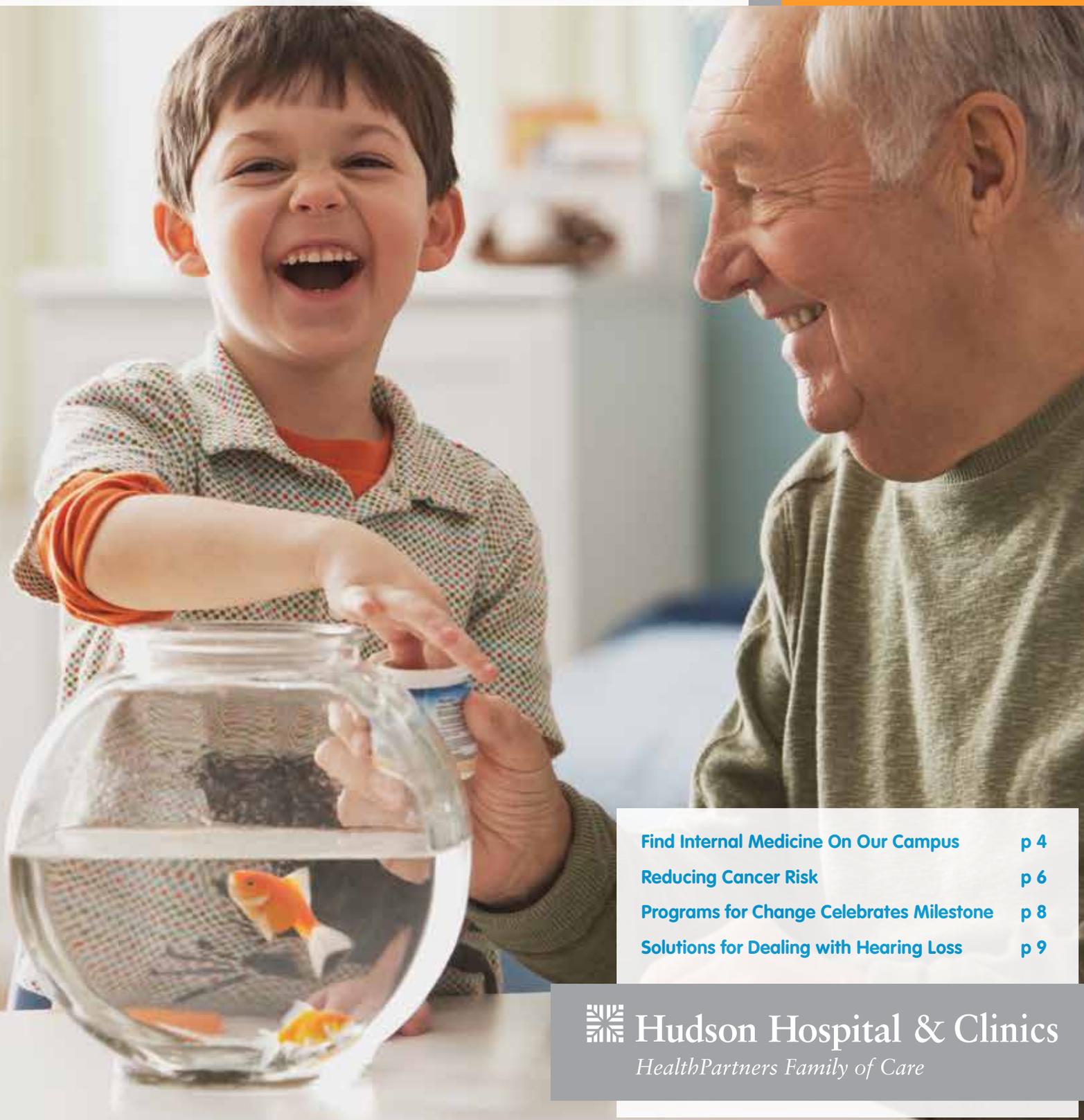


# thrive

Empowering  
your best health



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 **Hudson Hospital & Clinics**  
*HealthPartners Family of Care*

**Excellent care, close to home.** Hudson Hospital & Clinics provides high-quality medical care close to home. We're devoted to making you feel at home, with a personal approach to care and service that offers the unexpected — from fresh-baked cookies to calming views of nature and handcrafted art. These elements, together with the skill and compassion of our physicians, staff and volunteers, are vital for whole health and healing.



