**Excellent care, close to home.** Hudson Hospital & Clinics gives you world-class 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 staff and volunteers, are vital for whole health and healing.

**Hudson Hospital & Clinics**

**HEALING ARTS**

Through a special partnership with The Phipps Center for the Arts, the hospital exhibits an extensive collection of original artwork throughout the building on a rotating basis. As part of the healing environment, the entire campus and gardens were uniquely designed with flexible spaces to exhibit all types of art media. For more information, contact the Healing Arts at (715) 531-6059.

The healing environment of Hudson Hospital & Clinics continues to be recognized nationally. In 2009, the healing arts program was recipient of the prestigious Governor’s Award in Support of the Arts, and 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 partnering with the community to build a healing environment. Community tours of the hospital, clinics and gardens are available by calling (715) 531-6028.

**GARDENS AND LABYRINTH**

Throughout the property and outside just about every window and door, you’ll find nurtured gardens. Benches, arbor swings and numerous sculptures provide areas for visiting and relaxing. Follow the walking paths to the area’s finest meditation labyrinth. While slowly walking and with an open mind, use the time to let go of distractions. Spend time in the center of the labyrinth, sometimes called the time for illumination or reflection. Use the time to pray or contemplate. When ready, exit the center and follow the pathway. This is referred to as union or return. It’s a time to process your thoughts, commit to new insights and prepare yourself for return to life’s work outside the labyrinth experience.

**PATIENT ROOMS**

Twenty-five private hospital rooms feature private baths, garden views, guest accommodations, full dining menu room service for patients and guests, flat-screen TVs and spacious room to relax or visit with family and friends. With special guidelines, patients may welcome visits with the family pet to help brighten the day and reduce homesickness for both patient and pet.

**ALCOVE GIFT SHOP**

Fantastic gifts, home décor items, designer jewelry, baby items, plush cuddlers, seasonal gifts and goodies, gourmet candy and more! Not your ordinary hospital gift shop — but a destination for something special. All sales benefit hospital programs and services. Phone-in gift and flower orders are available for delivery to hospital patients and mothers of newborns.

**SPECIALTY CLINICS**

Our clinics offer convenient 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. This Health Care Guide provides a complete list of physician choices in the following specialty services:

- Allergy & Asthma
- Cancer Care
- Ear, Nose & Throat
- Endocrinology
- Eye Care
- Heart Care
- Infusion Therapy
- Nephrology
- Neurology
- Plastic Surgery
- Podiatry
- Pulmonary
- & Sleep Medicine
- Rheumatology
- Urology
- Vascular Surgery

**HOSPITAL CARE**

- Acute Care for the Elderly
- Birth Center
- Chemical Addiction Treatment and Recovery Care
- Emergency Center
- Heart Care
- Home & Hospice Care
- Imaging Center
- Medical Laboratory
- Nutrition Care
- Orthopaedics
- Pharmacy
- Rehabilitation Center
- Sleep Health Center
- Surgery & Procedure Center

**Hudson Physicians – WWMA**

Hudson Physicians is an independent, full-service clinic with primary and specialty care providers in family and internal medicine, obstetrics and gynecology, pediatrics and general surgery. They also have on staff physician assistants, a nurse practitioner and nutrition and diabetes educators. As well as offering specialty clinic services in occupational medicine, the clinic provides anticoagulation therapy and allergy and immunization care.
As a patient of Hudson Hospital & Clinics, you will experience care that focuses on whole health for you and your family. Our campus offers the convenience of a wide array of specialized care and services — all within one building, where thoughtful staff and volunteers are always ready to help. Located just off I-94, Hudson Hospital & Clinics and Hudson Physicians — WWMA clinic are conveniently accessible together in the same warm and comfortable environment along with the Pharmacy, Health Resource Center, Conference Center and Alcove Gift Shop. Experience comfort, feel nurtured and be empowered at Hudson Hospital & Clinics.

What you’ve always wanted in health care.

Our special amenities — all part of our style of care — center on personalized family attention. 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.

Even the details of hospital rooms take the whole person, and whole family, into consideration. The windows in each of the 25 spacious, private rooms at Hudson Hospital & Clinics look out on manicured gardens and handcrafted bird feeders. While views of nature can be soothing, patients and their guests also appreciate flat-screen televisions, wireless internet access and other unexpected conveniences. Patients may also order room service for themselves and their guests.

From quick specialty clinic visits to comprehensive hospital care, we offer a range of services at Hudson Hospital & Clinics, including inpatient and outpatient services in emergency care, orthopaedic care, birth center, surgery, heart care, cancer care, rehabilitation and medical imaging.
QUIZ

People rarely think about how they interact with their doctors or what kind of relationship they look for with their health care professionals. This fun exercise is simply meant to help you think about your own health care habits. Take five minutes to answer some quick questions below — you may be surprised!

1. When you need to see a specialist, you select a doctor based on:
   a. Referrals from trusted friends and family
   b. Research you’ve done on local doctors
   c. If they look friendly in their picture

2. When you meet with your doctor, you would describe yourself as being:
   a. Attentive to what the doctor has to say and inquisitive
   b. Prepared to the hilt with a list of questions, potential myths to dispute and a notebook to document everything
   c. Quiet and agreeable

3. When talking about your health, you view your relationship with the doctor as:
   a. A partnership where you can collaborate.
   b. It’s my way or the highway. I’m in the drivers seat and no ifs, ands, or buts, buddy.
   c. The doctor is the expert and what they say goes.

4. If the doctor asks you to keep up with a certain behavior to benefit your health, your response is:
   a. I’m open to change to a point, so let’s discuss it.
   b. How exactly does this benefit my health and have there been any studies to prove it?
   c. I’ll tell you what you want to hear.

5. If you don’t enjoy an experience with a doctor you would:
   a. Request a different doctor and maybe make a comment to the person scheduling the appointment for you.
   b. Send a letter of complaint to the doctor and the big boss.
   c. Never say anything and just avoid doctors in general.

What does it all mean? Add up your points as follows:

1 point for each question you answered with an A,
2 points for each B, and 3 points for each C.

