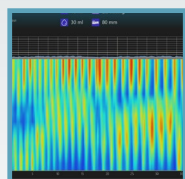


Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

WINTER 2018-19

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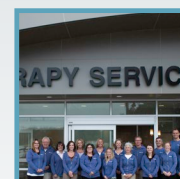
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The services that set the Minnesota
Reflux and Heartburn Center apart.

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Advanced Solutions for Reflux Disease



Dawn Harcey, MRHC Nurse Coordinator, meets with patients to review tests and treatment options for GERD.

Many individuals have experienced occasional heartburn after eating a spicy pizza or a heavy meal. But when digestive discomfort becomes more frequent and a person is taking over-the-counter antacid medications several times a week, it's probably time to seek medical care.

Heartburn is the most common symptom of GERD. Others may include regurgitation, a chronic cough, hoarseness and chest pain. Each person's experience can be very different.

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Reflux Success Stories



Ardy Akerson

"I had no pain with the Nissen procedure and my heartburn is gone. Now I can eat almost anything I want. I've lost 17 pounds and I feel better than I have in 20 years!"



Shawn Speed

"After the LINX procedure, I'm symptom-free and no longer taking acid-blocking medication. I can eat more spicy foods than before without having any issues or heartburn. It's like I never had reflux."



Tabatha Peters

"The recovery time was minimal. I had very little pain. Two weeks after my Nissen procedure, I was GERD-free and have not had any problems with it since. I am a much happier person now. I recommend this procedure to anyone who has had GERD."

MRHC team offers high-touch, high-tech services

Continued from page 1

The cause of GERD is stomach acid backing into the esophagus due to a weakening of the lower esophageal sphincter, which is a muscular ring of muscles that opens to allow food to pass into the stomach. Over time, untreated reflux disease can create an abnormal lining called Barrett's esophagus, which can lead to cancer of the esophagus. This cancer is the fastest rising cancer in the United States, with over a 600 percent increase in the last three decades.

Today, over 30 percent of the U.S. population suffers to some degree with GERD and most are treated with over-the-counter or prescription proton pump inhibitor medications. However, studies show that about 7 million people are failing treatment on proton pump inhibitor medications and are dissatisfied with their treatment.

Established in 2015 at Riverwood Healthcare Center and Cuyuna Regional Medical Center, the Minnesota Reflux and Heartburn Center (MRHC) offers advanced solutions for those suffering from GERD. A staff of highly trained and experienced physicians specializing in reflux is assisted by nurses, dietitians and technicians for a team approach and smooth access to comprehensive treatment of GERD.

Dr. Paul Severson heads MRHC as medical director, practicing with Dr. Howard McCollister, Dr. Tim LeMieur, Dr. Shawn Roberts and Dr. Andrew Loveitt. This outstanding team of reflux specialists is dedicated to the treatment of GERD and related disorders using highly specialized treatments and the latest diagnostic equipment.

"In 2015, we began using a break-through technology called Cellvizio confocal laser endomicroscopy," said Dr. Paul Severson. "Cellvizio, the world's smallest microscope, generates optical biopsies, providing microscopic images of tissue instantly in a minimally invasive manner. This diagnostic tool offers improved patient management and detects Barrett's esophagus and cancer."

MRHC also offers other minimally invasive procedures, such as Nissen, Toupet and Collis-Nissen funduplications, to treat GERD. These are surgical procedures in which the upper part of the stomach is wrapped around the lower end of the esophagus and stitched in place, reinforcing the closing function of the lower esophageal sphincter.


Patient-centered service

Contributing to outstanding patient satisfaction is a concierge-type service with a designated nurse coordinator to facilitate the entire process of GERD care. At Riverwood, the MRHC nurse coordinator is Dawn Harcey, RN. She follows each patient through the entire process of clinic appointments and testing.



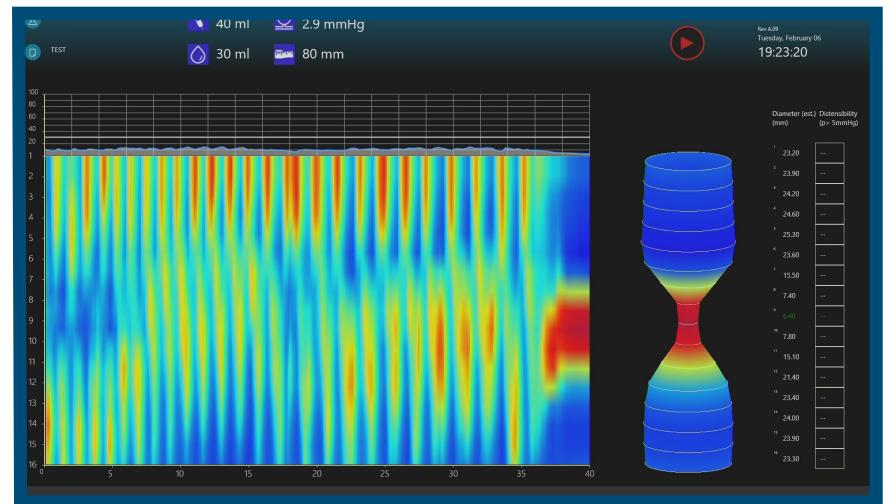
Dawn Harcey, RN

"At Riverwood, you can expect to receive a comprehensive evaluation with a reflux specialist within one to two weeks," said Dawn Harcey. "I'm happy to do a phone or in-person consultation about testing and treatment information at no charge."

 For an appointment or information, call Dawn at Riverwood at 218-429-3930.

