

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

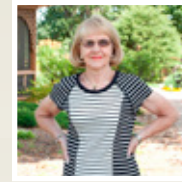
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Women's Pelvic Health: *Solutions for common problems*

Health issues like incontinence or dropped pelvic organs are common among women as they grow older. In fact, up to 40 percent of women between the ages of 50 and 70 suffer from pelvic organ prolapse and one in three women have stress urinary incontinence. Other pelvic health issues that affect women at younger ages include heavy menstrual bleeding and uterine fibroids.

Treatment for all these pelvic health conditions is available at Riverwood Healthcare Center from our team of OB/GYN providers. They include **Drs. Michael** and **Rachel Cady** and **Dr. Christina Kramer**—all

gynecology specialists and surgeons. See introduction of Dr. Kramer on page 2.

Megan Workman, nurse midwife at Riverwood, specializes in women's pelvic health, from the onset of menstruation through the post-menopausal years. As a midwife, she brings some unique experience, skills and training to address many common health concerns of women, including birth control, preventive/wellness care, gynecologic exams and treatment, menopause and peri-menopause care and more.

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Welcome Dr. Austin Krohn



Austin Krohn, M.D.

Riverwood Healthcare Center is pleased to welcome **Austin Krohn, M.D.**, a family physician who will begin seeing patients in September.

Areas of special interest/skills: General family medicine, pediatrics, adolescent health and sports medicine.

Philosophy of medical care: I have always been a believer that prevention has the largest impact on healthy living. I try to promote wellness through active lifestyles and building close relationships with my patients. In family medicine, we are in a unique position to impact the lives of our patients at each of life's stages and I love building those relationships across multiple generations.

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Women's Pelvic Health

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“Together, we support the best possible outcomes for patients by offering compassionate care, along with the latest therapies and technologies,” *Workman says.* “We encourage women to seek medical care for any pelvic health issue that is causing discomfort or pain.”

Treatment options to get you back in control

Stress urinary incontinence is involuntary urine loss when you cough, sneeze, laugh or lift something heavy. A combination of treatment strategies can end or lessen the number of incontinence episodes. Behavior therapies include controlling your fluid intake, pelvic floor muscle exercises, and healthy lifestyle changes such as quitting smoking or losing weight.

Certain devices designed for women, such as a vaginal pessary or urethral inserts, can help control involuntary urine loss. The most common surgical procedure is inserting a sling that supports the urethra, and there are other minimally invasive surgical treatments as well.

Pelvic organ prolapse occurs when the pelvic floor muscles weaken and the ligaments that hold the organs in place become damaged. The uterus, bladder or rectum then can bulge into the vagina. Moderate to severe bulging may cause a pulling or a heavy feeling in the pelvis, trouble urinating or moving the bowels, and low back pain.

Minimally invasive surgical options include placing a permanent stitch at the top of the vagina to restore normal anatomy or using a synthetic mesh to hold pelvic organs in place. Another procedure to treat pelvic organ prolapse is a minimally invasive laparoscopic hysterectomy. This leaves the ovaries in place and removes only the cervix and the uterus. Laparoscopic hysterectomy is also sometimes used to treat heavy menstrual bleeding, uterine fibroids and pelvic pain.

Heavy menstrual bleeding may mean having a period that lasts longer than seven days or soaking through a sanitary pad or tampon every hour or two or three consecutive hours, passing large clots. This condition can be treated with nonsurgical or surgical options. Medications such as hormones can control ovulation, which slows the growth of uterine lining or blocks estrogen's effects, or intrauterine devices can be used to release hormones. A minimally invasive surgical option is an endometrial ablation, in which heat destroys the uterine lining.

Uterine fibroids, noncancerous tumors, can vary in size from less than an inch to more than eight inches and may grow in clusters or alone. Common symptoms include heavy periods, bleeding between periods, pelvic pain and pressure. Nonsurgical treatment options include estrogen-blocking hormones or a focused ultrasound that destroys the tumor with sound waves. Minimally invasive surgical options include laparoscopic hysterectomy; uterine embolization, which shrinks fibroids; and myomectomy, surgical removal of the tumors, leaving the uterus intact.

“Many of the surgical treatments for women's pelvic conditions can be done on an outpatient basis with fast recovery time,” *Dr. Rachel Cady.* “Our team of OB/GYN surgeons is experienced in performing minimally invasive procedures and we are happy to meet with patients to review all their options for care.”

► For an initial evaluation of any women's pelvic health problems, call *Riverwood's Center for Women's Health* at (218) 927-3939.

Dr. Christina Kramer joins OB/GYN team



Dr. Christina Kramer, M.D.

