

# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

FALL 2019

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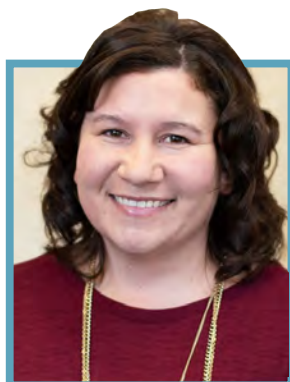
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## See what's new for birthing services at Riverwood.



**If you're planning for a new baby and want to know what your local healthcare provider offers, here are four great reasons to choose Riverwood Healthcare Center.**

**New nurse liaison for mothers-to-be**  
Mothers-to-be experience a lot of changes over a 9-month pregnancy. Questions may arise between prenatal appointments where you want someone to call for some quick answers. Now there's a nurse at Riverwood who fills this role.



**Brooke Mickelson, RN**  
Obstetrics Coordinator

As the Obstetrics Coordinator, **Brooke Mickelson, RN**, is the go-to nurse for Riverwood OB patients. She sees patients at their initial OB appointment for the start of prenatal care and keeps in close contact throughout the pregnancy. She can answer patient questions

and concerns, consulting prenatal care providers as needed.

For information or questions, call Brooke directly at 218-429-3913, Monday-Friday, 8:00 a.m. to 4:30 p.m. After hours, call Riverwood's hospital nursing line at (218) 927-2121.

### OB provider choices

We know that selecting a healthcare provider for prenatal care, birth and delivery is very important and individual for each mother-to-be. That's why we offer a range of options for mother care only and mother and baby care.

### Our OB provider team

Our team includes five family physicians: Dr. Tim Arnold, Dr. Erik Bostrom, Dr. Melissa Herbranson, Dr. Don Hughes and Dr. Aaron Jordan; Certified Nurse Midwife Megan Workman; and three OB GYN specialists and surgeons: Dr. Michael Cady, Dr. Rachel Cady and Dr. Christina Kramer.

Whatever your choice, each provider is committed to offering you care customized to your individual needs and preferences. We want to help make the birth of your baby a joyful experience that you will cherish for years to come.

### Another labor pain management option

Nitrous oxide, also known as laughing gas, is another pain management option for laboring mothers at Riverwood.

If you are interested in medication for pain relief during labor and delivery, talk to your provider and include it in your birth plan.

### Phone app offers education tips

Would you like information on pregnancy issues at your fingertips? Babyscripts is a mobile education platform now offered by Riverwood to help educate, prepare, and empower mothers-to-be throughout each week of pregnancy through the first 6 weeks of postpartum care. After the first prenatal care appointment with Riverwood, prenatal care patients will be able to download the app on a smartphone.

### Birthing center virtual tour

Would you like to see the inside of our birthing center? Now you can take a virtual tour by clicking a link on our newly designed Birthing Center web page. The web page also features links to our OB provider bios and frequently asked questions for pregnant women. Visit [www.riverwoodhealthcare.org/birthingcenter](http://www.riverwoodhealthcare.org/birthingcenter)

# Robotic surgery speeds recovery for hernia repair



Riverwood Healthcare Center General Surgeon Team: Dr. Andrew Loveitt, Dr. Howard McCollister, Dr. Paul Severson, Dr. Tim LeMieur, Dr. Shawn Roberts.

Approximately 600,000 inguinal or groin hernia repair operations are performed annually in the United States. In northern Minnesota, most hernia surgeries—about 80%—are still being done with open instead of laparoscopic or minimally invasive procedures. At Riverwood, we specialize in minimally invasive surgery, using robotic surgery to repair hernias. This newer technique offers surgeons greater precision with three-dimensional images of the inside of the abdomen. Benefits for patients include smaller scars, less pain and a faster recovery.

Five general surgeons offer hernia repair with the da Vinci® Xi System, a leading-edge robotic surgical system. Learn more about hernias and treatment below.

## What's a hernia?

A hernia occurs when tissue bulges through an opening in the muscles of your abdomen (ventral hernia) or groin area (inguinal hernia). These can be present at birth, develop over time, or occur at the site of an old incision.

## What are the benefits of robotic surgery for hernia repair?

Robotic surgery for hernia repair brings together the benefits of laparoscopic surgery with the dexterity of open techniques. With this minimally invasive approach, incisions are very small—about 1/2 inch—compared to 4-inch or larger incisions with an open procedure. With the robotic equipment, the surgeon has a 3D view with a magnified image of 10 times the actual size and improved ergonomics and dexterity with wristed instruments. With smaller incisions, there is less operative trauma, less pain and less need

for pain medication. A patient can get back to their normal activities sooner.

## What happens when you delay getting a hernia repaired?

Hernias tend to become larger and more symptomatic over time. Even when your symptoms are minimal, consider any limitations your hernia puts on your time and activities. Keep in mind that delaying surgery until your hernia is larger may make surgery and recovery more difficult.

## What can a patient expect after surgery?

Immediately after the hernia surgery, the patient will be transported to the recovery area for 1-2 hours. Most patients go home the day of surgery. For more complex procedures, a patient may need to stay overnight in the hospital.