### Hudson Hospital & Clinics

From specialty clinic visits to comprehensive hospital care, we offer a wide range of services at Hudson Hospital & Clinics. We understand the important role that family and friends can play in health and recovery, so we work with patients and their families to create a plan of clinical care, emotional care and customer service.

### Our Sustainability Journey

Hudson Hospital & Clinics' mission is "Caring for the health of our community" and we have embarked on an eco-friendly journey establishing sustainable business practices. These efforts have made Hudson Hospital a model within the HealthPartners® family of organizations. Some examples include: reducing waste, conserving energy, using locally grown fresh produce, and cleaning with Green-seal approved chemicals. Learn more at [hudsonhospital.org](http://hudsonhospital.org).

### Healing Environment & Healing Arts

The healing environment of Hudson Hospital & Clinics continues to be recognized nationally. The building's architecture, interior design and gardens draw tours from health care organizations across the country to learn about our innovations and successes in partnership with the community to build a healing environment. Throughout the property you'll find nurturing gardens and places of respite. Through a special partnership with the Phipps Center for the Arts, the hospital exhibits an extensive collection of original artwork on a rotating basis. Charitable contributions from the community allow Hudson Hospital Foundation to provide support for the Healing Arts Program.

### Emergency Care

Hudson Hospital Emergency Center is a trusted source for emergency medical care. When you need emergency care, Hudson Hospital Emergency Center is easily accessible, convenient and offers top quality medical services. Because illnesses or injuries can happen any time, our staff is available to care for you 24 hours a day. You'll also find board-certified emergency medicine physicians at our Level IV Trauma Center.

### General Medical Care & Specialty Clinic Care

We offer general medical care on campus including: Hospitalists, Hudson Hospital Internal Medicine Clinic and HealthPartners Roberts Clinic, (located in Roberts, WI.) We also have a wide range of Specialty Clinics which you will find on [hudsonhospital.org](http://hudsonhospital.org).

### Hudson Physicians — WWMA

Hudson Physicians, also located on campus, is an independent, full-service clinic with primary and specialty care providers in family and internal medicine, obstetrics and gynecology, pediatrics, sports, spine, occupational medicine and general surgery. They also have physician assistants, certified nurse midwives, and nutrition and diabetic educators on staff. Services also include occupational medicine, anticoagulation therapy, and allergy and immunization care.

### Specialty Care

Our Specialty Clinics are conveniently located on campus with local access to some of the best specialty physicians and services in the region. Coordinated care services include imaging, laboratory, nutrition care, surgery and procedure, rehabilitation and more.

- Allergy & Immunology
- Audiology
- Cancer Care
- Chemotherapy & Infusion Center
- Ear, Nose & Throat
- Endocrinology
- Eye Care
- Heart Care
- Internal Medicine
- Nephrology
- Neurology
- Orthopaedics
- Pain Medicine
- Pediatric Cardiology
- Pediatric Chemotherapy & Infusion Center
- Plastic Surgery & Cosmetic Treatment
- Podiatry
- Pulmonary & Sleep Medicine
- Rheumatology
- Urology
- Vascular Surgery

### Hospital Care

- Alcohol & Substance Abuse Recovery
- Birth Center
- Emergency Center
- Heart Care
- Home Health & Hospice Care
- Hospitalist Care
- Imaging Center
- Inpatient Care
- Medical Laboratory
- Nutrition Care
- Orthopaedics
- Pharmacy
- Rehabilitation Center
- Sleep Health Center
- Surgery & Procedure Center

