



HEALTH SCIENCES[®]

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2012

Health Link



READY TO RIDE To protect well, bike helmets must fit well. They should be snug—but not overly tight—and sit level, covering the forehead but not tipping forward or backward. Leave about two fingers of room between the strap and the chin.

American Academy of Pediatrics



THUMBS DOWN TO TEXTING Got some sore thumbs? Perhaps an achy wrist? The culprit may be your smart-phone. Heavy use can cause hand problems such as carpal tunnel syndrome and tendonitis. To reduce your risk, keep your wrists straight in a neutral grip when holding the device and take a break every hour.

American Society of Hand Therapists



Visit www.grantregional.com for more ways you can take charge of your health.

significantly lessen your risk for killers No. 1, 2 and 3. Making the changes below can increase the likelihood that you'll be blowing out candles on next year's cake.

Don't smoke. This is the big one. The fact is, smoking is the single most preventable cause of death in the U.S., notes the American Cancer Society (ACS). About a third of cancer deaths and 1 of every 5 deaths from heart disease and stroke are caused by smoking.

If you don't smoke, hooray! If you do, quit now. Your health will improve in little ways day by day and in big ways over the long haul.

Eat well. You really are what you eat—or at least your health is. Filling up on junk food, salty foods and foods high in saturated fat may raise your risk for heart disease, some cancers and high blood pressure.

Eating well means:

- Adding more fruits and vegetables to each meal. The more variety, the more vitamins and minerals you'll get.
- Making half your grains whole. Look for words like *whole wheat* or *whole oats* to be the first ingredient in bread, pasta and cereal.

KEEP THOSE BIRTHDAYS COMING

Happy birthday next year! ♦ It's probably too early to start dropping hints about a gift you'd really appreciate. But it's never too soon to take stock of your health to ensure you'll be in fine form to celebrate when that birthday rolls around. ♦ Statistics suggest the three biggest obstacles between any American and his or her next birthday are heart disease, cancer and stroke. Those three conditions are responsible for about 1.5 million deaths every year, reports the American Academy of Family Physicians (AAFP). However, the AAFP also notes that there are three things you can do that can

- Choosing healthier fats. Mono- and polyunsaturated fats are best. Limit cholesterol and saturated and trans fats by eating low-fat dairy, lean meat and fewer processed foods.

Exercise more. Walk the dog after dinner. Take a bike ride with a friend to the weekend farmer's market. Organize a pick-up basketball game Sunday afternoon.

According to both the ACS and American Heart Association, you can cut your risk for the top three killers with 30 minutes of physical activity on at least five days of the week.

 What our patients say.
www.grantregional.com

Find out why you can trust Grant Regional Health Center for safe, expert care during your hospital stay. Visit www.grantregional.com/stories.html to read our patients' stories.

You've heard the message many times: Women get heart disease and have heart attacks just like men do.

◆ The American Heart Association (AHA) has been driving home those facts to women, as a group, for many years.

◆ Now the organization would like women to make that message more personal and more relevant to their everyday lives. It is urging every woman to sit down with her doctor and ask two questions:

- "What factors keep me personally from being in optimum heart health?"
- "What are some practical steps I can take—given my age, health and background—to change them?"

NEW RISKS TO CONSIDER The idea of a more individualized and real-life approach to heart health is the result of updated guidelines the AHA released in 2011 for the prevention of cardiovascular disease (CVD) in women.

Included in the updated guidelines were some new risk factors for CVD that apply specifically to women. Among them: health issues—such as pre-eclampsia and diabetes—that may crop up only during pregnancy.

"Things like elevations in blood pressure or gestational diabetes increase a woman's risk for developing diabetes or hypertension later in life," says Ileana L. Piña, MD, one



Women & heart health

What's new for you?

of the authors of the guidelines.

So even though these conditions may disappear after childbirth, they can remain CVD risks for a long time.

For instance: Women with a history of pre-eclampsia face double the risk of having a stroke, heart disease and dangerous blood clots in their veins 5 to 15 years after their pregnancy compared to women who never experienced pre-eclampsia, according to the AHA.

