

Healthy Living

See insert on healthcare providers at Riverwood

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

IN THIS ISSUE
October 2013



Know your Health Numbers

The third in a series of articles to help you understand your health numbers so you can better manage your health.

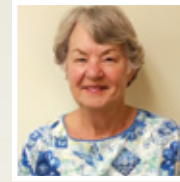
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Get your FREE skin, wellness screenings

Get your skin checked and learn your vital health numbers and how to live healthier.

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Active lifestyle supports weight loss

Donna Nardini's story of lowering her cholesterol and triglyceride with exercise and diet changes.

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Aaron Jordan, MD, will begin his practice at Riverwood in early December.

Meet five new Riverwood providers

Riverwood Healthcare is pleased to welcome five new practitioners to its family practice staff. The three nurse practitioners and nurse midwife will begin seeing patients in October and Dr. Jordan will begin his practice in early December.



Jan Hegman, Certified Family Nurse Practitioner

grew up in Aitkin and will see patients at all Riverwood clinics. Jan will be specializing in Podiatry with Dr. Brad McCusker and will see patients for wound, ostomy, and continence care, as well as primary care. She has worked at Riverwood for nine years in hospital nursing including medical/surgical, critical and emergency care. She earned her BS and MS degrees in Nursing, at College of St. Scholastica, Duluth.

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Weight matters Obesity and cancer risk

Obesity and cancer are the two major health epidemics of our time. According to a National Health and Nutrition Survey in 2009-2010, 69.2 percent, or more than two-thirds, of American adults age 20 and older are significantly overweight or obese.

Obesity is defined as having a body mass index (BMI) of 30 or greater. This number can be calculated by putting your height and weight into a simple online BMI calculator.

Cancer is the leading cause of death in developed countries like the United States and second in developing countries. The number of cancer cases is expected to rise because of the obesity epidemic, as well as the growth of our aging U.S. population. While there is nothing we can do about getting older, obesity is preventable and reversible.

Obesity can lead to an increased risk for many other diseases such as diabetes, heart disease, high blood pressure, high cholesterol and sleep apnea. Recently, the association between obesity and cancer has received a greater degree of attention and we are just starting to understand the possible mechanisms of this relationship. Studies have shown associations between obesity and several cancers including colon, breast, uterus, liver, kidney, esophagus, gastric, pancreatic, gallbladder and leukemia. Obesity is not only associated with an increased risk of developing cancer, but also with a resistance to cancer treatment, and in turn, higher death rates.

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Obesity can lead to an increased risk for many other diseases

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The mechanisms by which obesity increases the cancer risk are complex and not well understood. Factors include production of obesity-related hormones, creation of new hormonal pathways, and an increase in the inflammatory process. All of this affects how cells function, promotes cancer cell production and progression. Cells get turned on and can't be turned off. High amounts of body fat are associated with higher levels of inflammatory chemicals and proteins that may stimulate this cancer development. Also, hormones like estrogen and progesterone are associated with the progression of several types of male and female cancers. The fatty tissue itself can produce estrogens through a complex pathway and increase estrogen levels in men and post-menopausal women.

We also know there is an association between obesity and diabetes. As obesity skyrockets, so does type II diabetes. There is a new theory that the extra insulin can actually cause an increase in cancer deaths in these patients. It has also been shown that the use of insulin causes a higher incidence of cancer compared to those taking the drug Metformin, an anti-diabetic drug that does not increase insulin levels.

Nine independent academic institutions and 17 cancer centers worldwide conducted systematic reviews. A panel of 21 experts in nutrition, cancer and obesity reviewed the evidence. Recommendations included the following:

- Maintain a healthy weight through regular physical activity and limiting foods high in fat and sugar.
- Consume a diet high in plant-based foods, limit the intake of red meat and avoid processed foods.
- Mothers should breast feed for at least 6 months because lactation can protect mothers against breast and ovarian cancers. Breastfeeding has also been shown to protect children against obesity. (Worldwide 43 million children under 5 are overweight.)

Sustained weight loss is essential for reversal of the associated health problems caused by obesity. Research studies have shown that using diet alone, or accompanied with prescription medication, is not very successful for sustained



weight loss. Instead, combining eating healthier with an increase in regular physical activity is recommended for those who want to lose weight and keep it off.

For those individuals who are severely overweight and unable to lose weight and/or keep it off by using diet and exercise, bariatric or weight loss surgery is a reliable way to lose weight AND sustain it for life. What's more, the associated diseases can be completely reversed with the weight loss, so too the increased risks for cancer.

The link between obesity and cancer underscores the recommendation to maintain a healthy body weight as one of the most important ways to protect against cancer.

To turn the tide on the rising obesity epidemic, education to promote individual behavior change to healthier lifestyles is essential. Dedicated health care professionals can also play a role by aggressively treating obesity, which can prevent or reverse the devastating illnesses associated with it. The link between obesity and cancer underscores the recommendation to maintain a healthy body weight as one of the most important ways to protect against cancer.

For weight management concerns, check with your doctor about the approach that will work best for you.

