



WOMEN, WHAT DO YOU LOOK FOR IN A DOCTOR?

Krynn Buckley, MD, has a unique practice approach.

SEE PAGE 3 ►

HEALTH SCENE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • WINTER 2014

THE HOLIDAYS

Make them merry, healthy and safe

Whatever your winter holiday celebration—Christmas, Hanukkah, Kwanzaa, the winter solstice—chances are you'll be brightening the days with lots of lights, food and good cheer. ♦ Help keep those times festive and fun with these suggestions for a safe and healthy season.

AROUND YOUR HEARTH From Yule logs to Hanukkah candles, from oil lamps to luminarias, fire lights up many winter celebrations. To safely enjoy the glow:

- Decorate with candles wisely. Place them where drafts, children or pets can't topple them—and well away from anything flammable (like curtains). Stow matches where kids can't find them.
- Man the lights. Turn decorative lights off whenever you aren't home and before going to bed each night. An electrical short in a string of bulbs could start a fire.
- De-clutter the fireplace. If you open gifts near a fireplace, clean up after you're done. Paper, ribbons, bags and bows can ignite near a flame.

AROUND YOUR TABLE What's a holiday without delicious (and often fattening) food? Mind your family's waistlines by serving plenty of fruits and vegetables along with smaller portions of traditional treats.

Also, reduce the risk that an unwanted guest—food poisoning—will visit after you've cooked and served that fabulous fare:

- Make sure kitchen helpers wash their hands often, and remind them to keep all surfaces squeaky clean.
- Don't follow Grandma's example of thawing meat on the counter—thaw it in the refrigerator instead.
- Close down the buffet after two hours. Perishable foods need to be packed up and put in the refrigerator promptly at that time.

AROUND YOUR HEART The winter holidays warm hearts, but they can also trigger anxious feelings. To help keep stress to a minimum:

- Be honest with your kids and other family about your gift budget, particularly if money is a little tight this year.
- Ask for help. Holidays are more fun when everyone participates.
- Be lighthearted. Look for humor in the inevitable holiday muddles. A perfect dessert is nice today, but you'll laugh for years about the time the whole pumpkin pie fell on the dog. When you meet holiday challenges with humor, your kids receive an invaluable gift: a life lesson in flexibility and resilience.
- Finally, turn down the lights at a reasonable hour and get a good, long winter night's sleep.

Sources: American Psychological Association; Centers for Disease Control and Prevention; U.S. Consumer Product Safety Commission

HEALTH BITS

POWER BOWL To curb cravings this time of year, make a hearty, nutritious vegetable soup and eat it before meals and parties. It fills you up, but it's low in fat and calories.

American Institute for Cancer Research



NO TO DOUGH

Tempted to taste your favorite raw cookie dough? Resist! Uncooked eggs in raw dough can host bacteria that cause nasty—even dangerous—food poisoning.

Academy of Nutrition and Dietetics



GEARING UP If you give sports equipment as holiday gifts, don't forget to include appropriate protective gear, such as goggles, helmets, gloves and padding.

American Academy of Orthopaedic Surgeons

We wish you a wonderful holiday. If you need us, our emergency department is always open.



OVARIAN CYSTS

4 QUESTIONS, 4 ANSWERS

FEMALE POWER BEGINS with learning about your female parts. After all, the more you know, the more control you have over your health.

One topic to read up on: ovarian cysts. There's a good chance you'll have one of these fluid-filled sacs form in or on your ovary at some point in your life. Most cysts are harmless—they don't cause symptoms, they're not cancerous and they go away on their own.

Still, it pays to have the answers to these four frequently asked questions:

1 How and why do ovarian cysts form? Your ovaries are two small organs, sitting on either side of your uterus, that contain eggs and female hormones.

During ovulation, an egg grows in a tiny sac—called a follicle—within an ovary. When the egg is ready to come out, the sac breaks open and dissolves. The egg then travels through the fallopian tube and into the uterus. If something goes wrong with this process, you can develop what's called a functional cyst. There are two types:

- Follicle cysts, which form when the sac doesn't break open but keeps growing and becomes a cyst.
- Corpus luteum cysts, which form when the egg is released but the sac doesn't dissolve, and the remains form a cyst.