Once you have your total score, read below and find which category you fit into. Does it match with what kind of patient you thought you were, or were you surprised? The best health care experiences are based on honesty. And the more you know about your own preferences and habits, the better you understand the kind of relationship you need from your doctor.

5 – 9 pts: **The Collaborator.** You are a big team player and prefer to work together with your doctor when it comes to your health. You like to get input from others and be able to give feedback when needed.

10 – 12 pts: **The Conductor.** Others can play, but basically you are the captain. You like to have all of your ducks in a row and know everything that is going on. This is your life and you are looking out for it.

13 – 15 pts: **The Passenger.** You prefer to let others take the wheel, especially if it’s down a road you’ve never been before. So sit back and enjoy the ride!

YOUR GUIDE TO FINDING ‘just right’ health care

We understand. You want choices and you’ll choose only the best to serve your health care needs. That is why we are proud to present you with this Health Care Guide of some of the most highly skilled health practitioners and services available — right here in your neighborhood at Hudson Hospital & Clinics.

Satisfying your personal preferences and comfort level is essential and this is why: When you believe in your health care providers and they believe in you, that’s when the most successful health care can take place.

If you’ve never given much thought to your personal health care style, take the quiz on this page. It will get you thinking about what kind of consumer you are. Then browse through the rest of this guide and read about the primary care physicians, specialists and services we offer. We think you’ll find the right match, whether you are looking for a podiatrist who empathizes with your need to hit the jogging trails or a cardiologist who is convinced he can add years to your life by helping you improve your diet.

This guide also offers you some honest and practical tips from medical experts whose experiences and training can benefit your entire family. (You won’t be the only household to keep this guide as a coffee table book.)

The growing team at Hudson Hospital & Clinics is privileged to deliver such a wide range of exceptional, personalized services to you and to this vibrant region. We are always here for you and your family. If you are not our patient now, we welcome you to tell us what you need and how we can make Hudson Hospital & Clinics your health care home.
Hudson Physicians brings healthy living to your family.

Building a consistent relationship with your family doctor can bring your family a brighter future through preventive health care and education. MORE ON NEXT PAGE.
Family Medicine
Specialists in Family Medicine are trained in the management and treatment of the vast majority of health concerns for all ages. Your family physician may involve consulting specialists in your care, but will always have the perspective of your entire health history and lifestyle.

Pediatrics
When your child is sick you will do anything to help them feel better. At Hudson Physicians we have the same goal in mind. From birth to young adulthood, we are devoted to keeping your children well.

Our pediatricians and family physicians specialize in health care, preventive guidance and diseases unique to infants, children, adolescents and young adults.

Women’s Health Care
Our family medicine and OB/GYN physicians offer expert care and advice for women’s health including gynecology, breast health, pregnancy and childbirth.

Internal Medicine
An internist can also serve as your primary doctor, with the unique focus on adult medicine. They have wide-ranging knowledge of complex diseases that affect adults and often coordinate subspecialists a patient might see during the course of treating an illness.

General Surgery
General surgery, despite its name, is a surgical specialty that focuses on abdominal organs such as intestines, stomach, colon, liver, gallbladder, bile ducts and hernias as well as surgical breast care and trauma surgery. The responsibility of a surgeon includes preoperative diagnosis and care, the selection and performance of the operation and postoperative surgical care. General surgeons often treat conditions with minimally invasive or laparoscopic surgery.

Personal Lab Services
Personal Lab Services is Direct Access Testing (DAT) at Hudson Physicians that gives individuals access to a limited menu of laboratory tests without having to first talk with a health care provider. This service allows patients more control of their own health and lower costs on lab tests and screenings.

Nutrition and Diabetes Education
Hudson Physicians offers nutrition counseling as well as an American Diabetes Association recognized Diabetes Self Management Education Program. Diabetes educators focus on helping people with and at risk for diabetes and related conditions achieve behavior change goals which, in turn, lead to better clinical outcomes and improved health.

For a complete listing of services, visit Hudson Physicians at hudsonphysicians.com.

Regular physicals curb disease,
create connection with doc.

If you’re looking for a good return on investment of your time, a regular physical exam is a sure thing. It takes less than an hour, prevents disease, reduces medical costs and enhances your family’s wellbeing.

Family medicine physician Greg Young, MD, sees the benefit of preventive care. During the course of a physical exam, Young listens to his patients’ concerns, chats about lifestyles and answers questions.

A common example, Young said, is when a mid-40s man with a weight problem comes in for a physical exam. During the exam, Young would order lab tests to check the man’s blood sugar levels. If the test results indicate the early signs of diabetes, Young would provide education and support to help the patient avoid the disease and its many painful and costly complications, including potential vision loss, heart and kidney disease.

“We are very focused on preventive medicine,” said Young. “I truly see it. Making adjustments today can significantly prevent disease in the future.”

Young also knows that building long-term and caring relationships with his patients can improve their health. During physical exams, along with performing age-appropriate medical tests, he talks with patients about their medical history, overall health and priorities. Through the years, Young gets to know the dynamics of family members, their personalities, medical concerns, stress levels, school activities, diet and exercise routines and more.

“I remember names, faces, where you went on vacation two years ago — your life story,” says Young.

All of this information helps Young assess patients’ risks for potential problems and guides him to offer suggestions for enhancing their health. Just as importantly, this trusting relationship ensures his patients feel comfortable sharing any concern with Young — no matter how sensitive.

“At Hudson Physicians, we practice preventive medicine because we know that avoiding health problems is much better than overcoming them,” said Young. “The physical exam is truly the best way to do that.”
Hudson Physicians are a great group of diverse medical practitioners — all with different interests, personalities and strengths. Get to know them as they get to know you.