This article was contributed by Timothy LeMieur, MD, General Surgeon, Minnesota Institute for Minimally Invasive Surgery, practicing at Riverwood Healthcare Center and Cuyuna Regional Medical Center.

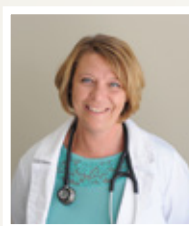
Welcoming new practitioners Continued from page 1



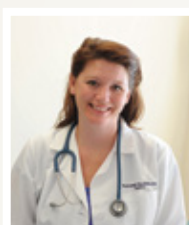
Lisa Heikkila, Certified Family Nurse Practitioner, grew up in Cromwell and will practice the full spectrum of family medicine at the McGregor clinic. She has worked at Riverwood for 10 years in hospital nursing, including primarily emergency/urgent care and some ICU/CCU as well. She earned her BS and MS degrees in Nursing from College of St. Scholastica, Duluth.



Aaron Jordan, MD, grew up in Cromwell and will practice the full spectrum of family medicine at the McGregor clinic with some patient care in Aitkin too. He completed medical school at the University of Minnesota, Duluth/Minneapolis and a 3-year residency at Duluth Family Medicine Residency. He also completed the Rural Physician Associate Program at the Moose Lake health system. A member of the U.S Air Force, MN Air National Guard, he specializes in flight medicine.



Anita Sundholm, Certified Family Nurse Practitioner, has lived in the Aitkin area for many years and will practice the full spectrum of family medicine primarily at our Aitkin clinic, as well as working in the hospital. She earned her BS and MS degrees in Nursing from College of St. Scholastica, Duluth. With 20 years of hospital nursing experience in critical care and emergency services in both rural and urban facilities, for the past 10 years she has worked in Riverwood's emergency department (ED), and as ED manager for the last five years.



Megan Workman, Certified Nurse Midwife, grew up in Illinois and brings new midwifery services to Riverwood with a focus on obstetrics and women's health—before, during and well beyond the childbearing years. She earned a BS degree in Nursing from St. Anthony College of Nursing, Rockford, IL; and her Doctor of Nursing Practice and Certified Nurse Midwife at the University of Minnesota, Minneapolis. She has 10 years of nursing experience in both clinic and hospital settings, including labor and delivery/ antepartum/nursery/postpartum experience at several hospitals and as a GI/endoscopic nurse.

Get your **FREE** wellness screening

Riverwood Healthcare is offering free health screenings to help you learn your vital health numbers and how to live healthier.

The screening, which will be conducted by Riverwood health professionals, will take about 30 minutes. It involves filling out permission forms, completing a blood draw, checking your height and weight, and taking a blood pressure reading.

Participants will also complete an online health assessment using a tool called Family Health Manager, available at www.riverwoodhealthcare.org

Limited appointments are available by calling our Riverwood clinic appointments line at (218) 927-5167 or toll-free at (888) 270-1882.

Test results will be mailed to you and you can sign up for optional health and wellness coaching sessions if you wish.



Health screenings locations

Aitkin: Sat., Oct. 19, 7-11 AM

Riverwood Healthcare Center
Support Services Wing, Conference Rooms E-F

McGregor: Wed., Oct. 23, 7-11 AM

Riverwood McGregor Clinic

Garrison: Tues., Oct. 29, 7-11 AM

Riverwood Garrison Outpatient Services facility
(next to the clinic)

Skin cancer screening

Current estimates are that one in five Americans will develop skin cancer in their lifetime.

As part of a national campaign to encourage early detection and teach prevention of skin cancer, Dermatology Professionals is partnering with Riverwood to hold a free skin cancer screening clinic in Aitkin on **Tues., Nov. 5, 1:00 to 4:00 PM**

There will be a limited number of short appointments available with any follow-up treatment scheduled at a later appointment. To schedule an approximate screening time with Dr. Paul Lundstrom, call Dermatology Professionals at (218) 454-7546 or toll-free at (888) 841-2897.

“The American Academy of Dermatology’s national detection and prevention program is in its 26th year and is designed to raise awareness of melanoma and urge Americans to regularly examine their skin for signs of this serious form of skin cancer,” explains Dr. Paul Lundstrom of Dermatology Professionals. “Anyone noticing any changes in size, color, shape or texture of a mole, the development of a new mole or any other unusual changes in the skin should see a dermatologist right away.”

In September, Riverwood began offering new dermatology services from Dermatology Professionals on the first Tuesday at our specialty clinic in Aitkin. For an appointment, call (218) 454-7546.



Skin screening location

Aitkin: Tues., Nov. 5, 1-4 PM

Riverwood Healthcare Center, Specialty Clinic

To schedule an approximate screening time with Dr. Paul Lundstrom, call Dermatology Professionals at (218) 454-7546 or toll-free at (888) 841-2897. When you call, be sure to mention “free skin cancer screening”.

Know your health numbers

Knowing your health numbers can save your life. Why? Maintaining your blood sugar, blood pressure, cholesterol and weight within normal ranges keeps your heart healthy. This is the third in a series of articles we’ll run in Healthy Living to help you understand your health numbers so you can better manage your health.

