

COMMUNITY

connection

SPRING 2020



COMMUNITY SPOTLIGHT
Learn About Fit4Life, Edgerton
Hospital's Strength Training Program

PATIENT SPOTLIGHT
Meet Emergency Services
Patient Michael Shaw

PHYSICIAN SEMINAR
Hear from Our New ENT
Physician, Dr. Yaish

EMPLOYEE SPOTLIGHT
Introducing Ami Laue, RN
at the Edgerton Hospital
Milton Clinic

CEO UPDATE



As we've moved into the new year, our team has spent some time reflecting on all of the wonderful outcomes we saw in 2019. Within this edition of Community Connection, you'll read about how our talented emergency physician saved a patient's toe and how our wound care center is helping people heal faster and better. Our main focus has been, and continues to be, keeping quality care local, so you and your family have access to needed resources close to home.

What's new in 2020?

Our specialty service providers have two new exam rooms on the main level! Here you'll find highly trained physicians in the areas of cardiology, pulmonology/sleep, podiatry, surgery and the newly added ear, nose, and throat service.

We continue to search for the perfect fit for a new provider at our family medicine clinic in Milton. We have high expectations and are dedicated to finding a physician who is exactly what the community needs. In the meantime, Emily Harbison, APNP, and interim physician Douglas Schmid, MD, have been working diligently to provide compassionate, quality care to all our valued patients.

We recently have been able to offer the community 3D mammography, which has already proven to save lives. Now, in 2020, our Foundation is raising funds to continue to digitally upgrade the hospital's radiology equipment. Your past generosity has been greatly appreciated, and we sincerely hope that we can count on you again.

Thank you for your continued support of your community hospital.

Jim Schultz, CEO



WHEN TO TREAT VARICOSE VEINS

If you have varicose veins, you know they can be frustrating. These enlarged veins may appear twisted, bulging or raised above the skin's surface.

In worst cases, they cause discomfort, or pain or can lead to serious health problems – but even in mild cases, known as spider veins, they are unsightly and uncomfortable.

Did you know about half of people ages 50 and older develop some form of varicose veins, most commonly in the legs? That's because varicose veins are caused by weak, damaged or missing valves in the veins, and simple movements like standing and walking upright increase the pressure in the veins of your lower body.

The valves in your veins keep your blood flowing forward to return it to your heart. But, if the valves aren't working properly, blood leaks back into the veins and pools there, which is what creates varicose veins.

Older people, people who are overweight, those who sit or stand for long periods of time and women are prone to develop varicose veins.

Fortunately, there are many forms of treatment, including some you can do at home:

- **Self-care:** Regularly exercise using the legs; eat a low-salt, high-fiber diet; maintain a healthy weight; and elevate your legs when resting. Avoid tight clothing, crossing your legs when sitting and standing or sitting for long periods.
- **Compression stockings:** Over the counter or prescription strength, these can squeeze your legs to help blood move more efficiently.
- **Sclerotherapy:** A doctor-injected solution that scars and closes the veins, which should fade away in a few weeks.
- **Laser treatment:** This can be done as an outpatient procedure and uses a laser to treat the varicose vein and cause it to collapse. This treatment can only be done on varicose veins of the upper leg. You can typically return to work the same day.
- **Phlebectomy:** This can be done as an outpatient procedure and is the surgical removal of the varicose veins through tiny incisions. This can be done to both

the lower and upper legs and is sometimes done in conjunction with both of the above treatments. You can typically return to work the same day.

You should consider treatment if:

- The veins cause pain or aches
- The veins appear red, swollen, tender or warm
- A sore or rash appears on the leg or near the ankle
- The skin on your calf and ankle becomes thick and changes color
- A vein begins to bleed
- Symptoms interfere with your daily activities
- The appearance distresses you

Find out which option is best for you by visiting Edgerton Hospital's Vein Clinic. General surgeon Dr. Pierre Charles specializes in varicose veins and vascular issues. You don't have to put up with unsightly or painful varicose veins — a simple treatment can make them disappear.



CALL 608-561-6614, EXT. 1, TO SCHEDULE AN APPOINTMENT TODAY.

FREE LEG VEIN SCREENING

Join Dr. Pierre Charles for a free Leg Vein Screening Event - **Wednesday, April 29.**



Appointments are scheduled in 10-minute increments.

During your meeting, Dr. Charles will share information on outpatient treatments for both varicose and spider veins.