It is normal to be sore. This can often be controlled with Tylenol and ibuprofen. Sometimes stronger pain medications are necessary. The patient is encouraged to be up and about the day of the surgery and to slowly resume normal activities. Lifting limitations may apply. A follow-up with the surgeon is scheduled 1-2 weeks after surgery.

**If you think you may have a hernia, don't wait. See your healthcare provider. If you would like to schedule an appointment with a general surgeon at Riverwood's specialty clinic, call 218-927-5566. Appointments can typically be scheduled within a week. [📞](#)**

## Hernia Patient Success Story



Kevin White

When Kevin White was examined by a general surgeon at Riverwood Healthcare Center for hernia treatment, he was given two choices. He could have surgery the traditional way with an open procedure or performed with a robotic-assisted minimally invasive approach.

"The surgeon told me the robotic-assisted surgery would be less painful with a faster recovery, so that's what I opted to do," Kevin says. "I got to view the robotic equipment before my surgery and it was pretty cool with all those different arms and computer-guided controls."

Kevin checked in for surgery about 9:30 a.m. and was on his way home by mid-afternoon. The hernia surgical procedure took less than an hour.

"I thought the operation was pretty smooth," Kevin says. "The entire surgery crew at Riverwood was great. The head surgery nurse came and talked to me before and after my operation. She and everyone in the OR was so nice."

Kevin had very little pain in recovery with minimal bruising or swelling. At his 10-day post-op check-up, the surgeon told him he didn't need to be seen again unless any issues arose.

"I'm very happy with my minimally invasive hernia surgery," Kevin adds. "I only had to have four tiny incisions that healed up so fast. My incisions are barely visible."

# We offer same-day orthopaedic care.



**Josh Jacobson, NP-C**

Your ankle twists on the way out the door. Your high school athlete injures his elbow sliding into home. You slip and fall, wondering if you broke a bone.

For simple fractures, sprains and strains, you can now get quick orthopaedic care at Riverwood Healthcare Center in Aitkin without visiting the emergency room. We offer same-day orthopaedic appointments in Aitkin Monday through Friday, 9a.m.–4p.m.

Our friendly, professional team of orthopaedic specialists is supported by advanced diagnostic imaging technology, including x-rays, MRI, CT, and ultrasound. With same-day services we can get you back on track quickly without the wait time and higher cost for emergency room care.

For an appointment at Riverwood's orthopaedic clinic in Aitkin, call 218-927-5566. For any questions on orthopaedic concerns, call RN Orthopaedic Coordinator Brianna Brophy, 218-670-0894.



**Becky Monse**

## Quick solution for knee pain

Becky Monse appreciates Riverwood's same-day orthopaedic care for her knee pain. She shared these comments: "I had been dealing with the knee pain for quite a while and it was getting worse because I have been umpiring and playing softball.

I wanted to make sure that I didn't have an injury that was being made worse because of my activities.

I saw Nurse Practitioner Josh Jacobson, who went over the treatment options with me and was very informative about each option. He and his clinical assistant, Sarah, have a great rapport and made me feel at ease during the steroid injection to relieve my knee pain.

**Each one of the staff members in the orthopaedic department was friendly and helpful, from Josh to DeAnn in scheduling and checkout to Kara in radiology to clinical assistants Sarah and Kelly, and RN coordinator Brianna."**

## Foundation News



## Riverwood Gala

Saturday, September 14, 3 PM. Aitkin County Fairgrounds

We are taking a fresh approach to our annual Gala fundraiser for Riverwood Foundation at a new venue. Guests will enjoy a fabulous meal from Block North Brew Pub, plus a special beer and bourbon. North Folk Winery will also offer their wine at the event.

With a Kentucky Derby theme, attire is dressy casual with hats for men and women optional, but encouraged. Listen to live music, enjoy horseshoe and bean bag tournaments and games of chance, plus shop the silent auction. The ticket price is \$50.



For more information or tickets, call Riverwood Foundation at 218-927-5158.



## Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here. Donations from February 1, 2019 - June 30, 2019

### In Memory of:

Henrietta Boyer	Linda Farah-Thompson	Gladys Honnold
Gerry Delaney	John Hagman	Bev Kemmet
Joanne Drew	Liz Heggem	Dick Ryan

### In Honor of:

Glen & Hulda Chambers Great Grandchildren



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

# Riverwood Healthcare Center Grand Opening



Tuesday, August 20, 4:30–7 PM

You are invited to join us for a celebration. Our two-year expansion and renovation project for our Aitkin hospital and clinic facility are now complete.

Take a guided tour to see how the renovation and innovation have transformed our clinic spaces, therapy services and more. Our Birthing Center will be open for families who are interested. You can also watch a surgeon demonstrate how our new robotic surgery system works.

Bring the whole family to enjoy a light meal, pick up goodie bags and register for prizes—including a kayak and a kid's bike. **No need to RSVP.** [🔗](#)



## Riverwood to open pharmacy in Aitkin

After evaluating several options for opening a full-service retail pharmacy in Aitkin, including at the hospital, a stand-alone facility or with a local business, Riverwood Healthcare Center will be partnering with Paulbeck's County Market. With convenience for patients in mind, the pharmacy will include a drive-through window with all delivery and mail service options under consideration. Construction will begin at Paulbeck's in the next few months with the new pharmacy estimated to open in early 2020. [🔗](#)



*Together we will.*

Riverwood Healthcare Center  
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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