

COMMUNITY

connection

FALL 2021



PATIENT SPOTLIGHT
Meet Lymphedema Therapy
Patient Diane Clark

8

NEW ER PHYSICIANS

Introducing Dr. Michael Butterfield and Dr. Matthew Nerland

1

ADVANCED STROKE CARE

Learn About Our New Telestroke Program

2

NEW PROVIDER

Meet New Milton Clinic Provider Whitney Oechsner, APNP

6

CEO UPDATE



As the holiday season approaches, there's no better time than the present to reflect on the many things Edgerton Hospital's team is thankful for.

We are thankful to have been able to provide quality care for many of you during a rough pandemic year.

We are thankful that we were able to offer the community numerous COVID-19 vaccine clinics.

We are thankful for our team who always puts the safety and well-being of our patients as top priority.

And most recently, we are thankful for the many new, exciting healthcare options that we've been able to provide to our patients. As you read further into this newsletter, you'll meet our new emergency physicians, discover how stroke patients are finding faster, life-saving care at Edgerton Hospital's Emergency Department, learn about our new allergy testing services, and meet the Milton Clinic's newest family medicine provider.

Everything we do, we do in the best interest of YOU, our patients.

Be well and stay safe!

Marc Augsburger, MBA, BSN
Chief Executive Officer

A WARM WELCOME TO OUR NEW ER PHYSICIANS

Meet our two new ER physicians joining our emergency care team. We are excited to have them on board and look forward to all the great work they will be doing at Edgerton Hospital.



Dr. Michael Butterfield

Dr. Butterfield received his doctorate from UC Berkeley-UC San Francisco's Joint Medical Program and received his Masters of Public Health in

Epidemiology from UC Berkeley's School of Public Health. He completed his residency in the Department of Emergency Medicine at University of South Florida, Tampa. When he's not practicing medicine, he enjoys hiking, running, cycling and playing the guitar.



Dr. Matthew Nerland

Dr. Nerland received his doctorate of Osteopathy in 2003 from Des Moines University-Osteopathic Medical Center. He completed his internship and residency in Emergency Medicine at St. John Oakland

Hospital in Michigan. Since then, he's had the opportunity to serve as the Vice Chair of the Emergency Department at Mercy Health System and as the Trauma Director at Aurora Health.

Dr. Butterfield and Dr. Nerland are standing by should an emergency arise. Enjoy peace of mind knowing your family is in good hands!

ADVANCED STROKE CARE AT EDGERTON HOSPITAL

New telestroke program allows for faster access to quality stroke care.

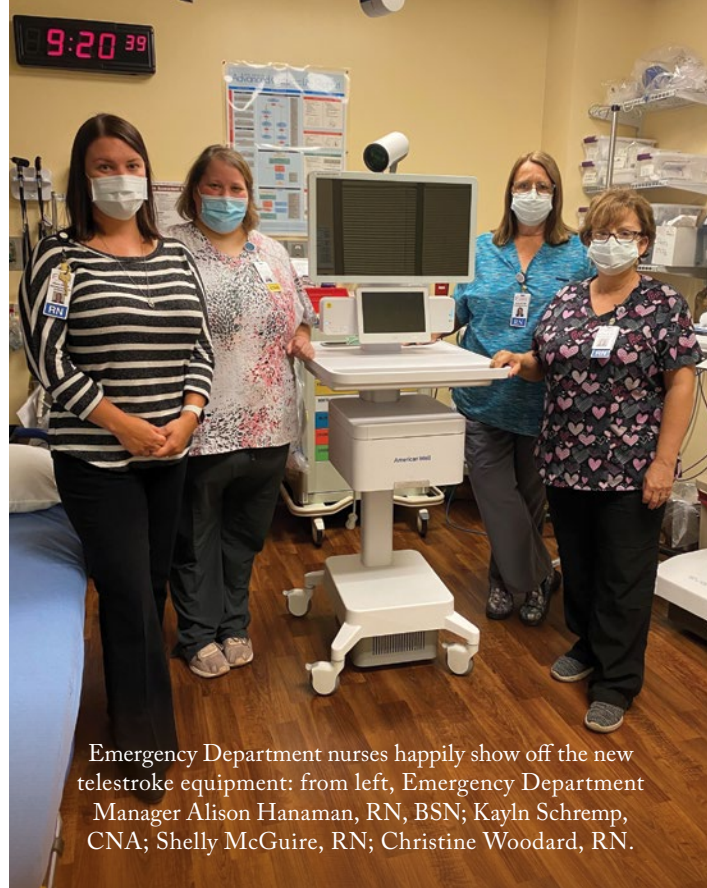
Edgerton Hospital is proud to announce its partnership with the University of Wisconsin Telestroke Network, located at University Hospital. The partnership opens the door to a new world of care for Edgerton Hospital stroke patients across southern Wisconsin.

