

COMMUNITY

connection



Get to know our new provider
at the Milton Clinic
EXPANDING OUR TEAM, PG. 1&2

Discover a new service
in the therapy department

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option for pain relief

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Medical-Surgical RN

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CEO UPDATE



Providing our community with easy access to quality care is our continuous goal. In fact, our team has been working diligently over the past few months to bring our patients a variety of new services – lymphedema (swelling

of the arms or legs) management, dry needling for pain management, balance disorder therapy and massage therapy. You'll be able to read more about these new offerings throughout this newsletter, but we are very happy to provide more health care options for less out-of-town traveling for you.

In addition to new services, you'll also be seeing a new face! Our family medicine clinic in Milton is growing, and I'm very pleased to introduce a new provider who will be joining Dr. Michael Schreiber – Emily Harbison, APNP. Emily brings a passion for offering patient-centered care, as well as a commitment to forming strong relationships with our current and new patients. Please take a moment to read the following pages and get to know Emily. She is accepting new patients and looks forward to meeting you and your family.

Jim Schultz, CEO



MEET OUR NEW PROVIDER

Edgerton Hospital continues to grow, and we are excited to welcome a new provider to Dr. Michael Schreiber's team at the Milton Clinic. Get to know Emily Harbison, and consider choosing the Milton Clinic for your primary care needs!



EMILY HARBISON, APNP

Emily recently received her Family Nurse Practitioner license and is looking forward to building relationships with patients at the Milton Clinic. Her extensive nursing experience in Operating Rooms and Emergency Rooms has given her the background she needs to be a true patient advocate.

“It's really important to listen to your patients and what they are telling you,” says Emily. “I truly believe that taking time with each patient to listen and have a conversation is the best approach to care.”

Emily provides primary care to all ages, and particularly enjoys working with children. “I look forward to seeing kids and families,” she says. “I love the variety of working with all different kinds of patients.”

“I truly believe that taking time with each patient to listen and have a conversation is the best approach to care.”

While she looks forward to having her own patients, Emily also values being part of a team. “In a clinic, everyone is part of your team – from the nurses and medical assistants to the lab techs, and more. Everyone is there to care for our patients, and I value everyone’s experience and perspective to ensure each patient gets the highest level of care.”

Emily and her husband, Bryan, have two children and a registered therapy dog. She looks forward to doing more hospital pet therapy visits, which she has found to be extremely rewarding.



As a hobby, Emily enjoys working with her therapy dogs. She also volunteers with Pet Partners in order to touch lives and improve health through the power of therapy animals.

To inquire about scheduling an appointment, call **608-868-3526**.

NEW SERVICE: MASSAGE THERAPY

Edgerton Hospital’s rehabilitation department is pleased to announce the addition of Massage Therapy to its list of services. Licensed Massage Therapist and Physical Therapy Assistant, Katie Ackerman, is scheduling appointments in a private massage room at Edgerton Hospital.



Guests can choose from the following types of massages:

- Swedish
- Deep Tissue
- Prenatal Massage
- Sports
- Migraine Relief

Payments for services will be taken at the time of visit:

- 30 minutes - \$36
- 60 minutes - \$55
- 90 minutes - \$85

To schedule an appointment, call **608-884-1390**.

LIVING WITH LYMPHEDEMA



Edgerton Hospital's rehabilitation services offer a variety of therapies and programs to help patients with a range of conditions and injuries. For those living with lymphedema, occupational therapist Angie Moll is available to provide treatment and care designed to improve mobility and reduce discomfort.

Lymphedema is a type of swelling that occurs when lymph fluid builds up in the body's soft tissues. It most often occurs in the arms or legs. Usually, lymphedema is caused by removal of or damage to the lymph nodes as a part of cancer treatment. This condition is a long-lasting side effect that has no cure but can be managed with regular care.

Sue Hernes of Newville sought relief from lymphedema she developed in her leg after surgery to remove cancer. She called Edgerton Hospital and was happy to learn there was a treatment option so close to home.

