

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

SUMMER 2018

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## Riverwood a Top 20 Critical Access Hospital...again!



For the second year in a row, Riverwood Healthcare Center in Aitkin, Minn., has been named one of the Top 20 Critical Access Hospitals (CAHs) in the United States!

The Top 20 Critical Access Hospitals, including Riverwood, scored best among critical access hospitals nationwide as determined by The Chartis Center for Rural Health. The rankings were recently announced by the National Rural Health Association (NRHA).

"We were excited to learn that Riverwood is the only critical access hospital in Minnesota to achieve this prestigious national recognition," said Cindi Baker, Riverwood's interim chief executive officer. "We are extremely proud of our physicians, physician assistants, nurse practitioners, nurses and every single member of our team, all of whom contribute to a culture of caring at Riverwood. The index shows that our hospital scores very high on two key factors in health care--quality of care and patient satisfaction."

The Top 20 Critical Access Hospital "winners" are those hospitals that have achieved success in the overall performance based on a composite rating from eight indices of strength: quality, outcomes, patient perspectives, charge and financial stability, inpatient market share, and outpatient market share. This group was selected from The Chartis Center for Rural Health's 2018 Top 100 Critical Access Hospitals list, which was released earlier this year. Riverwood made the Top 100 list for the fifth time in 2018.



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## Introducing 3D mammography in Aitkin

The five-year survival rate is close to 100 percent when breast cancer is caught early. Riverwood recently began providing 3D mammography™ exams at its Aitkin facility, which supports early breast cancer detection.

“We are thrilled to provide 3D mammography to our community,” said Jan Hegman, nurse practitioner and oncology care coordinator at Riverwood. “It can help detect cancer earlier because it offers multiple images of breast tissue for greater clarity and accuracy. There’s also a benefit to women with dense breast tissue, which can cause shadows due to overlapping tissue and hide tumors from traditional 2D mammography.”

### What is 3D mammography?

Three dimensional or 3D mammography, also known as digital breast tomosynthesis, is a revolutionary new screening and diagnostic breast imaging tool to improve the early detection of breast cancer. Approved as an imaging modality by the FDA in early 2011, 3D mammography is used in combination with 2D digital mammography.

### What are the benefits of 3D mammography?

3D mammography finds 20-65 percent more invasive cancers than conventional mammography alone, an average increase of 41 percent. It reduces unnecessary callbacks for suspicious findings that prompt more testing by about 40 percent.

### How can you schedule a 3D mammogram?

Call Riverwood's Radiology department at **218-927-5515**.



Riverwood's mammogram team in Aitkin includes, from left, Erin Rach, Elizabeth Parks, Lynn Wenzel and Brenda Hillard.

Most insurance plans cover 3D mammograms. If your insurance plan does not cover 3D mammography, we have options available. *Please call our radiology department at 218-927-5515 for details.*

Riverwood's Garrison and McGregor clinics continue to offer conventional 2D mammography, which takes two-dimensional pictures of the breast and is still one of the most advanced tools available for detecting breast abnormalities.

“Women age 40 and older should have an annual mammogram, whether it's 2D or 3D,” Hegman said. “Some women should be screened earlier due to family history and other risk factors. Ask your provider about the screening schedule recommended for you.”

## Orthopaedic Care

### Meet two MCO team members

The Minnesota Center for Orthopaedics (MCO) continues to develop its team as the need for orthopaedic care continues to grow rapidly in north central Minnesota and nationwide. Meet two MCO team members who play an integral role in patient care at Riverwood in Aitkin.



**Josh Jacobson**, Nurse Practitioner specializing in orthopaedics, joined Riverwood's medical staff in March and sees patients in Aitkin, Monday through Friday. He works closely to coordinate patient care with three MCO orthopaedic surgeons—Dr. Erik Severson, Dr. Jon Herseth and Dr. Susan Moen—and two

MCO physician assistants Matt Fleming and Tom Lewandowski.

Josh has 12 years of nursing experience, as a registered nurse in cardiac surgery and intensive care and as a nurse practitioner/hospitalist in internal medicine. He earned both his bachelor's degree and his master's degree in Nursing for certification as a family nurse practitioner at the College of St. Scholastica in Duluth.



**Brianna Brophy**, Orthopaedic RN Coordinator, has worked in orthopaedic care in Aitkin and Crosby for 10 years. She is now the go-to nurse for Riverwood orthopaedic patients, especially those having total joint replacements. She can answer patient questions and concerns before surgery, during hospitalization and after discharge to home.

Recently, she earned her Nursing associate degree and RN certification from Rasmussen College. In 2008, she earned her medical assistant degree from the Minnesota School of Business.



For an orthopaedic appointment, **you may self-refer**.  
Call our specialty clinic at **(218) 927-5566**.

## Meet Dr. Kanoff, Pediatric Neurologist



**Dr. Richard Kanoff**, pediatric neurologist with Essentia Health in Duluth, began seeing patients at Riverwood in March 2018. He sees patients at our specialty clinic in Aitkin on the third Monday, every other month. To ensure timely access, most initial patient consultations will be scheduled in Duluth.

With 23 years of experience, he brings tremendous expertise to treating children with common diagnoses like migraines, seizures, developmental delays or head injuries.



For an appointment with Dr. Kanoff, you may self-refer. Simply call Riverwood's appointment line at (218) 927-2157 or toll-free at (888) 270-1882.