Through the Telestroke Network, Edgerton emergency physicians will be able to consult with UW Health's stroke neurologists, who have the ability to examine stroke patients and their brain scans digitally in real time. By partnering with the stroke neurologists at UW Health, Edgerton Hospital will ultimately be able to provide quicker life-preserving care for its patients.

"This arrangement saves precious time for patients, and in stroke treatment, each minute equals brain cells saved," explains Registered Nurse and Emergency Department Manager at Edgerton Hospital Alison Hanaman.

This arrangement saves precious time for patients, and in stroke treatment, each minute equals brain cells saved.

- Alison Hanaman, RN, BSN



Emergency Department nurses happily show off the new telestroke equipment: from left, Emergency Department Manager Alison Hanaman, RN, BSN; Kayln Schremp, CNA; Shelly McGuire, RN; Christine Woodard, RN.

For stroke patients, life-saving medication for blood clots must be administered within three to four hours after the onset of an ischemic stroke. The Telestroke

Network allows physicians to prescribe this medication in a quick and timely manner, ultimately preventing bleeding in the brain or death.

According to UW Stroke Program's

Medical Director, Dr. Natalie Wheeler, this system allows Edgerton Hospital patients to receive the best care possible close to home.

"UW Health is pleased to welcome Edgerton Hospital into our network," expressed Dr. Wheeler.

UW Health's University Hospital is one of the first certified comprehensive stroke centers in the country, meeting the comprehensive standards of the Certified Stroke Centers.

PATIENT SPOTLIGHT

How treatment at Edgerton Hospital gave one patient a new lease on life

Back in May, after previously having a knee surgery on her left knee, patient Diane Clark had her second knee surgery, on her right knee. Her first procedure went without a hitch, and she was able to enjoy the capabilities of her new knee. However, shortly after her second surgery, she was surprised to find her right leg swelling – and even more surprised to find her left leg swelling as well, despite having had surgery on it eight months prior.

Concerned with the swelling in her legs – and rightfully so – Clark consulted her doctors, who determined she had lymphedema.

Lymphedema is swelling in the arm or leg due to lymphatic system blockage. Think of lymph nodes like the drain in your sink. When the sink is clogged, the fluid level starts to increase – with lymphedema, the same thing starts to happen. However, instead of the sink overflowing, a patient with lymphedema will experience pain and swelling of the appendage until the situation is rectified. Swelling, pain and discomfort are the signature signs of lymphedema.

But what causes lymphedema? Sometimes it can occur on its own, but oftentimes it develops after a surgery due to the lymph nodes being damaged or removed. For patient Diane Clark, her lymphedema appeared in her legs shortly after having knee surgery.

Given the swelling in both of her legs, Clark's doctors determined that lymphedema therapy would be the right choice for her. Since she was already attending post-op physical therapy at Edgerton Hospital, she began lymphedema therapy there as well, allowing her to manage her condition and work to alleviate pain.

Edgerton Hospital's lymphedema therapy focuses on treatment options that include exercises, massage to move fluid, skin care, and fitting of compression



bandages for short- and long-term treatment. Her therapist, Raj Iyer, DPT, specifically worked with her to help ease the swelling of her legs by finding the appropriate compression garments for her body, training her on self-massage, and training her on a home exercise program.

“Raj, she really puts her all into everything and into the person,” says Clark. “She doesn’t push something – I think if you push something at somebody and insist on something, it doesn’t go over well. Instead, she finds a way around it that will work.”

Clark has since completed her lymphedema therapy at Edgerton Hospital but hasn’t forgotten the special bond that she shares with Raj. And, as for her legs now, she says that they look like “normal legs,” aside from the compression hose she wears.

“I think the most important thing is to make sure that you do your exercises and that you do the massages that are required twice a day,” says Clark. “I feel very blessed to have been able to work with Raj to complete my healing.”

Clark is incredibly happy with her lymphedema therapy experience at Edgerton Hospital. For those considering lymphedema therapy or currently in therapy, Clark’s biggest advice is, “If at first you don’t succeed, try, try again.”

