

HealthyConnections

Fall 2015

Hips and shoulders knees and...woes?

No bones about it, joints can be a pain. Relief starts here.

Der-Chen "Timothy" Huang, MD, an orthopedic surgeon specializing in shoulder, hip, and knee replacement, joined Jeffrey McGillicuddy, MD, and Michael Dussault, MD, in the Winona Health Orthopedic & Sports Medicine department.

Dr. Huang is an experienced and highly skilled orthopedic surgeon and has completed a fellowship in joint replacement, which has prepared him to manage complex orthopedic challenges including revision surgery.

Arthritis or injuries are the most common causes of joint pain. Symptoms can range from mild to debilitating. According to Dr. Huang, "When you stop doing the things you enjoy because you know it will hurt, or if your pain is affecting your ability to get a restful night's sleep, it may be time to take action."

Consider your options

There are more conservative steps to take before jumping to joint replacement surgery. Non-operative options include physical therapy, cortisone and visco-supplementation

injections. "It is important to discuss all options," notes Dr. Huang. "The goal is to find the best solution to manage pain and to maintain an active lifestyle."

In addition to traditional knee replacement surgery Dr. Huang's expertise includes the most contemporary methods such as anterior cruciate ligament or ACL-sparing knee replacement. "ACL sparing knee replacement preserves the ACL during a total knee replacement, resulting in more natural knee motion," he explains. "People who have knee issues in their late 40s early 50s, especially those who lead a more active lifestyle, can be good candidates for ACL sparing knee replacement."

"I enjoy getting to know my patients," says Dr. Huang, "The best part of my work is being able to quickly improve someone's life. After an hour and a half surgery, people who have had years of arthritic pain can be walking more comfortably the next day. That's rewarding."

To schedule a consultation with a Sports & Orthopedic Medicine specialist at Winona Health, call 507.474.3338

Timothy Huang, MD, specializes in shoulder, hip, and knee replacement.



Seeing is believing. Winona Health's new MRI technology provides the clearest images possible to accurately assess orthopedic issues. **Learn more on page 3.**

WH Winona Health
Healthy starts here



"A common misperception is that midwives are just for prenatal care, labor and delivery," says Suzanne Cooley, a certified nurse midwife (CNM) in the Women's Health Center at Winona Health. "In fact, most of the women I've helped through labor and delivery become my regular patients."

Midwives

—More than delivering babies.

In addition to obstetrical care, midwives provide annual well-women exams, family planning options, prenatal planning and education, testing and treatment of sexually transmitted, urinary tract and vaginal infections, breast exams and menopausal care.

"Some women choose a midwife because nurse midwives typically spend more time with you during labor," notes Suzanne. "We also offer options for alternate comfort measures such as hydrotherapy, walking and labor support. It's important for women to know that midwives can also offer the same pain relief options." That includes ordering pain medication or an epidural. The mom-to-be remains the decision maker.

We deliver!

Suzanne says that as a midwife in Winona Health's Women's Health Center, she can collaborate with her obstetrician partners, using a shared-care approach if there are any concerns. "And unlike larger healthcare centers where the provider on call comes in for deliveries, at Winona Health, more than 90-percent of the time, the healthcare provider you've chosen will be with you during your labor and delivery. That's a little extra peace of mind."



Whether you're thinking about growing your family or you are looking for a partner in maintaining or improving your health, schedule an appointment with Suzanne Cooley or one of our women's health experts: 507.457.7701.

Briefly...

Want to lose a little (or a lot)?



This fall, Winona Health is launching HealthyFit, a 14-week, adult weight management program. The one-hour sessions will be led by a dietitian and will also feature exercise and behavioral health specialists. Topics covered will include effective goal setting and problem solving, label reading and grocery shopping, handling setbacks and maintaining your weight loss. Participants can track their progress through weekly weigh ins, and a pre-and post-program body composition analysis. The cost is \$175 and includes a pedometer, exercise bands and resource materials. Financial assistance may be available to those who meet specific criteria. Class size is limited. If you are interested in the class, find information online at winonahealth.org/healthyfit.