**Family Medicine**
- Steven F. Adorn, MD
- Cynthia J. Bast, PA-C
- Teresa L. Biros, MD
- Dana M. Dahl, MD
- Mark R. Druffner, MD
- Betsy Glennon, PA-C
- Kevin D. Helmen, MD
- George W. Leyda, Jr., MD
- Vicki L. Mayer, MD
- Paul W. McGinnis, MD
- Annette M. McNallan, MD
- Amanda Nellis, PA-C
- Monica J. Pesavento, MD
- Donna M. Pierson, PA-C
- Brent D. Plackner, PA-C
- Stephen R. Schmitz, MD
- Mark D. Stannard, MD
- Robert J. Stoy, MD
- Gregory L. Young, MD

**General Surgery**
- Kirk L. Jacobson, MD

**Internal Medicine**
- Kristin A. Severson, DO, CMD

**Nutrition and Diabetes Education**
- Tami S. Gregg, MS, RD, CDE, CD
- Susan D. Kurtz, RN, MS, CDE

**Obstetrics and Gynecology**
- Dennis R. Hartung, MD, OB/GYN
- Karen L. Ringgenberg, WHNP-BC
- Jonathan L. Susa, DO, OB/GYN
- Aimee R. Young, MD, OB/GYN

**Occupational Medicine**
- Sean P. Flood, MD, MPH

**Pediatrics**
- Kari M. Campbell, MD
- Jeanne M. Richardson, MD, PhD
- Elizabeth M. Schertz, MD

These are the people in your neighborhood.
Avoiding exercise is really a matter of mind over metabolism. In your mind, you can come up with a list of good reasons to skip exercising. But your body’s metabolism, the engine that converts meals into energy, is just aching for a brisk work out. And it would reward you with reduced stress, lower blood pressure, lower blood sugar and other physical benefits — along with a healthy dose of pride.

“You get a sense of accomplishment. Exercise is doing something for you,” said Steven Adorn, MD, family practice physician and avid athlete. You may have seen him running in your neighborhood. He’s training for the Boston Marathon.

We all work too much and don’t have a lot of time to devote to exercise. Adorn’s a busy physician, husband and father — he understands. To make it happen, he schedules exercise into each day, sometimes in creative ways. For example, after moving his daughter into her dorm at the University of Minnesota, he ran eight miles around campus.

“If you don’t make exercise a priority, you won’t do it,” said Adorn. “But you have to think ahead and get creative.”

Quick Care is walk-in care open seven days a week, with weekday evening hours. Patients can stop by for testing and treatment of non-urgent ailments, such as sore throat, sinus and ear infection, and urinary tract infection. Patients are usually seen immediately. But if there is a wait, the Quick Care staff will call the patient’s cell phone 10 minutes before the appointment is available.

Cyndy Bast, PA-C, treats patients at Quick Care and knows that with rapid treatment comes great relief from pain and suffering. “We can save people from another day of discomfort or another poor night’s sleep,” said Bast.

Supervising physician George Leyda, MD reviews the case of every patient treated at Quick Care. “I trust the people who work there,” he said. “It’s good care and convenient for patients. For those with odd hours, it may be more convenient than a traditional clinic setting.”

Leyda asks patients to keep in mind:

- Quick Care is for diagnosis and treatment of specific medical problems, such as when you suspect you have strep throat, a bladder infection or pink eye. You can also be tested for pregnancy.
- Patients with serious health problems, such as chest pain, shortness of breath, lacerations or broken bones, should call 911 or go directly to the hospital Emergency Center.
- While at Quick Care, if your illness requires additional medical attention, staff will help you arrange the necessary appointment at your clinic.
- Quick Care offers a price list of specific tests. Quick Care will bill your insurance, or you can pay cash.

Where does exercise fit into your coming week? Adorn offers some suggestions:

- If you find yourself spending a lot of time taking your child to and from sports practices, stay for practice and walk, run or jog around the field, rink, court, etc.
- Pick up an exercise video at a garage sale and get your small children into the routine at home.
- Go up and down the staircase in your office building. Or go for a walk during your lunch break. A sustained burst of energy — 20 to 30 minutes — does more good than 15 casual trips to the copy machine throughout the work day. But all movement is good.
- Put your baby in a jogging stroller and go for a long walk, run or jog.
Classic allergies have a "gigantic impact" on daily life, said specialist Thomas Helm. Without proper management, symptoms cause missed days of school and work, lost potential in athletic achievement, fear of severe medical reactions and avoidance of the great outdoors — even on the most beautiful of summer days. If you suspect you might have allergies, watch for:

• Chronic nasal symptoms
• Incessant coughing
• Shortness of breath when playing sports or not keeping up with peers in sports
• Genetic background

Helm said in the past 20 years, cases of asthma have doubled, as have cases of allergies, including hay fever, eczema and food allergies. There are no clear answers why. But, he said, it is highly genetic and he believes it is very important — and realistic — to get symptoms under control.

“[I worry that people stay indoors and avoid exertion. But] asthma and allergy patients should be able to do what they want to do. Eighteen percent of medalists in the Olympics had asthma,” he said.
How many of your friends or family members have had cancer? Are you afraid you could be next? Unfortunately, fear of cancer isn’t irrational, said oncologist Gretchen Ibele.

“As a physician, I don’t brush that fear aside. But I help people acknowledge they can do things to be as healthy as they can be to reduce the risk of cancer,” she said.

Ibele listed a few of the key day-to-day ways to protect yourself against some cancers:

- Don’t smoke. Smoking doesn’t just affect the lungs. It can cause cancer in the bladder, head, neck, kidneys and other areas.
- Watch what you eat. Aim for a diet low in animal fat.
- Stay fit. Physical activity is especially effective in decreasing the risk of breast and colon cancers.
- Avoid the sun at mid-day. When the sun’s rays are strongest, go inside or find some shade. When that’s not possible, wear sunscreen, a hat and protective clothing.

While each person can take control of lowering his or her own risk of getting cancer, Ibele is hopeful that — in time — society as a whole will get a better handle on how we all contribute to factors that cause cancer.

CANCER CARE
For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325.