## Foundation News

### Golf Charity Event: Supporting the McGregor Clinic



#### SCHEDULE OF EVENTS

- 10 AM Registration
- 11 AM Lunch
- 12 PM Shotgun Start

*Light dinner served after golf tournament*

If you like to golf and enjoy supporting a good cause, consider joining us for our annual Golf Charity Event, on **Friday, July 13**. It will be held at **Minnesota National Golf Course in McGregor**, which has something to offer golfers at all levels.

Gather with friends to raise funds to support Riverwood's McGregor Clinic, known for its personalized care and wonderful team of caregivers.

**THANKS to these event sponsors** (as of mid-May): CMDI, Dean Masonry & Concrete, Floe International, Greater Insurance, Hays Companies, HDR Architects, Janet Larson & Al Torgerson, Kraus Anderson, Lundberg Plumbing & Heating, McGregor Insurance Company, Nick & Judy Priadka, Technical Life Care & Tidholm Productions.



For more information or to register for the event, call Riverwood Foundation at (218) 927-8286 or email [peklund-fisher@riverwoodhealthcare.org](mailto:peklund-fisher@riverwoodhealthcare.org)

### Save the Date: Riverwood Gala

**OCTOBER 13, 2018**

40 Club Banquet Center, Aitkin

Join us at our annual gala to raise funds for Riverwood Healthcare Center. This year's theme is "Once Upon a Time" and funds will benefit pediatric care at Riverwood. **For ticket or sponsor information**, call Riverwood Foundation, (218) 927-8286. *More details to come in our fall newsletter.*

### Growing Together Campaign update

We extend a special thank you to all of those who have given to the Growing Together Campaign over the past year. We are just \$200,000 short of our \$1.3 million goal.

If you are interested in making a gift to support the expansion and renovation of our Aitkin clinic, contact **Katie Nelson**, Riverwood Foundation Director, (218) 927-5158 or [knelson2@riverwoodhealthcare.org](mailto:knelson2@riverwoodhealthcare.org)



## Honoring and Remembering Loved Ones

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

Donations from February 1 - April 30, 2018

#### In Memory of:

Al Linn

Merle & Helen Purdy

Adam Ritter

Roger Tetrick



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

## Reflux & Heartburn Solutions

### Success Story: Procedure halts reflux symptoms

Attending a Riverwood seminar on solutions for reflux and heartburn put **Dawn Britney Shockency** of Coleraine on the road to recovery from gastro-esophageal reflux disease.

"I had been struggling with worsening acid reflux symptoms for the past three to four years," Dawn explains. "I was having a lot of acid reflux at night. It got to the point where I could hardly eat at all and I felt nauseous all the time."

After attending the March 2017 seminar, Dawn decided to see if they could help her at the Minnesota Reflux and Heartburn Center at Riverwood Healthcare Center in Aitkin—the town where she grew up and graduated from high school.

An EGD exam, which offers a view of the inside of the upper digestive tract, revealed that in addition to a hiatal hernia, Dawn had ulcers in her esophagus. A special medication was prescribed that cleared up the ulcers in about a month.

The MRHC reflux specialist who examined and treated Dawn recommended that she have a Nissen fundoplication procedure to treat her severe acid reflux disease in December 2017.

"At age 79, I was worried that I was too old to have this surgery," Dawn adds. "But my decision to go for it was the best decision in my whole life! I have no heartburn and I can eat pizza and spaghetti again. I haven't felt this good in ages."

Dawn appreciates all the clinic and hospital caregivers at Riverwood and some of the extra special services for patients.



MINNESOTA REFLUX  
& HEARTBURN CENTER



The Minnesota Reflux and Heartburn Center offers comprehensive, innovative solutions for gastroesophageal disease. For information or an appointment with a reflux specialist in Aitkin, call **Dawn Harcey**, MRHC Nurse Coordinator, at **(218) 429-3930**.

## Riverwood receives grant for opioid abuse prevention program

Riverwood Healthcare Center is one of eight Minnesota communities selected for grants totaling \$700,000 from the Minnesota Department of Health for an Opioid Abuse Community Prevention Pilot Project. In April, Riverwood received a two-year grant for \$100,000 to launch this project.



**Dr. Mark Heggem**, chief medical officer, has been leading Riverwood's efforts to evaluate and reduce opioid prescription drug use and abuse with the implementation of an opioid program.

"Riverwood will be working closely with Dr. Kurt Devine and his team at CHI St. Gabriel's Health in Little Falls to mirror their successful and nationally recognized opioid reduction strategy," explains Dr. Heggem. "This includes the formation of an internal controlled substance care team that has already been meeting. I'm pleased to report that in just six months we have seen a 20 percent reduction in the prescribing and use of opioid medications among Riverwood patients."

Some of the key goals of the opioid abuse prevention program are to:

- Reduce emergency room and other health care provider visits resulting from opioid use or abuse, as well as reduce rates of drug overdoses/deaths in the community
- Establish a multidisciplinary controlled substance care team that consists of physicians, pharmacists, social workers, nurse care coordinators, and mental health professionals
- Reduce the inappropriate use of opioids by patients and rates of opioid addiction
- Reduce the inappropriate prescribing and dispensing of opioids

Riverwood will hire a Registered Nurse Care Coordinator to assist with the opioid abuse prevention program. In addition, a county-wide task force for Aitkin County, including law enforcement, school districts, Aitkin County Health and Human Services, pharmacies and others, will be created to help address this important issue.



*Together we will.*

Riverwood Healthcare Center  
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[www.RiverwoodHealthcare.org](http://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** 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