

COMMUNITY

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WINTER/SPRING 2022



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CEO *update*

I sincerely hope your new year is off to a happy and healthy start!

At Edgerton Hospital and Health Services, we've been busy planning new healthcare options and finding better ways to serve our patients. While there is plenty on the horizon in 2022, we are most excited to share with you our newest addition – the Edgerton Hospital Pain Management Center.

Serving this new center will be Dr. Arpan Patel. Dr. Patel is committed to providing our patients and community with balanced, safe and effective pain management care. He will work with patients to diagnose pain conditions and create a balanced care plan designed to each patient's individual needs. Through this tailored care plan, Dr. Patel will work with patients to provide treatment options that will deliver long-term pain relief and improve quality of life.

We believe that everyone should have access to quality care without having to travel far. When you need us, we'll be here with the care you deserve.

Be well and stay safe!

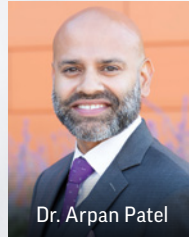
Marc Augsburger, MBA, BSN
Chief Executive Officer



EDGERTON HOSPITAL UNVEILS NEW PAIN MANAGEMENT CENTER

In the last several years, pain management has been brought to the forefront of medical care. It's something that is becoming more accessible and is seeing higher demand, which is why we are happy to announce that we're opening the Edgerton Hospital Pain Management Center on March 30.

However, the center isn't the only thing we're proud to announce! We'd like to give a warm welcome to Dr. Arpan Patel, who we've brought on to head the center and help manage pain in a safe, balanced and effective manner. Dr. Patel is a double board-certified pain interventionalist and anesthesiologist with over a decade of experience working with patients and designing a care plan to their individual needs.



Dr. Arpan Patel

The Pain Management Center will offer a one-on-one approach to helping patients through their pain. This personalized approach will allow Dr. Patel to determine where the pain may be stemming from, and therefore, tailor the patient's recovery appropriately.

Make pain a distant memory. If you've been struggling with any of these conditions, schedule a consultation with Dr. Patel. Conditions, such as the ones above, can affect everyone differently. Let's work together to create a balanced and safe treatment plan for you. Don't wait for it to get better; make it happen at Edgerton Hospital.

Request a referral from your provider!

If you're suffering from chronic pain, look no further than Edgerton Hospital's Pain Management Center. If you've been living with any number of pain conditions, let us help with your recovery.

This includes conditions such as:

- Back and neck pain
- Shoulder, hip and knee pain
- Sciatica
- Arthritis pain
- Pinched nerves and nerve damage
- Muscle spasms
- Headaches
- And more!

PATIENT SPOTLIGHT

How a second opinion at Edgerton Hospital is leading a patient toward pain-free living.

In late 2021, Joanne Schudda saw a TV commercial about Edgerton Hospital's surgical podiatrist, Dr. Suleyman Kurter, DPM. Something about him urged Schudda to call her insurance company to ask if they would cover a second opinion from Dr. Kurter for the foot pain she was experiencing.

Back in 2020, Schudda underwent surgery at a different hospital to correct a bunion and hammertoe. Bunions form when bones in the front part of the foot shift, which forces one of the outer toes to bow painfully outward. Hammertoe – often caused by wearing heels or shoes with narrow toe boxes – is a painful, abnormal bend in the middle joint of a toe. After Schudda's first surgery, she was experiencing more pain than before, and her toes were starting to curl under and overtop each other. To Schudda, it seemed like the surgery wasn't healing correctly.

"It felt like I was walking on a rock, and I found out later that I was walking on my bone," Schudda says. "And a pin

placed in my hammertoe was slipping, so it was like a needle poking my toe every time I stepped. I was just having a lot of problems after the fact. It just wasn't good."

When she returned to explain the pain to her original doctor, he scheduled another procedure for her, but a bad feeling in her gut urged her to seek treatment elsewhere, so she scheduled an appointment with Dr. Kurter at Edgerton Hospital.

Right away Dr. Kurter confirmed that she was correct. The pain and post-surgery symptoms she was having were abnormal, and an additional surgery would be required to fix the problems from the first. Schudda had her surgery at Edgerton Hospital in late December 2021, and so far, her foot is healing remarkably well.

Her experience at Edgerton Hospital was phenomenal, from Dr. Kurter's kindness and thorough explanation of what she should expect post-surgery to the support staff that helped her make appointments and rewrapped her foot when the bandage started slipping.

"I've been very blessed with what they've been doing for me," Schudda says. "I no longer have pain. I'm still not walking on it completely. I've been very good about staying off it, but as of right now, I could see a difference when they removed the bandages to redo them," she says. "I'm hoping for the best. It's been a great experience."