"I have swelling all the way from my foot up to my thigh on one leg," says Sue of her symptoms. "It's hard to walk and get around because there's

so much more weight on one side. It's uncomfortable. So, it's really nice to have Edgerton Hospital so close."

Lymphedema treatment consists of stretching, exercises, massage and wrapping the affected limb. The goal is to encourage the flow of lymph fluid out of the limb.

|| Angie uses our whole appointment time working with me, doing different exercises and massaging my leg in spots."

"Angie takes such good care of me and is working with me really hard," says Sue. "She uses our whole appointment time working with me, doing different exercises and massaging my leg in spots. I know it probably won't ever go away completely, but it's helping."

Edgerton Hospital is proud to provide lymphedema management right here in our community. To learn more or to schedule an appointment with Angie, call 608-884-1390.

3 NEEDS 1 GOAL: BUILDING A STRONG FOUNDATION FOR YOUR HEALTH



1.

Crush Cancer through Early Detection - 3D Digital Mammography Equipment

\$85,000 Raised

\$350,000 Goal

Only \$15,000 away from matching the \$100,000 grant!



2.

The Lifeline to Quality Care - Aespire Anesthesia System & Patient Monitor

\$3,300 Raised

\$79,000 Goal



3.

Quality Comfort While Healing - Patient Mobile Healthcare Recliners

\$6,400 Raised

\$48,000 Goal

EASY WAYS TO GIVE:



Bonnie Robinson at 608-884-1401



www.edgertonhospital.com/foundation/online-giving



Edgerton Hospital Capital Foundation
11101 N. Sherman Rd., Edgerton, WI 53534



IN PAIN? FIND RELIEF WITH DRY NEEDLING



Angela Haase, pictured here with physical therapist Kristin LaPointe, relies on dry needling to relieve her chronic neck pain.

When you're in pain, finding relief can't come soon enough. If you suffer from muscle or joint pain and other pain management techniques aren't working for you, it may be time to try dry needling. The physical therapists at Edgerton Hospital provide this pain management technique to help relax tight muscles, improve blood flow, improve mobility and treat chronic pain.

Although "dry needling" may sound strange or frightening, it is a proven medical treatment, delivered by trained physical therapists, and requires a medical diagnosis. If this is a topic that you aren't too familiar with, the information below will help you on your path to feeling better.

What is dry needling?

Dry needling is a skilled, therapeutic technique in which a trained physical therapist inserts small, sterile filament needles directly into the skin and muscle at various trigger points. This generates a twitch response, helping release muscle tension and pain.

How can dry needling help me?

Dry needling can be used to treat a variety of musculoskeletal issues, including:

- Neck, back and shoulder pain
- Arm pain (tennis elbow, carpal tunnel, golfer's elbow, etc.)
- Headaches (migraines and tension-type)
- Buttock and leg pain (sciatica, hamstring strains, calf tightness/spasms, etc.)

When the small needle penetrates the tissue, the tight muscle band or knot may be released, which reduces pain. To be fully effective, multiple treatment sessions may be needed.

Is dry needling similar to acupuncture?

Dry needling is a more modern treatment that is specifically targeted to ease muscular pain. The needles are strategically placed at areas of knotted or hard muscles to help release the knot and relieve muscle pain or spasms.

Is dry needling painful?

The needle used in dry needling is very thin, and most patients don't even feel it penetrate the skin. The twitch response elicits a very brief (less than a second) painful response. Some patients describe this feeling as a small electrical shock or cramping sensation. Pain may also be felt in other areas, called referral zones, an expected response to treatment.

We use a gentle electrical stimulation to our needles. This provides for a comfortable, deep sensation to assist with relieving pain and tension.

How long does it usually take to notice results?

Patients typically notice a positive reaction immediately or shortly after treatment.



Are there any side effects?