Services include:
- Prevention services and risk screenings
- Medical oncology and hematology
- Chemotherapy
- Radiation therapy
- Palliative care/pain management
- Hospice care
- Breast health services
- Support services, such as social work, health psychology, nutrition counseling, physical therapy, support groups and other educational classes and techniques
Both the heartbreak and scientific fascination of cancer have influenced Gretchen Ibele’s life since she was a preteen, when her grandfather died of bone marrow cancer. Around that time, news coverage of breakthrough uses of chemotherapy to combat leukemia caught and held her interest. Now, as an oncologist, she witnesses the dramatic advancements in cancer treatments firsthand. For instance, chronic myelogenous leukemia (CML) — once a fatal diagnosis — can be treated with an oral drug. One of Ibele’s CML patients is doing well after 10 years on this medication, with no evidence of the disease. Newer treatments also allow Ibele to target specific growth enzymes to fight cancer cells, instead of using broader chemotherapy drugs that affect all kinds of cells. “It’s pretty amazing,” she said.

While the science of cancer and its evolving treatments continue to fascinate Ibele, the most rewarding aspect of her job is walking with her patients through a difficult process.

“It’s gratifying, working with people and helping them during rough and emotional times. You get to know them pretty well, pretty quickly,” she said.

Ibele has four grown children, living all over the country. Spending time with them is a priority. She also runs and lifts weights, and enjoys a book of foreign fiction or U.S. history now and then. “It’s important to have some time away from work, to find a balance and stay in shape,” she said.
Accidents happen. But, when it comes to hand trauma, plastic and hand surgeon Dean Mann has seen a few accidents a few too many times. Here are some words of wisdom:

1) Don’t cut frozen meat. Some surgical patients have partially thawed a block of meat, then tried to saw part off with a knife. The knife slipped.

2) Don’t drink and stand by a campfire. “You would not believe how many people get burned by campfires,” said Dr. Mann.

3) Don’t pet (or let your kids pet) a strange dog. Dog bites to the lips, nose and fingers are common.
Enocrinologists diagnose and treat hormone imbalances and problems by helping to restore the normal balance of hormones in your system. They take care of many conditions including:

- Diabetes
- Thyroid diseases
- Metabolic disorders
- Over or under production of hormones
- Menopause
- Osteoporosis
- Hypertension
- Cholesterol (lipid) disorders
- Infertility
- Lack of growth (short stature)
- Cancers of the endocrine glands

For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.

**Frank Pilney**  
Plastic Surgery

Frank Pilney has accumulated some big numbers: He’s been a Twin Cities plastic surgeon for 41 years. His humanitarian leadership has put smiles on the faces of more than 3,500 Peruvian children with cleft palate. He and his wife of 51 years have 13 children and 21 grandchildren.

But when it comes to his patients, “one” is the only number that counts. He doesn’t make assumptions about how something like a facial scar might make someone feel.

“Each patient is an individual. A concern may seem minor, but if it interferes with everyday life and you worry about it, then the patient should do something. We can talk it through and figure it out.”

The variety of cases he sees and people he meets is one of the reasons he loves his career and has put off retirement.

**John MacIndoe II**  
Endocrinology

A delicate system of hormones controls a constellation of functions in the body. And, ever the patient teacher, endocrinologist John MacIndoe spends part of each day helping people understand what symptoms may or may not be due to their hormones. (To answer a common question: All weight gain can’t be chalked up to a thyroid problem.) He also leads up policy development to enhance hospital care for diabetic patients. “I’m interested in working with people and am willing to spend time to get to the root of their problem. I don’t dictate. I give choices. I’m looking for partnerships with patients.”

MacIndoe was a faculty member at the University of Iowa College of Medicine for 25 years. He enjoys living in this area, as it puts him closer to the North Shore where he trains his two Malamute sled dogs.

**Endocrinology**

**HEALTH TIDBIT NO. 25**

Back to the basics to avoid diabetes

Endocrinologist John MacIndoe sees what used to be considered adult diabetes showing up in children as young as 8 years old. He believes this trend can be attributed to a change in American lifestyle in the past 30 years — with greater weight gain and less physical activity. He encourages families to return to the basics, including:

- Eat at home
- Avoid fast foods
- Avoid pop
- Exercise — play, walk, get outdoors
Don’t allow nasal congestion to go on too long because it can get backed up into the sinuses. If your nasal discharge is discolored (green or dark yellow) for longer than a week, see a doctor.

Avoiding sinus pain

Use a sinus irrigation product.

Noise exposure — a loud rock concert, for example — may seem like a good idea at the time. But those throbbing speakers and screaming crowds can create lifelong hearing loss. Ear, nose and throat specialist Derek Schmidt suggests:

• Wear ear protection to concerts or when you shoot a gun.
• If you wear headphones during your workout, don’t crank the volume up too high. If your ears are ringing when you take your headphones off, that’s a sure sign you need to turn it down a few notches.

Francis Hobson
Ear, Nose & Throat

He is gratified to help his patients manage and prevent ear infections and disease, along with general ENT concerns. But otolaryngologist Francis Hobson, who has special training in ear-related disorders, admits there is nothing quite like restoring a patient’s senses.

“It affects every facet of your life if you don’t have good sensory input,” he said. “Our senses give us the simple pleasures that we take for granted.”

Hobson is an avid golfer and takes his sport on the road with his four children. During a recent trip to Europe, he and some of his kids enjoyed a round of golf in Malta, which is in the middle of the Mediterranean.

“Wherever we go, we try to play,” he said. “They all have clubs.”

Seth Janus
Ear, Nose & Throat

When they are healthy, they are small pockets of air tucked among the bones in your face. When they aren’t healthy, sinuses cause big pain. Seth Janus can help. He said some people go years in pain before realizing pain is caused by sinus problems. While sinuses are a strong interest, Janus provides a range of ENT care, including surgical treatments. He also performs surgeries to repair facial bones. Unfortunately, he said, those surgeries increase in the summer with motorcycle crashes.

Janus grew up in Minneapolis but always spent time exploring the outdoors in the Hudson area. Now he enjoys seeing patients here.

“It’s a relaxed atmosphere where patients are happy and appreciative.”
For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.

Derek Schmidt
Ear, Nose & Throat

Parents can see all the evidence and know that ear tubes are the best cure for their youngster’s chronic infections. But, when it comes to selecting a specialist and surgeon, the final decision boils down to trust. As an ear, nose and throat specialist, Derek Schmidt has the credentials. As the father of two small children, he also has the experience parents look for in a doctor.