**TO LEARN MORE ABOUT EDGERTON HOSPITAL'S
LYMPHEDEMA THERAPY PROGRAM OR TO
SCHEDULE AN APPOINTMENT, CALL 608.884.1390**

THE UNIQUE HEALTH BENEFITS OF PUMPKIN

What can pumpkin do for you?
Featuring Executive Chef Joshua Ciafullo

Pumpkin has a wide array of health benefits – pumpkin lovers rejoice! But what exactly does pumpkin do for you? Well, it all comes down to the winter squash's three key attributes: vitamin A, potassium and fiber.

Pumpkin Is Rich in Vitamin A:

Vitamin A has a wealth of health benefits. Not only does it help you see and improve your vision, but it helps ward off germs, therefore improving your immunity. Vitamin A is also amazing at maintaining the health of vital organs such as the lungs, kidneys, reproductive system and other organs. Plus, vitamin A and potassium (which is also in pumpkin) both promote heart health. Fun fact: One cup of pumpkin provides you with 200% of your daily recommended vitamin A.

Pumpkin Is High in Potassium:

If you've got high blood pressure, type 2 diabetes, a history of kidney stones or a family history of strokes,



the potassium found in pumpkin is your friend. Not only does potassium help with hypertension, but it lowers the risk of type 2 diabetes, kidney stones and strokes. However, that's not where the amazing benefits of potassium stop. Potassium can also improve your bone health and, as previously mentioned, promotes heart health.

Pumpkin Is a Good Source of Fiber:

Pumpkin provides the perfect combination of high fiber and low calories, making pumpkin a healthy way to satisfy your appetite and fill your stomach without overindulging. And, as you likely know, fiber improves digestive health, which is always a positive. Plus, when your fiber intake increases, your chances of heart disease go down.

GINGER-PUMPKIN SOUP



INGREDIENTS:

- » 2 cans pumpkin puree
- » 3 cans chicken broth
- » 12 oz. apple cider
- » 1/3 cup creamy peanut butter
- » 2 cloves garlic
- » 2 tbsp. grated fresh ginger root
- » 2 tbsp. finely chopped green onion
- » 1 tbsp. fresh lime juice

- » 1/2 tsp. salt
- » 1/4 tsp. ground cayenne pepper
- » Toasted pumpkin seeds (optional)
- » Chopped chives (optional)

DIRECTIONS:

1. In a 6-quart saucepan, combine pumpkin puree, chicken broth and apple cider. Bring to a boil over high heat. Cover, reduce heat to low and simmer 10 minutes.

2. In a blender or the bowl of a food processor fitted with a chopping blade, process 1 cup pumpkin mixture with peanut butter until smooth. Return to saucepan with the remaining pumpkin mixture. Add garlic, ginger root, green onion, lime juice, salt and cayenne pepper; cook 10 minutes over medium heat.

3. Divide soup among soup plates and garnish with pumpkin seeds and chives, if desired. Serve immediately.

HOSPITAL FOUNDATION SPOTLIGHT

It's the season of giving!

In a year with continued challenges and uncertainties, here at Edgerton Hospital Foundation, we are so blessed to have an incredible community of supporters. A deep-hearted thank you goes out to all 1,061 people and businesses who have contributed to the Edgerton Hospital Foundation so far this year. Our staff, patients and their families witness on a daily basis the impacts these contributions have on the lives of so many. So, from us to them, we'd like to say thank you for your support in 2021, as we will grant close to \$450K to Edgerton Hospital by the end of the year!

In the spirit of the season of giving, it's not too late to give a gift so we can do even more this year and into 2022. When you donate, 100% of the gifts to the foundation go directly to hospital programs and equipment. Current contributions will help go towards the funding of:

A Medical Imaging Suite. Currently, the hospital's imaging equipment is used for both high-level, complicated procedures and simple diagnostics. With the addition of a new imaging suite, the hospital will have the capacity to perform additional X-rays – serving more patients quickly and reducing patient wait times.

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

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

Hospital's Greatest Need Healing Garden



Edgerton Hospital Foundation



A Women's Health Center. To better serve the unique needs of women, we hope to combine our Women's Health services in 2022 into one cohesive, welcoming center right here on the Edgerton Hospital campus; as a result, making access to health services more convenient.