Other types of cysts can form because of endometriosis, pregnancy, infection or cell abnormalities.

2 What are the symptoms? Most cysts are small and don't cause symptoms. If there are symptoms, they may include: ● Pressure, swelling, bloating, or pain in the abdomen or pelvic region. ● Dull or sharp ache in the abdomen or lower back and thighs. ● Pain during certain activities, including sex.

3 How are they detected? A cyst may be found by your doctor during a routine pelvic exam or when examining you because of symptoms. Your doctor may recommend an ultrasound to look more closely at the cyst. Blood and hormone tests may be done to uncover the cause.

In some cases, a doctor may order a blood test that measures a substance called CA-125, which may be a



*To make an appointment with
Dr. Krynn Buckley, call 608-723-3249.*

marker for ovarian cancer. Only 1 percent of ovarian cysts are malignant.

4 How are they treated? In most cases, nothing has to be done about a cyst. It will go away in one to three months. Birth control pills are a treatment option—they won't get rid of a cyst, but they can prevent new ones from forming.

If a cyst does not go away after several menstrual cycles, gets larger or causes pain, it may be removed surgically. Laparoscopy and laparotomy are the two main procedures done to remove cysts.

Sources: American Academy of Family Physicians; American College of Obstetricians and Gynecologists; Office on Women's Health

A FALLING OUT

Why women may lose their hair

LOSING ANY AMOUNT OF HAIR is disturbing, even if it's just too many hairs in your brush. And if your hair actually looks thinner, it can be downright alarming.

Hair loss is common, however, and not just in men: More than one-third of women have this problem at some time in their lives.

If you're a woman whose locks seem to be disappearing, read on to learn more about possible causes and treatments.

WHAT CAN HAPPEN For many women who lose hair, the culprit is stress. Your hair might get thinner after a major event such as surgery, illness or the death of a loved one.

Hair loss may also run in your family. Instead of the receding hairline that men often inherit, female-pattern hair loss is usually a gradual overall thinning.

In addition, an autoimmune disorder called alopecia areata can cause hair to fall out in patches. So can ringworm of the scalp.

Hair loss can also be due to one of these underlying causes:

- A medical condition, such as thyroid disease or lupus.
- Falling hormone levels—for example, after childbirth or during menopause.
- Nutrition problems, such as not getting enough protein or iron.
- Certain medications. Blood thinners and blood pressure medicines, for example, can trigger hair loss.

WHAT CAN BE DONE When hair falls out because of an underlying condition, it usually grows back when that condition resolves. If not, or if the hair loss is hereditary, doctors may recommend one or more of these treatments:

- Minoxidil. This over-the-counter medicine is applied twice daily.
- Other medicines, such as cortisone.
- Hair transplantation. Grafts from the back of the scalp are inserted into thinning areas.

If you're seeing too many hairs in your brush, check with your doctor. There may be a treatment that can help.

Source: American Academy of Dermatology

MIGRAINES

WHAT WOMEN NEED TO KNOW

MIGRAINES ARE A PAIN to anyone who gets them. But they can be particularly so to women.

Why? Because women are three times more likely than men to get migraines, and these intense headaches also tend to be more painful and last longer in women. In fact, migraines are one of the leading health problems affecting women, according to the Migraine Research Foundation.

That's why learning about migraines is important.

NOT A SIMPLE HEADACHE Some people get migraines once or twice a week. Others experience them much

less often. The headache can last from a few hours to several days.

That's a long time to have the severe, debilitating pain of a migraine and the possible side effects that can accompany it, such as nausea; vomiting; and sensitivity to light, sounds or both.

Migraines often occur on just one side of the head. And about 1 in 5 people who get migraines will have what's called an aura shortly before the attack.

Symptoms of an aura include seeing flashing lights or blind spots and having a feeling of numbness or tingling in the face or hands. Women are typically less prone than men to having migraines with an aura.

