

Healthy Living

SPRING 2018

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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Welcoming New Providers

Introducing Riverwood's three newest providers.

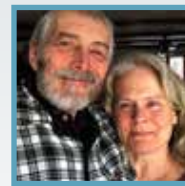
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Orthopaedic Care: Put yourself in good HANDS



Dr. Susan Moen, Fellowship Trained Orthopaedic Surgeon

From preparing meals to driving a car, healthy hands and wrists are critical to daily life. Injury or diseases affecting the hand and wrist are delicate and sensitive to repair. Filled with tiny blood vessels and a network of carefully woven nerves, these tiny spaces require the skill of a specially trained orthopaedic physician.

At Riverwood, we offer care from the only hand surgeon in the Brainerd Lakes area.

Dr. Susan Moen, an orthopaedic surgeon who is fellowship training in hand, wrist and elbow, cares for patients with a wide range

of conditions and injuries, offering both nonsurgical and surgical treatment. She comments here on common conditions and solutions.

1. What are the most common types of hand and wrist injuries from falls?

A wrist sprain is a common injury. There are many ligaments in the wrist that can be stretched or torn, resulting in a sprain. This occurs when the wrist is bent forcefully, such as in a fall onto an outstretched hand.

A fracture is a crack or break in a bone. A dislocation is when bones are pushed out of place so that they no longer line up correctly at the joint. This can decrease the ability to move and cause pain.

Wrist fractures are common during a fall on the outstretched wrist. The angle at which the wrist hits the ground may determine the type of injury. The more the wrist is bent back (extension), the more likely the scaphoid bone (small bone in wrist just above the radius) will break. With less wrist extension it is more likely the lower arm bone (radius) will break.

Falling forward onto an outstretched hand is the main cause of most wrist injuries. To help prevent falls: Wear sensible shoes. Remove home hazards. Light up your living space. And install grab bars in your bathroom and handrails on your stairways, if necessary.

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For an appointment for orthopaedic care at Riverwood's specialty clinic in Aitkin, call **(218) 927-5566**.

FREE DINNER SEMINAR Solutions for Hand & Wrist Pain

May 14, 6:00 to 7:00 pm

Riverwood Healthcare Center, Aitkin

Register: 218-927-5188 or

healthyliving@riverwoodhealthcare.org

Dr. Susan Moen is an orthopaedic surgeon who is fellowship trained in hand/wrist/elbow conditions.

Terri Peterson is a certified hand occupational therapist.

Together, they will discuss treatment possibilities for wrist and hand conditions including wrist fractures, carpal tunnel syndrome, hand arthritis and trigger fingers.

Orthopaedic Care: Put yourself in good HANDS

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2. What causes carpal tunnel syndrome and how is it treated?

Carpal tunnel syndrome develops when there's increased pressure on the median nerve as it passes through the carpal tunnel, a passageway in the palm side of your wrist. This condition is caused by repetitive motions, like typing or any motions of the wrist that you do over and over, or chronic conditions such as diabetes or rheumatoid arthritis.

Symptoms include numbness or tingling in your hand and fingers, especially the thumb, index, and middle fingers. In most patients, carpal tunnel syndrome gets worse over time, so early diagnosis and treatment are important. Early on, symptoms can often be relieved with simple measures like wearing a wrist splint or avoiding certain activities.

If nonsurgical treatment does not relieve your symptoms, your doctor may recommend surgery. The surgical procedure performed for carpal tunnel syndrome is called a "carpal tunnel release." There are two different surgical techniques for doing this, but the goal of both is to relieve pressure on the median nerve by cutting the ligament that forms the roof of the tunnel. This increases the size of the tunnel and decreases pressure on the median nerve.

3. What causes hand and wrist arthritis and how is it treated?

Hand and wrist arthritis can have different causes. Fractures and dislocations are among the most common injuries that lead to arthritis of the hand and wrist. Even when properly treated, an injured joint is more likely to become arthritic over time. Osteoarthritis, also known as "wear and tear" arthritis, causes cartilage to wear away. Rheumatoid arthritis can affect many parts of your body, including the hand and wrist. It causes the joint lining (synovium) to swell, which causes pain and stiffness in the joint. Treatment focuses on relieving the pain and managing the underlying condition.

4. What role does therapy play in recovery from hand/wrist injuries and surgery?

Therapy plays a vital role in helping patients recover hand and wrist motion, strength, dexterity, sensation, and function. **Terri Peterson**, an occupational therapist and certified hand therapist with 30 years of experience, specializes in orthopaedic therapy to the arm and hand. She works closely with Dr. Moen on care plans for patients.