Some patients report feeling sore or bruised following treatment that lasts from a few hours to a couple of days. Please discuss with your physical therapist any areas of concern that should be considered.

How can I access this treatment?

Most insurance plans will cover dry needling and require a physician referral. Talk with your doctor about your pain management needs and dry needling treatment to receive a referral.

To learn more about dry needling, contact Edgerton Hospital's rehabilitation department, 608-884-1390.

PATIENT TESTIMONIAL

BRINGING CARE HOME

At Edgerton Hospital, we do what we can to take care of our neighbors – each and every one of you. Sometimes that means being one of only two hospitals in the state to offer certain treatments. When Joe Brown, a Milton resident, was diagnosed with ALS, the treatments he needed were initially only offered in Milwaukee.

“This treatment is about slowing down the process,” says Joe. “The stress of having to drive to Milwaukee so often could have outweighed the benefits.”

While Radicava® is not a cure for ALS, this recently developed treatment delivered by infusion several days a month has been shown to slow down the development of the disease. As a result of Joe’s recent diagnosis, Edgerton Hospital’s infusion clinic agreed to start offering the treatment.

“Each treatment takes about an hour,” says Joe. “Edgerton agreed to start offering Radicava because I needed an infusion clinic close to home, and it’s just been great.”

“Life is all about experiences you have when you’re alive, and when you have really good ones’ it helps everything else out.”

Joe is especially grateful that his wife, Lisa Heinen, is able to join him for his treatments over lunch.

“Like everyone should, we focus on enjoying every day,” he says. “And that’s why it’s so nice to go to Edgerton, because it just feels like going out to lunch together.”

Sometimes they choose meals from the Edgerton Hospital Café. “The food at the hospital is fantastic, just really high-quality,” says Joe. “We like to switch it up and get lunch elsewhere too, but the meals there are really great.”

Heidi Woods, RN, administers an innovative infusion treatment to ALS patient Joe Brown.



Along with the café, Joe enjoys his interactions with the infusion clinic nurses. “They have been great,” says Joe. “They are all really nice and really good nurses. Considering my diagnosis, it’s been a really great, positive experience for us.”

Since retiring recently from Pioneer Hi-Bred, Joe has enjoyed more time with his grandchildren, his 3D printer, scale cannons and large-scale model rockets. With the treatments he receives at Edgerton Hospital, the hope, he says, is to be able to keep doing the things he loves longer.

“Life is all about experiences you have when you’re alive, and when you have really good ones’ it helps everything else out,” says Joe. “Edgerton Hospital has provided a really great, positive experience for me. It’s so nice to have a place so close that’s so good with such good people.”

COMMUNITY SPOTLIGHT

CULTIVATING PEACE



A garden is not just a place of beauty – it's a place of tranquility, of connection, of hope, of healing. For some, these benefits come from just being in nature's presence. For others, like Barbara Bendlin, a garden is best enjoyed in action.

"Gardening is my passion. I've always

enjoyed doing things outside," says Barbara, a Milton resident and volunteer at the Edgerton Hospital Healing Garden. "I'm a fanatic about perennials, so I absolutely fell in love with Edgerton Hospital's Healing Garden right away."

After decades of growing her own garden and honing her skills, it was no secret Barbara was an expert. However, she was surprised when a friend approached her a few years ago asking if she would give a presentation at a hospital volunteers' conference about Healing Gardens.

"At the time, I didn't know anything about Healing Gardens, but my friend knew I was a gardener as well as an educator and had faith that I could put together a good presentation," Barbara, a retired teacher, says. "So I contacted Bonnie Robinson, the Edgerton Hospital Capital Foundation Director, to learn more about the Healing Garden at the hospital. She provided me with so much research and information, and I was impressed with what I learned about the power of these gardens."

That impression blossomed into an opportunity to give back to the community and ensure more people can enjoy the benefits gardens bring to one's health and well-being.