What might this mean for you? If you had a complication such as gestational diabetes or high blood pressure during pregnancy, your doctor needs to carefully monitor and control your risk for CVD.

Another new risk factor women may not know about: Having certain immune disorders, such as lupus and rheumatoid arthritis, can significantly increase a woman's risk for CVD. According to the AHA, if you have one of these conditions, you should be screened for CVD, even if you don't have evidence of heart disease.

The updated guidelines also emphasize the need to recognize the impact that racial and ethnic factors can have on CVD. For example: High blood pressure is a particular problem for African American women, as is diabetes for Hispanic women.

"It's important to look at women in these groups because there may be

important cultural and medical differences," Dr. Piña says.

POSSIBLE PROBLEMS, PRACTICAL SOLUTIONS

Most of what's in the guidelines isn't new. And that's because the basics of heart health haven't changed: Don't smoke, keep a healthy weight, stay active and eat right.

However, once you know and understand your personal risk factors for CVD, it's crucial to take those staples of preventing disease and make them work specifically for you so they become an essential part of your life.

"It's important to maintain a heart-healthy life," Dr. Piña emphasizes. "Your focus should be on heart health, not just heart disease."

Here are examples of how to do that:

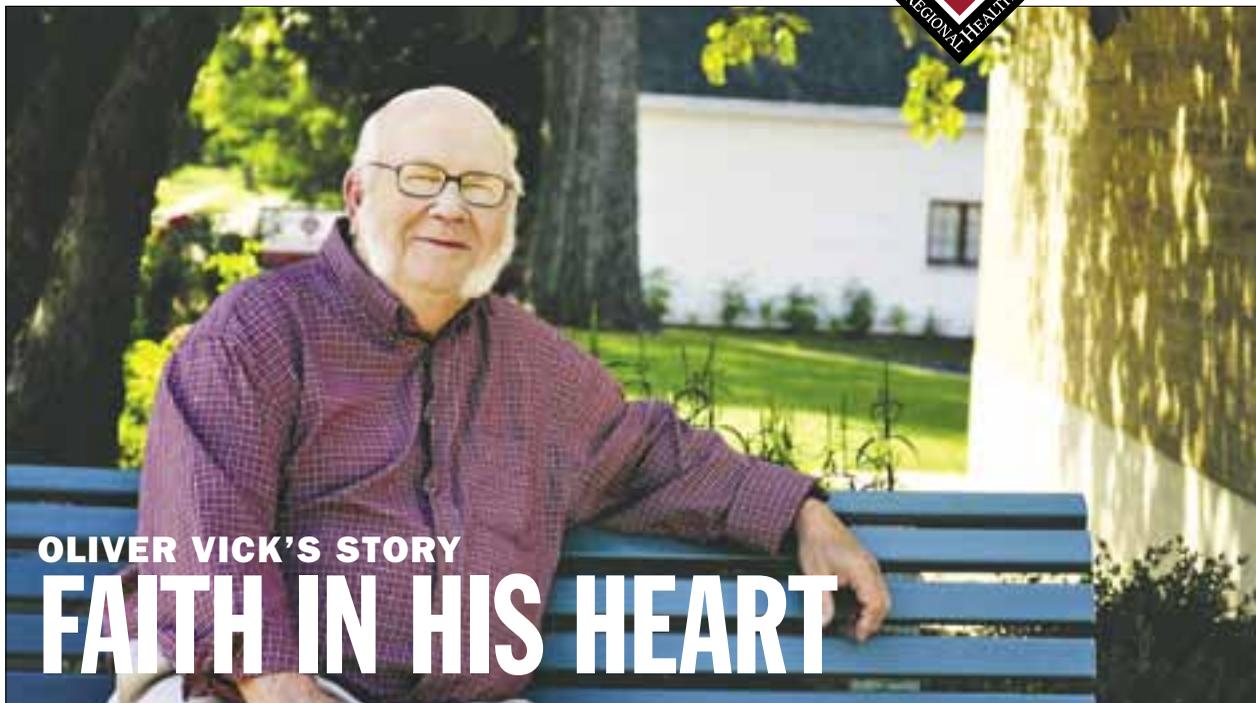
Take a measure of your weight. "It's vital to keep a healthy body weight and avoid abdominal obesity," Dr. Piña says. Aren't sure if your weight puts you at risk for CVD? Ask your doctor. Meanwhile, you can check your waist size (an indicator of too much belly fat) yourself with a tape measure—less than 35 inches is healthy for women.