“One mother told me I was her second favorite male, all because I put tubes in her child’s ears and it made a total difference,” he said with a laugh.

Schmidt enjoys the challenge of working on a microscopic scale within the ear. But his daily mix of medical and surgical work includes pediatric cases, thyroid surgery, as well as head and neck cancer.

Trond Stockenstrom
Ophthalmology

Ophthalmologist Trond Stockenstrom treats fairly common conditions of cataracts, glaucoma and macular degeneration. However, he has an uncommonly global group of patients — from local patients of all ages, to sailors and Marines serving overseas, as well as his medical missionary patients in third-world countries.

Stockenstrom was born in Sweden and moved to St. Paul with his family at age 11. He attended medical school on an Armed Forces scholarship and was trained as a U.S. Naval Flight Surgeon. He is currently a reservist with the rank of Commander in the U.S. Navy.

He practices comprehensive ophthalmology and is active in performing and teaching oculoplastic surgery, as well as surgery for laser vision correction, laser treatment of diabetic eye disease, as well as many others.

Along with his travels with the Navy and Surgical Eye Expeditions medical missionary work, Stockenstrom enjoys Latin music and dancing.

Common eye care treatments include:

• Glaucoma
• Diabetic retinopathy
• Eye tumors
• Neuro-ophthalmic disorders
• Many other conditions

EyE CARE
Clinics manager Jackie Glaser said patient demand for heart-related services grew 40 percent in the past year. And the cardiologists’ schedules were booked for three or four months out. She heard immediate appreciation from patients as an additional cardiologist, as well as a vascular surgeon and an electrophysiologist, joined the team. “I heard ‘This is so wonderful, we don’t have to drive. We can find quality care right here in Hudson,’” said Glaser.

Heart disease prevention, diagnosis and treatment are increasingly important health issues facing society. When Hudson Hospital & Clinics joined the HealthPartners family of care recently, it helped enable the expansion of heart care services to meet and anticipate the region’s needs.

“We draw in patients from all over western Wisconsin and a lot of that has to do with our physicians. Most patients express that we have the best physicians in the world,” said Glaser.

Patients also benefit from a seamless relationship between the primary care physicians and the cardiologists. Beth Raebel, RN, is the point person between the Hudson Physicians and the specialty physicians. If your primary physician determines you need to see a cardiologist, Raebel will help you select the right cardiologist and make sure you get an appointment in a timely manner and coordinate your care.

In addition, a partnership with Regions Heart Center means that local patients can receive cardiovascular surgery, interventional angioplasty and stent implantation at Regions, with coordinated follow-up care in Hudson.

“Though we are expanding, patients still get the warm and personalized care they expect from us,” said Vicki Mayer, MD, of Hudson Physicians and Specialty Clinic Medical Director. “We coordinate our patient’s care through the process of meeting with a specialist.” As well as our specialists’ outstanding credentials, our patients often comment how much they appreciate their personalities and caring attitudes.
• Know your risk factors, including being overweight, diabetic, a smoker or if you have a family history of heart disease.
• Don’t think you’re immune, even if you don’t have risk factors.
• Remember that a healthy lifestyle is the best defense.
• Do not ignore symptoms, such as a funny feeling in your chest or shortness of breath when you’re physically active.

Heart health tips, especially for women:

While taking care of their kids, jobs and parents, middle-aged women too often ignore their own hearts, said cardiologist Kiran Pandey. “Women in this age group have so much on their plate,” she said. “Their own concerns go on the back burner until they find themselves in a hospital bed with a doctor telling them they’ve had heart disease for a long time.” She said women’s symptoms often present themselves differently than men’s. Instead of a chest-clutching pain, women might have shortness of breath or a feeling of being unwell.

Pandey grew up in India and received her medical training in the U.S. She has two young children and enjoys traveling, especially to places with lots of history. She sees general cardiology patients, but has a special interest in women’s heart health.

Marco Guerrero
Cardiac Electrophysiology

With a career in cardiac electrophysiology, it’s wise to have a ready answer for the question “cardiac what?” And Marco Guerrero does: “In cardiology, you have plumbers, who open up clogged arteries, and electricians, who deal with rhythm disorders. I’m an electrician.” He helps patients who suffer from heart palpitations and works with past heart attack victims to prevent sudden death. Another common type of case is when healthy individuals faint, a problem that can usually be treated with patient education.

Guerrero was born in Nicaragua, one of six kids. He grew up in the Twin Cities, where he now lives. He enjoys running, playing tennis, walking and reading. But his passion seems to be those inner electrical workings of the heart. “It’s quite amazing,” he said.

Some services include:
• Complete range of cardiology services offering access and choice
• Specialized cardiac imaging and diagnostic testing
• Lipid, cholesterol and other risk factor management
• Cardiac device clinic (pacemaker and defibrillator implant services)
• Phase 2 and 3 cardiac rehabilitation after a cardiac event such as heart attack
• Cardiac education & support groups
• Personalized and coordinated care with your primary doctor by a cardiac nurse specialist
• Cardiac Level I Emergency Response in partnership with Regions Hospital Heart Center and St. Croix EMS & Rescue

Kiran Pandey
Cardiology

While taking care of their kids, jobs and parents, middle-aged women too often ignore their own hearts, said cardiologist Kiran Pandey. “Women in this age group have so much on their plate,” she said. “Their own concerns go on the back burner until they find themselves in a hospital bed with a doctor telling them they’ve had heart disease for a long time.” She said women’s symptoms often present themselves differently than men’s. Instead of a chest-clutching pain, women might have shortness of breath or a feeling of being unwell.

Pandey grew up in India and received her medical training in the U.S. She has two young children and enjoys traveling, especially to places with lots of history. She sees general cardiology patients, but has a special interest in women’s heart health.
If you know something is wrong with your heart, come to Hudson Hospital & Clinics. You will be assessed here and if more acute care is required, taken immediately to Regions Heart Center in St. Paul. “By the time you walk in the door here, we can have you in a cath lab 50 minutes later. The national standard is 70 minutes,” said cardiologist Thomas Kottke. “We have very rapid access. The team here is part of the team at Regions.”

