

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

WINTER 2017-18

IN THIS ISSUE



Orthopaedic Patient Success Stories

Two patients share positive outcomes for shoulder replacement, knee surgery

Page 2



Gala raises funds for kidney dialysis in Aitkin

Teresa Hasskamp relates family member struggle with kidney disease

Page 3



Health Care Home certification

Riverwood has received special certification from the MN Department of Health

Page 4

Introducing LINX: A permanent solution for acid reflux

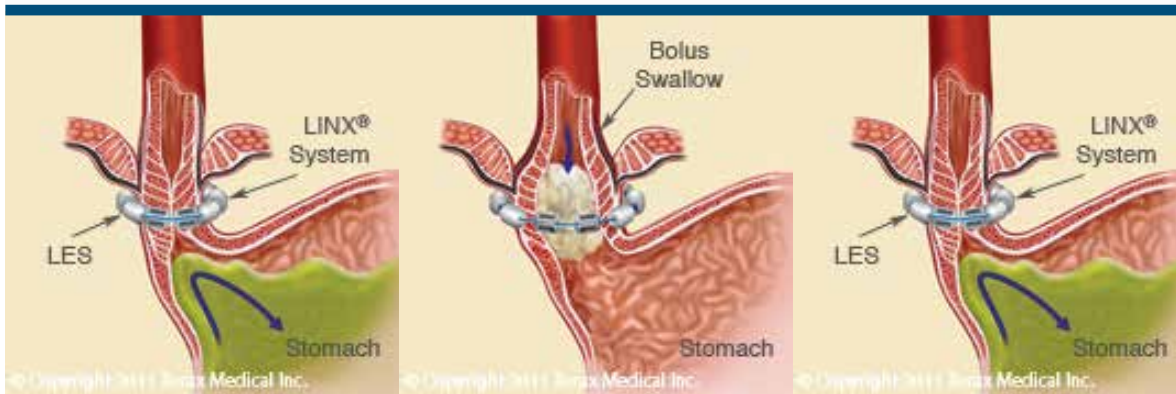


Figure 1: The LINX system is designed to help the lower esophageal sphincter (LES) resist opening to gastric pressures.

Figure 2: The LINX system is designed to expand to allow for normal swallowing.

Figure 3: Magnetic attraction of the device is designed to close the LES immediately after swallowing.

Image Source: Torax Medical Inc. - www.toraxmedical.com/linx/

The Minnesota Reflux and Heartburn Center (MRHC) at Riverwood Healthcare Center in Aitkin and at Cuyuna Regional Medical Center in Crosby offers patients a permanent solution to chronic acid reflux.

Riverwood Healthcare Center is pleased to offer this potentially life-changing procedure for those who suffer from gastro-esophageal reflux disease (GERD).

GERD occurs when stomach acid and bile back up into the esophagus, causing symptoms such as heartburn, sore throat, cough and chest

pain. This disease can lead to more serious conditions such as Barrett's esophagus and esophageal cancer. The LINX procedure is a newer treatment for severe and chronic GERD.

The LINX magnetic sphincter augmentation procedure has been used successfully for many years in the United States.

"The results of this new surgery are very good," said Dr. Paul Severson, Director of the Minnesota Reflux and Heartburn Center. "Our surgeons have a great deal of confidence in the LINX procedure after more than four years

of experience with the device. LINX is a minimally invasive, outpatient procedure, which means a small incision, less scarring, minimal pain, and patients can typically be back to work and life within two to three days. The LINX procedure is truly life-changing for patients we've treated."

The LINX System is a small flexible bracelet of interlinked titanium beads with magnetic cores. It is implanted with a minimally invasive, outpatient procedure around the weak lower esophageal sphincter (LES). The magnetic attraction between the beads helps the LES resist opening to gastric pressures, preventing reflux from the stomach into the esophagus. Swallowing food temporarily opens the magnetic bond, allowing food and liquid to pass normally into the stomach.