Be in the know!

Winona Health's events enewsletter is a convenient way to learn about upcoming programs that may be of interest to you. Subscribe today! It's easy and it's free! Visit: winonahealth.org/events.

"I chose Winona Health because there is a sense of 'home' here."

— Jennifer Forsyth, DO
Family Medicine

Dr. Forsyth began her healthcare career at Winona Health as an orderly and certified nursing assistant (CNA) in 2005 while completing her undergraduate degree at Winona State University. She returned to Winona Health in 2015 after earning her medical degree.

We chose Winona Health.

Welcome to these healthcare providers who recently chose Winona Health:

- **Melanie Jandrin, PA-C**, Hospitalist (July)
- **Tim Haung, MD**, Orthopedics & Sports Medicine (August)
- **Laura Chesher, CNP**, Urgent Care (August)
- **Rebecca Wolf, CNP**, Occupational Health (August)
- **Stephanie Frisch, PA-C**, Urgent Care (August)
- **Vicky Haines, MD**, General Surgeon (September)



Winona Health's new, world-class MRI technology provides peace of mind.

"You probably aren't planning on needing an MRI exam, but our community should



William Krueger, DO

know that if the need for an MRI arises, outstanding, state-of-the-art imaging technology, including MRI, is available right here at Winona Health," says radiologist William Krueger.

Magnetic resonance imaging (MRI) is used to diagnose possible issues including internal bleeding, tumors, injury, blood vessel diseases or infection. Your doctor may also order an MRI exam to provide more detailed information about a problem seen on an X-ray, ultrasound scan, or CT scan.

Seeing is believing

Why choose Winona Health when you need an MRI exam? "For one, it's the

quality of the images," says Dr. Krueger. "Quality images improve our ability to identify what's of concern and what's normal. This means improved diagnostic capability for radiology experts, and, most important, it means greater peace of mind to our patients undergoing diagnostic exams."

Winona Health has had in-house MRI capabilities since the new clinic opened in 2006. With the expanded specialty services now offered at Winona Health, it was the right time to upgrade.

"The best of the best really is available locally," says Claudine Van Meeteren, director of Imaging Services at Winona Health. "Not only do we have highly skilled radiologists and the best in diagnostic technology, but we also have an entire staff committed to personal care—the care they would want for their family."



3 facts about MRI technology at Winona Health

1. **Extremely detailed images—including images of miniscule parts in orthopedic and podiatry exams—for more accurate diagnosis**
2. **Wider bore, and feet-first entry for most exams, reduces anxiety related to claustrophobia**
3. **Quieter operation, improved lighting and skylight panel provide an almost spa-like experience**

Generosity Inspires

Winona Health Foundation Newsletter

A gift of comfort and cheer for surgery patients

When facing surgery, smiles may not be the norm. But lovely, hand-crafted pillowcases are bringing smiles to patients at Winona Health.

The idea of providing patients with a colorful pillowcase was initiated by two neighborhood friends who share a love of quilting. Robin Trombetta and Sara Gabrick, who is also service line leader for Specialty Services at

Winona Health, decided their extra material could be used to create unique pillowcases, each with coordinating colored trim and end panel.

"Our patients are delighted to choose their personal pillowcase that will follow them through surgery, to the inpatient unit and then home. It brings a smile to their face and softens the fear of procedure," said Sara.

Robin and Sara invite others to help them in this creative endeavor. Volunteers are needed to cut material, choose patterns and colors and sew the case. The first 'sewing bee' will be held in BA Miller Auditorium Wednesday, October 14, 10 a.m. to 4 p.m.

Donations are also accepted to the 'Sewing Fund' through the Winona Health Foundation.