TO LEARN MORE ABOUT EDGERTON HOSPITAL'S
PODIATRY CLINIC, OR TO SCHEDULE AN
APPOINTMENT, CALL [608.561.6614](tel:608.561.6614).



asparagus,

THE ASTOUNDING VEGETABLE!

Spring is just around the corner! And, with the warmer weather comes asparagus season. This colorful spring veggie has a whole bundle of health benefits, making it the perfect staple to add to your diet. Made up of 94% water, asparagus is also chock-full of good stuff like vitamins, minerals, antioxidants, protein and fiber. With so many nutrients, it's no wonder these stunning spears have so many health benefits.

Asparagus Is Low in Calories.

Naturally, being made up of 94% water makes asparagus a “low cal” choice for anyone counting their calories. As a bonus, asparagus is also a natural diuretic, relieving your body of excess salt while increasing urination.

Asparagus Improves Digestive Health.

Asparagus is a force to be reckoned with and so is the fiber it is made from. Most notably, fiber improves digestive health, helping with regular bowel movements and easing bloating. However, it also helps feed the good bacteria in the gut, further improving digestion and strengthening the immune system.

Asparagus Has Detoxifying Properties.

With asparagus, it's time to say goodbye – goodbye to carcinogens, free radicals, inflammation, excess salt – just to name a few! That's right, asparagus contains a detoxifying compound that helps break down “the bad stuff.” The spring veggie also boasts antiviral, anticancer and anti-inflammatory properties.

Asparagus Helps Support a Healthy Pregnancy.

It's no secret food plays a large role in a healthy pregnancy. When eating for two, a mother's nutrition matters more than ever. Asparagus is great for pregnant mothers as it is high in folate, which supports healthy cell growth and DNA formation during gestation.

If you're looking for an easy, versatile addition to your meals, consider asparagus next time you cook!

EXECUTIVE CHEF JOSHUA CIAFULLO'S BALSAMIC STRAWBERRY ASPARAGUS RECIPE

PREP TIME 15 minutes COOK TIME 10 minutes TOTAL TIME 25 minutes

This easy balsamic strawberry asparagus recipe turns cheap balsamic vinegar into a sweet syrup to drizzle on roasted asparagus with strawberries and basil.

Ingredients:

- 1 lb. asparagus, ends trimmed
- 1 tbsp. olive oil
- 1 cup balsamic vinegar
- 20 medium strawberries, sliced
- 10 leaves basil, chopped
- salt and pepper to taste
- 1 oz. brown sugar
- 1 whole orange zest

Directions:

1. Preheat the oven to 400°F.
2. Place asparagus on a baking sheet and drizzle with olive oil (line sheet with foil for easier cleanup).
3. Roast the asparagus for 8-10 minutes, until just tender.
4. While the asparagus is roasting, boil the balsamic vinegar, brown sugar and orange zest until reduced to 1/4 cup.
5. Divide asparagus among the plates and top with sliced berries, basil, salt and pepper.
6. Use a spoon to drizzle each serving of asparagus with balsamic syrup.

Make it a meal by adding protein, like grilled chicken!



HOMETOWN HEALTHCARE: *a local prescription*

We've got some big plans to keep our community happy and healthy as we move into the new year. To continue growing and providing the quality care you're used to, we're asking for your help. By donating today, you'll keep the great care you know and love local!



YOUR GIFT WILL SUPPORT:

A MEDICAL IMAGING SUITE.

The addition of a Medical Imaging Suite will enable the hospital to do straightforward, less-complex X-rays faster, serving more patients in a timely manner.

A WOMEN'S HEALTH CENTER.

To better focus on the unique needs of women, we hope to centralize our women's health services to create a comfortable, welcoming environment.

A CHRONIC PAIN MANAGEMENT CENTER.

To keep the best care local, Edgerton Hospital Pain Management Center will feature the latest technology and medical experts, eliminating the need to travel outside our community for specialty care.



THANK YOU! YOUR GIFT IS THE BEST MEDICINE:

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.

Click the QR code to learn more, or contact
Ann Heiden, Foundation Director, 608.884.1401,
aheiden@edgertonhospital.com



volunteer

AT EDGERTON HOSPITAL

Lend a Hand

Volunteers are an essential part of Edgerton Hospital. That's why we're looking for people who want to help make a difference by taking part in our Auxiliary Volunteer Program! Don't have any healthcare experience? It's no problem! Our volunteer program will find a way to utilize your personal skill set at its highest potential.