Your initial therapy visit includes an evaluation with special tests and measurements. These will help determine the best course of action for you to meet your goals. Therapy treatment will include teaching you techniques and exercises to achieve your optimal outcome!

5. With wrist pain, when should you see a doctor?

Not all wrist pain requires medical care. Minor sprains and strains usually respond to ice, rest and over-the-counter pain medications. But if pain and swelling last longer than a few days or become worse, see your doctor. Delayed diagnosis and treatment can lead to poor healing, reduced range of motion and long-term disability.



Terri Peterson, Occupational Therapist



Riverwood Welcomes Three Providers

We are pleased to welcome three providers—two physician assistants and a nurse practitioner—to our Riverwood Healthcare medical staff.



Nurse Practitioner Jennifer Burgos returned to her family practice at the Aitkin clinic after working

for the Aitkin school district. Previously, she worked for Riverwood as a registered nurse and then as a family nurse practitioner. She completed her master's degree and training as a nurse practitioner at the College of St. Scholastica, Duluth, in 2009.



Physician Assistant Emily Hendrickson sees patients primarily at Riverwood's McGregor

clinic. She graduated summa cum laude from the College of St. Scholastica with a bachelor's degree in biology. She completed a master's in Physician Assistant Studies at Rocky Mountain College in Billings, Montana. Her training included eight different clinical rotations, all six weeks long, including an internal medicine rotation at Riverwood in 2016.



Physician Assistant Kari Ahlquist sees patients primarily at Riverwood's Urgent Care clinic. She brings eight

years of experience working in urgent care and family practice. She completed a bachelor's degree in biology at Bethel University and her master's degree in Physician Assistant Studies at the University of South Dakota.



For a clinic appointment with Emily or Jen, call **(218) 927-2157**. No appointments are needed for Riverwood's Urgent Care clinic in Aitkin, open 10 a.m. to 7 p.m., Monday through Friday, except for on major holidays.

Foundation News

Growing Together Capital Campaign Success



Riverwood's Foundation Board shows the Growing Together Capital Campaign success in raising more than \$1 million for the Aitkin clinic expansion and renovation. The campaign's goal to raise \$1.3 million is within reach with only about \$230,000 to go.

Thanks to all who have given pledges or gifts to the campaign!

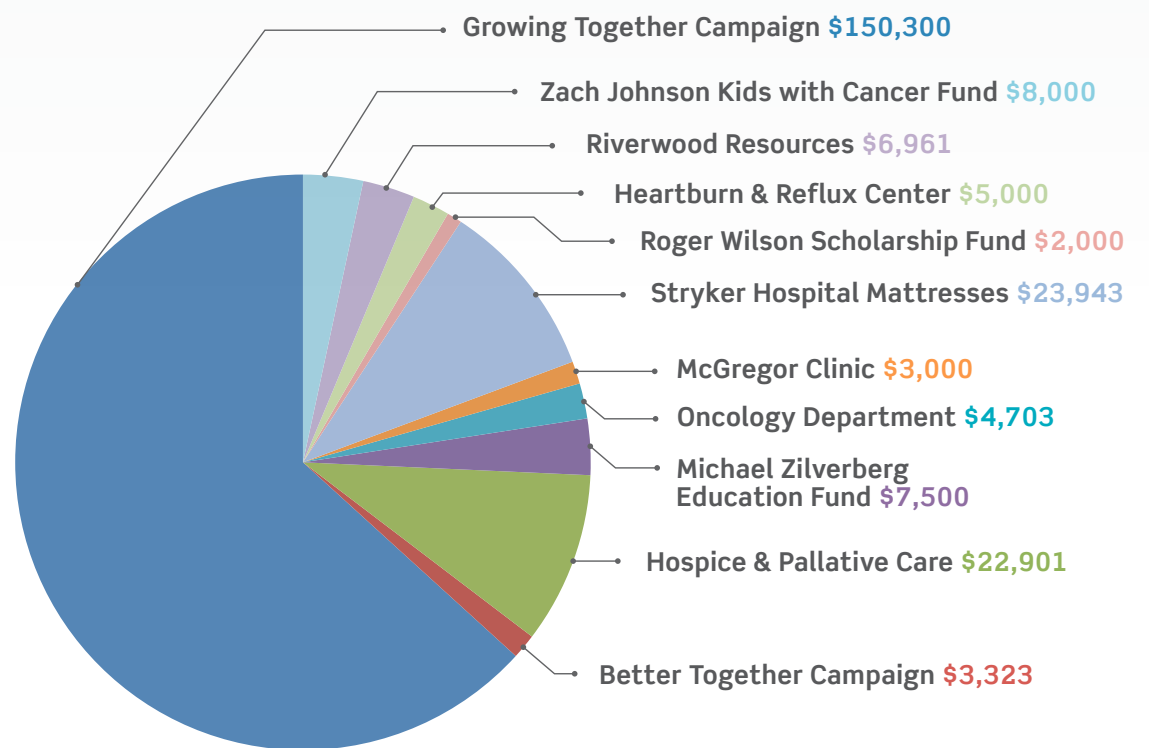
SAVE THE DATE
Riverwood Gala - October 13, 2018
40 Club Banquet Center

Donor Dollars at Work

Each year, Riverwood Foundation lends support to quality healthcare programs and medical equipment that benefit patients and our staff as well as community members. For fiscal year 2017, disbursements totaled \$237,631. See pie chart.