RELIEF IS POSSIBLE One reason women get more migraines than men do may involve hormones—the headaches often begin around the time of menstrual periods. Pregnancy and menopause can also cause migraine symptoms. For this reason, an estrogen patch or

estrogen pills may be used to help prevent migraines or reduce symptoms once one starts.

Over-the-counter, nonsteroidal anti-inflammatory medicine, such as aspirin or ibuprofen, may relieve mild migraine pain. If those don't work, a doctor may recommend a prescription medicine.

For example, medicines called triptans and ergot derivatives are used to prevent migraines and to ease symptoms. Some antidepressants can work to prevent migraines, as can some heart medicines and antiseizure drugs.

In addition, migraines are often triggered by things such as certain foods, too much or too little sleep, bright lights, or skipped meals. Everyday stress is also a common migraine trigger.

Keeping a headache diary can help people with migraines identify triggers and avoid them.

Get more help managing migraines at www.migraineresearchfoundation.org.



Additional sources: National Headache Foundation; Office on Women's Health



IT'S A MATTER OF COMFORT

Offering leading-edge care for women, Krynna Buckley, MD, offers a unique, personal approach to women's health issues

KRYNNA BUCKLEY, MD, who began practicing at Grant Regional in January 2013, focuses on gynecologic surgery and women's health issues. She has extensive knowledge and experience treating many issues that affect women's health. With over 20 years of experience, she has skill and expertise in a wide array of surgical procedures and treatments that help women of all ages improve their quality of life.

If you like the sound of Dr. Buckley's unique approach, call 608-723-3249 to schedule an appointment.

UNIQUE APPROACH Women's health issues can be highly private and personal matters. From her own experience, Dr. Buckley knows and understands the importance of her own personal approach. That is why she takes time to meet with her patients in her office before their appointment. It's just one example of why patients are impressed with her unique approach and appreciate the respect and compassion that she shows. Dr. Buckley explains:

"Communication is key. When they feel comfortable with me, I get to know and understand their health issues—then we're getting somewhere. To me it's a relationship of trust and communication. It's from there—I can really make a difference in their lives."

Dr. Buckley believes in taking time to really listen to patients' concerns. "I want the best possible outcome for my patients," she says. "They are unique and as individual as their health issues. In order to improve their quality of life, I really need to completely understand their issues and expectations and, in turn, give them detailed information to make decisions."

COMPREHENSIVE SERVICES Dr. Buckley's practice offers patients innovative, comprehensive care, including treatment and counseling for:

- **Urinary incontinence.** With age, women often experience an involuntary loss of urine during physical activities, such as coughing, laughing or lifting. Incontinence occurs when the muscles that support the urethra (the tube that carries urine out of the body) are weakened

or damaged. This can happen as a result of childbirth, trauma, hormone changes or many other reasons.

"You don't have to live with this condition," Dr. Buckley says. This type of incontinence can be treated surgically or nonsurgically. One solution is InTone, a revolutionary medical device designed to stop female bladder leakage. InTone combines the most effective, noninvasive treatments for bladder leakage in an in-home device. No pills, no side effects and no surgery. The combination therapy and customizable probe ensure that your treatment is tailored to address your specific needs, no matter what your symptoms are.

- **Excessive menstrual bleeding.** This condition—called menorrhagia—is common and treatable. It's estimated that 1 in 5 women has menorrhagia. Dr. Buckley understands how debilitating heavy periods can be and offers many treatment options. One of these—Genesys HTA System therapy—is both innovative and effective. This outpatient procedure uses heated saline to treat the endometrium, or uterine lining. Once treated, most women no longer experience the symptoms or effects of a heavy period.

- **When you know your family is complete.** When you are ready to consider a more permanent option for birth control, Dr. Buckley recommends that patients consider Essure. It's a permanent birth control method that works with your body to prevent pregnancy.

The Essure procedure offers women benefits that no other permanent birth control can. It's surgery-free: a simple procedure performed on an outpatient basis. It's hormone-free: using a more natural barrier method. And it's worry-free: Since 2002 over half a million women and their doctors have trusted Essure as the most effective permanent birth control option. The best part about Essure is that there is no slowing down to recover. Most women return to normal activities in less than a day. This allows you to get back to your family and active lifestyle right away.