Be physically active. You don't have to join a gym or step on a treadmill. "Just go for regular walks," Dr. Piña says. If you don't feel comfortable doing that in your neighborhood, walk inside a nearby mall.

Feed your heart well. Fruits and vegetables. Fish. Nuts. Whole grains. Talk frankly with your doctor about any obstacles in your life to eating these heart-healthy foods. Brainstorm ways to get around them.

Keep working with your doctor. Ask your doctor if you can sign up for email reminders about screenings, medication refills or other alerts. And be sure to let him or her know of any changes in your life that may throw roadblocks in your personal path to heart health.

Find a cardiologist to take care of your heart at www.grantregional.com.



OLIVER VICK'S STORY FAITH IN HIS HEART

BACK ON TRACK: Ollie Vick, of Lancaster, thanks the team at Grant Regional for helping him return to good health.

OLIVER "OLLIE" VICK, of Lancaster, is a man of great faith. As a retired pastor, Vick believes in the power of prayer, strength in fellowship and faith in modern medicine—more specifically the care he receives at Grant Regional.

In 2005, his faith was tested when he went through serious health issues later diagnosed as congestive heart failure. Following surgery with six bypasses and a month in a nursing home, Vick was extremely weak. Soon thereafter, he was directed to cardiac rehabilitation at Grant Regional.

Vick remembers it being a real struggle, but little by little, he regained physical strength through the program. Not only was exercising three times a week a component, but his program also included a series of other educational sessions about areas such as nutrition, stress management and medication review. He believes this new focus on wellness also helped keep his diabetes under control.

Another round of complications caused Vick to need two stents in August 2011.

"I'm now 80 years old, and things are bound to wear out," Vick concludes. "But I'm back in Grant Regional's



WORKING TOGETHER: Judy Adrian, RN, assisted Ollie during his cardiac rehab exercise sessions.

Cardiac Rehab program and feeling stronger already. Judy Adrian and the rehab staff are so caring and knowledgeable. I'm also grateful for the enhanced technology with new cardiac monitoring installed in 2011.

"Grant Regional has become my second family. I'm a volunteer, I enjoy their meals and companionship, and I'm truly thankful for their part in getting me healthy again. Without their expert skill and compassionate care, I wouldn't have gotten to travel all the way to Israel to meet my one and only grandson—Nathaniel Augustus Sullivan Vick. Thank you, Grant Regional!"

CARDIAC AND PULMONARY REHABILITATION

TEAMWORK PAVES THE ROAD TO WELLNESS

GRANT REGIONAL HEALTH CENTER is proud to offer both cardiac and pulmonary rehabilitation programs.

TAKING EXCELLENCE TO HEART Cardiac rehabilitation teaches you how to be more active and make lifestyle changes that can lead to a stronger heart and better health. The team, including therapists, nurses and a dietitian, designs a program just for you, based on your health and goals. Then they give you support to help you succeed.

If you have had a heart attack, you may be afraid to exercise. Or if you have never exercised, you may not know how to get started. Your cardiac rehab team will help you start safely and work up to a level that is good for your heart.

Many of our team members have achieved advanced certifications in their fields. Judy Adrian, RN, recently completed advanced training and achieved cardiac vascular nurse certification through The American Nurses Credentialing Center (ANCC). Certification validates Judy's nursing skills, knowledge and abilities. Tracy Ackerman, RD, achieved certification as a registered clinical exercise physiologist (RCEP). These certifications assist us in providing exceptional care to our patients.

