

COMMUNITY

connection

SUMMER 2021



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SAY HELLO TO OUR NEW CEO

Edgerton Hospital is thrilled to welcome Marc Augsburger, MBA, BSN, as its new Chief Executive Officer. Marc has been leading the hospital since March and brings over 30 years of diverse experience in the healthcare industry. Marc looks forward to getting to know many employees, patients and community members in the upcoming months. Until then, read on and take a moment to learn a little bit more about Marc and his passion for healthcare.

What attracted you to Edgerton Hospital?

I've been a Critical Access Hospital CEO for 12 years now, running hospitals in Michigan and Iowa. My wife and I grew up in Ohio, so I'm no stranger to the beauty of the Midwest. We love the climate and everything the area has to offer.

The hospital itself is exceptionally modern and new, and I greatly appreciate that the facility runs on geothermal heat and air conditioning. It's one of only a few in the country that does, and it's exciting to be part of a "green" hospital!

Additionally, I was drawn to the absolute charm of our Healing Garden. It's open and available to hospital patients and visitors, as well as any community members. We're currently working to make this healing space even more lovely and welcoming to visitors.

Edgerton Hospital is all-around unique, beautiful and functional – that's ultimately what attracted me to this wonderful facility.

How have your first few months been?

Since my first day on the job, we've been exceptionally busy, and I don't foresee that changing soon! I've very much enjoyed meeting and getting to know employees and community members.

I've been focusing on our goal to drive new growth in the hospital, with a specific focus on increasing the number of visiting hospital specialists. It's so important for our patients to access as much of their



healthcare as possible close to home. While Janesville and Madison aren't too far away, driving still takes time out of your day, and navigating a new, bigger city can be challenging. I want to provide more services, and with that, more comfort, right here in Edgerton.

Is there anything exciting on the horizon for the hospital?

In addition to bringing more specialists to the hospital, we're also placing a heavier focus on telehealth. In some instances, patients in Edgerton could receive the care they need by connecting with a doctor virtually. This isn't just a convenient way to gain expertise we might otherwise not be able to access, but telehealth can also help reduce windshield time and lost revenue for the providers.

What's something you'd like readers to know about you?

I'm so excited and grateful for this opportunity. My wife, daughter and I have settled into the area nicely, and we're all looking forward to building fruitful relationships with and becoming active participants in the community.

I certainly have an open-door policy and would welcome any and all opportunities to connect with members of the public. I want everyone to know it's extremely important to me to promote and support local.

What hobbies do you enjoy outside of work?

My family and I enjoy cruising the open road in our 1986 gold Corvette and Honda Gold Wing motorcycle. This summer, we're especially looking forward to

visiting as many Wisconsin supper clubs as possible. We recently purchased a book highlighting the state's supper clubs, and we'd love to have the restaurant owners sign the book after our visits.

TO LEARN MORE ABOUT OUR NEW CEO,
VISIT THE NEWS TAB ON OUR WEBSITE,
EDGERTONHOSPITAL.COM.

PATIENT SPOTLIGHT

Duff Fanning knew he was in good hands the moment he walked through the doors of Edgerton Hospital to have a loop recorder inserted.

He's only been a patient at the hospital for a couple years, but he says every experience he's had has left him feeling uplifted.

"It's so personal; everybody knows you when they see you, and everyone you meet is just so friendly," Fanning says. "Plus, it's a beautiful hospital."

A recent visit had prompted his doctor to recommend the loop recorder, which is a device that's inserted into the chest for long-term heart monitoring. It captures information that other heart monitoring devices may miss. He saw Edgerton Hospital's cardiologist Dr. Raaid Museitif for the procedure.

He appreciated Museitif's personable manner that made him feel comfortable and like he was just chatting with a friend.

"He's real personable and doesn't talk down on you," Fanning says of Museitif.

He says he wasn't too worried about the procedure, which was done in less than a half-hour at Edgerton Hospital.

"He just numbed the area and then slid that thing in there," Fanning says. "It was really painless and didn't take him very long at all."

For Fanning, who was born in Janesville and now lives in the Edgerton area, being able to get these services done close to home means a lot. More than that, he's had some bad experiences at previous hospitals and says Edgerton has been a complete 360 from those.

"This other hospital was a challenge, and I had heard too many stories," Fanning says. "So I switched and said I'm going to Edgerton."

He schedules regular primary care visits at the hospital's Milton Clinic, but says he's grateful to have specialists such as Dr. Museitif so close when he does need specialized services.

Would he recommend the hospital to others for cardiology services? Yes, he says, and any other need.

"I'm sure happy there, I'll put it that way," he says. "I love that little place, I really do."



Duff meets with Dr. Raaid Museitif.

TO SCHEDULE AN APPOINTMENT WITH
THE CARDIOLOGY TEAM AT EDGERTON
HOSPITAL, CALL **608-561-6614**.