Appointments must be made in advance by calling 608-561-6614, ext. 1.

PATIENT SPOTLIGHT

ONE TOE AT A TIME

Between a deteriorating disc, diabetes and a bicep injury, Indianford resident Michael Shaw has seen more than his share of doctors in his lifetime.

So when he accidentally drove a trailer hitch through his big toe in October and ended up at Edgerton Hospital's emergency room for the first time, he recognized exceptional care as soon as he saw it.

"I've seen a lot of doctors, and Robert Miller is a good one, I'll tell you that," Shaw says. "He reset [my toe] and did such a good job that, when I went to a specialist at UW, he said, '[Miller] did such a good job, you don't need surgery.'"

Shaw's wife drove him to Edgerton Hospital after the accident, which he says left the big toe on his right foot "just hanging on by skin." When they arrived, Shaw says he was immediately impressed with the staff's kindness and attentiveness.

Staff originally asked him to wait, but Shaw says when nurse Keri Eisberner saw the state of his toe, they got Miller's attention right away.



Shaw recalls being bummed about missing a trip to go pheasant hunting with his grandson and in shock about what had happened. He adds Eisberner's calm demeanor helped him relax.

"She was so pleasant and thorough," he says. "She was the one that got it clean and calmed me down – and I'm not a good patient when it comes to calm."

I've seen a lot of doctors, and Robert Miller is a good one, I'll tell you that."

– Michael Shaw

But calm he stayed, even as Miller put eight stitches through his toe. Miller told him to go to a specialist straightaway. But Shaw says when he went to UW Hospital in Madison, they told him he wouldn't need surgery because of how well Miller reconnected the toe.

Since Shaw's visit, he found out Miller travels from St. Louis, Missouri, to work at Edgerton Hospital.

"It takes a lot for a person to want to go through that [drive] just to get to work," Shaw says. "They sure are lucky they've got him because what he did was remarkable."

Shaw says he's able to wear certain kinds of shoes again and is happy he'll continue to be able to ride his Harley – a hobby he enjoys that allows him to raise funds for veterans.

He recently returned to Edgerton to thank Miller and left him with a promise: He'd return the favor if he could.

"I offered to buy him dinner, a beer, a drink, anything," Shaw says. "He said his schedule is so weird that he probably can't. But if he ever gets stuck up here and needs a place to stay, I've got an extra room."

It's not saving a man's toe or anything, but it will do.

EMERGENCY CARE – 24/7

URGENT CARE – 7:00 AM-11:00 PM DAILY
(INCLUDING WEEKENDS AND HOLIDAYS)



Edgerton Hospital
WOODSTOCK

IS IT ALLERGIES OR SOMETHING MORE?

HOW TO DETECT CHRONIC SINUSITIS

Your nose has been stuffy and sneezy for more than just a few days – it's not a cold, so how do you know if it's just common allergies or sinusitis, a sinus infection?

Both have similar symptoms, so it can be hard to distinguish between the two. The stuffiness that you're experiencing is a symptom of both, though it happens for different reasons.

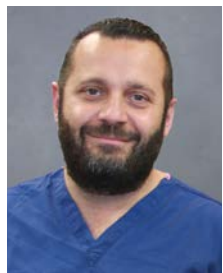
With allergies, your immune system is reacting to an allergen you've been exposed to as if it was a harmful invader – so it creates antibodies to defend itself.

In chronic sinusitis, your nose and sinuses become inflamed and sometimes infected, which lead to ongoing symptoms and persistent inflammation. Sinusitis is often caused by viruses and can appear at the same time as allergies.

A big difference between the two is pain. While both can lead to a headache and difficulty breathing, a sinus infection can cause pain around the cheeks and eyes and can make it difficult to blow your nose. Other symptoms could include tooth pain, fever or bad breath.

Unsure what you're experiencing, or over-the-counter antihistamines not working? Visit Edgerton Hospital's ear, nose, and throat specialists to discuss your symptoms.

TO SCHEDULE AN APPOINTMENT WITH OUR ENT PROVIDERS, CALL 608-561-6614, EXT 1.



ATTEND OUR FREE PHYSICIAN SEMINAR: CHRONIC SINUSITIS, ALLERGIES, NASAL OBSTRUCTION AND YOUR SLEEP

A stuffy nose affects more than just your sinuses – it can impair your sleeping patterns, leaving you tossing and turning through the night.