BREATHE EASIER Like cardiac rehab, pulmonary rehab is a comprehensive program that includes a medically supervised schedule of exercise and personal counseling. Our program is designed to educate and recondition patients to an optimal level of physiological and



THE TEAM APPROACH TO HEALTHIER HEARTS AND LUNGS: Grant Regional's cardiopulmonary rehab team consists of Corey Weydert, rehab director; Tracy Ackerman, RD, RCEP; Jamie Smith, respiratory therapist; and Judy Adrian, cardiac rehab RN.

psychological well-being and self-confidence. We stress the importance of self-awareness and self-responsibility while providing the patient with the most recent information in the areas of exercise conditioning, nutrition and respiratory therapy techniques.

Both programs have received program certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Certification, which may be applied for every three years, recognizes those programs rigorously reviewed by a national board and found to meet the outlined essential requirements for standards of care. In addition to meeting the standards and guidelines set forth by the AACVPR, we excel in individualized cardiac health care by using a multidisciplinary approach.

The goal of both programs is to maximize cardiac and pulmonary function and endurance, allowing people to return to work, acquire more energy, and decrease the risk for further heart or lung disease or injury. Grant Regional also offers phase III, open gym and senior wellness programs to allow patients the opportunity to continue their health and fitness goals.

It is important to mention that patients do have a choice about where they receive rehab services. Patients who have surgery or a procedure out of town can request to continue their cardiac rehab in Lancaster, closer to where they live.

For more information about Grant Regional Health Center's cardiac or pulmonary rehab programs or other services, please call 723-3236 or visit us online at www.grantregional.com.



Ellie Krieger



ADVICE FROM FOOD NETWORK STAR

Nothing off-limits

French fries are one of Ellie Krieger's weaknesses. She craves them, despite their reputation as a bad-for-you food. ♦ So instead of banning fries altogether, which is against Krieger's basic philosophy of food, she has a guilt-free home recipe. Hers are made with fresh garlic, salt and a splash of canola oil. The fries are then baked, instead of deep-fried, and tossed with fresh parsley. ♦ "Never say never," says Krieger, a registered dietitian and star of the Food Network's popular show *Healthy Appetite*. She

believes that there should be no fear or guilt when it comes to food.

A FOODIE'S RULES Krieger encourages people to eat and cook for health and joy. Her cookbook *The Food You Crave: Luscious Recipes for a Healthy Life* (Taunton Press, 2008) is classic Krieger, with healthier versions of such favorites as grilled cheese sandwiches, pizza and chocolate pudding pie.

Krieger takes a *usually-sometimes-rarely* approach to food. *Usually* foods are colorful vegetables and fruits, whole grains, lean meats, fish, beans, nuts, low-fat dairy products, and healthy oils. They're the staples of recipes, meals and snacks.

Sometimes foods have been more refined—such as white flour, sugar and regular pasta—or are higher in saturated fats, such as chicken thighs.

Rarely foods—butter, cream and full-fat cheeses, for example—are eaten rarely but "strategically placed for maximum impact and flavor," Krieger says.

"I make my mashed potatoes with low-fat buttermilk for creaminess and tanginess, but I put a little pat of butter right on top, where you can see it and taste it," she says. "We eat with our eyes too."

EATING WHAT YOU LOVE One of Krieger's rules for health: Eat three meals and one or two healthy snacks every day. Then make small changes to improve nutrition without sacrificing flavor. Other tips:

- Use heart-healthy canola oil instead of butter in muffin, cake and quick bread recipes. Try using half oil, half butter in cookie recipes.
- Skip the breakfast bagel (equivalent to four or five pieces of bread) and substitute thinly sliced, dark pumpernickel bread.
- Add mashed white beans to hot soup to thicken it and to add vitamins, minerals, protein and fiber.
- Use avocado or low-fat buttermilk or yogurt as a base for creamy salad dressings.

Krieger recommends using ingredients as close to their original condition as possible, such as fresh fruits and veggies and frozen or canned foods without added sugar or salt. Bagged salad greens and canned pumpkin are convenience foods that don't compromise on nutrition.

Finally, "Savor every bite," she says.

"The worst thing you can do is stand in front of the refrigerator, hastily eating something you think is bad for you. Enjoy your food, be mindful of it and really take it in. If we did that with all of our food, we'd eat less and enjoy our food more."