Heart Info

For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.

Stephen Smalley
Cardiology

Stephen Smalley has a clear vision of his patients’ heart care. As an imaging specialist, he uses non-invasive diagnostic technology to get amazing views of their hearts. As an empowering clinician, he helps them see the control they have over their own health, through smart diets, exercise and stress management.

“A new diagnosis of heart disease can be the beginning of a healing process.”

Smalley recently celebrated 10 years in his specialty by completing recertification. Fresh from hundreds of hours of reading and professional conferences, he is happy to do what he loves best: Help his patients clearly visualize the power they have over their own beautiful hearts.

Thomas Kottke
Cardiology

Straight talk isn’t always easy to hear, but cardiologist Thomas Kottke is willing to give patients a gentle lecture when he’s convinced it will add years to their lives. Whether patients have heart disease or a family history of it, Kottke takes on the role of evidence-based coach.

“Patients sometimes stop smoking for a day or two before their appointment with me,” said Kottke. “But I can always tell. What they may not know is that if they don’t eat their fruits and vegetables, I can see that in their blood work, too.”

Kottke participates in international research on how a healthy lifestyle can produce longevity. In fact, he’s found that a good diet and exercise plan (and no smoking or risky drinking) can tack on another 14 years.
VASCULAR CARE

Joel Barbato
Vascular Surgeon

Vascular surgeon Joel Barbato is delighted that he doesn’t have to say these words very often any more: “You’re too sick to be treated.” Advancements in his field have created options for patients who, in the past, may have suffered complications. He can relieve leg cramping and pain with an angiogram as a same-day procedure. He can use a stent, instead of open surgery, to treat an abdominal aneurysm. Age isn’t a barrier either. He works with patients well into their 80s and sometimes 90s.

Barbato is a Twin Cities native. After nine years of training in Pittsburgh, he moved back to the area to be closer to his family. He and his wife have four children — ages 5 and younger. “I work and go home and take care of kids,” he said with a laugh.

NPHROLOGY

Bhavesh Patel
Nephrology

As a man devoted to helping his patients through the complex and serious stages of kidney disease, Bhavesh Patel serves as physician, counselor, coach and almost family. Chronic kidney disease can be caused by diabetes, high blood pressure and other problems. As the body’s filtering organ, it can be damaged by some medications, as well as lifestyle choices.

Patel said there are no quick fixes for kidney disease. Instead, it takes a long-term relationship with the patient and teamwork with other physicians involved in the case to reduce further damage or to slow the progression of the disease. Some patients ultimately end up with dialysis or a kidney transplant. “I see them often and know them well. They become like a family,” he said.

Prevention is better than a cure.

Kidney disease can come in the form of rare or genetic disorders. It can also be a “lifestyle disease.” Nephrologist Bhavesh Patel advocates for families to take control of their health — long before today’s choices damage the kidneys.

• Exercise
• Eat fewer calories and less saturated fat
• If you have a family history of kidney disease, make sure you get your creatinine level checked on a regular basis. This is a common blood test that can signal kidney disease.
• Get educated about medications and how they affect your kidneys. For some people, over-the-counter medications like ibuprofen and Aleve can hurt their kidneys.

For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.
With some medical concerns, it’s fine to wait it out and see how you feel the next day. But with neurological problems, time can be dangerous. Neurologist Vesselina Mateva said her field of medicine has changed dramatically over the years, with faster diagnostic abilities and better treatments. She is especially encouraged by the recovery of stroke patients who are treated within hours of the onset of symptoms.

With headaches, too, she advises patients to seek help sooner than later, so they can get relief from pain and be evaluated for any other causes.

Mateva and her husband live in Hudson but are originally from Bulgaria. There, her father is also a neurologist — an academic with a specialty in electrophysiology. Her younger brother, too, is a neurologist practicing in Germany. She enjoys the natural beauty of western Wisconsin and “the best health care in the world” of the U.S., she said.
Did you know?

If you have back pain, give it some time. Most people, about 85 percent, get relief from back pain within 12 weeks regardless of what (or any) treatment they receive. However, if you have searing pain in your leg, along with bowel or bladder dysfunction, that’s an emergency.

Lighting up a cigarette is a major risk factor for back pain, according to orthopaedic surgeon Christian DuBois.

The nicotine accelerates the degeneration of discs by choking off the blood supply they need to stay healthy. Smokers also have a more difficult time healing after back surgery.

For more information or to schedule an appointment, please call St. Croix Orthopaedics toll-free (800) 423-1088, Monday – Friday.

Christian DuBois
Orthopaedic Surgeon

You’ve no doubt heard of hip and knee replacements. In the near future, mechanical disc replacements in the neck and lower back will likely become just as common. Orthopaedic surgeon Christian DuBois performs that procedure (unfortunately, it’s not yet covered by insurance). The promise that this type of advancement holds for back pain sufferers is intriguing. But the more traditional procedures, such as removal of an excruciating herniated fragment, are just as gratifying. “Their pain is almost immediately gone,” he said. That said, DuBois notes that surgery is always the last resort. The majority of his patients get relief from non-surgical treatment.

DuBois studied in Illinois and Connecticut, but established his practice here to be near his wife’s family. They have two young daughters.

Daniel Hanson
Orthopaedic Surgeon

He’s a fix-it kind of guy, who changes his car’s oil and repairs the brakes. In his teen years, he dreamed of becoming an auto mechanic. But, as a spine surgeon, Daniel Hanson doesn’t rush to pick up his tools. “My goal is to find the simplest solution to someone’s problem, and usually that’s non-operative,” he said. About 85 percent of his patients find relief through physical therapy, chiropractic care or injections. When surgery is the best solution, he can usually perform the procedure right at Hudson Hospital & Clinics.

