-531-6700 | HUDSONHOSPITAL.ORG

STILLWATER MEDICAL GROUP
651-439-1234 | LAKEVIEWHEALTH.ORG

WESTFIELDS HOSPITAL & CLINIC
715-243-2600 | WESTFIELDSHOSPITAL.COM

DONNA’S ADVICE for anyone undergoing a mammogram, or if you have been recently diagnosed with breast cancer:

“Do not go to the darkest place and panic. Take a step back, because you are strong, and focus on your support group. Also, bring someone with you to all of your appointments. As you begin to feel overwhelmed your support system will be there to help you.”

“Now when I look down, I see a badge of honor,” stated Donna. “I can say I have survived, and that makes me feel strong.”

“Throughout my experience at the Breast Health Center, I never felt rushed during any of my appointments,” said Donna. “For a busy mom, that is important.”

Community Event
CANCER PREVENTION FORUM
- March 5 | 8:30-10:30 a.m. | Hudson Hospital & Clinic
“If you think you may be having a heart attack – proceed as if you are having a heart attack.”

This past fall, John Walsh began his day like every other, until he began to have pain in his chest. The very active 74-year old who spends his free time hiking, swimming and golfing acted quickly by calling Westfields Hospital & Clinic. They urged him to come in right away.

Upon arriving at the hospital, John underwent a consultation with Clifford Tenner, MD, Emergency Medicine, Westfield Hospital & Clinic.

“We performed an EKG along with blood work which were both negative,” said Dr. Tenner. “I recommended that John be transferred to Regions Hospital for a heart angiography, since by his history, he had a 90% chance of having significant heart artery disease.”

At Region’s Hospital, John underwent an echocardiogram and repeated blood tests followed by heart angiography.

“He had a clot in one of his three major arteries and narrowing in several other arteries,” stated Johannes Brechtken, MD, Cardiology, Region’s Hospital.

“Looking back, I was tired all of the time,” said John. “Even walking up the stairs, I would get short of breath. I didn’t think anything of it. I certainly didn’t suspect it would lead to a heart attack.”

“The treatment I received at Westfields Hospital & Clinic and Regions Hospital was first class,” stated John. “When I got to each location it was like everyone was just waiting to take care of me.”

Shortly after the results came in John was prepped for surgery by the Regions cardiology team. During heart angiography, John had three stents placed in his blocked heart arteries.

After a two-day stay at Region’s Hospital, John was able to go home to New Richmond where he followed up with Dr. Brechtken, who also sees patients at Westfields Hospital & Clinic, and began cardiac rehabilitation.

“John is on an excellent medication regimen that can help reduce plaque from building up in his arteries,” said Dr. Brechtken. “Another important part of his long-term cardiovascular health is cardiac rehabilitation which will help him stay active.”

Through the convenience of online patients services (myHealthPartners) and the help of John’s cardiology team, John and his wife were able to go to Arizona for the winter where he continued his rehabilitation.

Since his heart attack, John has lost over ten pounds and is focusing on maintaining a healthy lifestyle. He looks forward to playing golf, swimming and hiking. “[I am] extremely grateful I have been given another block of time,” said John.

“I didn’t hesitate to call my cardiologist and I got into the hospital before it got worse; that helped save my life.”

TO LEARN MORE ABOUT CARDIOLOGY SERVICES AT ANY OF OUR LOCATIONS, PLEASE TALK WITH YOUR HEALTH CARE PROVIDER OR CONTACT:

AMERY HOSPITAL & CLINIC - 715-268-8000 | AMERYMEDICALCENTER.ORG
HUDSON HOSPITAL & CLINIC - 715-531-6700 | HUDSONHOSPITAL.ORG
STILLWATER MEDICAL GROUP - 651-439-1234 | LAKEVIEWHEALTH.ORG
WESTFIELDS HOSPITAL & CLINIC - 715-243-3400 | WESTFIELDSHOSPITAL.COM
Before you depart, contact your insurance provider to see what type of coverage is offered abroad or look into a short-term international evacuation insurance. Think through an emergency plan, and make sure you have copies of your passport and travel documents. Consider using the Smart Traveler Enrollment Program so that the U.S. Department of State can better assist you in an emergency – register for free at travel.state.gov.