### Hudson Hospital & Clinics

(715) 531-6000  
(800) 993-2325 (toll-free)  
(715) 381-1031 TTY/TDD

### Specialty Clinics

(715) 531-6700  
**Hudson Hospital Internal Medicine Clinic**  
(715) 531-6700

**HealthPartners Roberts Clinic**  
(715) 531-6600

**Hudson Hospital Foundation**  
(715) 531-6075

**Pharmacy**  
(715) 531-6450  
Free local delivery and prescription mail service

**Medical Appointment Transportation Service**  
(715) 531-6826

**Care Partners Hudson Physicians**  
(715) 531-6800 (main)  
(715) 531-6888 (appts.)  
(877) 240-1365 (toll-free)

**ADORAY Home Health & Hospice**  
(715) 684-5020  
(800) 359-0174

**Cancer Center of Western Wisconsin**  
(715) 243-2800

**Hudson Counseling Services**  
(715) 531-6760

**Hudson Hearing Clinic**  
(715) 531-6710

**Interventional Pain Specialists of Wisconsin**  
(715) 234-7246  
(866) 745-7246

**St. Croix Orthopaedics**  
(800) 423-1088



## What's new?

We're ever-changing to meet growing health care needs of our communities

Being part of the HealthPartners family has enabled Hudson Hospital & Clinics to expand services and plans for a new **Medical Office Building**. The 41,000 square foot, 2-story facility is expected to be completed in 2013. "In June of 2013, we will be celebrating our 10th anniversary on this campus which was built with the intent to grow with the community," says Marian Furlong, President & CEO. Hudson Hospital Specialty Clinic, Internal Medicine Clinic, Infusion Center and Rehabilitation Center will occupy part of the new facility. The remaining space will be available to other health care providers.

We're expanding the **Hudson Hospital Internal Medicine Clinic** on campus and welcoming Dr. Leslie Surbeck, Internist who joins Dr. Rynn Burke, Internist. Services offered include adult medicine care with a special training on the prevention and treatment of adult diseases.

Better, faster, safer — a **new Toshiba CT scanner system** was installed at Hudson Hospital Imaging Center which allows for 160-slice 3D imaging. Advanced image processing provides better image quality and reduction of the radiation doses greatly enhances the patient experience.

Hudson Hospital & Clinics won two **sustainability awards from Practice Greenhealth**, the nation's leading sustainability in health care organization. They include: "Partner for Change" Award — honors environmental achievements in health care

sector and "**Making Medicine Mercury-Free**," which designates that proven policies have been put in place to rid the facility of the harmful chemical mercury, and to prevent it from re-entering the facility.

Our **Rehabilitation Center** offers a range of both inpatient and outpatient services. They now offer **Women's Health Services** and **Post Cancer Care**, such as Lymphedema Therapy which includes gentle massage techniques and compression therapy to manage acute or chronic edema.

**Pediatric Chemotherapy & Infusion Center at Hudson Hospital & Clinics** offers patients infusion therapy in a healing environment close to home. In partnership with Children's Hospitals and Clinics of Minnesota, and Hudson Physicians pediatricians, pediatric patients from western Wisconsin and eastern Minnesota needing infusion treatments now have convenient local access to care.

Welcome new providers:

- **Leslie Surbeck, MD**  
Hudson Hospital Internal Medicine Clinic
- **Pao Vang, MD**  
ENT, Hudson Hospital Specialty Clinics
- **Alyssa Lynch, DO, OB/GYN\***  
Hudson Physicians Clinic
- **David Henly, MD\***  
Urologist, Hudson Hospital Specialty Clinics
- **Ashwin V. George, MBBS**  
Hospitalist, Hudson Hospital

*\*New providers coming this fall.*

thrive

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## Internists prescribe prevention, manage complex cases

A diverse selection of physicians is one of the hallmarks of exceptional patient care on Hudson Hospital & Clinics health campus. What physician is the right choice for you? If you are an adult interested in maximizing your future health, or if you are dealing with one or more disease process, you might consider an Internist for your next appointment.

Internists are physicians with specialty training in Internal Medicine. They are physicians who specialize in the prevention, detection and treatment of illness in adults. (But don't mistake them with "interns," who are doctors in their first year of residency training.) Internists are equipped to deal with whatever problem a patient brings — no matter how common or rare, or how simple or complex.

They are particularly trained to solve puzzling diagnostic problems and can handle severe chronic illnesses and situations where several different illnesses occur at the same time.

### Establishing a trusting relationship

"I value establishing an open, trusting relationship with my patients, whether those patients have diabetes, struggle with high blood pressure, or are a completely healthy person who needs an annual exam," says Kristin Severson, DO, Internal Medicine, Hudson Physicians.

Internal Medicine is a passion for Dr. Severson. In fact, she credits her special interest in geriatrics to her grandparents, who served as healthy active role models during her life. She feels strongly about the role of older adults within family life and strives to empower them to better care for themselves during the aging process.

### Your coordinator of all things medical

An Internist coordinates every aspect of the patients' care — from lab results to treatments, involving multiple specialists at a time. They quickly learn how to wrangle the data, educate the patient and inform the family.

"I work really hard for patients who deal with complicated issues that require lots of specialists — lots of 'cooks in the kitchen,'" says Leslie Surbeck, MD, Hudson Hospital Internal Medicine Clinic. "I help coordinate care with other specialists. For patients, that brings a sense of security and relief." She looks forward to using her skills of coordination while building long-term relationships with patients so she can help them avoid problems over the course of years.

