

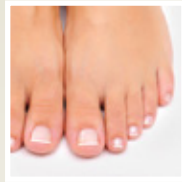
Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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February 2015



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Al Torgerson and wife Janet Larson

Colon Cancer is Preventable

Lifestyle choices, screening tests can reduce your risk

If current trends continue, one in 20 Americans will be diagnosed with colorectal cancer over the course of his or her lifetime. Yet the latest research shows that Americans can prevent many of these cancers through what we eat, how much we weigh and how much we move.

Recommendations to reduce the risk of colorectal cancer come from the American Institute of Cancer Research (AIC) and

World Cancer Research Fund's 2010 Continuous Update Project (CUP) Report on Colorectal Cancer. This report is the most comprehensive ever published on the link between cancer risk and lifestyle and includes specific lifestyle-related steps to help you take action now to reduce your risk for colorectal and many other cancers.

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Husband & Wife Colonoscopy Experience

Riverwood Nurse Practitioner Janet Larson and husband Al Torgerson scheduled their colonoscopy screening, performed by Dr. Shawn Roberts, for the same time last fall.

“Al and I chose to do this together for accountability. Given our lives are far too busy, it is easy to put this important cancer screening procedure off. To make it fun, we drank our prep out of frosted cocktail glasses and scheduled massages for the day after. Doing it together made it much easier because we could laugh and support each other. The entire Riverwood surgery staff made this experience positive. The nurses were great; throughout the entire time we were informed as to what to expect. I felt very pampered in this spa-like atmosphere wrapped in warmed blankets. Al was very impressed with Dr. Roberts speaking to him and reassuring him everything went well. No one should die from colon cancer. With the excellent treatment and professional expertise we experienced for our colonoscopy procedures, we're recommending Riverwood to others we know.”

— Janet Larson

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Lifestyle choices can reduce your risk for cancer

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Fit activity into your day. From housecleaning to walking and working out, the latest report finds that moderate physical activity of all types reduces the risk of colon cancer. Start slow. Find 10 minutes to move and work up to at least 30 minutes a day.



Maintain a healthy weight. Obesity is linked to increased risk of colorectal cancer. Carrying excess belly fat – regardless of your weight – is a risk factor for colorectal cancer. Watch your food portions. Choose smaller servings of calorie-packed foods like meats, cheese, juice and nuts. Limit desserts and sweets to two or three times a week in small portions.



Don't smoke. Cigarette smoking is linked to an increased risk of, and death from, colorectal cancer.



Eat plenty of fiber. Today, the evidence is clearer than ever: eating a diet high in fiber can reduce the risk of colorectal cancer. For every 10 grams of fiber consumed daily – slightly less than a cup of beans – the risk of colorectal cancer is reduced by 10 percent.



Reduce red or processed meat in your diet. Eating too much red meat and processed meat increases colorectal cancer risk. The CUP report shows that ounce for ounce, consuming processed meat increases the risk twice as much as consuming red meat. Processed meats include hot dogs, bacon, sausage and deli meats.



Limit alcohol consumption. Drinking three or more alcoholic beverages per day increases the risk of colorectal cancer. Limit alcoholic drinks to two standard size servings for men, one for women.

In addition to lifestyle, other factors can increase the risk of colon cancer. According to the AICR, having a family history of colorectal cancer--a parent, brother, sister, or child with colorectal cancer--doubles a person's risk of colorectal cancer. Having a personal history of inflammatory bowel disease increases risk too.

The risk of colorectal cancer increases with age. Most cases of colorectal cancer are diagnosed after age 50. That's why colon cancer screening is recommended for most individuals starting at age 50.

Ask your health care provider about your colorectal cancer risks and screening options. For more information, **call Riverwood's Colon Health Nurse line at 844-752-9524** with any questions about the colonoscopy procedure or other colon cancer screening tests.

To learn more about colon health and cancer prevention, visit Riverwood's booth at the Aitkin Commerce Show, March 14-15, Aitkin High School.

Thanks Riverwood!



