

Community Connection

A person is watering plants with a green watering can. The water is spraying out of the nozzle, creating a misty effect. The background is a soft-focus garden with various plants and flowers. The overall tone is bright and positive, with a warm, golden light filtering through the scene.

*One Surgeon.
Many hats.*

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One surgeon. Many hats.

Forrest appreciated how thorough and straightforward Dr. Rainiero was when explaining what to expect before and after surgery.

Gall bladder, appendix and colon polyps—what do these three things have in common? They all can be removed by a general surgeon.

While a general surgeon's title includes the word "general," it is actually a surgical specialty that focuses on the abdominal region, including the stomach, colon, liver and small bowel. And general surgeons do so much more than just gall bladder removals and appendectomies.

In addition to their focus on the abdomen, general surgeons treat conditions affecting the skin, breast (non-cosmetic), soft tissue and hernias. This means they play a significant role in the evaluation, diagnosis and treatment of breast cancer, and are able to take patients from the biopsy to the removal of a tumor through a lumpectomy or mastectomy.

General surgeons also receive special training in emergency surgery—bleeding, infections and organ injuries—as they are typically the first line of care for critically ill or injured patients, especially in rural areas.

At Edgerton Hospital, we are proud to have Dr. David Rainiero on our surgical team, and so are two of our patients.

FORREST PERRY

Forrest Perry has been bowling for 30 years, and on the same bowling team for 15 years. As a result, he and his four teammates have shared a lot of aches and pains. But when Forrest began noticing a protrusion around his belly button and felt pain in the same area after bowling, that was something new to the group.

Knowing that he was about to retire from his position as manager of

the Milton Wastewater Treatment Plant, Forrest decided to live with the discomfort for two months. This way, he wouldn't have to worry about missing any work.

But in just those eight weeks, his condition got worse.

So as soon as he retired on January 1, 2014, Forrest went to the Edgerton



Hospital Milton Clinic where he was diagnosed with a hernia. Within a week of his clinic visit, he was talking with Dr. Rainiero, and shortly after that, his hernia surgery was scheduled.

“I was completely confident in Edgerton Hospital and was pleased Dr. Rainiero could get me in so quickly,” Forrest says. “I’ve had physical therapy and a sleep study in the past, and the hospital staff is always very caring and thorough—you can’t ask for anything better.”

What is a hernia?

A hernia occurs from a combination of pressure and weakness in the muscle or connective tissue, which results in an organ or fatty tissue squeezing through at the weak spot. The five common locations for hernias are:

- Inner groin
- Incisional – resulting from an incision
- Outer groin
- Belly button
- Upper stomach

To treat a hernia, a general surgeon will place the organ or tissue back in place and then reinforce the weak muscle or connective tissue to prevent it from reoccurring.

Forrest’s hernia surgery was performed laparoscopically, which meant it was less invasive and required a smaller incision. It also meant that he was able to return home the same day it was performed.

“Within two or three days, I already felt quite a bit better,” Forrest says. “And after four weeks of taking it easy, I was back to my normal self—bowling league and all.”

THE SCHIELDTS

That dreaded word: Colonoscopy. It’s something we’ll all eventually go through. It’s uncomfortable, but it diagnoses cancer and detects other diseases and disorders.

And at the recommendation of their primary care physician, husband and

wife Ron and Lawanna Schieldt, both had colonoscopies performed by Dr. Rainiero in January 2014.

“The pre-op nurses, Dr. Rainiero and even the anesthesiologist were all very thorough in explaining what they were doing and why,” Ron says. “They made me feel very relaxed and more comfortable with the entire procedure.”

During each of their colonoscopies, Dr. Rainiero did find a few small polyps, or abnormal growths. Lawanna’s were very small, so Dr. Rainiero instructed her to come see him again in five years. For Ron, Dr. Rainiero removed his during the colonoscopy itself. But in the end, both came out with a clean bill of health.

“I was on the hospital board for 10 years and during that time, Dr. Rainiero joined the Edgerton Hospital surgery team,” Lawanna says. “I knew he’d be a great asset to our community and prevent people from needing to travel to Madison for general surgery care.” ●



One of the main reasons the Schieldts chose to have their colonoscopies at Edgerton is that over the years, they’ve used the hospital for other services like cataract surgery, diagnostic imaging and physical therapy, and they always received high quality care.