If you’re packing prescription medications, be sure you keep your medicines in their labeled pharmacy bottles to avoid any hassle at border crossings. You can also ask your pharmacy or doctor to print you a listing of your current medications and immunizations. Don’t forget to pack your medications in your carry-on bag – just in case your checked luggage gets lost or delayed.
HEALTHY KIDS
all winter long

Ha-ha- há Choo!
Keeping those germs away this winter season can be oh so tough! With the children sharing their winter wear and wiping runny noses on their gloves and scarves, keeping those germs away can be a constant battle. Check out a few of our favorite ways to keep your kids healthy throughout these tough winter months!

START A BEDTIME ROUTINE. Something as simple as a bedtime routine will help them stay on track with sleep throughout the week.

GET ONE HOUR OF PLAY EVERYDAY! Challenge your kids to a fun jump rope or hula-hoop contest!

AIM FOR FIVE SERVING OF FRUITS AND VEGGIES EVERYDAY. Help your family keep their immune systems up by eating five servings of fruits and veggies everyday!

COVER YOUR COUGH AND SNEEZE. Teach your kids to cough or sneeze into the crook of their elbow if they can’t access a tissue in time!

KEEP THOSE GERMS AWAY! Pack tissues or a small bottle of hand sanitizer in your child’s backpack! Encourage them to use it when they cough or sneeze, or need to clean their hands.

~ LAURA SMITH, DO, FAAP
PEDIATRICS / AMERY HOSPITAL & CLINIC

Tips for busy moms:

Use the myHealthPartners app to stay organized with your child’s medical history. You can manage your family’s medical records, make appointments, refill prescriptions and more!

Need a last minute doctor’s appointment? Use the myHealthPartners app to schedule an appointment, or look up urgent care hours!

Stock your produce drawer! Next time you go grocery shopping, stock your produce drawer with small baggies of snacks like carrots, bunches of washed grapes and more! This way you can save time when you pack lunches and snacks for the kids.

Plan ahead for dinners by chopping up all of your vegetables for the week. This will save you time and help your family get five servings of fruits and veggies everyday!

~ MOLLIE MALANEY, MD
PEDIATRICS / STILLWATER MEDICAL GROUP

in·con·ti·nence

At the age of 63, Peggy Weidler often found herself racing to the bathroom and experiencing incontinence (bladder leakage). She is not alone. According to the National Association for Continence, over 25 million people in the United States are in the same situation. The good news is that in most cases, incontinence is treatable.

Within Stillwater Medical Group, Peggy was referred by Nicole Nelson, MD, OB/GYN, to David Henly, MD, Urology, one of the pelvic health program specialists.

“The pelvic health program is a great opportunity to help women with urinary incontinence (bladder leakage), urinary frequency and urgency, painful bladder syndrome and more,” stated Dr. Nelson.

“We offer a holistic approach where a physical therapist and a board certified pelvic muscle dysfunction nurse work with gynecologists and urologists to offer advanced, non-surgical intervention and treatment,” stated Dr. Henly.

As part of the program, Peggy worked with Cindy Land, RN, BCB-PMD, and Elizabeth DeLonge, Physical Therapist. Cindy and Elizabeth worked together to help Peggy strengthen her pelvic floor muscle coordination to address incontinence through postural restoration, focalized isolation of pelvic muscle, diet/ fluid management and modifying of habits.

“A variety of factors can contribute to incontinence,” stated Cindy. “Providing the proper education to patients is a large part of treatment. Explaining why the program is important can help patients achieve their goals.”

Since her treatment, Peggy no longer experiences bladder leakage or needs to race to the bathroom.

For more information, visit lakeviewhealth.org/pelvichealth

Don’t be embarrassed about pelvic health issues. These issues can have a significant impact on your quality of life, and in most cases they can be easily remedied.

If you think you are a candidate for this program, contact your personal physician for a referral to the pelvic health program.
THINK BACK TO A TIME WHEN YOU DROPPED A BAR OF SOAP ON YOUR FOOT, OR STUBBED YOUR TOE. REMEMBER THE FIRST REACTION OF "OUCH!" IMMEDIATELY FOLLOWED BY HOPPING OFF OF THE FOOT TO RELIEVE THE THROBBING PAIN?

Imagine the horror that Mike Duenow felt when a 100-pound piece of machinery slipped off a work cart directly on to his foot. Much to his surprise, there was no throbbing pain; as a matter of fact, there was no pain at all!

“I knew then and there it wasn’t good. My foot had gone instantly numb,” Mike said. He drove himself to Amery Hospital & Clinic’s emergency room, where the medical staff performed x-rays and informed Mike that he had crushed two of his toes and bruised the arch of his foot.