PATIENT SPOTLIGHT

Successful ENT Visit Improves Air Flow

Allergies are nothing new for Michelle Hayden, who works in Edgerton Hospital's billing department. But last October, when she realized she almost completely couldn't breathe through one of her nostrils, she decided to get it checked out.

Her first choice was Edgerton Hospital's Ear, Nose, and Throat specialists. Though she had never seen them before, it wasn't a difficult decision.

"I use Edgerton Hospital pretty exclusively (for health needs) because there's a wide range of services available here," she says.

She scheduled her initial visit with Edgerton's ENT specialists, Aaron Yohann, PA-C, and Danny Yaish, DO. They found some swelling on one side of her nose and scheduled her for a turbinate reduction procedure.

The nose has three turbinates, which clean and humidify air as it moves through the nose into the lungs. If a turbinate is inflamed by allergies or other irritation, it can become swollen, which causes the nasal obstruction Hayden experienced.

A turbinate reduction is an outpatient procedure that removes some tissue from inside the nostril to improve the air flow. The nostrils are numbed, and Hayden estimates the actual procedure took about 15 minutes.

Compared to other procedures she has had, Hayden says she wasn't too worried about this one. Her confidence increased after her interactions with the staff and Dr. Yaish on the day of the surgery.

"Dr. Yaish came in and talked to me, made sure I was comfortable and addressed all my concerns," she says. "That was very helpful to know exactly what



Michelle Hayden visits with Laci McKaig, CNA,
and Aaron Yohann, PA-C.

was happening – even during the procedure, he was telling me what he was doing."

She was moved to a recovery area immediately following the procedure and left shortly after, experiencing no pain and no bleeding – "they pack it (the nose) really well," she says.

Hayden has had a lot of experience with Edgerton Hospital's staff, having to interact with them every day and using them for many of their services, so she wasn't surprised with the efficient and compassionate care she received.

Though the allergies persist, she says the procedure helped improve her air flow a lot and she's pleased with the service she received.

"I would definitely recommend them, mainly because the communication was so good and everything went exactly as they said it would," Hayden says. "There were no surprises."

**IF YOU'RE SUFFERING FROM SINUS
ISSUES, CALL THE ENT CLINIC AT
EDGERTON HOSPITAL, 608-561-6614.**

WHAT IS A BUNION

— AND HOW CAN I TREAT IT? —

If you have a bump on the side of your big toe, it might be a bunion. Bunions form because of abnormalities in the foot bones that cause the big toe to lean toward the second toe instead of being straight, which over time produces the bump.

Sometimes, the bump can be painless. However, over time a bunion can cause the toes to crowd together, which can cause pain and possible permanent deformation, says Dr. Suleyman Kurter, Edgerton Hospital's surgical podiatrist.

"It might seem painless, but that doesn't mean it won't cause pain down the road," Kurter says. "Understanding your foot structure can help prevent future complications and make you more knowledgeable about your bone structure."

Experts generally believe bunions are genetic and occur because of inherited faulty foot structure. Certain additional conditions such as excessively flexible ligaments and flat feet can contribute to a bunion's development.

Bunions can also be aggravated by:

- » Shoes that are too tight, too small or high heeled or pointed toed – all of which can cause toes to crowd and puts pressure on the big toe
- » Abnormal tendon contractors
- » Arthritis symptoms in feet

Besides the bump, bunion symptoms can include:

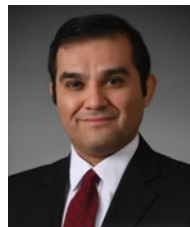
- » Intermittent or persistent foot pain
- » Difficult to move the big toe
- » Red and inflamed skin on the big toe
- » Thick skin underneath the big toe
- » Calluses on the second toe
- » Big toe turning toward the other toes

Fortunately, Kurter says there are many options to treat bunions and recommends talking to your doctor about how to address your specific situation.

Nonsurgical options can include changing shoes to something padded or with adequate wiggle room, taping the foot into a "normal" position to reduce pressure on the bunion, taking over-the-counter pain relievers and wearing over-the-counter arch supports.

If these options don't help, a surgery such as a bunionectomy may be recommended to correct the position of the big toe and remove swollen tissue around the joint.

If you have a bunion – or any other foot condition – schedule an appointment with Edgerton Hospital's surgical podiatrist to discuss treatment options and recommendations.



**TO SCHEDULE YOUR
PODIATRY APPOINTMENT
WITH DR. KURTER AT
EDGERTON HOSPITAL TODAY,
CALL 608-561-6614.**



HOSPITAL FOUNDATION SPOTLIGHT

EDGERTON FOUNDATION LOOKS TO GROW HEALING GARDEN



Quality healthcare is important to helping our patients heal, but perhaps equally so is creating an environment that promotes well-being – for the mind, body and soul. And, as any nature lover knows, one of the most peaceful places to restore is in a garden.

