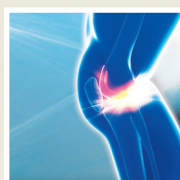


Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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November 2014



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Providers share their personal screening experience

“My father was found to have colon cancer on a screening colonoscopy and was cured with a relatively simple surgery. As a result, I needed my first colonoscopy before age 50. I was a little nervous, especially about the prep. It was not nearly as bad as I thought. The colonoscopy itself was a piece of cake, no pain, didn't have any problem, when it was over and they woke me, I felt totally normal within an hour or so and had no problems the rest of the day. I intend to continue to be screened, because with the higher risk due to my family history, I intend to prevent, not treat a colon cancer. Don't let your fears keep you from doing a simple cancer prevention test.”



Don Hughes, MD

“I had my first colonoscopy six years ago. I was initially apprehensive, but once it was over I realized it was an easy procedure and so relieved that it was normal. It is a worthwhile screening procedure that could detect an early cancer... and save lives.”



Rebecca May, CANP

What cancer is preventable, treatable and beatable?

Colorectal cancer has become the second most common cancer killer after lung cancer. Getting screened for this cancer allows early detection and treatment, which can save your life.

Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. Because AGE is a key risk factor for colorectal cancer, a full colon exam via colonoscopy is recommended for those turning 50—or earlier for those who have a family history or other risk factors for colorectal polyps or cancer.

From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to develop into colorectal cancer.

Continued on page 2

Never too late to get your colonoscopy screening

Continued from page 1

With no colon cancer in her family, **Diane B.** declined being screened at the recommended age of 50. When she reached age 65, she decided to get a complete physical exam, which included getting her first colonoscopy.

“I’m fortunate that I had a colonoscopy when I did,” Diane explains. “I was diagnosed with early stage colon cancer that is very treatable. I give Dr. LeMieur, who performed my colonoscopy and cancer surgery, a gold star; he was excellent in every way with a very caring manner.”

Have you received a reminder from your clinic or a provider recommendation to get your colonoscopy screening? Don’t delay! **Call Riverwood’s Surgery department at (218) 927-5522 today to schedule this procedure.**

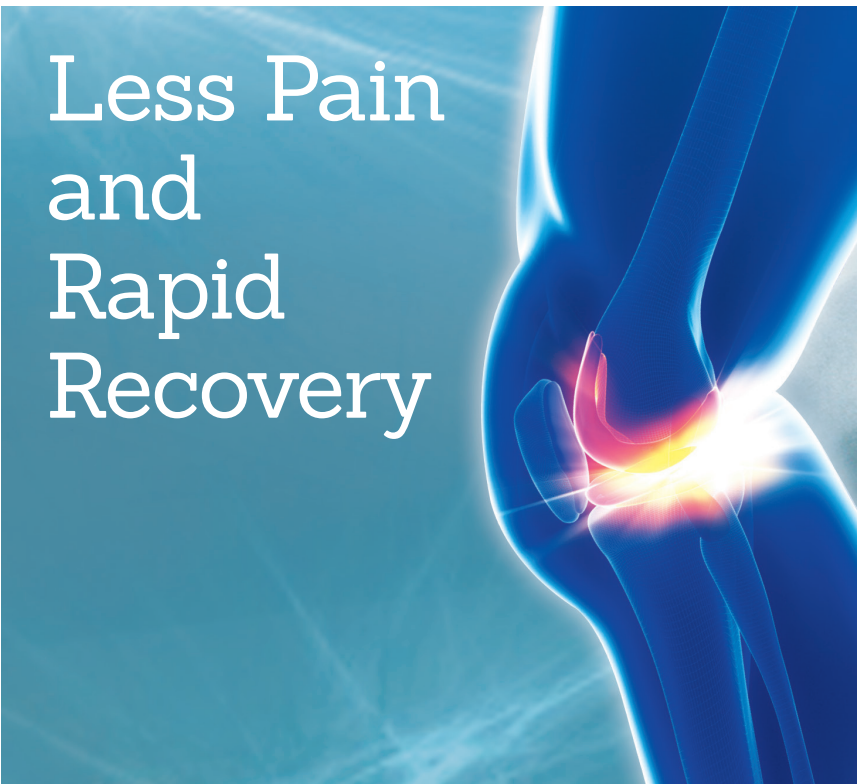
Dr. Timothy LeMieur, general surgeon with the Minnesota Institute for Minimally Invasive Surgery (MIMIS) who practices at Riverwood, comments on colorectal cancer screening:

“Regular early screening has the ability to prevent colon cancer. This is because polyps or growths can be found and removed during a colonoscopy without any need for surgery before they have a chance to turn into cancer. Also, with today’s new anesthetics, colonoscopies are a much more pleasant experience. Most patients are ready to be discharged after a colonoscopy in less than 30 minutes. If your doctor is recommending a colonoscopy, don’t put it off, just do it.”

A colonoscopy can also reveal other diseases such as irritable bowel syndrome, diverticular disease or hemorrhoids.

Hip and Knee Replacements Outcomes

Using a new Rapid Recovery protocol, **Dr. Leo Chough** and **Dr. Erik Severson**, Minnesota Center for Orthopaedics surgeons, have seen significant improvement in pain control and recovery times for joint replacement patients over the past year. See outcomes to the right and page 4 wellness calendar for November seminars.



Hip Replacements

Outcomes	Pre - Rapid Recovery	With Rapid Recovery
Avg. hospital stay	<div> <div></div> <div></div> <div></div> </div> 2.75 days	<div> <div></div> <div></div> </div> 1.5 days
Pain Day #1	<div> <div></div> </div> 4.4 out of 10	<div> <div></div> </div> 2.8 out of 10
Extended Rehab Stays	<div> <div></div> <div></div> </div> 15 in 100	<div> <div></div> <div></div> </div> 4 in 100

Knee Replacements

Outcomes	Pre - Rapid Recovery	With Rapid Recovery
Avg. hospital stay	<div> <div></div> <div></div> <div></div> <div></div> </div> 3.25 days	<div> <div></div> <div></div> </div> 1.78 days
Pain Day #1	<div> <div></div> </div> 4.8 out of 10	<div> <div></div> </div> 3.2 out of 10
Extended Rehab Stays	<div> <div></div> <div></div> </div> 17 in 100	<div> <div></div> <div></div> </div> 8 in 100

My awesome birth experience at Riverwood

Harper Lynn Odegaard's birthday came about three weeks early on Sept. 24. When her labor contractions were coming on early and strong, Briana Hill, now mother of four, knew she would probably deliver quickly. She headed to Riverwood Healthcare Center where skilled, compassionate OB nurses and Dr. Tim Arnold guided her through a natural birth.

"I had advised Dr. Arnold that I wanted to let my body labor on its own without an epidural for pain and he respected my wishes. The pain was so bad toward the end of labor but he talked me through it so I did not need an epidural. He's so awesome and I can't imagine having anyone else deliver my babies."

Briana also appreciated the spacious birthing suite, which allowed her sister and sister-in-law to spend the night with her. Each of the three birthing suites at Riverwood includes a sofa sleeper, small refrigerator and wireless internet access.

"The OB nurses were amazing—on top of everything I needed and so accommodating, caring and helpful. The birthing center is so wonderful, very private and spacious."

Harper Lynn joins her sister, Kennedy (2), and brothers Keegan (4) and Carson (7) at their home in the McGregor area.



Proud parents Grant Odegaard and Briana Hill with Harper Lynn

Foundation News

Gala raises \$50,000 for new CT scanner

Riverwood Foundation's 10th annual Gala with its 1920's Great Gatsby theme was a huge hit! Many guests got into the spirit of the Roaring 20's with vintage flapper dresses and headbands or gangster-style suits.



Riverwood Board Chair Tom Rikala and his wife Jeanne enjoyed the opportunity to wear vintage 1920's clothing and celebrate with their friends. Pictured from left are Ellis & Kathy Joyce, David & Shannon Ginsberg, Bryan and Marilyn Johnson, and Tom and Jeanne Rikala.