"With my experience as a Hospitalist, I have a good understanding of when issues are becoming severe and might require hospitalization. I work to avoid admission whenever possible," she says. "I also have a really good understanding of why prevention is so important."

### Your resource for future health

"Good doctors come from many walks of life," says Rynn Burke, RN, MD, Hudson Hospital Internal Medicine Clinic. "The most important thing is to make sure you are comfortable with your doctor. Find someone who you can really talk with. That's when the best medicine happens."

Prevention is a passion for Dr. Rynn Burke, who works with her patients to realize their goals. She helps her patients plan out what foods and exercise will best support their goals. "You really can make a difference with your lifestyle," she says. "I know there is so much information available and it's easy to get overwhelmed and give up. But you can plan for a healthy decade. That's huge! And that's what you should use your doctor for — to get information you trust and partner to use that information for your best health."

### Dr. Burke educates her patients on a three-point plan:

1. Keep the top number (systolic) of your blood pressure under 120
2. Keep your blood sugar levels normal
3. Keep your bad cholesterol (LDL) under 100

Achieving these will come more easily for some people than others, depending on genetics and existing conditions. But every person will come closer to succeeding with effective exercise, food and lifestyle.

You can do it! Scan here or visit [drburke3pt.org](http://drburke3pt.org) to learn more about Dr. Burke's three goals for optimal health and how you can achieve them.



### An appointment with her internist is well worth the drive

You could say Stephanie Nelson, 40, of Blaine, Minn., has more than her fair share of medical concerns: diabetes, rheumatoid arthritis, migraines, asthma, thyroid disorder, irritable bowel syndrome, and a vitamin deficiency after gastric bypass. So when her family doctor passed away, she struggled to find a physician who could help manage her multiple, complex problems.

She realized she needed an Internist and, after a few tries, she found the right Internist for her needs.

"Dr. Burke makes me feel wonderful," says Nelson of her Internist, who practiced in Blaine several years ago. "I've never had a doctor like her before. Dr. Burke really listens. And she writes everything down so you leave with a plan in hand. She sat down and wrote down what I should be eating in a typical day and even gave me a recipe for oatmeal and nuts for breakfast."

As a teacher, it can be difficult for Nelson to take time from work for medical appointments, including a 50-minute drive each way to Hudson. But, she says, it's worth it.

"I've referred four people to her," says Nelson. "Normally, you wouldn't follow someone that far. But I've been extremely happy with my experiences at Hudson Hospital & Clinics. I can see why Dr. Burke went there."

## Internists are specially trained in these areas:

- severe chronic illnesses
- multiple illnesses at the same time
- disease prevention
- whole wellness
- diabetes management
- women's health
- substance abuse
- mental health
- post cancer nutrition and recovery support

### Meet the docs:



Rynn Burke, RN, MD  
Internal Medicine  
Hudson Hospital & Clinics



Kristin Severson, DO  
Hudson Physicians  
Internal Medicine



Leslie Surbeck, MD  
Internal Medicine  
Hudson Hospital & Clinics



Priscilla Hedberg, MD  
Hudson Physicians  
Internal Medicine

# Some simple lifestyle choices can greatly reduce cancer risks

Of all the exciting breakthroughs in cancer treatment, none stacks up to your own power of prevention.

“New advancements in treatment are minor compared to the things we can do in our daily lives to prevent getting cancer in the first place,” says oncologist Gretchen Ibele, MD, at Hudson Hospital & Clinics.

Of course, genetics and just plain bad luck are factors outside of our control. But a number of cancers are avoidable for many people and physicians want you to understand some of the most important prevention tips.

“How do we get cancer?” says family medicine physician Paul McGinnis, MD, Hudson Physicians. “It comes down to three words: lifestyle, lifestyle, lifestyle.”