"Sewing Bee" Sewing Day

Bring smiles to faces of patients by donating your time and talent. Volunteers are needed to cut material, choose patterns and colors and sew the case.

Date: Wednesday, October 14, 10 a.m. - 4 p.m.

Location: Winona Health, BA Miller Auditorium

Questions: Call 507.474.3328 or email: rltrombetta@gmail.com

FORE!

Ben & Adith Miller Classic raises \$205,000 for local Patient Care Fund

It's more than a fun Monday on the links, it's a great way to help local individuals and families. In its 25th year, the 2015 Ben & Adith Miller Classic raised a record \$205,000 for the Ben & Adith Miller Patient Care Fund, a charitable fund that helps individuals and families pay for healthcare services at Winona Health.

"We're fortunate to have the generous support of RTP Company and the many sponsors who make this event possible," said Betsy Midthun, vice president of Community Engagement at Winona Health.

Merchants Bank sponsored the Green Monster Challenge, Miller Ingenuity sponsored golf pro Tina Mickelson's free public exhibition and participation at the event. Wells Fargo sponsored the evening banquet. More than 200 golfers participated with others attending the public exhibition or making a contribution to the fund.

Ben & Adith Miller Patient Care Fund The Ben & Adith Miller Patient Care Fund was established in 1986 by Benjamin A. Miller, a former Winona-area businessman and philanthropist, in honor of his wife, Adith. In fiscal year 2014, 354 people received \$925,091 in financial assistance for medical expenses through the Fund.

A wonderful gift

I would like to thank the Ben & Adith Miller Patient Care Fund for help in paying my bill. This really helped me. I have no insurance and will not be able to apply for it until 2016. With all my heart, thank you!

– A recent grateful patient



Save the date for next year's Ben & Adith Miller Classic: Monday, August 8, 2016.

Merchants Bank foursome (l-r): Sue Savat, Mike Savat, golf pro Tina Mickelson, Rod Nelson, and Gerry Thomas.

For more information about the Ben & Adith Miller Classic or the Patient Care Fund, contact the Winona Health Foundation at 507.457.4116 or visit winonahealthfoundation.org.

The stars aligned for Winona Health

The stars were shining brightly on August 15, the date of the annual "Dancing with Winona Stars."

Local "stars" danced at the event, held in McCown Gymnasium at Winona State University, to raise money for the charity of their choice. Two individuals and one group put on their dancing shoes to benefit Winona Health.

Steve Blue, CEO of Miller Ingenuity, raised a record-breaking \$42,000 toward a new bus to take Lake Winona Manor and Senior Living at Watkins residents to activities throughout the community. Traci Morken, CNP, won the individual competition, and also raised \$18,000 for Winona Health Hospice Services. And thanks to a group of Merchants Bank employees, the Pediatrics department will see \$13,000 in renovations.



Pictured (l-r): Steve Blue and dancing partner Marissa VanDanacker; Traci Morken, CNP, and dancing partner Winston Howard; Merchants Bank Group – Business Loans and Broken Bones: Tammy Johnson, Mollie Brink, Randy Domeyer, Chan Anderson, Jim Vrchota, Kevin Finke.

Thank you to everyone who donated or bought raffle tickets.



**Mark your calendar for
these fun Winona Health
Auxiliary events:**

Glady D. Miller Gift Shop Holiday Happiness

Wednesday, November 4 – Saturday, November 7
Hospital Lobby & Hospital 3rd Floor

Fantasy of Trees

Monday, November 9 – Saturday, November 21
Winona Clinic Lobby

53rd Annual Birthday Ball October 17, 2015

Visions Event Center at Signatures, Winona

To request an invitation, call Jennifer Hemker 507.474.3328.

A limited number of seats have been reserved for *Healthy Connections* readers.

To RSVP or for more information, visit winonahealthfoundation.org and click on events or call 507.474.3328 before Wednesday, October 7.