Leading-edge diagnostics for GERD

On the technology front, the use of Confocal Laser Endomicroscopy is one of the services that sets the Minnesota Reflux and Heartburn Center (MRHC) apart. Since the installation of Cellvizio, the world's smallest microscope, at both Riverwood and CRMC in 2015, reflux specialists are able to see what the tissue looks like at the cellular level allowing them to diagnose Barrett's esophagus and Esophageal cancer.



Endoflip supports early detection and treatment of gastrointestinal diseases and cancers.

OTHER DIAGNOSTIC TESTS INCLUDE:

- Ambulatory Bravo 48 hour pH Testing
- 24 Hour Esophageal Impedance-pH Testing
- Restech Oropharyngeal pH Testing
- Endoflip
- Wats 3D CDx Studies for Barrett's Esophagus



For any questions, call Dawn Harcey at 218-429-3930.

FREE SEMINAR: Solutions for Reflux and Heartburn



**Tuesday, November 13, 6-7 p.m. Hill City School,
Community Room, 500 Lone Ave.**

REGISTRATION REQUIRED:

218-927-5188 or healthyliving@riverwoodhealthcare.org

Dr. Tim LeMieur, reflux specialist with the Minnesota Reflux and Heartburn Center (MRHC), will provide an overview of the latest advances in diagnostics and treatment for gastroesophageal reflux disease (GERD). He will discuss testing and innovative procedures available at Riverwood Healthcare Center in Aitkin.

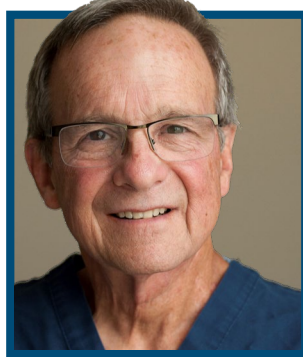
Meet our **MRHC Reflux Specialists**



Dr. Tim LeMieur



Dr. Andrew Loveitt



Dr. Howard McCollister



Dr. Shawn Roberts



Dr. Paul Severson

Foundation News



Dr. Austin Krohn and wife Colleen as "Rapunzel" fairy tale characters.

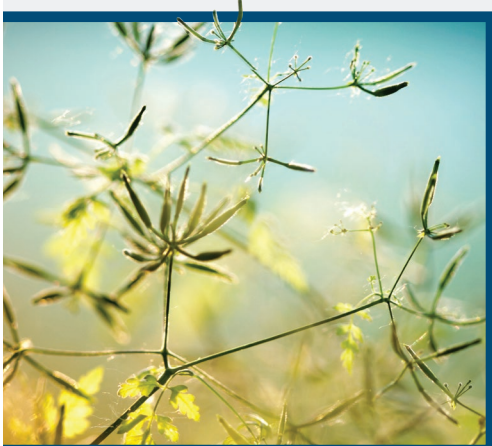
Once Upon a Time Gala is another huge success!

Thanks to all the donors and sponsors who helped raise more than \$42,000 for pediatric care at Riverwood.

During the October 13 Gala program, Laurie Hanson and Colby Blakesley shared stories on how speech therapy with Amanda Rumpca, speech-language pathologist who has pediatric expertise, is helping their children thrive. See these pediatric care stories and two others at RiverwoodHealthcare.org/PatientStories



To contribute to the fund for pediatric equipment at Riverwood, contact **Katie Nelson**, Riverwood Foundation Director, at **(218) 927-5158** or **knelson2@riverwoodhealthcare.org**. You may give online, or get more information on giving options.



Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here. Donations from August 1 to September 30, 2018

In Memory of:

Betty Fossen
Brian Herbranson
Eddie Hughes



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

Meet Dr. Chan, Gastroenterologist

Dr. Aaron Chan, gastroenterologist with Essentia Health in Brainerd began seeing patients at Riverwood in July 2018 after Dr. John Berg's retirement. He sees patients monthly at our specialty clinic in Aitkin.

Dr. Chan specializes in liver care, treats digestive problems and abdominal diseases, cirrhosis, liver failure, constipation, diarrhea, stomach ulcers, gastrointestinal diseases, celiac disease, inflammatory bowel disease and more.



For an appointment with Dr. Chan, call Riverwood's specialty clinic at (218) 927-5566 or toll-free at (888) 270-1882.



Dr. Aaron Chan

Riverwood Therapy Services moves to front of facility

As part of its clinic expansion project in Aitkin, Riverwood Healthcare Center opened a new addition for **Therapy Services** in late October.

Riverwood's Aitkin facility has a new entrance to the right of the main hospital and clinic entrance. Patients and visitors will see a new sign, Therapy Services, as they enter.

"We are changing the name of our department from Rehabilitation to Therapy Services in coordination with the move timing," said Jill Sadlowsky, Therapy Services manager. "The new name is more inclusive of the wide range of therapy services we offer. Our therapy staff is thrilled to be moving into the larger space that will allow us to accommodate more patients, offer greater privacy, and expand some of our services such as pediatric care."

SOME OF THE KEY NEW PATIENT-FRIENDLY FEATURES OF THE THERAPY DEPARTMENT INCLUDE:

- Closer parking with less walking
- Drive-up convenience with closer drop-off/pick-up
- Easier access to therapy services through the clinic
- Larger gym space with pediatric equipment added
- More private treatment rooms
- Expanded space for speech and occupational therapy

Renovation will begin on the existing therapy area this fall to renovate the space for a new kidney care and dialysis center with nine patient bays for kidney dialysis, which will be operated by CentraCare Health and open in later 2019.

Riverwood's Therapy Services appointments line number in Aitkin will remain the same at 218-927-5580.



Riverwood's therapy staff gathers at new entrance.



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