The Foundation aims to raise \$15,800 for improvements in the garden. Our landscape professional Mark Dwyer identifies these as the most important garden needs:

- » Utility cart with automatic dump box
- » Irrigation repairs, modifications and updates
- » Two additional water spigots
- » Expanded storage shed (11'x3' deep)
- » Small rototiller
- » Small, gas-powered sidewalk edger

Research has shown that healing gardens provide many benefits, including shorter hospital stays, improved morale and well-being, promoting stress recovery and more.

Help foster healing by donating to the Foundation today.

**LEARN MORE BY CONTACTING: ANN HEIDEN,
FOUNDATION DIRECTOR, 608-884-1401
AHEIDEN@EDGERTONHOSPITAL.COM**



FOUNDATION RAISES \$450K FOR X-RAY EQUIPMENT

Edgerton Hospital Capital Foundation met its goal to raise \$450,000 for new X-ray equipment! Foundation members recently presented a check to the hospital to purchase this equipment. We thank our donors for their generosity!

THANK YOU! YOUR GIFT WILL HELP TO KEEP THE BEST CARE LOCAL:

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

Hospital's Greatest Need Healing Garden

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

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

OTHER WAYS TO GIVE:

Visit edgertonhospital.com
and click on **Make a Gift**.



GET ZESTY WITH ZUCCHINI

Perhaps you've caught wind of the benefits of zucchini, a summer squash that's become more popular as a substitute for noodles. However, zucchini can be used in many dishes and has many health benefits you may not have heard about.



Executive Chef Joshua Ciafullo prepares and plans delicious, healthy meals for patients, visitors and staff.

This squash is a powerhouse addition to your diet, as it is rich in many nutrients, contains less than 1 gram of fat per serving and is high in antioxidants. It can also improve digestion, lower blood sugar levels and support healthy blood circulation and a healthy heart. Because it is high in fiber, it can also help lower cholesterol levels.

Looking for an energy boost? Zucchini is rich in B-vitamins, some of which can reduce fatigue and improve your mood. These vitamins also aid in improving cognition and brain function.

Grow some zucchini in your backyard this summer or pick it up at a farmer's market or grocery store during its peak season. Then find a recipe to try, like this Zucchini Gratin, for a new and fun item on your dinner rotation.

ZUCCHINI *gratin*

TOTAL: 1 HR 7 MIN
PREP: 12 MIN
COOK: 55 MIN
YIELD: 6 SERVINGS



INGREDIENTS:

- » 6 tablespoons (¾ stick) unsalted butter, plus extra for topping
- » 1 pound yellow onions, cut in ½ and sliced (3 large)
- » 2 pounds zucchini, sliced ¼-inch thick (4 zucchini)
- » 2 teaspoons kosher salt
- » 1 teaspoon freshly ground black pepper
- » ¼ teaspoon ground nutmeg
- » 2 tablespoons all-purpose flour
- » 1 cup hot milk
- » ¾ cup fresh bread crumbs
- » ¾ cup grated Gruyère

DIRECTIONS:

1. Preheat the oven to 400° F.
2. Melt the butter in a very large (12-inch) sauté pan and cook the onions over low heat for 20 minutes, or until tender but not browned. Add the zucchini and cook, covered,

for 10 minutes, or until tender. Add the salt, pepper and nutmeg and cook uncovered for 5 more minutes. Stir in the flour. Add the hot milk and cook over low heat for a few minutes, until it makes a sauce. Pour the mixture into an 8x10-inch baking dish.

3. Combine the bread crumbs and Gruyère and sprinkle on top of the zucchini mixture. Dot with 1 tablespoon of butter cut into small bits and bake for 20 minutes, or until bubbly and browned.



**Edgerton
HOSPITAL**

AND HEALTH SERVICES

11101 NORTH SHERMAN RD.
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. 3716

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SAVE THE DATE!

**Mini Golf the Garden
October 9th, 2021**

Details coming soon at
www.edgertonhospital.com

*All proceeds to benefit
the Edgerton Hospital
Capital Foundation*



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.

SMOKED? *get scanned.*

Lung cancer is the leading cause of cancer death worldwide. Schedule a low-dose CT scan to screen for this deadly cancer – it could save your life.

Low-dose CT is recommended for any older adults who are/were longtime smokers but don't have any symptoms of lung cancer.



If you meet the following criteria, you could be eligible for a scan:

- Adults ages 50-80 years
- Current smokers or those who have quit within the past 15 years
- Those who have a 20 pack-year smoking history

If this sounds like you, meet with your physician to find out if you're eligible for a scan.

**TO SET UP AN APPOINTMENT
WITH ONE OF EDGERTON
HOSPITAL'S PULMONOLOGISTS,
CALL 608-561-6614.**