The fifty-third Winona Health Auxiliary dinner and dance celebrating the birthday of the building of the community hospital in Winona is slated for Saturday, October 17, 2015.

Chairs of the Ball, Alissa Gibson and Morgan Gish and their committee have titled this year's

event Black and White Ball: A Masquerade. Winona's Black and White Ball will be at Visions Event Center at Signatures in Winona, and guests will be invited to attend one of several pre-Ball parties. Black or white dress is strongly encouraged, masks are available for purchase at local shops and at the event.

The proceeds from the Ball are earmarked for healthcare scholarships and for furnishing the patient rehabilitation rooms in the Transitional Care Unit at Lake Winona Manor.

For more information about these Winona Health Auxiliary events, visit winonahealthfoundation.org or call 507.474.3328.

Thank you for your generosity—

Gratitude comes in many forms. The following list is just one way we can say "thank you" for the generous support given to the Winona Health Foundation. Please note that the names reflect gifts received between June 1, 2015 and July 31, 2015.

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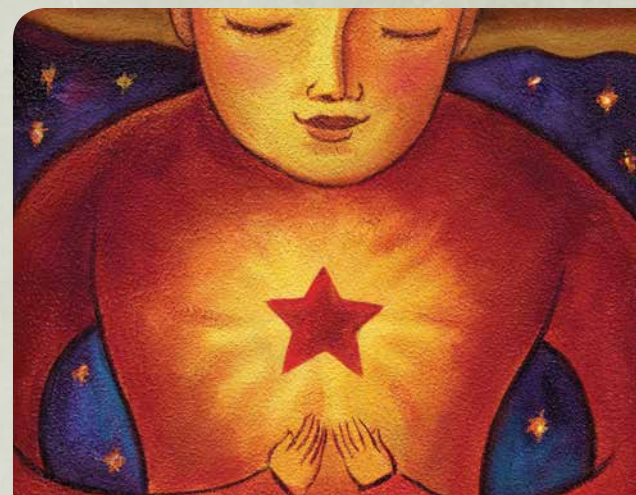
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What is the Guardian Angel program?

The Winona Health Foundation's Guardian Angel program is a way you can make a difference while recognizing a physician, nurse, housekeeper or anyone at Winona Health who made a meaningful difference to you or a loved one.

By making a gift in someone's honor, you are not only recognizing them for their care or service, you're also making a difference to other patients, residents and their families because your gift supports local healthcare programs and services.

To make a gift in honor of someone who was your guardian angel go to winonahealth.org.

Guardian Angels

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Anonymous

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Mollie Boggan

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If you would like to make a contribution, you may direct your gift to the Winona Health Foundation by mail: 855 Mankato Ave., Winona, MN 55987, or online: winonahealthfoundation.org.

WH Winona Health FOUNDATION

Let us help you-

sparkle

Gather your girlfriends and treat yourself to an evening filled with fun, health and wellness. Experts will be on hand to answer questions while attendees enjoy delicious refreshments and connecting with friends.

The event is open from 4:30 to 7:30 p.m. with the presentation, Enhancing Your Sparkling Selfie by Winona Health specialists at 5:30.



Steven Evelhoch, MD, DDS, FACS



Melissa Richards, MD



Hans J. Serleth, MD

Featured speakers include:

- Steven Evelhoch, MD, DDS, FACS, Maxillofacial & Reconstructive Surgery
- Melissa Richards, MD, Obstetrics & Gynecology
- Hans J. Serleth, MD, Plastic, Reconstructive & Hand Surgery

Before and/or after the presentation, attendees can visit about a dozen fun, informative booths and enjoy hors d'oeuvres--and sparkly cupcakes.



Date: Wednesday, October 21, 4:30 - 7:30 p.m.

Location: Visions Event Center at Signature's

Admission: FREE, RSVP by Thursday, October 15

To RSVP: 507.457.4161 or winonahealth.org/spirit