Learn more about symptoms, and ways to find relief and get all your questions answered at our free physician seminar, “Chronic Sinusitis, Allergies, Nasal Obstruction and Your Sleep.”

Dr. A. Danny Yaish, our ear, nose, throat and sleep medicine specialist will present the seminar at 11:30 AM on Wednesday, May 13, at Edgerton Hospital. To reserve your seat, visit www.edgertonhospital.com or call 608-884-1489.



PATIENT SPOTLIGHT

HEALING BODY AND SOUL

The only thing worse than tending to a giant hole in your side after having an infection removed is attempting to return to a normal life with a wound vacuum – a device that decreases air pressure on the wound – attached to you, thinks Tony Sanfratello, 35, of Edgerton.

Having a wound care certified nurse who provides personalized attention to his unique situation made the experience much better, he says.

Sandy [Bjornstad] was so accommodating. ... She did everything she could so I could live my life as normally as possible.

– Tony Sanfratello

“You have this thing on you that already makes you uncomfortable, self-conscious and interferes with your life,” Sanfratello says. “Sandy [Bjornstad] was so accommodating. ...She did everything she could so I could live my life as normally as possible.”

Sanfratello spent three days a week throughout December visiting Edgerton Hospital’s Wound Care Clinic, where Clinic Manager Bjornstad, RN, OMS, WCC, DWC, would change and clean not one but two large wounds, which were results of a longstanding complication from a years-old gallbladder surgery.



He says Bjornstad even rearranged her schedule on Christmas morning so he could come in early and not have the appointment interrupt his holiday that afternoon.

Wound VACs have to be changed at least every 48-72 hours, and it is no walk in the park – Sanfratello says it’s a painful process made even harder by attempting to work regular hours at his job.

“A lot of times they prescribe you a pain pill, but I wasn’t able to take that at work,” he says. “Sandy was able to come up with a solution that was tolerable and tailored to me.”

When he wasn’t at the clinic, he says, Bjornstad made sure he was prepared. She taught him how to pack the wound and care for it – including plugging the vacuum into the wall, “like it was a phone,” at night.



“She always made sure I had enough dressings at home,” Sanfratello says. “Even after I was done coming to the clinic, she still called and made sure I had supplies.”

He is happy he was able to go to Edgerton Hospital for treatment, something he wasn’t sure he’d be able to do. His insurance company wanted him to drive to Madison, but he says after going to see Bjornstad, he didn’t want to leave.

“VAC changes really hurt, and Sandy understood what my pain tolerance was and was able to work with me on that,” he says. “I didn’t want to go anywhere else because I was super comfortable.”

His wound is healing well, and he no longer needs the wound VAC – he even was able to finish up coaching the youth wrestling season, for which he was an assistant coach. Sanfratello says he’s been coaching in some capacity for the last four years and was glad he was able to continue despite his injury.

“It feels good,” he says. “The kids miss you and stuff – it’s hard to explain to them why a coach has been gone.”

TO LEARN MORE ABOUT EDGERTON'S WOUND CARE CLINIC, CALL 608-561-6628.

COMMUNITY SPOTLIGHT

FIT AND FULFILLED FOR LIFE

Connie Goede has been attending Edgerton Hospital's Fit4Life for four years, and while she believes it's important to be active and enjoys the exercise aspect, that's not what keeps her attending the twice-weekly class.

Rather, it's the close-knit friendships she's formed that have grown beyond the class walls.

"We've got a real strong core group, probably around 10 of us [who have attended for years]," Goede says. "The class is a very social gathering also. We do a lot of talking and laughing and sharing stories."

Fit4Life Instructor Lisa Rebman would agree. She says roughly 20-25 people sign up for the strength training class, an hour-long class that occurs on Tuesdays and Thursdays. Of those, around 10-15 women regularly attend, and many have been coming for six or seven years.

Fit4Life is aimed at the 65-and-older population, and the classes follow the same routine each time they meet, Rebman says. The class combines strength training with some cardio and floor exercises. The women like the routine of knowing what's going to come, and workouts can be modified as needed.

Between those exercises, though, is when Rebman says the quality bonding begins.

"I know what the specials are for the weekend at a certain restaurant, the best movies playing, where the sales are – they talk about everything under the sun," she says. "Sometimes I have to get them back on track and remind them they're also here to exercise."