After a follow-up appointment with Lynnelle Gabriel, DPM, Podiatry, Amery Hospital & Clinic, he was referred to the Wound Healing Center in Amery where he completed several weeks of hyperbaric oxygen treatment.

“HBOT, or Hyperbaric Oxygen Therapy, uses a chamber that increases the oxygen content in a closed area that allows for direct patient monitoring by physicians and techs,” stated Dr. Gabriel. “It increases oxygen delivery to the skin, improves wound healing and kills bacteria. In Mike’s experience, the HBOT increased tissue oxygenation, reduced swelling and protected him from lack of blood flow and gangrene (death of tissue).”

During the treatments, Mike’s foot literally healed from the inside out. With each treatment that Mike received, he watched his foot turn from black and blue to its normal skin color.

“The treatment process was simple and pain-free,” stated Mike. “Everyone was so upbeat and positive.” After a few months of treatment, Mike was slowly able to get back to his active lifestyle.
Benefits of a healthy Breakfast

Eating a healthy breakfast reduces cravings. Lisa Rambo shares some of her go-to breakfast ideas.

One of my biggest mistakes was never eating breakfast. I just did not have the time or the energy. Also, since I was never hungry in the morning, I thought I was saving myself the calories by not eating them. Oh was I wrong!

I have heard that people who skip breakfast usually make up for it sometime during the day (and then some in my case). Usually by lunchtime I was a hungry girl ready to over eat...especially if I had not found a snack, sweet treat or coffee earlier in the day.

I learned that by skipping breakfast your blood sugar is lowered which brings on cravings for high-carb, high-calorie sugary foods.

The best thing you can do is to get up and get your metabolism working for you with a healthy breakfast. Eating will speed up your metabolism...yes, you have to eat to lose weight! >>>
Bright Breakfast Ideas

Egg White Scramble | 4 egg whites, 1 cup spinach, ½ cup mushrooms, ½ cup peppers, 4 tablespoons fresh pico de gallo

Bowl of Granola | 1 cup granola, 1 cup of unsweetened vanilla almond milk

Breakfast Parfait | 1 cup of non-fat plain greek yogurt, ½ cup of fresh fruit, ¼ cup granola

Vegan Protein Shake | 2 scoops of either chocolate or vanilla protein powder, 1 cup almond milk

Sweet Bread | 2 slices cinnamon raisin bread toasted and 2 tablespoons of cream cheese

Refrigerator Oatmeal | ½ cup old fashion oats, ½ cup frozen berries, ½ cup unsweetened vanilla almond milk. Put all in a jar or bowl the night before. In the morning it’s ready! You can warm or eat cool.

A&B Toast | 1 slice of bread, 1 tablespoon almond butter, ½ banana

Cheese & Fruit | ½ cup cottage cheese, ½ cup fresh pineapple

Apples & Almond Butter | 1 small sliced green apple dipped in 2 tablespoons of almond butter (This is my favorite!)

Egg Sandwich | 1 slice toasted bread, 1 egg fried in non stick pan (no oil), 1 slice of reduced fat cheddar cheese, 1 slice of turkey bacon

Studies show that people who eat a healthy breakfast everyday are the most successful dieters. A nutritious breakfast causes your body to burn fat more efficiently and starts your day off perfectly.

PowerUp

visit PowerUp4Kids.org for more recipes and fun activities!
**FIT FOR ALL SEASONS**

**WHAT’S YOUR WINTER FITNESS PERSONA?**

Midwestern winters are very long and if you only exercise when it’s nice out, you won’t have a very active lifestyle. Tony Gould, PT, DPT, Rehabilitation Services, Amery Hospital & Clinic offers these tips for exercise options to fit any level of fitness.

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**THE HIBERNATOR**

You rarely exercise and know you need to, but are unsure of how to get started.

Find something fun that you can stick with, and start out slowly. First, work on increasing the frequency of your workouts – if possible, aim for three times a week to start. Next, try gradually adding time to your workouts. Most adults should strive for 150 minutes a week. Lastly, focus on upping your intensity and trying to work a little harder. You may find it helpful to track your progress using a fitness app. For strength training, try using a resistance band or stability ball. If you have a medical condition, be sure to check with your doctor before starting any exercise program. And pay attention to your body – if something is causing pain, you may need to slow down or modify your workout.