Gynecologist and women's health physician Krynna Buckley, MD, offers innovative services.



Dr. Buckley gets to know her patients so she can recommend the care that's best for them.

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FEATURE

14

TIPS FOR A HEALTHIER

2014

No

5

TAKE THE SHOTS

Kids aren't the only ones who need vaccines. Adults need shots to protect them from the flu, shingles, pneumonia and hepatitis B, to name a few. Even if you've been vaccinated in the past, immunity wears off. Ask your doctor if you're up-to-date on all your shots.



1

FIND A PHYSICIAN

Quick question: What helps give you better health, lower your health care costs and extend your life? The answer: having a primary care doctor. When you build a long-term patient-doctor relationship, you get individualized care. Your doctor knows you and what you need to do to stay healthy—this year and into the future.



Maybe we should change the name of Jan. 1 from New Year's Day to Clean Slate Day. After all, the turning of the year offers a great opportunity to start fresh. Among other things, you can use the occasion to make—or renew—a commitment to good health.

◆ Need some help getting started on that commitment? Here are 14 suggestions on how you can make 2014 a healthy and fun year for you and your family. Resolve to give some—or all—of them a try.

No 3 FUEL UP



Taking a few minutes for breakfast has more than a few rewards. A morning meal of lean protein, whole grains, low-fat dairy, fruits and veggies starts you out right. You'll improve your concentration and memory, and you'll feel less tired and irritable. And if you're trying to drop a few pounds, those morning calories will actually help you avoid overeating later on.

2

MIND YOUR MIDDLE

Carrying excess pounds around your middle raises your risk for type 2 diabetes and heart disease. If you're a man with a waist measuring more than 40 inches—or you're a woman with a waist larger than 35 inches—it's time to get serious about losing some of that spare tire.