So, what lifestyle factors pose the greatest cancer risks? They fall into three groups:

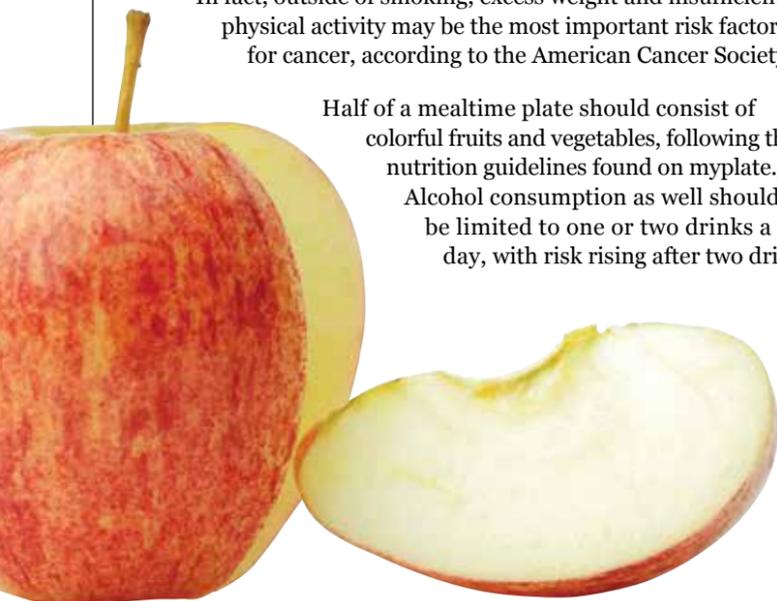
## What we eat

This isn't a minor factor. About two out of three Americans are overweight or obese. There's a direct correlation between obesity and specific types of cancer, including breast, endometrium (uterine lining), prostate, kidney, colon and rectum, and others.

“There is a long list of cancers clearly related to diet and weight,” Ibele says. “If someone does get cancer, whether or not it's related to obesity, patients often have a more difficult time recovering if they are obese.”

In fact, outside of smoking, excess weight and insufficient physical activity may be the most important risk factors for cancer, according to the American Cancer Society.

Half of a mealtime plate should consist of colorful fruits and vegetables, following the nutrition guidelines found on [myplate.gov](http://myplate.gov). Alcohol consumption as well should be limited to one or two drinks a day, with risk rising after two drinks.



“People know what they have to do. But it can be difficult,” says Ibele. “The most important thing is to push yourself a little every day to improve your diet.”

## Where we work and live

While it is a less-common cancer risk, workplace hazards are a reality for many. Work that involves exposure to radiation, toxic chemicals, sun and even stress can be dangerous.

Radon is also a consideration. St. Croix County is in the “red zone” (highest potential) for radon, an odorless, tasteless gas present outdoors and in many homes. The Environmental Protection Agency calls radon the second leading cause of lung cancer after smoking. Homeowners should know that the cancer risks of radon are much higher for smokers.

## What we do

In this category, tobacco use stands out.

“If you are a smoker, quitting is the most important thing you can do to prevent cancer,” says McGinnis. “There's no doubt about it.”

In his experience, however, that fact doesn't motivate many smokers to quit. Instead, he counsels patients on factors that may seem more imminent, such as finances (the habit costs thousands each year), or appearances (it ages the skin more quickly).

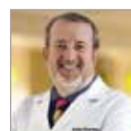
The physician also puts great value on exercise as a cancer prevention tool.

“Exercise activates the immune system and gets everything working better,” he says. “It's a shot in the arm. We may not understand the science of it completely yet, but we know it works. You don't have to join a gym and buy Spandex. You can just make small changes that you can sustain, like a few short walks a day around the block, parking lot or building.”

## Meet the docs:



Gretchen Ibele, MD  
Oncology  
Hudson Hospital & Clinics



Paul McGinnis, MD  
Family Medicine  
Hudson Physicians

# Hudson woman's positive attitude was key weapon against cancer

Throughout treatment of breast cancer, Lynn Cincotta lived her personal belief: “Attitude is everything... but chemo and radiation help.”

“She was the most fun patient we've ever had,” says Elizabeth Owen, RN, one of Cincotta's nurses at the Chemotherapy & Infusion Center at Hudson Hospital & Clinics. “She says attitude is everything, and her attitude is amazing.”

It has been five years since Cincotta finished her treatment for stage 2 breast cancer. She says the people who helped her through the process at Hudson Hospital & Clinics — the mammography technicians, the surgeon who performed the biopsy and lumpectomy, the oncologist and the infusion nurses — were all so “gosh darn nice,” as she remembers them fondly.

Many people are surprised to know they can receive chemotherapy and infusion treatments right here in Hudson — offering convenience, less travel time, less time waiting for appointments and more time spent healing with family and friends, says Owen.

“It sounds crazy, but I looked forward to my chemotherapy sessions,” Cincotta says. “We'd sit and chat. The nurses, Elizabeth and Pat, just made going through chemo a breeze.”

She also appreciated the kind-hearted, straightforward approach of oncologist Gretchen Ibele, MD.