Hanson said, in time, his career aspirations might have naturally drifted from auto mechanics to orthopaedics. But he acknowledged he became more empathetic toward back pain in college after a car accident left him with a herniated disc that required spinal surgery. “That experience gave me a different feel for what patients go through,” he said. Hanson and his wife have three daughters.
Moving heavy stuff around by hand — hearthstones, piles of landscape rock or that surprisingly weighty sofa-sleeper — may seem like a time- and money-saving choice. However, spine surgeon Daniel Hanson can relay stories of people who made these choices and, soon after, became his patients. He encourages do-it-yourselfers to look around for smart solutions. Use a dolly to wheel the hearthstones, a Bobcat to transfer the landscape rock, and a few more friends to help with the sofa-sleeper. “Use your head instead of your back,” he said.
Steven Meletiou
Orthopaedic Surgeon

No two days and no two patients are ever alike. And that’s one of the things Steven Meletiou loves about his job as an orthopaedic surgeon who specializes in hands and upper extremities. “It seems like every day a patient comes in with something I’ve never seen before or maybe have seen only in books. I never stop being a student,” he said. His patients range from small children with congenital hand problems to seniors with arthritic joints. While he’s been practicing for 10 years, he had his eyes on this career choice since he was in high school.

Meletiou and his wife and young daughter live in Stillwater. He’s a huge fan of antique cars, especially late ’60s muscle cars.

William Schneider
Orthopaedic Surgeon

Arthroscopic technology — a fiber optic camera and miniature instruments — is now common in operating rooms. But its ability to allow surgeons to use increasingly smaller incisions to diagnose and repair joint problems continues to amaze and delight William Schneider.

“You can look inside a joint and see it in its natural state. The anatomy inside a joint is just fascinating,” he said. “For the patient, there is much less pain and scarring and shorter recovery time.”

Schneider is an orthopaedic surgeon who operates most often on shoulders, knees and hips.

In 2001, the U.S. Congress recognized Schneider and his wife, Lauren, with the “Angels in Adoption” award for helping New York police uncover adoption-related crimes. Their dramatic experience inspired a Lifetime Television movie called “Baby for Sale.” Schneider and his family live in North Hudson and are enthusiastic tandem bikers. He’s trekked as far as 50 miles with his 10-year-old daughters and more than 100 miles with his grown sons.

Healthy Hint

In the midst of falling on ice, everything seems completely unpredictable. But an orthopaedic surgeon can make an educated guess about the results of your ensuing tumble.

- If you are 60 years or older, you are more apt to break your wrist in the fall if you try to protect yourself with arms outstretched.
- If you are 45 years or older, you are more apt to injure your rotator cuff if you land on your shoulder.

Unfortunately, as we age, our bones can become weaker. And breaks and injuries at specific points are common — especially during icy months, said orthopaedic surgeon Steven Meletiou. His advice? Be extremely careful and just walk around the ice if you can. “It’s really not worth it,” he said.
As a runner, outdoor enthusiast, and mom of two toddlers, you can believe podiatrist Melanie Berg when she says she wants to get you back on your feet. “I always understand,” she said. Not only can inactivity due to foot pain lead to weight gain, it can also be emotionally difficult. She gets it.

The most rewarding part of her job is the rare sense of instant gratification in the medical field: “I’m often able to perform some type of procedure or give an injection to make patients feel better before they even leave the clinic,” she said. The most common cases she treats are bunions, hammertoes and fractures.

Berg, a Hudson native, calls herself a “huge, crazy bird watcher.” The premium birdfeed, protected feeders and heated birdbath in her North Hudson backyard keep her feather friends “quite spoiled.”

As a kid, Jeff Pellersels was in perfect health, except his feet. He said he was the victim of bad shoes and bad genes, even of a third degree burn. It was natural that he decided to specialize in podiatry — he jokes it’s the only other kind of doctor he knew about.

He helps patients with everything from in-grown toenails to reconstruction after an injury. He works frequently with diabetic patients but is gratified that, although the disease is on the rise, education about diabetic foot care has also increased. “People come in now before a lot of problems set in.”

When he’s not in the clinic, you might find him at the Cedar Lake Speedway behind the wheel of his super stock.

They may be an icon of summer, but those flip-flop shoes we all love are bad for our feet. Podiatrists Jeff Pellersels and Melanie Berg give the lowdown on common footwear:

**Flip-flops** — In summary: They are terrible. You have to grip with your toes to keep them on. They provide no arch support or stability. And your feet are exposed, which means they can pick up bruises, bone breaks and even a few fungi and viruses. Sport sandals are a better bet.

**Crocs** — These shoes aren’t perfect, but they offer many benefits compared to flip-flops. Crocs provide arch support, a roomy toe-box, air circulation and protection.

**High heels** — Pretty pumps and stilettos balance the weight of your body on the toe portion of your foot, along with compressing nerves. This can lead to hammertoe and bunions, not to mention instability.
For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.

CHARLENE MCEVOY
Pulmonary & Sleep Medicine

It sounds simple enough — get a good night’s sleep and you’ll be safer, healthier and more energetic. But for many people, sleep is elusive. Charlene McEvoy, trained in internal medicine and board certified in pulmonary medicine and sleep care, is ready to help. Her most common cases are obstructed sleep apnea and insomnia. But patients often have a combination of conditions, including asthma and chronic obstructive pulmonary disease (COPD), that get intertwined with sleep disorders. One of the best aspects of helping someone get those golden eight hours of sleep is that their other conditions often improve, too, said McEvoy.

McEvoy and her husband have four children, ages 10 and younger. She has been rowing since she was a kid and rows now with the Minnesota Boat Club on the Mississippi River. She devotes about half of her work time to research with the HealthPartners Research Foundation in asthma, COPD and sleep.

Nicholas Benson
Pulmonary & Sleep Medicine

When you think of sleep, the word “drama” doesn’t necessarily come to mind. But the ability to make a dramatic change in people’s lives, by helping them get a good night’s sleep, is one of the reasons Nicholas Benson became a pulmonologist.

“Patients with sleep apnea have often been sleep deprived for years, with a negative impact on their quality of life. Treatment can make a difference, in just a few short days,” he said.