"We know that Healing Gardens reduce stress, improve healing times and bring people together," says Barbara. "It's a place of beauty, and sometimes when you're

feeling lost and need a higher place to be, a place of beauty is somewhere that can connect with your soul and engage your spirituality."

Edgerton Hospital's Healing Garden features open spaces, walking paths, a pond and waterfall, sculptures and hundreds of beautiful plants and flowers. The space is designed to be a calming retreat for patients, employees, visitors and community members.

And now, the Healing Garden will be a place for Barbara to seek comfort herself. She recently received a cancer diagnosis and is beginning the journey of treatment. While it has been difficult news to process, Barbara knows the beauty of nature will be there to help her through.

"I find that being in nature is one of my great solaces, to feel connected to the earth and the wind and the plants and the butterflies. I feel so much more whole when I am in a garden," she says. "I've cared for the Healing Garden thinking about the other people that would be able to enjoy it, and now it's going to be me. In dealing with my new diagnosis, that has been a comforting thought."



The Edgerton Capital Foundation has recently created the Healing Garden Endowment. If you would like to support the mission of the Healing Garden, contact Bonnie Robinson at 608-884-1401 or brobinson@edgertonhospital.com.

EMPLOYEE SPOTLIGHT

MORE TO LEARN

“I have no heartache with doing things later in life,” says Darryl Bryson, Certified Medical-Surgical Registered Nurse. “When I went to nursing school, I was the oldest one in the class. But I just like learning.”

This attitude, along with years of experience at a U.S. Navy field hospital, has served Darryl well as a nurse at Edgerton Hospital. He finds it to be the perfect fit.

“In the med-surg unit, we are seeing new things all the time,” he says. “So I always get to learn. And there’s so many phenomenal people to learn from – from the CNAs to my fellow nurses to the hospitalists and emergency department doctors. We have the resources and the teamwork here.

“I always say, I may not be the sharpest stick in the pile, but I know how to find out who is,” laughs Darryl.

In the Navy, before he was a nurse himself, Darryl served alongside doctors and nurses as an administrator of a field hospital. He was inspired by their dedication and breadth of knowledge.

“When you’re working with an organization where the nurses were pursuing doctorates and the doctors had private practices but were also choosing to work



at the field hospital, it’s hard not to be motivated,” says Darryl. “They didn’t have to be there; they wanted to be there. We were all part of the unit mission to do what we could to help our Marines come home. And I would learn whatever I could.”

Education didn't stop when I graduated. I always want to learn as much as I can."

Being so close to the action in a hospital setting made an impact. After retiring from the Navy, Darryl decided to go back to school for his bachelor’s in nursing and registered nursing license. He has been a nurse at Edgerton Hospital for nearly four years, working in the medical-surgical unit. A couple of summers ago, he earned his Medical-Surgical Registered Nurse certification.

Darryl enjoys learning from his patients, too. One of his favorite parts of the job is getting to know people from the community and their histories.

“I’ve met a couple of World War II veterans who were patients, and a lot of patients who have done interesting things throughout their lives and in the community,” he says. “Interacting with patients is very rewarding.”

Even though he’s only been a nurse for a few years, Darryl is confident it’s a career he’ll always love. Besides, there’s always more to learn.



In 2007, Darryl worked closely with doctors in Paktika Province Afghanistan.

IN AN EMERGENCY, DON'T RISK THE DRIVE

When you have a health emergency, it is vital to get treatment as soon as possible. Knowing when it is safe to drive yourself to the emergency room is important to your safety and the safety of those around you. Remember these guidelines to help you decide whether to call an ambulance or drive yourself to the emergency room:

- When in doubt, call 911.
- If your condition would make it unsafe for you to drive, call 911 or have someone else drive you. For example, if you are dizzy, weak, experiencing double vision, confused, persistently vomiting, bleeding severely, or if you'd have to change your driving position because of injury, you should not drive.
- If you are having symptoms of a heart issue, call 911. These symptoms may include:
 - Chest pain
 - Shortness of breath
 - Pain in arms, shoulders, jaw, neck or back
 - Weakness, lightheadedness or nausea
- If the answer to any of the following questions is yes, call 911:
 - Is this condition life threatening?
 - Could the condition worsen and become life threatening soon?
 - If I try to move, will it cause more harm?
 - Could I get delayed in traffic?