No

4 TAKE THE TESTS



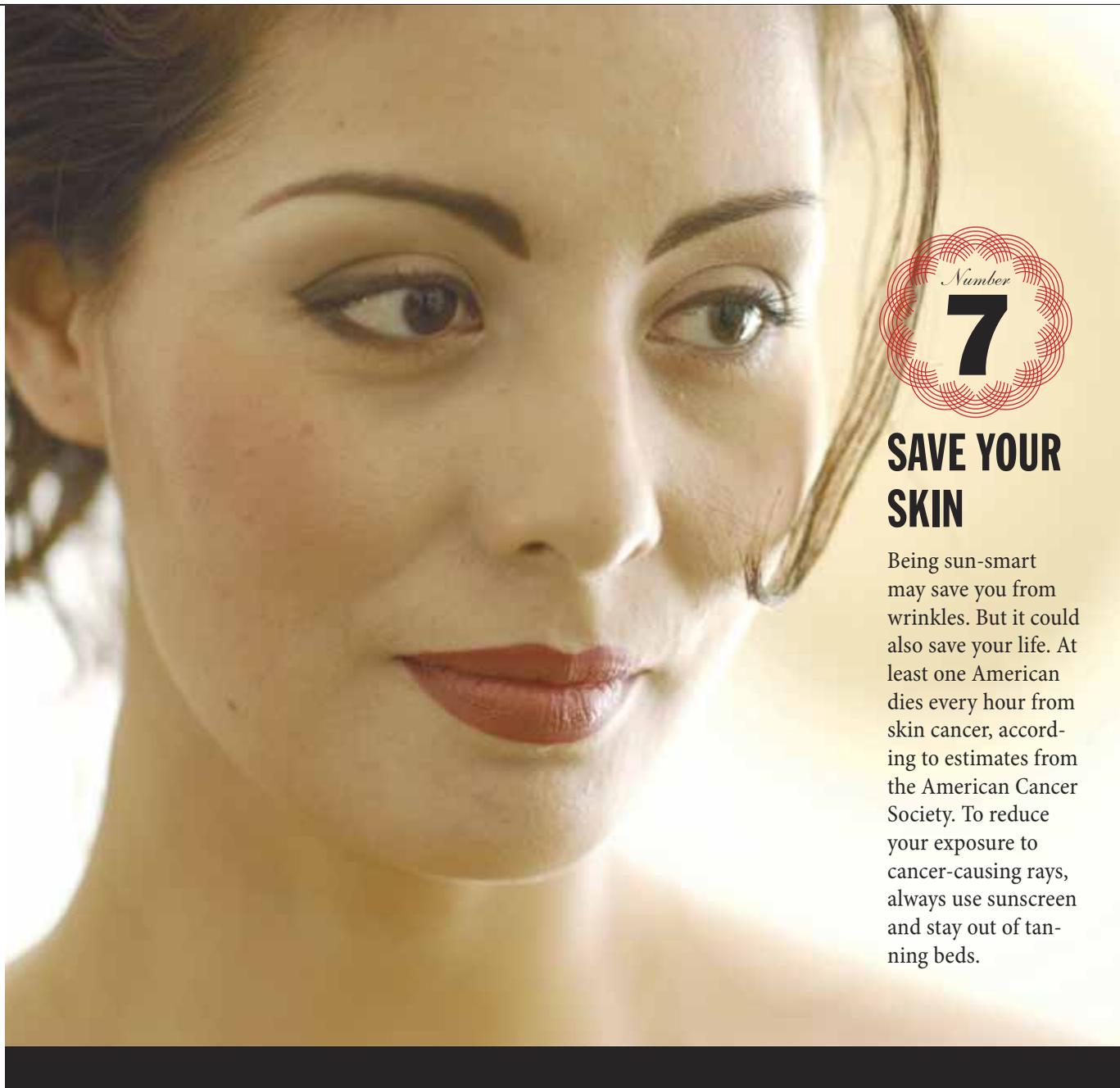
Keeping up with screening tests gives you the opportunity to find health problems early on—when they are often easier to treat. Talk to your doctor to see when you should be screened for diabetes, high cholesterol, high blood pressure and certain cancers.

6

PLAY IT SAFE

You want to stay active, but you also need to stay safe. Use the proper gear if you're exercising or playing a sport. Make sure it fits right and meets current safety standards. You may find that out-of-date footwear, goggles or pads won't protect you from injury.





Number
7

SAVE YOUR SKIN

Being sun-smart may save you from wrinkles. But it could also save your life. At least one American dies every hour from skin cancer, according to estimates from the American Cancer Society. To reduce your exposure to cancer-causing rays, always use sunscreen and stay out of tanning beds.



No
8 **GATHER TOGETHER**

Researchers keep discovering more reasons why eating together as a family matters. It leads to healthier meals, for one. And kids who eat with the family may have better emotional health and enjoy an improved outlook on life. So set a dinnertime, turn off the electronics and eat side by side.

Resolve to have a primary care physician in 2014. It's easy to find one at www.grantregional.com.



10
PUNCH IT, SPIKE IT, CLIMB IT

Has your exercise routine become too routine? Jazz it up by adding kickboxing to your aerobic activity or free weights to your machine circuit. You might even try something altogether new—a team sport that you've never played (volleyball, anyone?) or a climb up an indoor rock wall.

9 | SAVOR THE SLAW

Need new ways to get more fruits and veggies into meals? Spice up an old favorite—coleslaw. Cabbage and carrots are traditional ingredients, but you can add kale, beets, pineapple, jicama, peppers and squash. Experiment with a variety of low-fat yogurt and vinegar dressings.



No
11

BUTT OUT FOR GOOD



If you smoke, you know by now that it's bad for you and that you really should quit. Talk to your doctor about all the tools available that can help make you a nonsmoker. Also check out www.smokefree.gov.



NUMBER

12
MAKE THE SWITCH

Looking for a quick way to lower the fat and calories in your diet? Switch to low-fat or nonfat dairy products. Evaporated fat-free milk is a creamy alternative to whole milk. Reduced-fat feta and part-skim mozzarella can take the place of higher-fat cheeses.