Riverwood is pleased to welcome Christina Kramer, M.D., a physician and surgeon specializing in obstetric and gynecological care. She joins Drs. Michael and Rachel Cady in seeing patients at Riverwood's Specialty Clinic in Aitkin.

Areas of special interest/skills: High-risk obstetrics and complicated pregnancies, laparoscopic surgery.

Philosophy of medical care: I enjoy providing care for women in all aspects of their lives. I appreciate that the field of OB/GYN allows me to develop a relationship with my patients during important transitions in their life.

Education: 4-year residency at Sisters of Charity Hospital Obstetrics and Gynecology, University at Buffalo, New York; Doctor of Medicine degree from University of Minnesota Medical School, Minneapolis; BS degree in Biochemistry from University of St. Thomas, St. Paul, graduated Summa Cum Laude.

Family: Husband Ryan and two daughters, Rachel (4) and Eleanor (2).

“I appreciate the sense of community in this area. I grew up just west of the Twin Cities and my grandfather lives in Longville.”

For more on Dr. Kramer, see the news release at www.riverwoodhealthcare.org. For an appointment, call Riverwood's Specialty Clinic at (218) 927-5566 or toll free at (888) 270-1882.

Dr. Austin Krohn

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Education: B.S. degree in biology and chemistry, graduating with distinction from University of Minnesota, Morris; Doctor of Medicine degree, University of Minnesota Medical School, Minneapolis; received the Rural Physician Associate Program (RPAP) student achievement award while doing clinical work at Riverwood in 2008-09; three-year Family Medicine residency at the University of Minnesota, North Memorial Medical Center; and one-year fellowship in Sports Medicine, University of Minnesota.

Family: Wife Colleen and Ella (4), Abby (2) with a third child due in October.

“I'm looking forward to building my family medicine practice here and getting back to my small town roots. In addition to general family medicine, I hope to be a resource for our community at athletic events and in our clinic as a specialist in sports medicine.”

For more on Dr. Krohn, see the news release at www.riverwoodhealthcare.org. For an appointment, call Riverwood at (218) 927-2157 or toll-free at (888) 270-1882.

Vibrance: A Women's Wellness Event

Thursday Sept. 25, 5 to 7 PM, Butler Building, Aitkin



Do you believe in living your life with vibrancy? What's stopping you?

Join Riverwood Healthcare for an informative and entertaining evening to celebrate women's wellness. Enjoy tasty hors d'oeuvres, wine tasting and boutique shopping as well as learning more about women's health and menopause.

▶ The cost for this event is \$10 and payment will be collected at the event. Registration is required by Sept. 22. Contact Riverwood at (218) 927-5188 or healthyliving@riverwoodhealthcare.org

Hear from women's health expert, **Dr. Laurie Birkholz**, a certified menopause practitioner and medical director of Women's Health for Holland Hospital in Southwestern Michigan, about treatment and care for menopausal symptoms including issues with vaginal dryness, irritation and pain. **Janet Larson**, nurse practitioner who has a family and mental health practice at Riverwood, will present a humorous, upbeat perspective on mental health and menopause. Riverwood's OB/GYN providers will be on hand to participate in the Q&A following the presentations.

"This event is open to women of all ages. It's never too early or too late to learn about menopause. The more we know about our bodies, the more vibrantly we can live our lives."

Free Breast Cancer screening

Remember, early detection is the best protection. Screening tests can find breast cancer early, when it's most treatable.

On Oct. 8, from 3 to 7 p.m., Riverwood will host a free Breast Cancer screening service at the hospital in Aitkin. Per the Sage program guidelines, women aged 40 to 64 who have no health insurance or a high deductible health plan are encouraged to participate. Get a clinical breast exam, mammogram and enjoy some pampering with services like massage, fingernail painting and light refreshments. Appointments are required and there is limited availability.

To schedule an exam, call our Radiology department at (218) 927-5515.

Foundation News

Gala to raise funds for new CT scanner

Enjoy an evening of fine dining and entertainment with friends in a 1920's Great Gatsby setting without leaving the area—and all for a great cause.

Join Riverwood Healthcare for its annual Riverwood Gala on Saturday, September 20, at the 40 Club Convention Center in Aitkin. This event, which begins at 5:30 p.m., will feature fine dining with a wide variety of delicious entrees, side dishes, beverages and desserts—all generously provided by a dozen or so local restaurants and businesses.

The entertainment this year will feature Sami Dare, an experienced stage performer who brings the best of stage hypnosis. Riverwood's singing docs and nurses will also perform, plus you can enjoy a few games and silent and live auctions.

Proceeds from the event will support a new 64-slice CT scanner for the hospital, which will be installed by early 2015. Riverwood now has a 16-slice CT scanner.