What Volunteers Can Do

Transporting and escorting patients is one of the areas we're looking for help in the most! This crucial role involves helping patients with limited mobility get in and out of their vehicles, into a wheelchair and transported around the hospital. Due to the nature of the role, men are encouraged to apply, but women are welcome as well.

Other ways to help:

- Working the information desk
- Mail delivery
- Clerical work
- Baking cookies
- Fundraising

Let's Help Each Other

By volunteering at Edgerton Hospital, you're doing more than just giving back to the community, you're giving back to yourself. Our volunteers benefit from a variety of personal opportunities, such as meeting new people, making new friends, learning new skills and developing new interests. Our Auxiliary Volunteer Program also comes with health perks! As a volunteer, you'll receive discounts on classes and group training sessions, as well as access to the Cardiac Rehab workout area.



Interested in volunteering? Submit an application today. To apply, fill out an application online, in person or by contacting Lisa Rebman at [608.884.1489](tel:608.884.1489) or lrebman@edgertonhospital.com for more information. To apply online, visit at edgertonhospital.com/volunteer

CONGRATS TO **SHELLY MCGUIRE, RN,** ON HER DAISY AWARD



We are excited to announce Edgerton Hospital's winner of The DAISY Award® for Extraordinary Nurses. Congratulations to Shelly McGuire, RN, for her personable, high-quality patient care. The DAISY Award honors nurses who make a profound difference in the lives of their patients and their patients' families. Shelly is a remarkable member of our team, and we are so proud to see her receive this honor.

Congrats, Shelly!

Want to nominate an outstanding nurse? Patients can nominate nurses on our website at edgertonhospital.com.





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 ehsinfo@edgertonhospital.com or call 608-884-3441. 3821

NON-PROFIT
US POSTAGE
PAID
MADISON WI
PERMIT #2860

Spring Plant Sale
MAY 13 & 14th
Vegetables, herbs, and more!
Custom grown and sourced from local vendors

Visit www.edgertonhospital.com
for details

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.

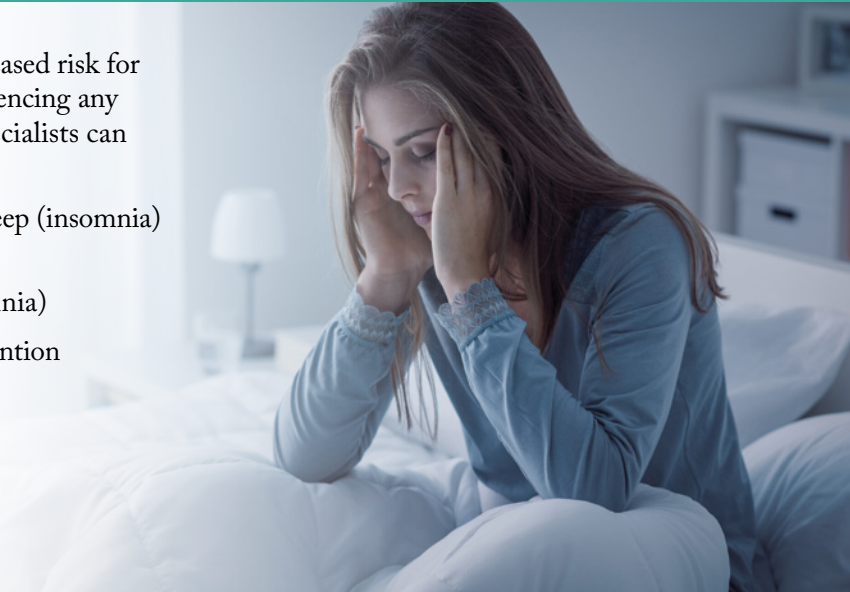
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-608-884-3441.

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

PUT YOUR SLEEP DISORDERS TO REST!

Sleep disorders rob you of restful sleep and put you at increased risk for accidents and chronic medical conditions. If you are experiencing any of the following symptoms, Edgerton Hospital's sleep specialists can help you identify the cause and develop a treatment plan:

- Loud snoring
- Episodes in which you stop breathing during sleep
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep (insomnia)
- Excessive daytime sleepiness (hypersomnia)
- Difficulty paying attention while awake
- Irritability



RENOVATED *sleep lab!*

Edgerton Hospital's renovated sleep lab has just opened its doors! You'll find:

Latest Nihon Kohden Sleep System • Deluxe pillow-top mattresses • Increased appointment availability

TO SCHEDULE AN APPOINTMENT WITH A SLEEP SPECIALIST, CALL **608.561.6614.**