No
13

SNORE NO MORE

Snoring may be more than annoying. It can be a sign of sleep apnea, which disrupts your rest and your oxygen supply. That can result in mood and memory problems or lead to high blood pressure and heart disease.



NUMBER
14



SUBTRACT ADDED SUGARS

Added sugars in foods add extra calories to your diet. What they don't contribute is nutrients. Control weight and health by cutting down on added sugars—like the ones found in soft drinks, cookies, sweetened yogurts and even some breads.

Additional sources: Academy of Nutrition and Dietetics; American Academy of Family Physicians; American Heart Association; Centers for Disease Control and Prevention; National Institutes of Health

HEALTH TALK NEWS, VIEWS & TIPS

Heart disease? Get a flu shot

The flu can be nasty and uncomfortable for anyone, but it can be downright dangerous if you have heart disease. That's because heart disease weakens your body, making it hard for you to fend off the flu.

The combination of having heart disease and getting the flu can:

- Increase your risk of having a heart attack.
- Make your heart disease worse.
- Make you more vulnerable to potentially serious complications from the flu, like pneumonia.

That's why it's important to avoid the flu in the first place. The best way to do that is with an annual flu vaccine.

Roll up that sleeve Because you have heart disease, you should opt for the traditional flu shot, not the nasal spray. The shot contains dead flu viruses; the spray has weakened viruses. Even weakened strains can cause problems for people with heart disease.

In addition to getting the flu shot, other ways to guard against the flu include washing your hands frequently and avoiding sick people. You should also stay out of crowds as much as possible.

If you have flu symptoms—such as fever, chills, body aches and fatigue—talk with your doctor right away. He or she can prescribe antiviral medications that, when taken soon after flu symptoms appear, can help you feel better faster.

Sources: American Heart Association; National Institutes of Health; U.S. Department of Health and Human Services



WINTER EXERCISE

Low temps, high fun

It's tough to stay fit when winter blows in. Daylight is in short supply, so those who jog before or after work are in the dark. Ice makes bicycling a slippery prospect. Then there's the cold itself.

Who wants to go out and exercise in that—especially when the house is warm, the couch is cozy and you have a good book to read?

Find your physical fun Exercise buffs aren't going to sit out a season. But for those who don't exercise a lot, uncomfortably cold temperatures can make staying inside seem awfully appealing.

To motivate yourself to get up and out, find some winter activities you truly enjoy. Skiing and skating come to mind. But you can also get a workout by:

- Building a snowman—or a whole snow family.
- Making snow forts for an upcoming snowball battle.
- Sledding with the kids—especially if you're designated to haul the sled back up the hill every time.

Of course, you also have indoor exercise options. If a gym or fitness club is not one of them, consider taking brisk walks through the mall. Or get creative and plot out a circuit training routine at home. Set a timer for a fast-moving 30 seconds each of: ● Pushups. ● Lunges. ● Lifting a 2-pound can of coffee in each hand up and down.

Then walk up and down a flight of stairs. Repeat the entire routine three times.

Heading outside? Dress the part Put on layers of inexpensive knit gloves to help keep your hands warm. Cover your mouth and nose with a scarf. Carry an extra pair of socks in case yours get wet. Wear a hat that covers your ears.

Layering your clothes is a great way to control your inner temperature.

Sources: Academy of Nutrition and Dietetics; American College of Sports Medicine; American Council on Exercise

JOURNAL DIGEST

VITAMIN D MAY PROTECT AGAINST

FIBROIDS Getting enough vitamin D may reduce a woman's risk of developing fibroids, according to a study from the National Institutes of Health.

Adequate levels of vitamin D have been associated with a reduced risk of several diseases, including heart disease and colon cancer. But this is the first study to examine the link between vitamin D and fibroids. These noncancerous tumors of the uterus are the leading cause of hysterectomies in this country.

Researchers used blood tests to determine the vitamin D levels of 1,036 women ages 35 to 49. They found that women with vitamin D levels above 20 nanograms per milliliter—typically considered an adequate amount—were 32 percent less likely to develop fibroids than women with vitamin D below this level.