If you have acid reflux, find out what treatment is right for you. To schedule an appointment with a reflux specialist at Riverwood in Aitkin, call MRHC Nurse Coordinator Dawn Harcey at (218) 429-3930.

Continued on page 2

Orthopaedic Care: Trusted experts get patients back to active living

At Riverwood's specialty clinic in Aitkin, patients can access a wide range of orthopaedic care from a team of highly skilled providers. See the providers and bios at RiverwoodHealthcare.org/Providers/Orthopaedics

Whether you have joint pain from osteoarthritis or a sports-related injury, we are ready with solutions to get you back to the activities you enjoy.

You may self-refer for orthopaedic care. Simply call our specialty clinic for an appointment at (218) 927-5566.

Continued on page 2

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Two patients share LINX success stories

Continued from page 1



Judy Nelson, age 68, used to wake up coughing with acid in her throat. She struggled with symptoms of gastro-esophageal disease (GERD) for more than 35 years.

"The last few years, GERD really affected my lifestyle," Judy explained. "I felt kind of choked when I laid down, so sleeping was difficult. I couldn't eat out late and coffee and wine triggered my reflux symptoms."

She added: "I tried taking an acid-blocking medication for awhile, but I dislike taking medications and started having some side effect symptoms. My dad died of esophageal cancer and my brother has Barrett's esophagus, so I've been worried about the increased cancer risk for me."

Her brother's inquiry on whether she had gone in for an EGD exam prompted her to seek care for GERD at the Minnesota Reflux and Heartburn Center (MRHC) at Riverwood Healthcare Center in Aitkin.

After comprehensive evaluation and testing, the MRHC reflux specialist diagnosed Barrett's esophagus and advised that the LINX procedure was the best course of treatment for Judy.

"I'm delighted with the success of my treatment," Judy said. "After my procedure three months ago, I haven't had any acid reflux and I'm not taking any medication. I can drink coffee again. I feel awesome."



Shawn Speed, age 45, has left a 15-year history of gastro-esophageal disease (GERD) behind.

"For years I had occasional heartburn, but the main GERD symptom was the acid refluxing into my throat and causing discomfort and that feeling of not having swallowed completely," Shawn explained.

"GERD caused a lot of problems with eating and drinking my favorite foods because if I ate or drank the wrong thing, I would pay for it later, either with heartburn or a lot of acid reflux into my throat."

Shawn learned of the advanced care and treatment for GERD at the Minnesota Reflux and Heartburn Center in Aitkin and Crosby through his wife who works in the surgery department at Riverwood Healthcare Center. He researched his options for treatment and the benefits of each.

"The LINX procedure is the least invasive and if it didn't work or I didn't like it, I could always go with another treatment," Shawn said. "I prefer to go with new technology. I took my time to think about it and talked to others who had it done."

After the LINX procedure, Shawn is symptom-free and no longer taking acid-blocking medication.

"I can eat more spicy foods than before without having any issues or heartburn," Shawn said. "It's like I never had reflux."

Orthopaedic Care Continued from page 1

Knee surgery fix for sports injury



Scott Kellerman is into active sports big time. Whether he's riding a horse and roping cattle for a rodeo or playing volleyball or softball, he loves being physically active.

So when a fall during a volleyball game in Aitkin injured his right knee, he was anxious to get it fixed right away. When Dr. Jon Herseth, orthopaedic surgeon who specializes in sports medicine, diagnosed torn ligaments—both the ACL and MCL, Scott elected to have surgery so he could get "back in the saddle" without too much time on the sidelines.

"Dr. Herseth was very thorough and easy to communicate with," Scott said. "My knee surgery with him went very smoothly and I got answers for all my questions right away. I would highly recommend him to others in a heartbeat."

Scott was pleased with how quickly he was able to resume his active lifestyle.

