

Summer 2017

# HealthyConnections

**"I chose Winona Health."**

**- Eileen Reardon, MD**  
Obstetrician & Gynecologist

Page 2



**Winona Health**

*Healthy starts here.*



## What's new in Women's Health at Winona Health?

### DR. EILEEN REARDON!

"I chose Winona Health because it felt like home," said Eileen Reardon, MD, a board-certified Obstetrician and Gynecologist who joined Winona Health in April.

Compared to practicing in a larger health system, Reardon likes the size of the hospital and the community. "I feel I can impact people's lives here and help women through their health journey."

"From my first visit, I've been very impressed with the staff at the clinic. And they really made me feel welcomed," said Dr. Reardon. "I love that the clinic runs on time! I've never had a clinic like this and it is awesome for the patient and the doctor."

An experienced physician, Dr. Reardon has been caring for women for more than 15 years. She earned her medical degree at the University of Colorado School of Medicine Anschutz Medical Campus in Aurora and completed her Obstetrics and Gynecology

Internship and Residency at Regions/Ramsey Medical Center-University of Minnesota in St. Paul.

When in medical school, Dr. Reardon was urged to consider OB/GYN as a specialty by two enthusiastic physicians. "After further investigation, I was hooked," she said. "There are many facets to this specialty: surgery, deliveries, wellness issues. And it is so special to have that unique connection with the family when you are delivering their baby. I also enjoy being able to help women improve their quality of life through surgery when necessary."

Dr. Reardon enjoys spending time with her family and her pets. She also enjoys biking and swimming and she's looking forward to exploring Winona and the surrounding area.

### I chose Winona Health.

It felt like home, and I really liked the staff here. I also love water, college towns, and smaller communities. My mom lives in Hudson, Wisconsin and now I am closer to her, too."



## Meet our Women's Health Providers

Whether you are expecting a baby, need a physical exam, have questions about birth control options, or need to be seen for a gynecologic condition, we are here for you!



**Eileen Reardon, MD**  
Obstetrics & Gynecology



**Troy Shelton, MD**  
Obstetrics & Gynecology



**TinaMarie Strecker, CNM**  
Midwife



**Tara Suffrins, CNP**  
Women's Health

**Not pictured: visiting physicians Cynthia Bradley, MD, and Cathy Bagley, MD.**

**To schedule an appointment in Women's Health, call 507.457.7701.**

**Winona Health, clinic 3rd floor  
[winonahealth.org/women](http://winonahealth.org/women)**

*"Going for a gynecology exam is not my favorite thing. However, I just had my first appointment with Dr. Reardon. She was very friendly, easy to talk to and very thorough. I felt I could ask her anything."*

– Patient, age 64





We are pleased to welcome the following physicians and associate providers to Winona and Winona Health. They chose to join our team of healthcare professionals and staff dedicated to our mission: To improve the health and wellbeing of our community.



- Eileen Reardon, MD, Obstetrician/Gynecologist
- George Ripeckyj, MD, Diagnostic Radiologist
- Mary Rajala, MD, Hospice
- Crystal Lumi, MD, General Surgery
- Jessica Nelson, CNP, Pediatrics



- Laura Schiltz, PA-C, Pre-Anesthesia Medical Evaluation Clinic (August)
- Laura Zeamer, PA-C, Hospitalist team (August)
- Alex Westenfield, MD, Radiologist (August)
- Deborah Hatanpa, MD, Family Medicine (August)
- Adam Fletcher, MD, Family Medicine/ Sports Medicine (September)

**We thank them – and you – for choosing Winona Health.**

For more information about healthcare providers, visit [winonahealth.org](http://winonahealth.org) and click Find a Provider. To schedule an appointment, call 507.454.3650.

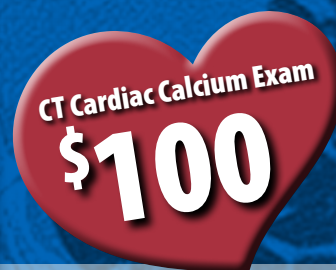


- ✉ Send us an email [info@winonahealth.org](mailto:info@winonahealth.org)
- 📘 Say hello on Facebook
- 🐦 Join us on Twitter [@winonahealth](https://twitter.com/winonahealth)

## CT CARDIAC CALCIUM SCORING

# Protect the hearts you care about.

Heart disease is America's leading killer of both men and women. CT Cardiac Calcium Scoring is one of the most advanced methods to detect heart disease in its earliest stages. The test is easy, quick (about 10 minutes) and painless. Schedule an exam for yourself and someone you love.



## Are YOU at risk?

The following factors may increase your risk of cardiovascular disease.  
*Check all factors that apply to you.*

- |   |   |
|---|---|
| <input type="checkbox"/> You are male and over 45 years of age.   | <input type="checkbox"/> You have a cholesterol level of 240 or higher.                                     |
| <input type="checkbox"/> You are female and over 55 years of age, OR you have passed menopause OR had your ovaries removed and are not taking estrogen. | <input type="checkbox"/> You have been told your blood pressure is high.                                    |
| <input type="checkbox"/> Your father or brother had a heart attack before age 55 OR your mother or sister had one before the age of 65.                 | <input type="checkbox"/> You do NOT exercise at least three times a week for at least 30 minutes each time. |
| <input type="checkbox"/> You smoke OR you live/work with someone who smokes daily.  | <input type="checkbox"/> You have diabetes OR you need medicine to control your blood flow.                 |
|   | <input type="checkbox"/> You are 20 pounds or more overweight.  |

*If you check two or more boxes, you may be at risk for cardiovascular disease.*  
**Contact your healthcare provider to schedule an appointment, call 507.454.3650.**

*Your CT cardiac calcium score will help assess your risk more completely.*



# They chose Winona Health.

These physicians and associate providers are a vital part of Winona Health's deep roots and healthy future and a part of our community.