These guidelines are true even if you think you could get to the hospital faster by driving yourself than calling an ambulance. Paramedics and emergency medical technicians are able to start medical treatment on the way to the hospital and will communicate with the emergency department so they can prepare for your arrival. Plus, it will keep you and others on the road safe.

If you are going to drive yourself or have someone else take you, always choose the nearest emergency room. Do not worry about finding a hospital in your insurance network – all emergency departments are required to treat any patient, regardless of insurance status. In addition, insurance companies are required to cover care you receive in the ER for an emergency medical condition, and you do not need to get prior approval.



THE CLOCK IS TICKING

WHEN IT COMES TO A HEART ATTACK OR STROKE, EVERY SECOND COUNTS.

STROKE

02
MILLION

BRAIN CELLS DIE PER MINUTE
DURING STROKE

60
MINUTES

TREATMENT IS NEEDED WITHIN ONE HOUR
TO PREVENT PERMANENT DISABILITY

HEART ATTACK

01
SECOND

EVERY SECOND THAT PASSES DURING A
HEART ATTACK, HEART CELLS ARE DYING

20-40
MINUTES

PERMANENT DEATH OF HEART
MUSCLE BEGINS AS SOON AS 20
MINUTES INTO A HEART ATTACK

CALL 911 IMMEDIATELY IF YOU OR A LOVED ONE IS EXPERIENCING SYMPTOMS OF A STROKE OR HEART ATTACK.

**SECONDS SAVE LIVES! EDGERTON HOSPITAL'S
EMERGENCY ROOM IS OPEN 24/7.**




I HAVE THE FLU – DO I NEED ANTIBIOTICS?

It's flu season again, and you've come down with a fever, aches and a cough. Should you ask your doctor for antibiotics? Not necessarily.

Antibiotics treat certain infections caused by bacteria, while the flu is caused by a virus. When you have a viral flu infection, antibiotics will not help your symptoms and, in fact, can actually harm your health.

“Any time antibiotics are used, they can lead to antibiotic resistance,” says Dr. Brian Stubitsch, Medical Director of Emergency Services. “That’s why it’s so important to only use them when absolutely necessary.”

Antibiotic resistance does not mean your body is becoming resistant to antibiotics; rather, bacteria become resistant to the antibiotics designed to kill them. As a result, bacterial infections become stronger, spread easier and are harder to treat.

Bacteria vs. Virus		
 <p>BACTERIA Strep Throat Tuberculosis Whooping cough UTI</p> <p>Antibiotics? YES</p>	 <p>BOTH Bronchitis Ear Infection Sinus Infection</p> <p>Antibiotics? MAYBE</p>	 <p>VIRUS Common Cold Flu Sore Throat</p> <p>Antibiotics? NO</p>

Don't be surprised when your doctor doesn't give you antibiotics to treat your viral flu infection. Instead, you may be treated with:

- **Decongestants** – If you have nasal or sinus congestion symptoms, a decongestant can reduce swelling in the nasal passageways. Ask your pharmacist for Sudafed®.
- **Antihistamines** – If you have a runny nose, postnasal drip or itchy, watery eyes, an antihistamine may help.
- **Cough Medicines** – If your flu is accompanied by a persistent cough, you may want to try an over-the-counter cough syrup that lists your symptoms. Or, you can use cough lozenges.

Prevention is the best weapon against the flu. Remember to get your flu vaccine, wash your hands often and avoid others who are sick.

For those who are immuno-compromised, very young or elderly, please seek emergency care if your flu symptoms are persistent or worsening.