"I had surgery in late March and I was able to return to my job as foreman at the Aitkin County Highway Department two weeks later. This summer, I resumed team roping on the rodeo circuit and played softball. By late summer, I was hauling hay again."



Fellowship trained in sports medicine, **Dr. Jon Herseth**, orthopaedic surgeon, uses surgical and nonsurgical means to diagnose and treat ailments affecting muscles, bones and joints.



For an appointment, **call (218) 927-5566**.

Pain-free living with new shoulder



Romaine Bonneville, age 85, was living with a tremendous amount of shoulder pain.

"Arthritis wore out my right shoulder," Romaine said. "I took cortisone shots for many years before I had surgery."

In June 2017, Romaine had a reverse shoulder replacement for her right arm at Riverwood Healthcare Center with Dr. Jon Herseth, orthopaedic surgeon with Minnesota Center for Orthopaedics who specializes in shoulder surgery.

"Before I had my shoulder surgery shaking a sheet out when making a bed would take my breath away because the pain was so bad," Romaine explains. "After surgery, I can make beds again with ease. A few months later, I have much better use of my arms."

Romaine appreciated how thorough Dr. Herseth was in determining when she was ready to have surgery. When INR test results showed that her blood was too thin, he postponed her scheduled surgery for a week until her blood was at the recommended level.

"I think Dr. Herseth is pretty special," Romaine added. "He performed a complex, four-hour surgery that has greatly improved my quality of life. I recommend him any time to other patients."

Aitkin clinic construction update

The first phase of construction for Riverwood's Aitkin Clinic expansion and renovation project consists of approximately 19,000 square feet for a new addition to house expanded clinic services and the relocation of the rehabilitation department. It will also include reconstruction to portions of our Healing Garden along with new employee parking space. Phase one of the project is set for completion in late May or early June 2018. The entire project is estimated to reach completion in spring 2019.



Foundation News

'Dream' for kidney dialysis in Aitkin to come true *Gala raises \$45,000 for cause*



Teresa Hasskamp speaking at the Gala

The 2017 Gala was another affair to remember for 160 guests. Locally grown food on the fine dining menu and fresh flowers and greenery garlands made the "Growing Together" theme come alive on Sept. 30.

The Gala raised about \$45,000, bringing Riverwood's Growing Together Capital Campaign closer to its goal of raising \$1.3 million goal for the Aitkin clinic expansion and renovation. The Gala proceeds will support the new kidney care and dialysis center to open at Riverwood Healthcare Center in Aitkin in Spring 2019.

A highlight of the event was a story about a local man whose dream was to see kidney dialysis come to Aitkin. Teresa Hasskamp, sister-in-law of Dean Hasskamp, who died of complications of renal failure at age 45 after a lifelong struggle with kidney disease, shared details of his experience.

"Dean would have been elated to see the progress that is being made at Riverwood with the plans for a new kidney care and dialysis center. Over the years, he had three kidney transplants, requiring dialysis treatments before each one. Family members helped him with travel to the University of Minnesota hospital in Minneapolis, Miller Dwan in Duluth, and finally to Brainerd.

When his third kidney transplant began to fail in 2009, Dean decided that he could not go through with another one. He passed away three years later.

I hope that you will continue to help our family in supporting this great cause, not only for patients like Dean, but for your neighbor, a friend or family member, and possibly even yourself, who may someday require kidney care and dialysis. We are forever grateful that Dean's dream will now become a reality."



To make a donation to the Growing Together campaign, contact Riverwood Foundation Director **Katie Nelson** at (218) 927-5158 or knelson2@riverwoodhealthcare.org. Donations may also be made **online** at RiverwoodHealthcare.org/foundation/giving/give-now



Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here.

Donations from August 1 - September 30, 2017

In Memory of:

Albert Aswegan

Marion Barta

Kevin Bialke

Grandma & Grandpa
Bridgwater

William H. Brightman, Sr.

Alice Victoria Carlson

Frank Cirilli, Jr.