The class is as much about the exercise as it is about socializing, another important aspect of overall health. Rebman says the women ask about her own children, bring in treats on birthdays and share garden vegetables in the summertime. When one fell on the ice last winter and broke her hip, Rebman says the class went to visit her hospital room after the session ended.



"They all stick together," Rebman says. "Most of the women who started this class didn't know each other and have formed friendships over the years."

If a woman misses a class or two, Rebman says someone will call to make sure she's all right. Several of the women have developed friendships outside of class.

The class is a very social gathering also. We do a lot of talking and laughing and sharing stories."

– Connie Goede

Goede is one of those. She and a few other women sometimes grab coffee in the hospital's café after class. While one of them, ironically, used to be her neighbor in Edgerton in the late 1970s, another is a woman she met through Fit4Life.

"We have really become good friends," she says. "If we haven't really talked in a while, we make a point to catch up."

Those bonds are what Rebman loves about teaching the class. As the hospital's community education manager, she took on the teaching position two years ago after Fit4Life's former instructor left. It was supposed to be temporary, but she didn't know what she was getting herself into.

"I thought I should find somebody to teach to give me more time to get my work done, but I'm glad I made the decision not to," she says. "I would have a hard time giving this class up."

EMPLOYEE SPOTLIGHT

NURSE FINDS SUCCESS AT MILTON CLINIC

When she decided to make nursing her career path, Registered Nurse Ami Laue says her reasoning was simple: to help people in a hands-on profession.

Nearly 12 years into her nursing career, her job has changed several times – but that passion to help others remains. She’s worked overnights as a UW Hospital inpatient nurse, a travel nurse, an inpatient nurse in California and a radiology nurse and breast cancer RN at the UW.

“Being a nurse has been a very challenging, fulfilling career, and I would say it has exceeded my expectations,” Laue says.

She’s grown from all her roles, but when she moved to Janesville in 2018, she wanted a job closer to home to care for her daughter.

Laue found that at Edgerton Hospital’s Milton Clinic, where she started as a nurse for Emily Harbison, APNP, in August 2018.

“I love that I can still use my nursing skills at the Milton Clinic,” she says. “I still get to room patients, draw blood and take vitals – one of the perks of working at a small clinic!”

This job is everything I was hoping for and exactly where I thought I would be at this point in my life and career.”

– Ami Laue

Another perk is the volunteer opportunities she’s been able to have.

She’s still actively helping patients every day but says she’s not nearly as stressed as she used to be working overnights as an inpatient nurse. She’s grateful to have a job that allows her to spend more time with her husband, daughter and friends.



“Working at the clinic has definitely changed my personal life in a positive way,” Laue says. “It’s allowed me to be present for my friends and family on weekends and holidays, to pick up my daughter from daycare every evening and have the energy to spend quality time with her every day.”

It helps to have great coworkers, which she says she’s found in Milton’s small team. She looks forward to going to work every day to change another patient’s life and interact with a team of close friends.

Since joining the staff, she’s experienced a lot of proud moments but says she can’t share specifics because it would be a “violation of patient privacy!”

“I will say I am proud to be part of a team that goes above and beyond for our patients,” she says.

Nursing has taken her around the country but brought her back, she feels, right where she belongs.

“This job is everything I was hoping for and exactly where I thought I would be at this point in my life and career,” Laue says. “I love feeling like part of the community here in Milton and look forward to more volunteering opportunities and building more relationships in the coming years.”

URINARY INCONTINENCE

As we age, our bodies change: It's a simple fact of life. For many women, those changes include the involuntary leakage of urine, also known as urinary incontinence.

The involuntary leakage of urine can be caused by several things: stress urinary incontinence, which occurs with physical activity, coughing or sneezing; and an overactive bladder, or urgency incontinence. Think of the latter as a sudden urge to empty the bladder.

Urinary incontinence affects women of all ages, though it is most common for older women to have some degree of leakage. While it is uncomfortable, there is no need to stress over it – there are many ways to help prevent and control urinary incontinence.

Therapies such as bladder training and pelvic floor exercises, medications, injections and surgeries are all ways to control urine leakage. To get started, visit your medical provider to first determine what you're feeling is urinary incontinence and not something else, such as a bladder infection.

Once you've made the determination, schedule an appointment with Edgerton Hospital's Rehabilitation Services. Our occupational therapists are trained in specialized programs to assist our patients.



SCHEDULING AN APPOINTMENT IS EASY

However, you will need a referral.