Pictured are the restaurant winners selected by a group of judges (from left) Stacy Bohn, McGregor Baking Co. & Cafe (side dish); Carol Matteson & Terry Doo of Ruttger's (dessert and appetizer); and Craig Dunmeier of the Y Club, whose entrée, champagne chicken, also won the People's Choice award voted on by the guests.

"The food from 12 local restaurants, including the entrée winner Champagne Chicken from the Y Club, was simply outstanding this year," says Katie Nelson, Foundation interim director. "We extend a huge thanks to all the participating restaurants as well as those who purchased sponsorships for the event, attended and participated in the auctions."

The biggest win for this annual event was raising more than \$50,000 to enhance local care at Riverwood Healthcare Center with a new 64-slice CT scanner to be installed in early 2015. Donations for the CT scanner are still very much needed and appreciated.

To make a donation, contact Katie Nelson at (218) 927-5158 or knelson2@riverwoodhealthcare.org



Honoring and Remembering Loved Ones

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

Donations from August 1 - September 30, 2014

In Memory of:

Marion E. Barta

Beth Fossen

Peggy Franzen Massood

James Gale

Eugene Knutson

Lawrence Kullhem

Wilma McFall

Larry Nelson

Josephine Pierson

Micheal F. Ryan

Maria Waffensmith

Lucy Young

In Honor:

Judith Sandberg

Aitkin High School Class of 2014

Diabetes Seminar and Resource Fair

November 11, 11 AM to 2 PM, Butler Building, Aitkin

Do you have diabetes or a family member who does? Don't miss this opportunity to gather information from an array of diabetes resource vendors and hear from a diabetes education expert on how you can best manage this disease.

From 12 to 1 PM, **Melissa Magnuson**, Riverwood adult nurse practitioner, who previously managed Riverwood's diabetes education program for eight years, will present a 45-minute seminar with time for questions and answers.

Enjoy a free light lunch, but you must register. **RSVP to Riverwood at (218) 927-5188 or healthyliving@riverwoodhealthcare.org**. If you just want to stop by to pick up information, stop in any time between 11 AM and 2 PM.



Melissa Magnuson, CANP

HEALTH TIP:

You can prevent or delay type 2 diabetes. Stay at a healthy weight, eat well and be active. With these steps, you can stay healthier longer and lower your risk of diabetes. **See more at www.diabetes.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

January 6, 13, 20, 27, February 3

December 9, February 10: Grandparents session

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

Diabetes Seminar & Resource Fair

Nurse Practitioner Melissa Magnuson

November 11, 11:00 AM-2:00 PM

Seminar only: 12:00-1:00 PM

Aitkin: Butler Building

Solutions for Hip & Knee Pain

New Rapid Recovery surgery protocol success

Onamia: November 13, 12:00-1:00 PM,

Grand Casino Mille Lacs

Aitkin: November 18, 12:00-1:00 PM,

Butler Building

McGregor: November 20, 12:00-1:00 PM,

Fireside Inn

Belly Fat: Hormonal Balance & Calorie Exenditure

Can Schletty Health & Wellness Coach

December 9, 12:00-1:00 PM

Aitkin: Butler Building

Well Woman Series

Location of programs below is Riverwood Healthcare Center, Conference Room C/D.

It's a Stall World - Bladder Health

Dr. Michael Cady & Jen Burgos, CFNP

November 12, 12:00-1:00 PM

Pregnancy Planning

Dr. Christina Kramer & Megan Workman, CNM

January 14, 12:00-1:00 PM

Preventing & Recognizing Gynecologic Cancers

Dr. Christina Kramer & Dr. Jessica Hodson

February 11, 12:00-1:00 PM

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Sat: 8:30 A.M. - 2:00 P.M.

PHONE: 320-525-3401

Riverwood
HEALTHCARE CENTER

Together we will.

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 - Urgent Care 218-927-2121

Aitkin Clinic 218-927-2157

McGregor Clinic 218-768-4011

Garrison Clinic 320-525-3400

Specialty Clinic 218-927-5566