Edward Farah

Betty Fossen

Kevin Futhey

Kenneth Geving

Donald A. Grandquist

Wayne Hageman

Angelo & Mildred
(Joan) Holstein

Henry & Ann Janzen

Chico Kochever

Marian Latham

Helen Lee

Larry & Bev Leonard

Robert McCleary

C.J. Meacham

Russell Ruud

Bob & Doris Tibbitts

Harold & Hazel Turnock

Jack Wagner

Roger Walberg

Roy & Mae Watson

Michael & Jeanette
Zilverberg

In Honor of:

Truman Buisman

Glen & Hulda
Chamber's Family

Hagestuen Family

Parents of Ray &
Karen Marsyla



To make a donation in memory or honor of a loved one, visit www.riverwoodhealthcare.org/foundation/donationform. All gifts recognized in newsletter.

Cancer Care

Riverwood offers enhanced cancer detection services

Lung cancer screening

Early lung cancer often does not have any symptoms. That's why lung cancer screening, which is now available in Riverwood's Radiology department, is so important. Low-dose CT scans are better than chest x-rays at finding early stage lung cancer, when it is easier to treat.



Who should be screened? Those 55 to 77 years old who are, or have been in the past 15 years, heavy smokers with a pack/day habit over 20-30 years. Other risk factors that may indicate a need for screening for lung cancer include exposure to radon, workplace exposure to chemicals, family history of lung cancer or chronic obstructive pulmonary disease.

Talk to your provider about the risks and benefits of lung cancer screening and a referral.

PET-CT scan imaging

In early November, Riverwood began offering the PET-CT scan imaging system in Aitkin. This hybrid technology is used to more accurately diagnose and locate cancers.

PET, or positive emission tomography, uses radioactive glucose to image the body's metabolism at the cellular level, mapping the chemical functioning of organs or tissue. Since cancer cells use more glucose than other cells in the body, PET can reveal the presence of cancerous tumors and provide key information about whether cancer has spread, a key component of cancer treatment.

The PET-CT procedure is painless and usually takes about 30 minutes, and is covered by private insurance and Medicare.

Breast cancer screening

Later this fall, Riverwood will install a new 3D mammography machine with more sophisticated breast cancer detection capabilities at its hospital. More information to come.

Riverwood achieves Health Care Home certification



Pictured clockwise from bottom left are Riverwood RN Care Coordinators Rhonda Hamann-Lease, Garrison; Joana Brenny and Marcy Mateyka, Aitkin; Angela Joyner, McGregor; and Heidi Olesen, Aitkin.

In an effort to improve the value and quality of care delivery, Riverwood Healthcare Center has pursued and achieved Health Care Home (HCH) certification through the Minnesota Department of Health.



A patient centered health care home is a philosophy of care that supports health and wellness while placing control of health care choices in the hands of the patient. Each patient chooses a preferred primary care provider, and the care team works together to treat the whole patient, connecting patients with resources within a health care organization and the community.

"With the implementation of Patient Centered Health Care Home in our Riverwood clinics we've developed a team approach to coordinating care for patients with chronic or complex health conditions," said Cindi Baker, Riverwood chief operation officer. "We now have five registered nurse care coordinators who work closely with our providers and the entire care team to help patients navigate their health."

Five RN care coordinators at Riverwood connect patients with the resources and tools they need to confidently self-manage their care.



Riverwood Healthcare Center
200 Bunker Hill Drive
Aitkin, MN 56431
www.RiverwoodHealthcare.org

Contact any Riverwood Healthcare Center facility toll-free at (888) 270-1882

This institution is an equal opportunity provider and employer.

- Hospital - ER** 218-927-2121
- Aitkin Clinic - Urgent Care** 218-927-2157
- McGregor Clinic** 218-768-4011
- Garrison Clinic** 320-525-3400
- Specialty Clinic** 218-927-5566