An Enhanced Therapeutic Vision & Balance System. This technologically advanced software system, designed to improve patient coordination and balance, will enhance physical therapy outcomes. Patients will gain improved kinesthetic abilities and quality of life.

Thank you for supporting the Edgerton Hospital Foundation; kindness and compassion can touch the lives of many. Consider donating today and give the gift of healing and hope.

CLICK THE QR CODE TO LEARN MORE,
OR CONTACT ANN HEIDEN, FOUNDATION
DIRECTOR, 608.884.1401,
AHEIDEN@EDGERTONHOSPITAL.COM



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.**

MEET YOUR NEW PROVIDER

New Milton Clinic Provider Is Passionate About Close-Knit, Compassionate Care

Whitney Oechsner, APNP, has always loved adding a personal touch to healthcare. When the opportunity arose for her to provide personalized care at Edgerton Hospital's Milton Clinic, she knew it was a wonderful fit given the small-town feel and close-knit clinic environment. As a family medicine provider, she understands the importance of developing personal connections with her patients in order to best serve them.

"I love working with people over time and being able to see the progress that they make, whether that is recovering from an acute illness, decreasing their blood pressure, decreasing their pain after an injury, healing a wound or losing weight," says Oechsner.



Many times, I see patients who haven't felt heard by previous providers, and I want them to feel that I understand their concerns.

For Oechsner, her passion is preventative care and helping people be a part of their healthcare decisions.

"My favorite part of my position is being able to feel like I made a difference in someone's day," Oechsner says. "Many times, I see patients who haven't felt heard by previous providers, and I want them to feel that I understand their concerns."

Her role as a nurse practitioner specializing in family medicine allows her to work with people of all ages, starting at birth. As a nurse practitioner, she performs physicals, helps patients manage their chronic conditions, performs simple office procedures and treats patients for specific concerns and illnesses.

Being a nurse practitioner allows her to be there for all of her patients' major milestones, like graduating



high school, getting married, having kids and even witnessing the birth of grandkids.

"I want to be able to make personal connections with my patients and really get to know them. I also want to be able to help them reach their health and wellness goals," explains Oechsner.

In addition to developing personal connections with her patients, Oechsner values the importance of shared decision-making, saying, "While I will suggest what options I think are most beneficial, it ultimately comes down to talking with the patient and figuring out what will work best for them. I want to choose a plan of care that patients feel comfortable with and can be implemented successfully."

As a Wisconsin native, when Oechsner's not practicing medicine, she loves doing outdoor activities like hiking and kayaking, along with cooking and trying new foods.

**TO SCHEDULE AN APPOINTMENT WITH WHITNEY
OECHSNER, CALL 608.868.3526**





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 Foundation, please e-mail ehhsinfo@edgertonhospital.com or call 608-884-3441. 3787

NON-PROFIT
US POSTAGE
PAID
MADISON WI
PERMIT #2860

Coffee & Chat

Enjoy a cup of coffee as you sit back and learn from our experts!

Visit www.edgertonhospital.com for a list of dates & speakers!

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.

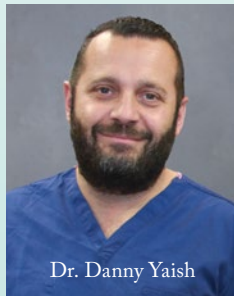
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-608-884-3441.

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

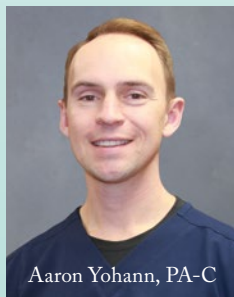
NOW OFFERING *allergy testing!*

This new service is now offered at our Ear, Nose & Throat clinic. Patients have the opportunity to be seen by providers Dr. Danny Yaish and Aaron Yohann, PA-C, who hold their specialty clinic at Edgerton Hospital.

As ear, nose and throat specialists, Dr. Danny Yaish and Aaron Yohann, PA-C, are committed to the care and management of sinus and allergy issues. Such issues can affect patients any time of the year. However, through diagnosis, treatment and continued care, the providers can help remedy these issues for patients of all ages.



Dr. Danny Yaish



Aaron Yohann, PA-C

DID YOU KNOW? THE MOST COMMON ALLERGENS ARE:



GRASS



TREES



POLLEN



WEEDS



MOLD



PET DANDER



DUST MITES

TO SCHEDULE AN APPOINTMENT FOR ALLERGY TESTING, PLEASE CALL
608.561.6614