“I was raised where you played the hand you were dealt,” Cincotta says. “Dr. Ibele was the kind of doctor I wanted. She didn't sugar coat. She'd say ‘Here's what's going to happen.’ She's been wonderful.”



Elizabeth Owen, RN and recovered cancer patient Lynn Cincotta enjoy laughter together and sharing memories. Watch more of Lynn's story online at [hhcCancerCare.org](http://hhcCancerCare.org).

Ibele says Cincotta is an example of someone who never gave evidence of feeling sorry for herself.

“She's a real inspiration,” Ibele says. “I've been impressed with how strong and resilient people are, even when things aren't turning out how they wanted.”

Owen still has the button Cincotta gave her during the many chemo sessions spent together. Cincotta created the buttons to state her personal belief, “Attitude is everything... but chemo and radiation help.”

“The truth of the matter is, the people who come in here and say ‘let's get it done’ do so much better,” says Owen. “Our team here really supports that, too. There's a misconception sometimes that bigger is better when you are looking for cancer care. Our patients would completely bat that down. Our standard infusion and chemotherapy treatments are the same as patients receive in bigger medical centers. But, here, we will know you.”

Hudson Hospital & Clinics offers a wide range of cancer care services, with additional service, including radiation therapy, available through the Cancer Center of Western Wisconsin, located in New Richmond.

## Chemotherapy & Infusion Center Services

- Prevention services and risk screenings
- Medical oncology, hematology and chemotherapy
- Palliative care/pain management and healing touch
- Cancer support groups and education
- Radiation therapy available at Cancer Center of Western Wisconsin

## Pediatric Chemotherapy & Infusion Center Services

In partnership with Children's Hospital and Clinics, pediatric chemotherapy is available under consultation with subspecialist Yoav Messinger, MD, including consultation for cancer and blood disorders.

- Treatment and care directed by Children's providers using Children's protocols
- Administration of select chemotherapy and blood products
- Monitoring for side effects and complications; lab and radiology services as needed

# Programs for Change celebrates 25 years of dramatic transformations



Almost every day, health care professionals witness people transform themselves when overcoming struggles. Peter VanDusartz, MA, LCSW, ICS, program manager for Programs for Change, argues few are as dramatic as watching someone overcome substance dependency.

“To break free from substance dependency affects every part of a patient’s life — their relationships, health, and communication skills,” he says.

For 25 years, Programs for Change, has served and treated hundreds of people each year. Over 3,500 people have successfully completed its outpatient alcohol and other substance dependence treatment service.

“Programs for Change is vital to the health of the community,” says VanDusartz. VanDusartz also says discretion is paramount, so the clinic is located off the medical campus.

“We work very hard to protect the confidentiality of our patients,” notes VanDusartz.

Programs for Change utilizes principles from the Twelve Steps of Alcoholics Anonymous but integrates other whole-health cognitive and behavioral techniques. It’s an eclectic approach that works, VanDusartz says.

“The dependent person uses chemicals to cope with life. So we help him or her figure out how to do things differently to cope with anxiety and stress, to live life and have fun,” he says. “They find natural, healthy alternatives for the role chemicals had in their lives.”

## Extreme mercy

Linda, an avid volunteer in Hudson, had to learn to deal with anxiety without turning to alcohol when she entered Programs for Change three years ago. She attended sessions three evenings a week.

“Something would happen to make me worry and I couldn’t deal with it, so I’d have a drink,” she remembers of the dark time in her life before treatment. “Anxiety without alcohol is still really hard. Exercise is a great stress reliever. It helps to talk it out.

Prayers. A hot shower. Hot milk. Or I’ve learned to self-talk my way out of it.”

Her sessions at Programs for Change also helped her learn the value of honesty.

“When helping others, I know that even the most seemingly put-together person can have this thing that is hidden. It’s OK to go there. I have learned extreme mercy. I know it can change you,” she says.

## Life-changing choice

When Rick selected Programs for Change, it wasn’t the most convenient choice. He works in St. Paul and he lives in Hastings. He chose Programs for Change because he could get in immediately and he could keep his recovery completely secret.

“I hid my alcoholism from everyone in my life. Not my family, but my employer still doesn’t know. To just disappear from work for a month to go to treatment wasn’t an option,” he says.

He started attending sessions in Hudson three or four evenings a week. At that time, he acknowledges, it looked like he had it all — a nice family, a great job, a beautiful home, boats, cars and other toys.