What’s your Total Cholesterol?

Cholesterol is a type of fat found in your body. Your total cholesterol includes LDL (low-density lipoprotein) and HDL (high-density lipoprotein) cholesterol.

LDL is called “bad” cholesterol because it can build up in the walls of your arteries and form plaque. Plaque build-up in the arteries can reduce blood flow and increase your risk of heart disease. When there is too much LDL, it sticks to blood vessel walls and blocks the flow of blood, leading to heart attack or stroke.

HDL cholesterol is known as “good” cholesterol because it is thought to help remove bad cholesterol from the body. This process prevents plaque from building up in your blood vessels.

Your total cholesterol level is a measure of all the cholesterol in your blood, including LDL cholesterol and HDL cholesterol. High cholesterol has no symptoms. A blood test is the only way to detect high cholesterol.

Keeping your cholesterol levels healthy is a great way to keep your heart healthy – and lower your chances of getting heart disease or having a stroke. The most important thing you can do as a first step is to know your cholesterol numbers by getting your cholesterol tested.

According to the American Heart Association, all adults age 20 or older should have a fasting lipoprotein profile — which measures total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides — at least once every five years.

High cholesterol can be inherited, but it’s often the result of unhealthy lifestyle choices, and thus preventable and treatable. A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol.



Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable level that puts you at lower risk for coronary heart disease. A cholesterol level of 200 mg/dL or higher raises your risk.
200 to 239 mg/dL	Borderline high
240 mg/dL and above	High blood cholesterol. A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dL.



Donna Nardini

Active lifestyle supports weight loss

High cholesterol and triglyceride readings prompted Dr. Jeff Ehnstrom to refer Donna Nardini, age 75, for wellness coaching.

"The doctor told me the cholesterol-lowering medication I'm taking can only help so much," Donna explains. "Getting more active and losing weight will help me take personal responsibility for bringing down my high cholesterol. I was already walking two miles a day with a friend, but I've started riding my stationary bike again plus wearing a pedometer now."

After starting wellness coaching with Dan Schletty, Donna lost 17 pounds over two months, averaging 12,000 steps daily. Gardening and golfing help bump up her steps, plus she's keeping a food journal and follows the Weight Watchers points plan for tracking her calories.

Walking program + eating healthy = 30 pounds lighter



Sara Math

Going from zero exercise to walking several miles a day has helped **Sara Math** drop about 30 pounds over a 3-month period. She started with a 1-mile walking tape and worked her way up to doing 3 miles, and sometimes 4 miles on the weekends, using hand weights and bands for some of the routines.

Working in the accounting department for Aitkin County, Sara's job keeps her sitting a lot. So in addition to doing her walking tape before heading to work, she now walks during her breaks.

"Now I have more energy to do things," Sara says. "I feel better about myself and I'm eating much healthier. I manage my diet with

low-calorie and low-carb breads, more fresh vegetables and portion control."

Weight management and diabetes were two motivating factors for Sara to seek wellness coaching from Dan Schletty, health and wellness coach at Riverwood. Sara says her fasting blood glucose has dropped from the 140-150 to the low 100's and her A1C, blood pressure and cholesterol numbers have dropped as well.

To self-refer for wellness coaching, contact:

▶ **Dan Schletty**, Riverwood health and wellness coach, at (218) 927-5168 or dschletty@riverwoodhealthcare.org

WELLNESS CALENDAR

EVENTS

▶ **FREE Wellness Screenings**

October 19, 23 & 29

Aitkin, McGregor & Garrison

See page 3 for schedule and registration.

Education & Support

▶ **Breastfeeding Education & Support**

Tuesdays, 1:00-2:00 PM

Aitkin: Riverwood Healthcare Center

Birthing Center: (218) 927-2121

▶ **I Can Prevent Diabetes**

Tuesdays, 4:30-5:30 PM

November 16 - March 18

Aitkin: Riverwood Diabetes Center

Learn how to create a healthier lifestyle and prevent diabetes in a 16-week class series.

Registration required. \$75 fee.

Riverwood Diabetes Education: (218) 927-8281

▶ **Joint Replacement (Pre-surgery class)**

Second Friday, 10:00 AM-12:00 PM

Aitkin: Riverwood Healthcare Center

Riverwood Surgical Services: (218) 927-5549

▶ **Prenatal Education Classes**

Tuesdays, 7:00-9:00 PM

November 5, 12, 19 & 26

Aitkin: Riverwood Healthcare Center

Riverwood Education: (218) 927-5318

▶ **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

Riverwood 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

Riverwood Diabetes Center: (218) 927-8281

Riverwood's Garrison Pharmacy is a convenient option



Open Monday through Friday, 8:30 AM to 5 PM and 9 AM to 2 PM Saturdays, the pharmacy is located with the Riverwood Garrison Clinic on the west edge of Garrison. The pharmacy staff can assist you with all your prescription and over-the-counter medication needs.

Whether you go away for the winter months or just want the convenience, you can get your medications mailed to you at no extra cost.

For more information, call the Riverwood Garrison Pharmacy at (320) 525-3401.



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

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