"The new CT scanner will provide nearly instant results so this new technology supports much quicker diagnostic information for physicians," explains Kim Waffensmith, manager of Riverwood's radiology department and ancillary services. "We are excited to bring more advanced medical technology to enhance care for our patients."

If you are unable to attend the Gala, consider making a tax-deductible donation that will support the new CT scanner at Riverwood.

▶ **With a limited number of seats available, this event often sells out quickly.** Individual tickets are \$85 and tables are \$850. For tickets, sponsorship and donations inquiries, contact Katie Nelson at Riverwood Foundation at (218) 927-5158 or Foundation@RiverwoodHealthcare.org



Honoring and Remembering Loved Ones

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

Donations from May 1 - July 31, 2014

In Memory of:

Brian Herbranson	Lory Redmond	Francis Kochevar
Roger Wilson	Lindy Hasskamp	Holger Olson
John Fremling	Patsy Cummings	Larry Turner
Raymond & Erma Honnold	Becki Jones	Brent Sherman
Gordon & Lorraine Cartie	Jeff Heggem	Wilma J. McFall

In Honor:

Serena & Jerry Bowman
Rachel & Abby Monse



YOUR HEALTHY CHOICE STORIES

Knee surgery patient reaches walking goal



Diane Everson

An active walker used to walking 4 miles five days a week, **Diane Everson**, age 69, did not like the prospect of knee replacement surgery and a prolonged recovery period. It turns out she didn't need to worry.

Diane underwent surgery for a left knee replacement with **Dr. Erik Severson**, orthopaedic surgeon with Minnesota Center for Orthopaedics, at Riverwood Healthcare Center on December 13, 2014. With the Rapid Recovery pain control protocol, she was able to return home the day after her surgery and negotiate steps in her split-level home.

"Three weeks following my surgery, I got an email regarding a dear friend who has stage 4 colon cancer," Diane says. "His friends and family wanted people to walk in the 5K Colon Cancer Walk in the Twin Cities. Although it was only about four months away, I made up my mind that I was going to do the May 18 walk

of 3.2 miles. This became my point of reference and motivated me to get back to long-distance walking."

After faithfully doing exercises prescribed by Riverwood therapist Jenn Klee, Diane started walking on her treadmill and riding a stationary bike; then when the weather improved began walking outside. When she went in for her 3-month checkup, Dr. Severson told her she was doing much better than many knee replacement patients at 6 months.

"I have to say that May 18th came and there I was, walking with our wonderful friends on the 5K walk and being so happy that I had made my goal," she explains. "After we got back home and I went for my walks here, I realized that I was ready to try my 4-mile walk again. On Memorial Day, about five months after my surgery date, I DID IT!"

Diane timed her walk in June, happy with walking her 4 mile-route in 1 hour, 10 minutes.

"Dr. Severson and Physician Assistant Tom Lewandowski were so incredibly easy to work with and made me feel so comfortable that there was no doubt in my mind that I had made the right decision. It is obvious to me that we can do what we set our minds to do; it just takes that goal and then reaching for it!"

Lunch & Learns

Women's Health Series at Riverwood Healthcare Center, Aitkin:

Surviving & Thriving through Menopause
September 10, 12:00-1:00 PM

Until There's a Cure: Breast Cancer Prevention & Treatment
October 8, 12:00-1:00 PM

It's a Stall World-Bladder Health
November 12, 12:00-1:00 PM

Breast Health

October 14, 12:00-1:00 PM
Garrison: Y Club
Janelle Trueblood

Diabetes Seminar & Resource Fair

November 11, 10:00 AM-2:00 PM
Seminar only: 12:00-1:00 PM

Aitkin: Butler Building
Nurse Practitioner Melissa Magnuson

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

WELLNESS CALENDAR

EVENTS

Riverwood Gala

September 20, *see page 3*

Vibrance Women's Wellness

September 25, *see page 3*

Free Breast Cancer screening

October 8, *see page 3*

ZUMBA-thon

Total body workout to exhilarating music
October 11, 10:00 AM-12:00 PM

McGregor: McGregor High School
Register at event

Diabetes Expo

October 11

Minneapolis: Convention Center

Free bus with Aitkin, Crosby and Garrison pickups
Diabetes Center: (218) 927-8281

Education & Support

Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor

Aitkin: Riverwood Healthcare Center
Birth Center: (218) 927-2121

Grief Support Group

September 18, 25, October 2, 9, 16, 23
Thursdays, 4:30-6:00 PM

Aitkin: Riverwood Healthcare Center
Social Services: (218) 927-5524

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

November 4, 11, 18, 25, December 2
December 9: 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 PM-5:00 PM

Aitkin: Riverwood Healthcare Center
First Wednesday, 9:00-10:00 AM

McGregor: McGregor Clinic
Diabetes Center: (218) 927-8281



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