Benson started his medical career as a primary care physician, then focused on pulmonology and sleep medicine. Along with sleep disorders, patients come to him for help with their asthma, emphysema, chronic cough and other medical problems. He enjoys world travel for leisure as well as to provide volunteer medical services. His most recent trip was to the African country of Sierra Leone.

DOWN BY MANOUSHKA
Pulmonary & Sleep Medicine

A night of uninterrupted sleep makes everyone’s day better, and body healthier. Sleep care specialist Charlene McEvoy offers families the following tips for catching those Zs.

- Exercise daily.
- Make sure kids and parents get vitamin D.
- Establish regular sleep patterns. It’s OK to catch up on lost sleep by taking a quick nap or sleeping in a bit later on weekends, but aim for consistent sleep schedules.
- As kids move into adolescence, be sure they don’t stay up too late, then have problems waking up on time for school.
- Don’t drink alcohol in hopes of it helping you sleep better. It can mess up your sleep stages and aggravate existing sleep disorders. Most over-the-counter sleep aids aren’t much better.

HEALTHY SLEEP HABITS

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RHEUMATOLOGY

Daniel Hathaway
Rheumatology

Daniel Hathaway helps patients with a broad spectrum of inflammatory diseases. Rheumatoid arthritis, lupus and polymyalgia are some of the most common.

With 35 years of experience in this specialty, he is encouraged that new, potent medicines offer new ways to help his patients control inflammation.

Many of the diseases he treats stem from genetics. He has seen an increase in the number of cases of gout. Diet plays a minimal role in the cause of that disease, he said, but older, overweight patients are more susceptible. (By the way, he notes that beer seems to make it worse.)

His scientific curiosity spills over into his hours away from clinical work. He recently traveled to the Galapagos Islands.

For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.

UROLOGY

Todd Brandt
Urology

As a life-long resident of the St. Croix Valley, urologist Todd Brandt lives locally and feels right at home here. He enjoys boating in the summer; downhill skiing in the winter. With nearly every patient, he can chat about some common connection. Creating a sense of ease is important as he helps people who are uncomfortable talking about their medical concerns. He treats patients who have enlarged prostates, cancer, kidney stones, urinary tract infections and more.

“I talk with folks and listen. Humor helps.”

Along with clinical work, Dr. Brandt performs surgical treatment for some patients. He said new robotic technology, which takes laparoscopic techniques to the next level, makes surgical procedures more precise and requires smaller incisions, resulting in shorter recovery time.

For more information or to schedule an appointment, please call (715) 531-6700, toll-free (800) 993-2325, Monday – Friday.
HEALTH CARE GUIDE

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.

Visit hudsonhospital.org to view the latest class, event and seminar topics and registration information, or call the Health Resource Center at (715) 531-6250, toll-free (800) 993-2325.

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, nutrition and weight management, diabetes, hypertension management and more. Registration is not required, but seating is limited. All seminars are free and open to the public.

WELLNESS CLASSES

The Health Resource Center offers various classes to teach and support holistic approaches to health and healing. Classes include Kettlebells Strength & Cardiovascular Training, Gentle Beginner’s Yoga Level I, Ashtanga Yoga and Chair Yoga (especially popular with seniors).

LOWER BLOOD PRESSURE THROUGH HEALTHY EATING

Whether you’ve been diagnosed with high blood pressure or at risk of developing high blood pressure, the Dietary Approaches to Stop Hypertension (DASH) eating plan could help you. Adults in DASH research studies who used the eating plan were able to lower their blood pressure to the same extent as other patients who took medication. During this six-session class series, you’ll learn in detail how this eating plan can help you. You’ll receive support, nutritional and lifestyle guidance to help you are able to successfully make the DASH eating plan part of your regular daily life.

HEALTHY HABITS FOR LIFE®

Achieve long-term weight management through positive lifestyle changes. Weight management at every age comes from a lifestyle that includes accurate information, good nutrition, and regular physical activity. Healthy Habits for Life® is a well-rounded weight program teaching long-term management through education, support, and guidance. The 12-class series is taught by a registered dietitian, who is certified in weight management and fitness training.

FIRST AID AND CARDIOPULMONARY RESUSCITATION (CPR) CLASSES

If a cardiac arrest happened to your loved one or a close friend, would you know how to perform life-saving CPR which can double the chance of survival? Hudson Hospital & Clinics offers American Heart Association classes such as Family & Friends® CPR Class and Heartsaver® AED & CPR Class at convenient times throughout the year.

Do you have the knowledge and skills necessary to give care in an emergency, help sustain life, and minimize the consequences of injury or sudden illness until medical help arrives? Hudson Hospital & Clinics offers American Red Cross Standard First Aid classes at various scheduled times throughout the year.

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 in a relaxed setting as you learn the secrets and celebrations of nurturing a healthy family. Classes include Childbirth Five-Week or Weekend Express, Childbirth Refresher, Breastfeeding, Sibling and more.

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). A $45 registration fee per child includes materials, snacks, and beverages.

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 groups are offered in partnership with community organizations. Most meetings are held at Hudson Hospital & Clinics.

Cardiovascular Disease
Contact Carol Gorke
(715) 549-6089

Celiac & Sprue
Contact Judy Kennedy
(715) 531-6466

Crohn’s & Colitis
Contact Beth Schreepfer
(715) 531-6250

Diabetes
Contact Sue Kurtz
(715) 531-6800

New Parents
Contact Paige Lewis
(715) 531-6029

Parkinson’s Disease
Contact Beth Schreepfer
(715) 531-6250

Sleep Apnea
Contact Chris Bartch
(715) 531-6400

Weight & Wellness
Contact Judy Kennedy
(715) 531-6466
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Peace of mind is knowing that the best care is close to home.

Hudson Hospital & Clinics
Your first choice for health care.

A healing environment and special patient and guest amenities — all part of our style of care — center on personalized family attention. 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 personalized plan of clinical care, emotional care and customer service.

From specialty clinic visits to comprehensive hospital care, we offer exceptional care in a healing environment.

For a personalized tour or more information on our medical staff and services, call (715) 531-6028 or (800) 993-2325.

Check out our exceptional personalized care. Visit hudsonhospital.org today!