Raspberry fool

INGREDIENTS

- 1½ cups nonfat vanilla yogurt
- 1 10-ounce package frozen unsweetened raspberries, thawed
- ⅓ cup confectioners' sugar
- ¼ cup well-chilled heavy cream
- 4 ladyfinger cookies

DIRECTIONS

1 Place the yogurt in a strainer lined with a paper towel, and let it drain and thicken in the refrigerator for at least 4 hours and up to 1 day. Discard the liquid, and set the thickened yogurt aside.

2 Process half the raspberries in a food processor until smooth. Transfer the purée to a fine mesh strainer, and strain it into a large bowl, pressing the liquid out with a rubber spatula. Discard the seeds. Whisk in the confectioners' sugar. Stir in the remaining raspberries.

3 In a chilled medium bowl, whip the cream with an electric mixer until soft peaks are formed. Gently fold in the yogurt. Fold in the raspberry mixture.

4 Spoon the fool into cocktail glasses and chill, covered with plastic wrap, for at least 1 hour and up to 1 day. Serve with ladyfinger cookies.

Eating well tip: Well-chilled cream whips more easily and gives you more volume than room-temperature cream, which means a chilled cream provides a bigger dollop for the same number of calories. So keep your cream refrigerated for at least 12 hours before using it, and take it out just before whipping. It also helps to chill the bowl and beaters too.

Nutrition Information

Serves 4		Serving size ½ cup	
AMOUNT PER SERVING			
Calories 240	Total fat 7g	Protein 7g	Carbohydrates 40g
Monounsaturated fat 2g	Polyunsaturated fat 0.4g	Fiber 1g	Cholesterol 62mg
Saturated fat 4g		Sodium 85mg	

Excellent source of vitamin C. Good source of calcium, phosphorus, protein, riboflavin and vitamin B12.

Ellie Krieger, *The Food You Crave: Luscious Foods for a Healthy Life* (Taunton Press, 2008)

RECIPE

"Enjoy your food, be mindful of it and really take it in."

—ELLIE KRIEGER, *HEALTHY APPETITE*

Urgent care—when it's not an emergency

When you need us, our emergency department is ready. We're open 24 hours a day on each day of the year and are prepared for every kind of medical emergency.



Sometimes, however, a health issue needs attention—but isn't an emergency. If your doctor isn't available, the urgent care center may be a good choice.

Urgent care centers treat minor illnesses—such as flu, fever, earaches and rashes—and some minor injuries.

A convenient option Most urgent care centers offer evening and weekend hours. These facilities also offer x-ray and laboratory services.

People generally don't need an appointment at urgent care centers, and most people receive treatment within an hour, according to the Urgent Care Association of America.

Remember: An urgent care center isn't a replacement for your primary care doctor or the emergency department.

Call 911 if you think you're dealing with a medical emergency, such as severe chest pain, uncontrolled bleeding, poisoning, seizures, severe reactions to insect bites, head trauma, or coughing up or vomiting blood.

911
Call 911 if you think you're dealing with a medical emergency.



On course

A return to golf after joint surgery requires some care

If you live for your tee times and you're looking for extra motivation to get that new hip or knee, consider this: Joint replacement surgery is bound to make your time on the golf course easier and more enjoyable.

Even so, getting back into the swing of the game after getting a new joint is something you

must do carefully. The American Academy of Orthopaedic Surgeons offers these tips for a safe return:

- Warm up and stretch before playing. But be careful not to overtax your new joint.
- Go slowly. Practice chipping and putting first. Then hit with irons before using your woods. When you're up to playing a round, start with nine holes until you feel ready to take on a full 18.
- Use a golf cart at first. Once you're playing comfortably, you can walk the course. But use a

pull cart rather than carrying your bag.

- Be careful about squatting to evaluate your putt. It puts great strain on the knees and may dislocate a new hip.
- Wear soft spikes or tennis shoes—provided you're on dry ground—which are easier on your joints. And be especially cautious in wet weather, when you're more likely to fall.

Be aware that initially you may not play as well as you did before joint replacement surgery. But things should improve as your recovery continues.