Foods fortified with vitamin D, such as milk and cereal, are good sources of this vitamin. The body also makes vitamin D when skin is exposed to sunlight.

Epidemiology, Vol. 24, No. 3



MORE SLEEP MAY HELP KEEP TEENS

SLIM Getting more shut-eye might keep teens from putting on weight during their high school years.

Researchers from the University of Pennsylvania tracked more than 1,000 high school students for four years. They found that teens who got more sleep had smaller changes in their body mass index (BMI) from age 14 to 18. BMI is based on height and weight.

Every additional hour of sleep helped teens at every level of the BMI scale. But the benefit was strongest among overweight and obese teens. They, too, gained less if they slept more, according to the study.

If teens increased their sleep from 8 hours a day to 10 hours a day, the U.S. might have 500,000 fewer adolescents who are overweight, the researchers noted.

Pediatrics, Vol. 131, No. 5

Are you feeling that heat—a lot?

You may have more than garden-variety heartburn

If your meals sometimes leave a bitter taste in your mouth, it might not be the food. Heartburn occurs when stomach acid washes back into your throat, and it not only tastes sour but also can cause a burning feeling in your lower chest.

Occasional heartburn is common, and it can often be relieved with over-the-counter antacids. But if it occurs more than twice

a week, you could have a more serious condition called gastroesophageal reflux disease (GERD).

Beyond heartburn People with GERD may also have a dry cough, a sore throat or a hoarse voice. According to the National Institutes of Health, untreated GERD can cause bleeding or ulcers. Tissue damage

can narrow the esophagus and make swallowing difficult.

You can often help relieve symptoms of GERD with these lifestyle changes:

- Losing weight, if necessary.
- Avoiding large meals and not eating for two to three hours before bedtime.
- Raising the head of your bed about 6 to 8 inches.
- Not smoking or drinking alcohol.

But don't ignore symptoms that persist; see your doctor. There are medications that can help.

FEATURE



The team at Grant Regional
Community Clinic



In back: Laurie Meighan, APNP, and physicians
Erin Huebschman, MD, and Sheirle LaMantia, MD. In front:
Kelly Muench, PA-C and Kayte McQuillan, APNP.



Grant Regional Community Clinic now accepts the following plans:

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- Alliance.
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- Cigna.
- Dean Gold.
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- Tricare.
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- Wisconsin Medicaid.
- WPS.

Don't see yours on the list? We'll be adding even more insurances soon.

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Grant Regional Community Clinic, formerly Dean Clinic–Lancaster, is now part of Grant Regional's family of health care services. We are excited to now accept even more insurance plans than before! We are welcoming back past patients and hoping to open the door to new ones too.

Trusted care We're offering the same great care you've come to know. Familiar faces, convenient location—all for you and your family!

By purchasing the clinic, Grant Regional Health Center made a strong commitment to securing health care and provider choice in our region. Our experienced and compassionate providers welcome the opportunity to care for you and your family. Whether you are ready to welcome a new baby to your family or need a routine examination, they will listen to your needs and care for you in a way that is best for you.

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Unique holiday gifts and home decor fill our Auxiliary Gift Shop. Don't know what to get? Gift certificates are available too.

Hours

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The Auxiliary Gift Shop is managed and staffed by volunteers of the Grant Regional Health Center Auxiliary. All proceeds directly support our local hospital.

Want to give back and volunteer this holiday season? Call **608-723-3223** to join the Auxiliary.



TAKE



QUESTIONS FOR THE EXPERTS

We asked members of our medical staff to answer questions about some common health concerns.



Laurie Meighan, APNP
Grant Regional
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Q I was just diagnosed with diabetes. Do I have to give up sugar?

A The quick answer: Give up, no; cut back, yes.

People with diabetes can have a sugary treat once in a while. But it should be a small serving enjoyed in the overall context of a diet and exercise plan that keeps diabetes under control.

Years ago, scientists thought eating sugar would send blood glucose levels dangerously high. It was off-limits for people with diabetes.