“You could say it wasn’t bad because I didn’t lose everything. But I was there. I had to drink to make it through the day,” Rick says. “I was drinking nearly a liter of vodka a day, making decisions and managing people.”

Programs for Change gave him the education and tools to get through life sober now, with ongoing support when he needs it.

“It was life changing for me,” Rick says. “I was there by choice and I feel like I couldn’t have made a better choice.”

## Hudson Hospital & Clinics Programs for Change

Alcohol & Other Substance Abuse Treatment & Recovery Care

- Adolescent Insights Program
- Continuing Care Program
- Intake Assessment
- Intensive Outpatient Treatment Program

For more information on Programs for Change, scan the icon or visit [pfc25.org](http://pfc25.org), or call (715) 531-6755.



# Our hearing dulls with age, but patients have sound solutions

As time marches on, we may hear the beat of the drummer a little less each year. Our body parts start to wear out, even our ears. The clinical name for this is presbycusis, or age-related hearing loss.

“Everyone has some degree of it,” says otolaryngologist Derek Schmidt, MD, Hudson Hospital Specialty Clinics, who was recently recognized in the 2012 list of Top 100 Doctors by *Mpls/St. Paul Magazine* for Ear, Nose and Throat (ENT).

“Some people have very useful hearing well into their 90s. But most of us, as we get older, have hearing loss — some faster than others,” notes Schmidt.

Hearing loss can advance more quickly for people who have scarring from chronic ear infections in childhood. For others, damage from noise — the roars of hunting firearms or farming equipment are common in this area — speeds the process of hearing loss, Schmidt says.

“For most people, there is a solution that can help with hearing loss,” he says. “I’ll guide people and discuss options. It’s important to keep in mind that hearing loss is definitely a safety concern. You need to be able to hear the sounds of an emergency vehicle, for example.”

Another common hearing problem is tinnitus, a persistent and bothersome ringing in the ears. He advises tinnitus sufferers to seek a full hearing evaluation from an audiologist.

“We offer a variety of tests and services and can test hearing of all ages including newborns — right here in Hudson,” states audiologist Michele Drevnick, MS, F-AAA with Hudson Hearing Clinic, an independently owned audiology clinic located at Hudson Hospital & Clinics. “One example is an audiogram to determine if there is hearing loss.”

“There is no cure for tinnitus, but there are treatment options,” Schmidt says. “We can help you cope with it.”

Along with treating patients of all ages at Hudson Hospital Specialty Clinics, Schmidt is also a staff otolaryngologist at Regions Hospital and is directly involved in resident teaching and education. He is an assistant professor in the Department of Otolaryngology at the University of Minnesota.

The team at Hudson Hospital Specialty Clinics also includes Pao Vang, MD, Otolaryngologist who recently joined the practice.

The good news is that help is available, depending on how much the hearing loss affects a person’s quality of life and safety. Schmidt describes the most common ways to address hearing loss:

- Routine hearing tests to monitor hearing loss.
- Use of a pocket talker, a microphone connected to a headphone, that amplifies sounds when watching television or attending church, for example.
- For those with clinically significant loss, hearing aids can be helpful.
- For those with profound loss or deafness, cochlear implants can be a viable option.

## Meet the docs:



Derek Schmidt, MD  
Otolaryngologist  
Hudson Hospital  
Specialty Clinics



Pao Vang, MD  
Otolaryngologist  
Hudson Hospital  
Specialty Clinics



Michele Drevnick, MS  
F-AAA, Audiologist  
Hudson Hearing Clinic



For more information on Hudson Hospital & Clinics ENT services, visit [hudsonhospital.org](http://hudsonhospital.org).

## Sign Up Today for our Wellness Classes

The Health Resource Center offers a variety of classes to teach and support holistic approaches to health and healing. Class series are offered several times a year. For information on schedules, costs and registration call the Health Resource Center at (715) 531-6250, or toll-free at (800) 993-2325.

Check out our new website — find the information you're looking for — at your fingertips!

### New!

Now you can register & pay online for classes. Scan here or visit [hudsonhospital.org/classes](http://hudsonhospital.org/classes).



Viewable on your Smartphone!

Sync events with your calendar!

Check out our blog!

Find the latest classes and seminars!

Watch our Heart Care video online!

## Family Health Education

Hudson Hospital & Clinics Health Resource Center provides ongoing education and support opportunities to help build and reinforce a healthy lifestyle. You don't need to be a hospital or clinic patient to benefit from our seminars, classes, educational resources or connections to health care professionals.