Choking: How to protect your kids

Choking is a major hazard for kids, especially among the 3-and-younger crowd. Simple precautions, however, can help keep your kids safe.

Be food-savvy. Food causes the most choking incidents. Among the most common culprits: hot dogs, grapes, hard candy, nuts, raw carrots and chunks of peanut butter.

Be sure to:

- Cut grapes, hot dogs and other foods into small pieces.
- Cook veggies so they are easier to chew and swallow.
- Be sure kids are seated while eating and that they don't stuff a lot of food into their mouths at one time.

See what measures up. Among nonfood items, rubber balloons are the biggest cause of choking deaths. Other hazards include small balls, marbles, magnets, coins and button-type batteries.

Keep such items out of reach of young children. And toys with pieces smaller than 1¼ inches (about the diameter of a toilet paper tube) should be kept away from children younger than 3 years old.

Be prepared. Learn CPR and choking first aid—just in case.

Sources: American Academy of Pediatrics; American Academy of Otolaryngology-Head and Neck Surgery

We can speak your language

Good communication between doctors and the people they treat is essential for good medical care.

But what if you and your doctor don't speak the same language? How would you be able to describe your symptoms or understand your doctor's instructions?

Our hospital firmly believes that a language barrier shouldn't come between you and your doctor—or any member of our hospital staff. This is why we provide—free of charge—interpreters who speak many languages.

Yes, you might ask a family member who speaks English to serve as your interpreter. But if you have a personal matter to discuss, using our interpreter might help you speak more freely.

Our interpreters can come with you to your next appointment, help you over the phone, or be available if you need surgery or another procedure.

And rather than worrying about understanding your doctor or being understood yourself, you can concentrate on your health.



2011 Tradition of Giving

The Grant Regional Health Center Foundation Board and Staff would like to thank our philanthropic friends for making 2011 such a successful year! Through your generosity, both gift and monetary, the Foundation was able to support Grant Regional Health Center with:

- Stroke Software
- Cardiac Rehab equipment
- 2 AED units and training
- Additional bricks & pavers placed in the Memory Walk
- Approximately 500 Teddy Bears/Beanie Babies for distribution to children
- Memorial Blankets for women who experienced a miscarriage
- Lift and Stander donated to the Rehab Department
- Funds to host the annual Cardiac Pulmonary Luncheon
- 21 Walker accessory bags donated by the Stitzer 4 H Group
- 6 Healthcare Scholarships were awarded
- \$2000 from Grant County Cancer Coalition for Breast & Prostate Cancer Awareness
- \$900 from Fun-Run T-Shirt sponsors
- Hearing Aids
- Scrub shirts and snacks for 17 Club Scrub members for our 2010 / 2011 class and 20 Scrub shirts and snacks for our 2011/2012 class
- Special books for the Hospice Suite and the Chapel
- 40" Flat Screen TV for the ER Waiting Room
- Presenters for the Diabetes Support Group
- Nu-Step Rehab Equipment

Special thanks to those who have given so generously and in so many ways!



Memorials: (\$51,275)

In Memory of Sheri Fischer
In Memory of Margaret Kinney
In Memory of Robert & Anna Nix
In Memory of Vince Tranchita
In Memory of Lyle Kienitz
In Memory of Gene Bartels
In Memory of Joan Klein

Bud & Norma Vesperman Estate

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Memory Walk: (ongoing project, \$29,600 - to date)

Grants: (\$32,700)
Southwest Wisconsin Community Fund
SHIP Grant
Multi Plan
ADM Company
Pamida Foundation
Office of Rural Health

Festival of Trees: (\$2600)

2010- 2011 Annual Campaign: (\$3100)

Following is a list of donations made in 2011 towards the 2010 campaign:

Platinum Level (\$1000 and higher)

Dr. Clark Williams
Melissa & Richard Uselman

Pewter Level (\$1 - \$99)

Leah Ann Myers

2011 - 2012 Annual Campaign: (25,100)

Platinum Level (\$1000 and higher)

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For more information or to make a donation please contact the Foundation at 608-723-3358 or foundation@grantregional.com. Gifts can be given on-line at www.grantregional.com

The donor list is tracked with great care. We appreciate all contributions. Any errors or omissions are unintentional and should be brought to the attention of GRHC Foundation. Thank you!