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**THE FAIR-WEATHER EXERCISER**

You exercise regularly, but it’s a chore to drag yourself to the gym on a cold winter day and you’re tired of logging mile after boring mile on the treadmill.

The same exercise routine day after day can get boring, so aim to mix it up a bit. Try a new activity, class or location, or work to integrate endurance, strength, flexibility and balance into your workout. At the gym, try out cycling, kickboxing, dance or other group fitness classes. And don’t be afraid to take your workout to new places – join an indoor or outdoor sports league; participate in winter activities like snowshoeing or skiing, or try your hand at running outdoors. If you need a little extra motivation, sign up for a spring race so you can spend the winter months working toward a goal.

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**THE FITNESS FANATIC**

You’re outside running no matter how low the mercury dips – but you don’t want to overdo it or hurt yourself.

Make sure you’re dressed right for the weather. Dress in layers that you can remove when you start to sweat, and add back on when you’re cooling down. Avoid cotton clothing as it holds moisture close to the body and can cool you off too much. When you’re working out, you should be able to take a full breath without coughing, or other distress or discomfort. If you can’t, try wearing a face mask to help warm the air. If it’s still uncomfortable, you may need to exercise indoors. Pay special attention to safety when exercising outdoors. Consider using shoe cleat devices or trekking poles when it’s icy, and make sure you are visible in the dark.
No matter the weather, there’s ample opportunity to get moving and have fun! Check out our ideas to get you on your way to a more active season.

**INDOORS VS. OUTDOORS**

**INDOORS**
- Hit up the mall and walk – many shopping centers open early for walkers
- Take a dance class – from ballroom to belly dancing, dance gets you moving
- Play active video games like tennis, boxing, dancing or even bowling
- Check out the on-demand exercise programs available on cable or satellite TV – or find them online
- Try a new fitness class like Zumba or yoga at a health club or community center
- Get jumping at a trampoline park – some even offer aerobics-style classes
- Challenge your strength, balance and endurance with rock climbing

**OUTDOORS**
- Cross-country ski – many local parks rent equipment and provide groomed trails
- Join a broomball, hockey or curling league to learn a new activity
- Play – build a snowman or a fort, or have a (friendly) snowball fight
- Strap on some snowshoes and explore nearby parks, trails and lakes
- Ice skate at your local pond or rink (or an indoor ice center if it’s really cold out!)
- Go downhill skiing or snowboarding
- Find a big hill and grab a sled – the ride down is your reward for the hike up
- Bundle up, grab your smart phone or GPS unit and head out on a geocaching adventure
- Shovel the driveway – it can be an intense chore, but if you are conditioned for it, it can also give you a good workout

**PRO TIP: MIX IT UP**
Try to incorporate cardio, strength and flexibility into your workout routine. Strength training is just as important as cardiovascular training, as it improves balance, joint health, posture, metabolism and bone density, and can help prevent injuries. It is also important to maintain flexibility while building strength.

Kelly Eberley, PT, OCS
Physical Therapist
Stillwater Medical Group

**PRO TIP: MAKE IT FUN**
If you enjoy a workout, there is a better chance you will stick with it. Find ways to make exercise more fun by working out with a family member or friend, listening to music or watching TV during workouts, or simply finding a pleasant indoor or outdoor setting that keeps you moving.

Michael Gulenchyn, LAT, CSCS
Athletic Trainer
Amery Hospital & Clinic

**PRO TIP: EASE INTO IT**
If you have joint pain that limits activity, consider seated exercise options or exercising in the pool. To manage pain with walking, consider using trekking poles, or a cane or walker for support. Make sure to wear supportive shoes.

Brian Lease, PT
Physical Therapist
Westfields Hospital & Clinic
**2015 COMMUNITY DIABETES EVENT**
Join us at an evening for diabetes patients and their families to provide the knowledge and tools you need to take charge of your diabetes.