Jerry Hedberg walking the family dog, Lizzie

Fast recovery from knee surgery

When increasing right knee pain caused by osteoarthritis was slowing him down last year, and injections for pain were no longer working, Jerry Hedberg of Aitkin knew it was time to do something more aggressive.

He learned that the orthopaedic surgeons at Riverwood now offer a new Rapid Recovery program for joint replacement surgery patients that is not available anywhere else in the state. After having a right knee replacement performed by Dr. Erik Severson on July 14, Jerry experienced a very fast recovery.

"Within six days I was walking without a walker and had stopped taking pain narcotics. I walked to the Birchwood Cafe in Aitkin--about three blocks--ten days after my surgery. In three weeks, I resumed my 1-mile daily walk with our dog, Lizzie, to the Aitkin Park. Dr. Severson said my positive attitude certainly helped with my quick recovery, and the physical therapy I received at Riverwood was excellent. I turned 70 just after my surgery and my right knee feels great now."



Stacylynn and Joel Smith with daughter Lena



Great OB care experience

A recommendation from her employer at Aitkin Flowers led Stacylynn Mross-Smith to the best healthcare provider she's ever had. Riverwood Nurse Midwife Megan Workman provided prenatal care and delivered Stacy and husband Joel's first baby, Lena, on Nov. 10.

"Megan is fantastic!" Stacylynn says. "She is so honest and real, very in tune with what you need as a patient and doesn't recommend things you don't need. Toward the end of my pregnancy, I was able to communicate with her and get a quick response to all my questions."

Stacylynn adds that Megan's nurse and all the nurses in the birthing center were fantastic. The care she's received for herself and her daughter at Riverwood has changed her previously negative view of the healthcare system.

"I had some poor experiences with other clinics and hospitals, but now I'm so thrilled with the care at Riverwood, including Dr. Jeff Ehnstrom for my daughter."

What are you doing for your HEART?

A human heart pumps more than 1 million barrels of blood during an average individual's lifetime. However, many of us don't do enough to keep the heart in good working order.

Lots of small habits and changes can add up to make a big difference for your heart health. Consider these tips:

If you need heart health care, the cardiology team from Minneapolis Heart Institute sees patients at Riverwood's specialty clinic in Aitkin weekly. Cardiologists include Dr. Timothy Dirks, Dr. James Madison, and Dr. Peter Stokman, plus Rebecca Heimark, PA, and Lise Lunde, NP.



Control your blood pressure

(less than 140/90 mmHg or 130/80 mmHg for those with diabetes or chronic kidney disease)



Lower your LDL (bad) cholesterol

(100-129, or lower if at risk for heart disease)



Stay physically active

(at least 150 minutes weekly)



Don't smoke or use tobacco products



Eat healthy

(whole grains, vegetables, fruits and protein/lean meat)

Foundation News

Riverwood welcomes new Foundation Director

In late December, Riverwood Healthcare Center named Katie Nelson, who has worked for Riverwood Foundation since 2007, the new Director. In this role, she is responsible for the strategic direction and fund development through special projects, annual campaigns and planned giving. She also oversees the hospital's auxiliary volunteers and their fundraising activities.

"We are very pleased to have Katie move into this important leadership role, bringing eight years of experience working in a fundraising capacity for Riverwood as well as a strong passion and commitment to philanthropy."

— Chad Cooper, *Riverwood CEO*

For charitable giving information, contact Katie at **218-927-5158** or knelson2@riverwoodhealthcare.org

See the full news release at www.riverwoodhealthcare.org



Katie Nelson

Honoring and Remembering Loved Ones

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

Donations from October 1 - December 31, 2014

In Memory of:

All Souls, R.I.P.

Mary Cline

William Ethen

Diane Greene

Lois Hagman

Connie Hall

Gunder Julum Family

Marion Kilpela

Ray Kirkhorn

Russell Kullhem

Josephine Pierson

Michael F. Ryan

Russell Ryan

Larry Skaggs

Nola Skaggs

Nancy Taylor

Chuck Thompson

Marvin & Trudy Wyman

Lucy Young

In Honor of:

Emergency Staff & Physicians

Bruce Pierson

Clark Young

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



Are you using Patient Portal?