ON TOP OF PATIENT SATISFACTION

“To provide exceptional health care for our communities.”

That’s the mission of Edgerton Hospital, and it’s surely living up to that challenge.

Recently, the U.S. Department of Health and Human Services released new data on patient hospital experiences. And Edgerton Hospital was found to be a leader in providing superior patient care.

The survey asked patients who had an overnight stay at Edgerton Hospital between April 2012 and March 2013 about their perception of the hospital’s care. Questions ranged from how well the patients’ doctors and nurses communicated; how well pain was managed; how clean the rooms were; and how soon they received help when wanted.

Edgerton Hospital scored above the state and national averages in all but two areas. Result highlights include:

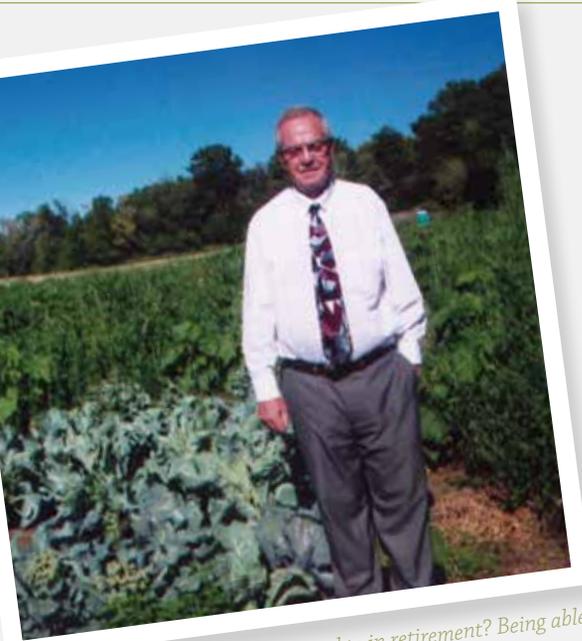
- 80** percent of participants rated Edgerton Hospital a nine or 10 (on a scale of 0 – 10, with 10 as the highest)
- 86** percent of participants rated Edgerton’s nursing staff as excellent communicators
- 84** percent of participants said they would definitely recommend Edgerton Hospital

“The experience a patient has when staying at Edgerton Hospital means everything to us,” says Jim Pernau, Edgerton’s CEO. “Since we’re a community hospital, we are able to know our patients on a more personal level and provide top quality care with a good mix of compassion.”

GOLD SEAL OF APPROVAL



On the heels of the U.S. Department of Health and Human Services survey, Edgerton Hospital began a rigorous on-site survey through the Joint Commission—the nation’s oldest and largest health care accrediting organization—in March 2013. Edgerton was evaluated on compliance with standards of care specific to the needs of patients such as infection prevention and control and medication management. After the process was complete, Edgerton Hospital was awarded the Joint Commission’s Gold Seal of Approval, which only 27 percent of critical access hospitals across the nation have achieved. ●



What is Jim looking forward to in retirement? Being able to spend more time with his family and in his garden.

Time for a New Beginning

A new name, a new building, new services and a new focus on wellness. These are only some of the phases Jim Pernau has gone through with Edgerton Hospital as its CEO. But after nearly 10 years in the position, Jim is ready to start a new chapter in July—retirement.

With over 40 years of moving his way up in hospital administration, from an assistant to administrator to CEO, and working with organizations such as the Wisconsin Rural Health Cooperative, Jim has truly learned the ins and outs of an efficient, yet compassionate hospital.

“I have enjoyed, and am thankful for, the time I’ve had with Edgerton Hospital,” Jim says. “And I’m glad I’ve been able to use all of my healthcare experiences to help it grow.”

We are in the process of searching for a new CEO who will lead Edgerton Hospital with the same values that the organization was founded on. The position will continue to post for the month of May, with interviews and reviews taking place throughout June and July. Our hope is to introduce you to our new CEO in August!