Mini-speaker sessions | Booths | Screenings | Door prizes

INFO & REGISTRATION
March 31, 2015 | 5:30-7:30 p.m.
Lakeview Hospital
lakeviewhealth.org/nutrition
651-430-4655

**NEW CLINICIANS**

**AMERY HOSPITAL & CLINIC**
Updesh Bedi, MD
Cardiology
Andrea Olson, MD
Cardiology

**HUDSON HOSPITAL & CLINIC**
Christina Knutson, DPM
Podiatry
Charlene Muesing, PA
Pulmonary Medicine & Sleep Health
Andrea Olson, MD
Cardiology
Marit Thorsgard, MD
Cardiology

**STILLWATER MEDICAL GROUP**
Updesh Bedi, MD
Cardiology
Cynthia Brenden, MD
Cardiology
Joseph Browning, MD
Cardiology
Priya Kumar, MD
Oncology
Katie Moriarty, MD
Cardiology
Anika Phillips, CNM
OB/Gyn
Michelle Rice, CNM
OB/Gyn
Mohammad Ali Danish Rizvi, MD
Cardiology

**WESTFIELDS HOSPITAL & CLINIC**
Mark Roberts, MD
Internal Medicine
Monica Stiles, MD
Endocrinology

**CLINIC LOCATIONS**

**AMERY** ✶ - 715-268-8000
**CLEAR LAKE** - 715-263-3100
**LUCK** - 715-472-2177
**HUDSON** ✶ - 715-531-6700
**MAHTOMEDI** - 651-439-1234
**NEW RICHMOND** ✶ ✶ - 715-243-3400
**STILLWATER** ✶ ✶ - 651-439-1234
**SOMERSET** - 651-439-1234
**TURTLE LAKE** - 715-986-4101

* walk-in appointments available
* pharmacy location

**PRODUCT SPOTLIGHTS**

The GurglePot produces a soft gurgling sound as it is turned to pour making great conversation pieces and wonderful gifts.

Find GurglePots and many great gift ideas in the Lakeview Hospital gift shop.

Beanie Babies are a line of popular stuffed animals, made by Ty Inc. A perfect gift for any child.

Find Beanie Babies and other fun gifts in the Hudson Hospital gift shop.

Pocket Watch Table Clock from Manual™ features an antique look with a cream finish.

Find Manual™ clocks and other gifts in the Westfields Hospital & Clinic gift shop.

The gift shop at Amery Hospital & Clinic also has many unique gifts and home accessories to brighten someone's day.
Look Good…Feel Better  
Mon, Feb. 9 or May 11 | 10 a.m.-12 p.m. | Lakeview Hospital  
Registration: (800) 227-2345  
Mon, March 2 or May 4 | 7-9 p.m. | Westfields Hospital & Clinic  
Registration: 715-243-2800  
Beauty techniques for women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. Class is a collaboration between the American Cancer Society; the Cosmetic, Toiletry and Fragrance Association Foundation; and the National Cosmetology Association.

Advance Directives for WI Residents  
Tues, Feb. 10 | 1-2 p.m. | Lakeview Hospital  
Get the tools you need to assess end-of-life care. Learn how to initiate a conversation with your loved ones and how to pick a surrogate decision maker. Participants will also be given an opportunity to schedule a free, private appointment to complete their advance directive with a certified Advance Care Planning facilitator.

Be Heart Healthy  
Wed, Feb. 25 | 6:30-7:30 p.m. | Lakeview Hospital  
Join Cardiologist Dr. Joseph Browning to learn about the risk factors related to heart disease and the lifestyle changes you can make to help avoid heart problems. He will also share the latest in medications and treatment options.

Cancer Prevention Forum  
Thurs, March 5 | 8:30-10:30 a.m. | Hudson Hospital & Clinic  
Join us for a discussion on cancer prevention and learn about recommended screenings for early detection. You’ll meet your local care team and hear about the services available in the community. Breakfast provided.

Varicose Veins  
Tues, March 10 | 6:30-7:30 p.m. | Lakeview Hospital  
Varicose veins can be unsightly and also quite painful. New options exist for the treatment of varicose vein problems, from spider veins to venous ulcers. General surgeons Dr. Kevin Bjork and Dr. Eric Saterbak will explain what can be done to help you find relief.

Tai Chi for Arthritis  
Tuesdays, March 10 | 6-7 p.m. | 3/10 – 4/28  
Stillwater Medical Group, Specialty Clinic Lobby  
$40/8-week session  
Reduce pain and increase balance and flexibility with the Arthritis Foundation Tai Chi Program, led by certified instructor Greg LaDoucette, PT. Gentle Sun-style Tai Chi routines are suitable for every fitness level.

Freedom from Smoking  
One day a week for seven weeks. (Dates TBD)  
7-8:30 p.m. | Lakeview Hospital | $65/series  
Quit smoking for life! In this seven-week series you will learn how to overcome your tobacco addiction so you can start enjoying the benefits of better health. Features a small-group setting in a fun, interactive environment. Includes workbook and CD.