Riverwood's Patient Portal is an easy way to track your health information, get lab test results, schedule (or cancel) clinic appointments, view medication and clinic or hospital discharge instructions, and even manage your child or another family member's healthcare.



To sign up for either the Clinic or Hospital portal, simply call our clinic reception line at **(218) 927-2157** or toll-free at **(888) 270-1882**. Or sign up when checking in for a clinic appointment.

If you have any difficulties logging into your portal after you sign up, contact Riverwood at PatientPortal@riverwoodhealthcare.org



New Foot Care Service

Do you have a hard time reaching your feet, trimming your nails or doing routine foot care? Riverwood now offers a new Foot Care service in our Aitkin Outpatient clinic. Get your toenails clipped, nails filed and a foot massage by Jamie Lamke, licensed practical nurse, at a cost of \$25 per visit. Insurance does not cover this service and payment is required at the time of check-in.

For an appointment, call Riverwood's Outpatient clinic at **(218) 927-8281**.

Events

Fitness Center Open House

No registration required
February 13, 10:00 AM-2:00 PM
McGregor: High School

Free Wellness Screenings

Blood pressure check, blood draw for cholesterol/ blood sugar testing, weight check/body mass index and online health questions. Allow 30 minutes.
February 25, 7:00-11:00 AM
McGregor: Riverwood Clinic
Appointments required: **(218) 927-2157**

Class

Mindfulness: Stabilizing the Mind

Learn how to integrate mindfulness practices into daily life, including yoga, meditation and breathing exercises.
Fee: \$50 includes DVD/manual.
4-week series on Wednesdays, 5:00-7:00 PM
April 2, 9, 16 & 23
April 16 session meets 5:00-9:00 PM
Garrison: City Hall
Registration required: **(218) 927-5188** or email healthyliving@riverwoodhealthcare.org

WELLNESS CALENDAR

Education & Support

Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor
Aitkin: Riverwood Healthcare Center Birthing Center: **(218) 927-2121**

Joint Replacement (Pre-surgery class)

Second Friday, 10:00 AM-12:00 PM
Aitkin: Riverwood Healthcare Center Surgical Services: **(218) 927-5549**

Prenatal Education Classes

Tuesdays, 6:30-8:30 PM
March 10, 17, 24, 31, April 7 OR
May 5, 12, 19, 26, June 2
Aitkin: Riverwood Healthcare Center Education: **(218) 927-5552**

Breast Cancer Support Groups

Men's: Partners of breast cancer patients
Fourth Monday, 6:30-8:00 PM
Sister-to-Sister: Breast cancer patients
Fourth Monday, 6:30-8:00 PM
Aitkin: Riverwood Healthcare Center Breast Health: **(218) 429-3975**

Diabetes Support Group

Second Thursday, 4:00-5:00 PM
Aitkin: Riverwood Healthcare Center
First Wednesday, 9:00-10:00 AM
McGregor: McGregor Clinic
Diabetes Education: **(218) 927-8281**

Lunch & Learns

Registration for these programs is required.
Contact **(218) 927-5188** or healthyliving@riverwoodhealthcare.org

Preventing & Recognizing Gynecologic Cancers

Dr. Christina Kramer, OB/GYN, Dr. Jessica Hodson, OB/GYN
February 11, 12:00-1:00 PM
Aitkin: Riverwood's hospital, Conference Room C/D

Mindful Eating

Julie Anne Larkin, Mindfulness Coach
February 11, 12:00-1:00 PM
Garrison: Y Club

Women's Pelvic Health: Pain Down There

Dr. Michael Cady, OB/GYN, Megan Workman, CNM
March 11, 12:00-1:00 PM
Aitkin: Riverwood's hospital, Conference Room C/D

Managing Stress

Janet Larson, CFNP, Mental Health Specialist
March 17, 12:00-1:00 PM
McGregor: Fireside Inn