“The Board of Trustees and the team at Edgerton Hospital are committed to finding an individual who will not only be the right fit for this hospital, but also the right fit for our communities,” says Jim Schultz, Board of Trustee Chair. “We’re looking for a leader who shares our passion of quality healthcare and a visionary who will continue to promote wellness by growing Edgerton Hospital’s Healthy Village.” ●

An *enLightening* solution for Heavy Periods

"I'd have to plan my life around my period."

"There were days each month I didn't even want to leave the house."

"I always had an extra set of pants and underwear with me wherever I went."

For women who suffer from heavy or prolonged periods, these are only a few of the inconveniences they experience on a monthly basis. Heavy periods not only disrupt a woman's work and social life, but can also lead to health issues like iron deficiency and anemia.

Kim Kindschi was one of the 20 – 25 percent of women affected by heavy periods.

"I tried to live my life normally during that time of the month, but I always had to be

more aware of where bathrooms were and what I might need to have with me, just in case," she says.

About a year after Kim's heavy periods started, she decided it was time to stop "living with it" and do something to fix it.

During her annual physical in 2012, Kim told her doctor that she had developed abnormally heavy periods over the last year or so. Her doctor encouraged her to see a gynecologist. Kim immediately scheduled an appointment with Dr. Noreen King. And together, they determined a solution—a procedure called endometrial ablation.

"I was glad Dr. King practiced right in our community and that she'd be able to perform the procedure right at Edgerton Hospital," Kim says. "Being able to stay close to home made me feel more comfortable before and after."

What is Endometrial Ablation?

The uterus has a lining called the endometrium, and this is the layer the

body sheds with each monthly period. Endometrial ablation—a simple, minimally-invasive outpatient procedure—permanently removes this layer and impedes its ability to grow. The result? Periods will become lighter and in some cases even stop.

Endometrial ablation is a good option to control heavy bleeding if:

- Your heavy periods have not responded to other treatments
- You are done having children
- You have a low risk for endometrial cancer
- You prefer not to, or medical reasons prevent you from, having a hysterectomy

"The procedure was so easy – I went home the same day and after only about 24 hours was pretty much back to normal," Kim says. "And the results I've seen have made the whole process worth it."

For more information on endometrial ablations, call Edgerton Hospital's surgery department at 608-884-1340. ●

Some things are supposed to be **heavy**
Periods shouldn't be.

A Solution with **Stopping Power**

Attend our FREE educational program with OB/GYN Dr. Dale Rozeboom to learn about the benefits of endometrial ablation and see if you are a candidate.

Thursday, July 17

5:30 pm Registration, 6 pm Presentation | Lower Level

Register by calling 608-884-1607 or online at EdgertonHospital.com.



Practicing What He Practices

Michael Schreiber, DO
Family Practice
Milton Clinic

As a father of three—two daughters and a son—Michael Schreiber understands what it means to be a role model. An avid biker and runner who's completed a few triathlons, he works diligently to “lead by example” to keep his family active and healthy. And it's seemed to work. His two daughters are high school cross-country runners and the whole family enjoys being outdoors biking, skiing and fishing.

As a family medicine physician, Dr. Schreiber will be bringing this same mindset and dedication to our communities in August, when he begins working full-time at the Edgerton Hospital Milton Clinic.

Caring for the Whole – Person and Family

To Dr. Schreiber, doctors are more than just the people you see when you're sick. He believes they are a patient's resource and role model for a healthy life. And

thus, he makes preventive medicine a routine part of his practice.

“I try to integrate education about proper nutrition and physical activity into my patients' appointments to help them understand how to live healthy lives and why that's important,” Dr. Schreiber says. “My ultimate goal is to help prevent chronic conditions like obesity, diabetes or heart disease that can cause even bigger health problems in the future.”

While prevention is one of his passions, Dr. Schreiber also became a family medicine doctor because he wanted to be able get to know his patients and care for them throughout their lives and for a variety of medical needs.

Originally from the northern suburbs of Chicago, Dr. Schreiber spent almost 10 years practicing there. However, he began to feel as though he wasn't able to practice the full scope of care that he wanted.