### Free Health Seminars

Free seminars and events are presented often throughout the year to educate and support you in disease prevention and treatment. Topics include a wide variety of the latest health issues chosen based upon patient interest, including orthopaedics, senior health, heart and vascular care, celiac issues, diabetes, hypertension management and more. Registration is not required, but seating is limited. All seminars are free and open to the public.

### Healthy Habits for Life®

Healthy Habits for Life is a program designed to help you build lifelong eating and fitness habits. This program helps you make the gradual, permanent changes in your lifestyle that will result in higher energy levels, decreased health risks and the knowledge that you are treating your body the best you can. This balanced 12-class series is taught by Hudson Hospital & Clinics registered dietitians. The series is designed to be customized to meet your busy schedule and needs.

### Nutrition and Weight Management Coaching

Private and personalized teaching and nutrition coaching is conveniently available. Each meeting is enthusiastically guided by a registered dietitian. Three-, six- and 12-session packages are available to fit your lifestyle. Packages offered at a special rate. To register, contact Nutrition Care at (715) 531-6469.

### First Aid and CPR Classes

In partnership with the American Heart Association, Hudson Hospital & Clinics offers convenient CPR and First Aid classes for those who need certification for their jobs, and those who don't need certification, but are interested in learning to save lives in an emergency situation. To register, contact Diane Wetzstein, CPR and First Aid training coordinator (715) 531-6588 or visit [hudsonhospital.org/classes](http://hudsonhospital.org/classes).

### Childbirth & Family Classes

Families living throughout the St. Croix River Valley can find personalized prenatal and family education at Hudson Hospital & Clinics. Class sizes are small, offering the opportunity to connect well with others as you learn the secrets and celebrations of nurturing a healthy family. Classes include Childbirth Five-Week or Weekend Express; Childbirth Refresher; Breastfeeding; Big Brother, Big Sister class and more. To register contact Paige Lewis, childbirth and family educator at (715) 531-6029 or visit [hudsonhospital.org/classes](http://hudsonhospital.org/classes).

### Babysitter's Training Course

This popular American Red Cross course for young people teaches leadership and babysitting skills while boosting their confidence. Youth ages 11–15 learn child care, first aid, leadership and communication skills. Class size is limited (must attend both days). To register contact Paige Lewis, childbirth and family educator at (715) 531-6029 or visit [hudsonhospital.org/classes](http://hudsonhospital.org/classes).

Don't forget to like us on Facebook for frequent posts on events, our team and tips on your health!

Read our tweets and retweet great ideas about health-related topics and news!

### An Evening of Zen: Three Natural Ways to Lower Blood Pressure

Learn about natural ways to reduce blood pressure and add balance to your life. While medications are available to help, there are natural ways that can make a long-lasting impact on reducing high blood pressure. You'll learn about meditation, yoga and the DASH diet (dietary approaches to stop hypertension) and how these can help lower your blood pressure.

### Healing Waters Aquatic Class Series

We're expanding our Wellness Classes to incorporate Aquatic Classes — and they will be held in a 92-degree salt water pool! Starting later this year, classes such as Ai Chi, Prenatal Water Exercise, Gentle Stretch and Water Aerobics will be taught by Emily Breuer, CTRS, at Healing Waters Health Center, located in Hudson.

### Kettlebells Cardiovascular & Strength Training

During kettlebell exercises, participants use a variety of continuous motion swings and lifts in balance to work toward a total workout experience.

### Tai Chi Basics Classes

Tai Chi teaches a combination of gentle mental and physical activity to bring the mind, body and spirit into harmony and create energy flow and well-being. The slow and fluid movements of Tai Chi promote concentration, coordination and balance. Current research suggests the practice of Tai Chi can improve balance, reduce falls and increase leg strength. It also lowers blood pressure, stress hormones, enhances respiratory and immune function and promotes emotional well-being.



### Education & Support Groups

Hudson Hospital & Clinics recognizes the value of bringing people together who share common health concerns.

When you speak with others who share similar feelings and experiences, you can gain insight and strength to adapt to a different way of life or health recovery. The following support groups are offered in partnership with community organizations. Most meetings are held at Hudson Hospital & Clinics. Contact information listed below.

#### Cancer

Ann Jameson  
(715) 531-6190

#### Cardiovascular Disease

Carol Gorke  
(715) 549-6089

#### Diabetes

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#### New Parents

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#### Parkinson's Disease

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