Today, we know that glucose levels are affected by the total amount of carbohydrates you eat. The exact type of carb, such as sugar, isn't as important.

So a small amount of sugar is probably OK as long

as you swap it for other high-carb foods. For instance, you might skip having a roll with dinner so that you can have some dessert.

Keep in mind that even a small portion of a sugary treat is likely to have a lot of calories and little nutritional value. That's another reason it should be enjoyed only occasionally.

Most of the time, stick to a healthy meal plan that features vegetables, whole grains, fruit, nonfat dairy products, fish and lean meat. Your doctor or diabetes educator can help you devise a plan that's right for you.



Krynn Buckley, MD
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Q I leak urine when I laugh. Is that normal for a woman to do?

A It's not normal, but it is very common. At some point in her life, about 1 out of every 3 women

will leak urine when she laughs, sneezes, coughs, exercises or moves in some way. Doctors call this stress incontinence. It happens when pelvic floor muscles (which support your bladder and urethra) become weak or damaged, often because of pregnancy, childbirth or changes caused by menopause.

These weak pelvic muscles may let urine escape when something—even a laugh you can't hold back—puts pressure on your bladder.

Stress incontinence is treatable. That's why it's so important to tell your doctor that you leak urine, especially if it limits how you live your life—for example, if you're afraid to exercise because you're worried that you might have an accident.

Chances are your doctor will do a pelvic exam and other tests to see exactly what's causing your incontinence. Depending on those triggers, he or she may recommend treatments such as:

Lifestyle changes. Dropping extra pounds (if you're overweight) and stopping smoking (if you smoke) can help with bladder control.

Bladder training. Emptying your bladder every one to two hours while you're awake can help you have fewer accidents.

Kegel exercises. These exercises tone pelvic floor muscles. Your doctor can tell you how to do them.

A pessary. Your doctor might insert this ring-shaped device into your vagina to help prevent urine from leaking.

Surgery. If conservative treatments don't help, surgery may be an option.



Jessica Varnam, MD
High Point Family Medicine
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Q Why is prenatal care so important?

A Expert prenatal care is one of the best ways for a mom-to-be and her baby to have a healthy pregnancy. It should start as soon as a woman thinks she is pregnant.

Research shows that women who have early and

regular prenatal care are less likely to have babies born too early. That's important because premature babies can face a lifetime of complications, including problems with eyes, ears, breathing, neurological development, learning and behavior.

Prenatal visits can help a doctor find—and treat—harmful health conditions that can affect a woman and her baby, such as high blood pressure or diabetes.

A doctor can also advise the mom-to-be on ways to stay healthy, such as by exercising; eating well; taking vitamins; and not using tobacco, alcohol or illegal drugs.

During the first prenatal visit, a woman can expect her doctor to:

- Take a complete medical history.
- Do a physical exam, including a pelvic exam and a Pap test.
- Calculate her due date.
- Check her blood pressure, height and weight.
- Take blood and urine samples for lab work.
- Answer her questions.

Expectant mothers typically see their doctors once a month during the first six months and more often as their due date grows near.

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Save lives by donating blood



Mississippi Valley Regional Blood Center is the exclusive provider of blood to Grant Regional Health Center. Donating blood is a safe and simple procedure that only takes about an hour. Blood donation saves lives. It's simple, yet important. For more information or to schedule a donation time, call Janis Waddell at **608-723-2143, ext. 216.**

Donate at a blood drive at Grant Regional Health Center, Monroe Conference Room

- **Thursday, Dec. 26:** 2:30 to 6:30 p.m.
- **Wednesday, March 26, 2014:** 9 a.m. to 1 p.m.
- **Wednesday, Jan. 22, 2014:** 9 a.m. to 1 p.m.
- **Thursday, Feb. 27, 2014:** 2:30 to 6:30 p.m.

HEALTH SCENE is published as a community service for the friends and patrons of GRANT REGIONAL HEALTH CENTER, 507 S. Monroe St., Lancaster, WI 53813, telephone 608-723-2143, www.grantregional.com.

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