Oh, My Aching Feet!  
Mon, March 16 | 6:30-7:30 p.m. | Westfields Hospital & Clinic  
Join Dr. Lynelle Gabriel to discuss common foot problems, such as bunions, tendonitis, plantar fasciitis, corns and arthritis, among others. Learn ways to ease the pain and hear about the latest treatment options.

Prostate Health  
Tues, March 17 | 6:30-7:30 p.m. | Hudson Hospital & Clinic  
Men, are you making too many trips to the bathroom? Are you concerned about some symptoms but don’t know where to turn? Urologist Dr. David Henly will discuss the most common prostate problems and symptoms, along with tests and innovative treatments.

There’s No Place Like Home: Staying Independent  
Tues, Mar 24 | 9-10 a.m. | Lakeview Hospital  
Thurs, Apr 16 | 10-11 a.m. | Hudson Hospital & Clinic  
Tues, May 5 | 9-10 a.m. | Westfields Hospital & Clinic  
Many older adults prefer to stay in their homes as they age. Learn how to improve home safety and develop a plan for living independently from the Lakeview Home Therapy Team.

Cooking for Two  
Wed, Mar 25 | 6:30-7:30 p.m. | Hudson Hospital & Clinic  
Thurs, Apr 16 | 6:30-7:30 p.m. | Lakeview Hospital  
Wed, Apr 22, 6:30-7:30 p.m. | Westfields Hospital & Clinic  
When you are cooking for only two people, take-out and microwave dinners sometimes become undermine your health. In this class you’ll learn how to make tasty meals for two. You’ll learn tips and techniques for cooking with the right size of cutlery and the right size of pots and pans.

Aging and Intimacy  
Wed, April 1 | 6:30-7:30 p.m. | Hudson Hospital & Clinic  
Medications, illness and changes in our bodies as we age can affect our ability to have an intimate relationship with our partner. Join Dr. Emily Wilson Hall to learn about possible causes and available solutions.

Understanding Your Thyroid  
Tues, April 7 | 6:30-7:30 p.m. | Lakeview Hospital  
The thyroid is commonly misunderstood, even though it plays a major role in controlling systems in the body. Endocrinologist Dr. Shaban Nazarian will discuss how the thyroid works, and break down the myths and truths about the thyroid.

Overactive bladder: New treatments  
Wed, April 8 | 6:30-7:30 p.m. | Westfields Hospital & Clinic  
Too many trips to the bathroom? Sudden urges to urinate? An overactive bladder can be bothersome and may even lead to incontinence. Urologist Dr. Thomas Stormont will discuss the causes and symptoms of overactive bladder, and share the latest treatment options.

Mental Health and Aging  
Mon, April 13 | 6:30-7:30 p.m. | Hudson Hospital & Clinic  
Physical health and mental well-being go hand-in-hand. Dr. Leslie Surbeck will share recommendations on keeping your mental health in check as we age. She will also address symptoms that might indicate a mental illness.

Advance Care Planning (MN & WI)  
Thurs, April 16 | 11 a.m.-12 p.m. | Lakeview Hospital  
Get the tools you need to assess your goals, values and beliefs about end of life care. We will offer tips on how to initiate a conversation with your loved ones, and how to pick a surrogate decision maker. Participants will also be given an opportunity to schedule a free, private appointment to complete their advance directive with a member of Lakeview Hospital’s social services staff.

Your Child’s Eye Exam  
Tues, May 5 | 6:30-7:30 p.m. | Hudson Hospital & Clinic  
Dr. Jeffrey Lynch, Associated Eye Care, will provide an overview of some common conditions seen in pediatric ophthalmology. He will also discuss what parents can expect if their child is referred to an eye doctor.

Make it OK  
Tues, May 12 | 1-2 p.m. | Lakeview Hospital  
It’s OK to talk about mental illness… it’s a common medical condition that can disrupt moods, feelings and the ability to relate to others. Shelly Rock, RN, Director of the St. Croix Valley Parish Nurse Program and a Make it OK ambassador, will help you learn supportive words and ways to help a friend.

Treatment Options for IBS  
Wed, May 13 | 6:30-7:30 p.m. | Hudson Hospital & Clinic  
Long-term or recurring abdominal pain and changes in bowel movements may be the result of irritable bowel syndrome (IBS). Join Dr. Emily Hall to learn more about IBS, its diagnosis, causes and treatment options.
Preventive check-ups for a healthier tomorrow.
To make an appointment visit us at makegoodhappen.com/clinics.