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:

- | | |
|------------------------|--------------------|
| Cecil (Sid) Brotherton | Effie Huter |
| Michelle Buttler | John H. Jones |
| Kevin Futhey | Marion Kilpela |
| James W. Gale | Ray Kirkhorn |
| William Galliger | Dennis Landborg |
| Dean Hasskamp | Joyce Laird |
| Jeff Heggem | Dr. Clark Marshall |
| | Bob McCleary |

- Beverly Moen
- Dorothy Murtha
- Bill Muscatello
- Caroline Nan
- Muggs Nelson
- Bev Paulson
- Ken Tetrick
- Gene Streeter

In Honor of:

- Betty Cooper
- Grandchildren of Bernie & Bea Roscoe
- Kyle, Marci & Maxwell Killeen
- Grandchildren of Lowell & Elaine Wegner



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

Colon Cancer Survivor Story: Chip Borkenhagen

Chip Borkenhagen, who grew up in Aitkin and moved back here from the Brainerd area a few years ago, shares his story of care and recovery from colon cancer at Riverwood Healthcare Center.



Chip & Jean Borkenhagen

"After having stomach aches for a number of months, a colonoscopy with Dr. Shawn Roberts at Riverwood in Aitkin revealed colon cancer.

Everyone was quite clear with communications on what to expect, and how to mitigate my body's negative reactions to the cancer treatment. But the real difference

was the genuine caring. I truly felt an authentic sense of compassion from all the service providers at Riverwood.

From Dr. Joselito Burgos, internal medicine, to Dr. Roberts and the surgery staff, and to Dr. Antonio Fontelonga and the oncology and infusion teams, everyone treated Jean and I with utmost respect and concern. It became quite apparent just how much these people are dedicated to their professions.

With Oncology Care Coordinator Jan Hegman as our "go-to" person, she made things much easier for us. If she didn't have the answers we were looking for, she found them for us.

So much of the care experience is the psychological support that was always shown to us, helping us through those dark days. There's no way around the down sides of cancer treatment, but Riverwood's support all along the way made my cancer journey safe and successful.

Initially, I was concerned about seeking care at a small town hospital, but now I would not consider going anywhere else (except for physician-directed specialty situations). Aitkin and our surrounding area can be very proud to have this facility and its staff, offering a high level of skill paired with caring attitudes."

Colon Cancer Awareness

- Colorectal cancer is different than most cancers - it's largely PREVENTABLE and BEATABLE.
- Colorectal cancer affects both men and women EQUALLY.
- SCREENING is the #1 way to prevent colorectal cancer because it finds cancer in the early stages, or, before it even has the chance to grow or develop.
- With a COLONOSCOPY screening, the entire rectum and colon can be viewed and any suspicious looking polyps or tissue can be removed during the process.
- If you're 50 or older, it's TIME to get screened. Talk to your healthcare provider.

Upcoming Seminars

Since we offer a free meal with the program, registration is required for each seminar. Call Riverwood's events line at **218-927-5188** or email healthyliving@riverwoodhealthcare.org

"Atrial Fibrillation - A Heart Rhythm with Two Left Feet"

April 3, 12:00 to 1:00 pm,
Aitkin Public Library

Join Dr. Eric Fenstad, Minneapolis Heart Institute cardiologist, as he presents what you need to know about atrial fibrillation and stroke. He will discuss causes, risk factors and treatment options for A-fib as well as prevention, risk factors and treatment of stroke and TIA (transient ischemic attack).



Dr. Eric Fenstad

"Solutions for Reflux & Heartburn"

April 24, 6:00 to 7:00 pm,
Light of the Cross Lutheran Church, Garrison

Hear from Dr. Shawn Roberts, reflux specialist with the Minnesota Reflux and Heartburn Center (MRHC) at Riverwood in Aitkin, about the dramatic advances in medical professionals' understanding of heartburn and reflux as well as the development of advanced diagnostics and treatment. For gastroesophageal reflux disease (GERD) patient success stories and more information, go to www.mnheartburn.org



Dr. Shawn Roberts



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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