GRANT REGIONAL
HEALTH CENTER
Foundation



'JUST A SPRAIN'? LET YOUR DOCTOR DECIDE

SHE DIDN'T SEE THE HOLE until after she fell into it and her foot twisted underneath her at an ugly angle.

That's when Lisa Ladd knew she had sprained her ankle. Again.

It wasn't the first time she had done it. It wasn't the second or third time either. She always said she was born with weak ankles—which some people are, according to the American College of Foot and Ankle Surgeons.

Taking past experiences into account, Ladd decided there was no need to see her doctor. It was just another sprain. Elevate it, and put ice on it. It'll be fine in a few days, she thought.

And that's how Ladd became anecdotal proof of the importance of seeing your doctor anytime you suspect an ankle sprain.

FROM MILD TO SEVERE A sprain is an injury to your ligaments—the elastic bands of tissue that hold the bones of a joint in place. According to the American Academy of Orthopaedic Surgeons (AAOS), ligaments are made to stretch.

But like a rubber band, ligaments can only stretch so far. And if your foot lands too hard on an uneven surface or rolls or twists in a bad way, your ankle ligaments may sprain in protest.

Sprains can be mild, moderate or severe—grades I through III in medical terms. And each grade requires different treatment for proper healing.

HOW TO TREAT A SPRAIN According to the American Academy of Family Physicians, RICE is usually sufficient for a mild sprain. That's an acronym for:

- **Rest.** Use crutches or other means to stay off your ankle.
- **Ice.** Apply ice for 20 minutes at a time to ease tenderness and bruising.
- **Compression.** Wrap your ankle with an elastic bandage. Ask your doctor for a lesson if you don't know how to do this.
- **Elevation.** Elevate your foot above your heart for 48 hours to reduce swelling.



RICE is a good start for treating moderate sprains too, reports the AAOS. Your doctor might also suggest immobilizing your ankle in a splint or brace.

For a severe sprain, you may need a cast. And all ankle sprains need some rehabilitation—including doctor-prescribed exercises—for a full recovery. Otherwise, your ankle may not heal completely and you might hurt it again.

**Call Ron Reschly, MD, at
608-723-2131 for more information
on orthopedic services.**

TAKE IT TO AN EXPERT Ladd assumed this last sprain was like all the others. But it turned out to be more serious. An x-ray—commonly done for ankle sprains—revealed that she had also broken a bone.

Ankle sprains that aren't treated quickly and correctly can lead to long-term pain and instability, according to the AAOS.

So the next time you twist your ankle, don't say, "It's just a sprain." Take it to your doctor, and let him or her tell you what it is and how best to treat it.

That ankle may need surgery

Surgery for a sprained ankle? It happens. And it underlines the need to let your doctor evaluate an ankle injury, even if you're sure it's only a sprain. Here's why:

You might also have a fracture. A sprain is a ligament injury. That means that whatever happened to your ankle—whether you fell or twisted it in a misstep—it was enough to overstretch or even tear tissue. Maybe it was also enough to break a bone.

Your ligament injury may be severe. Even if you're fracture-free, the damage to your ligaments might need surgical repair.

You may have recurrent instability. Sometimes an ankle sprain just doesn't heal right. No matter how quickly you sought treatment for the original injury or how well you brace your ankle before exercising, it still feels weak and wrong. Surgical correction may be the best option.

For any of the above, your doctor likely will want to take an in-depth look at your ankle. Expect to have imaging tests, such as an x-ray or MRI.

Source: American College of Foot and Ankle Surgeons

PROVIDER LISTING



Family Medical Center

9177 Old Potosi Road
Lancaster, WI 53813

608-723-4300

- Liz Hinkley, APNP
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**FIND OUT MORE
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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

- **Tuesday, March 20** 9 a.m. to 1 p.m.
- **Tuesday, May 22** 9 a.m. to 1 p.m.
- **Thursday, April 19** 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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HST27902

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