“In more urban and suburban areas, patients tend to use specialists more for

healthcare needs outside of routine check ups,” Dr. Schreiber says. “I didn't just want to see patients once a year without getting to know them or their health background.”

And that's why the Milton clinic was a natural fit. Here, Dr. Schreiber will provide the full range of outpatient family practice services, from well-child exams to yearly physicals and chronic disease management. He also will work closely with the specialists and hospitalists at Edgerton Hospital when inpatient care is needed, and he'll perform the follow-up care necessary after a patient leaves the hospital.

“Since I'm able to care for patients when they are babies through adulthood as well as multiple members of the same family, I feel like I'm able to play a larger role in people's lives and make a bigger impact,” Dr. Schreiber says. “And that's what makes my job so fulfilling.”

To schedule an appointment with Dr. Schreiber, call 608-868-3526. ●



“My hobby is volunteering”

The family Jane Nelson married into has a long history in Edgerton. The Nelsons have been living here since 1912 and have left their mark on the town through Nelson-Young Lumber, which still employs many family members.

Jane on the other hand was born in Missouri, grew up in Wauwatosa and went to school in Madison. So when she and her husband Dave moved to his hometown in 1967, the only people she knew, and that knew her, were Dave’s family members.

But she found a way to not only meet people, but also leave her own mark on the Edgerton community.

A Part of the History

It all started in 1968, shortly after Jane and Dave moved to Edgerton.

“A neighbor, who became a very good friend, came over and basically plucked me off my porch to join her at the Edgerton Hospital (at the time Memorial Community Hospital) auxiliary meeting,” Jane says. “I donated a recipe and the rest is history.”

Jane has been involved with Edgerton Hospital ever since.

Throughout her over 40-year commitment to the hospital, one constant has always been her work with the auxiliary. That first meeting led to her joining many committees and eventually serving as president for a number of years. Today, she’s scaled back to being an associate member, which means she doesn’t hold any offices or have any specific responsibilities, but can help as much as she wants.

Jane also became part of the Edgerton Hospital board—where she served as a trustee chair and president—as well as the hospital’s foundation board. In these roles, she was a part of fundraising campaigns and went through the hospital’s name change in 2005 and the opening of the new building in 2010.

“I’ve stayed so involved with the hospital throughout the years because I believe it is an essential part of Edgerton,” Jane says. “It’s important for our community’s continued growth, and it provides quality, close-to-home healthcare services.”

And while Jane was part of many of the hospital’s milestones, one of her favorite memories was helping to build the historical case and mural display in the current lobby with another volunteer, Rose Bice.

“I’m fascinated by how much history the city and the hospital have, so I had a wonderful time collecting and sorting through a mountain of old things and deciding what to include,” she says.

Even outside of the hospital, Jane has spent much of her life volunteering for other community organizations. She’s served on the school board, taught Sunday school and was a Girl Scout troop leader when her daughter was younger.

“Getting involved with all these organizations was the perfect way to meet people in a new place and form many lifelong friendships,” Jane says. “And there’s no better feeling than knowing that in the process I was able to help our community.” ●

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Upcoming Edgerton Hospital Capital Foundation Events

Healing Garden Dedication

June 4 | 4:30 – 6 pm
Edgerton Hospital

Our Healing Garden was designed for YOU – our community, friends, neighbors and patients. We'd love for you to be a part of its official dedication. The ceremony will begin at 5 p.m. and include a few brief presentations. Attendees will also be able to enjoy light refreshments, music by Edgerton High School, Tai Chi and yoga demonstrations and visiting with the hospital staff—including a four-legged member!

The Garden is open to everyone – please come and enjoy!



4th Annual Victory Fun Run/Walk

August 23 | 6:45 am Registration. 8:30 am First Event

One of the Foundation's major fundraisers, the 4th Annual Victory Fun Run/Walk will include a 1-mile fun run, 5K run/walk and 10K run.

Cost is \$20 for runners and walkers (race day registration prices increase by \$5). Children five and under are free, but do not receive a t-shirt. All net proceeds will benefit Edgerton Hospital's Healthy Village Campus.

Visit EdgertonHospital.com to register and print a pledge form. Great prizes for top pledge earners!