Call your primary care provider and request a referral to Edgerton Hospital's Occupational Therapy for urinary incontinence treatment.

“In the end,” It’s about our patients.

- Dr. Samuel Gibson, Edgerton Hospital's Chief Radiologist

We are pleased to announce our new **X-Ray Vision Campaign**, which will continue to upgrade all of our radiology equipment. Can we count on your help to keep local health care cutting-edge?

WHY ARE WE RAISING MONEY FOR ADVANCED DIGITAL X-RAY EQUIPMENT?



- Enhanced detail assists physicians when making a diagnosis
- Bone fractures will be more easily detected
- Soft tissue abnormalities will be more visual
- Highly increased visibility of both heart and lung abnormalities
- YOU will have peace of mind that you’re getting the best quality of care!



Dr. Samuel Gibson says advanced digital radiology equipment is essential, as it’s the first step in diagnosing a myriad of illnesses and injuries. It’s key to guiding treatments to get our patients back to their normal lives.



From left: Lucy Nordenstrom, R.T. (R) (M) (CT), LaVonne Engel, Katie Luebke, R.T. (R) (CT).

HOW HAS ADVANCED DIGITAL RADIOLOGY EQUIPMENT ALREADY PROVEN TO BE A LIFE SAVER?

“I recently had my 3D mammogram at Edgerton Hospital. I was excited to be able to use their new equipment, and equally as shocked when I received the news that a tumor was detected. I was so thankful that I opted for the 3D test, as the enhanced detail is what led to the discovery. My early detection has allowed me to begin treatment as soon as possible, which is so important when curing breast cancer. We are all so lucky to have this life-saving equipment in our hometown!”

- LaVonne Engel, local Edgerton resident

Please consider your special gift of \$50 or more, so Edgerton Hospital can help others just like LaVonne.

YES, I want to donate \$ _____ (amount) to the following:

- X-Ray Vision Campaign-Advanced Digital Radiology Equipment
- Hospital's Greatest Need
- Healing Garden
- Patient Mobile Healthcare Recliners

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Mail above form and your donation payable to:
Edgerton Hospital Capital Foundation, 11101 N. Sherman Rd, Edgerton, WI 53534.

OTHER WAYS TO GIVE:

1. Visit www.edgertonhospital.com, click on *Make a Gift*.
2. Donate appreciated stock or real estate
3. Consider a charitable rollover from your IRA

thank you

Tel: 608-884-1401
foundation@edgertonhospital.com
 Edgerton Hospital Capital Foundation
 Tax ID# 20-3161048





AND HEALTH SERVICES

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EDGERTON, WI 53534

Affiliated with SSM Health

If you do not wish to receive solicitations of mailings from Edgerton Hospital or the Edgerton Hospital Capital Foundation, please e-mail ehhsinfo@edgertonhospital.com or utilize our toll-free number 1-800-884-3441. 3590

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Chronic Sinusitis, Allergies, Nasal Obstruction and Your Sleep!

FREE
CLASS!



Wednesday, May 13th
11:30 a.m.
at Edgerton Hospital

Presented by Dr. A. Danny Yaish,
Ear, Nose, Throat & Sleep
Medicine Specialist

Reserve your seat by calling
608-884-1489 or online at
www.edgertonhospital.com

Community Connection complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-608-884-3441.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-608-884-3441.



Walk-In Screening Mammograms

Stop by Edgerton Hospital's Radiology Department the 2nd Wednesday of each month for your screening mammogram. No appointment or doctor referral needed!

10:00 a.m. to 4:00 p.m.
[last patient accepted at 3:45 p.m.]

March 11
April 8
May 13

June 10
July 8
August 12
September 9

October 14
November 11
December 9

Walk-in Wednesdays are for the following people:

- ✓ Are 40 years of age or older
- ✓ Have not had a mammogram in the past 12 months/year [to comply with most health insurances]
- ✓ Have not had breast cancer in the last 3 years
- ✓ Have not had breast surgery or breast biopsy in the past year
- ✓ Do not have breast implants
- ✓ Do not have any current breast problems or concerns. If you are experiencing concerns, please contact your physician.

Screening mammograms only. If you have a doctor referral for a mammogram due to a concern regarding your breast health, please call to make an appointment so that we can ensure all of your concerns are cared for, 608-561-6614.

Please bring the following with you:

- Your health insurance card
- The name of the facility where you had your last mammogram
- The name of your primary care provider