Justin Albanese, MD  
Radiology



Nicole Beatty, MD  
Anesthesiology



E. Allen Beguin, MD  
Family Medicine



Cynthia M. Bradley, MD  
Obstetrics & Gynecology



Matthew Broghammer, DO  
General Surgery



Denver Brown, PA-C  
Family Medicine



Laura Chesher, CNP  
Urgent Care



Kevin Christensen, MD  
Dermatology



Charlotte Clark, MD  
Hospice



Autumn Cole, CNP  
Pediatrics



Catherine Compton, CNP  
Plastics/Cosmetics



Michelle Copley, CNP  
Long-Term Care  
& Hospice



Bethany Corliss da  
Rocha, MD  
Emergency Medicine



Matthew Coy, PA-C  
Urgent Care



Mike Donnenwerth, DPM  
Podiatry



Laura Dubis, PA-C  
Pediatrics



Michael Dussault, MD  
Orthopedic &  
Sports Medicine



Andrew E. Edin, MD  
Internal Medicine



Ronald England, DO  
Pathology



Jaden Evans, MD  
Urgent Care



Richard Ferris, MD  
Internal Medicine



Adam Fletcher, MD  
Family Medicine/  
Sports Medicine



Jennifer Forsyth, DO  
Family Medicine



Kathryn Frie, CNP  
Family Medicine



Stephanie Frisch, PA-C  
Urgent Care



Howard Garder, PA-C  
Urgent Care



Virginia Green, CNP  
Family Medicine



Lori Greiner, CNP  
Family Medicine



Wen-Yu Vicky Haines, MD  
General Surgery



Katie Halder, CNP  
Family Medicine  
Rushford



Katrina Hammel, MD  
Hospitalist/  
Internal Medicine



William Hanson, DPM  
Podiatry



Erin Hanson, CNP  
Urgent Care



Deborah Hatampa, MD  
Family Medicine



Dee Herzing, MS, LPC,  
LICSW  
Behavioral Health



Bobbi Jo Jensen, PA-C  
Hospitalist Team



Joseph Kaiva, MD  
Hospitalist



Wayne Kelly, MD  
Emergency Medicine



Joseph Koo, DO  
Emergency Medicine



Mary Kramer, CNP  
Family Medicine



Stephanie LaLiberte, OD  
Optometry



Sarah Lallaman, DO  
Pediatrics



Rebecca Lossen, MD  
Urgent Care



Crystal Lumi, MD  
General Surgery



Amy Macal, CNP  
Hospitalist Team



Beth Maki, CRNA  
Anesthesiology



Joel Malin, CRNA  
Anesthesiology



Mary Michener, MD  
Family Medicine





Mark Wirthum, MD  
Psychiatry



Andrew Millis, MD  
Orthopedic &  
Sports Medicine



Nicholas Modjeski, MD  
Family Medicine



Carlos E. Morales, MD  
Emergency Medicine



LeAnne Morey, PA-C  
Behavioral Health



Traci Morken, CNP  
Internal Medicine



Thomas Nachtigal, DPM  
Podiatry



Kari Nelson, PA-C  
Urgent Care



Jessica Nelson, CNP  
Pediatrics



Sandy Nortung, CRNA  
Anesthesiology



Robin Olsen, CRNA  
Anesthesiology



Anne Marie Olsen  
Wagner, CNP  
Internal Medicine



Kelli Ostermann, MD  
Pediatrics



Daniel Parker, MD  
Internal Medicine



Scott M. Pastryk, OD  
Optometry



Karen Perkins, PA-C  
General Surgery



Laurel Quinn, MD  
Ophthalmology



Mary Rajala, MD  
Hospice



Eileen Reardon, MD  
Obstetrics & Gynecology



Bryan Reed, DO  
Internal Medicine



Kara Reller, PA-C  
Urgent Care



George Ripeckyj, MD  
Radiology



Loucresie Rupert, MD  
Child and Adolescent  
Psychiatry



Andrea Salzmann, LCSW  
Behavioral Health



Megan Scheuing, CNP  
Internal Medicine



Chris Schubert, MD  
Emergency Medicine



Hans J. Serleth, MD  
Plastic, Reconstructive  
& Hand Surgery



Troy Shelton, MD  
Obstetrics & Gynecology



Charles Shepard, MD  
Internal Medicine



Navang Sherpa, CNP  
Urgent Care



Laurie Stenseth, MSW,  
LCSW Behavioral  
Health



Joel Stevens, PA-C  
Emergency Medicine



Jackie Stevens, CNP  
Internal Medicine



TinaMarie Strecker, CNM  
Women's Health



Laura Stussy, CNP  
Urgent Care



Tara Suffrins, CNP  
Women's Health



Jake Thomas, MD  
Hospitalist



Heidi Thompson-  
Stanoler, CNP  
Hospitalist Team



Bonny Thul, CNP  
Hospitalist Team



Laura Trautlein, PA-C  
Internal Medicine



Tanner VanLith, PA-C  
Hospitalist Team



Nicole Varela, MD  
Anesthesiology



Joe Verzwuyvelt, MD  
Emergency Medicine



Amarjit Virdi, MD  
Anesthesiology &  
Pain Management



Christopher Watras, DO  
Emergency Medicine



Alex Westenfield, MD  
Radiology



Brett Whyte, MD  
Emergency Medicine



Gretchen Winandy, PA-C  
Urgent Care



Rebecca Wolf, CNP  
Occupational Health



Ian Young, MD  
Urgent Care



Laura Zeamer, PA-C  
Hospitalist Team  
Physician Assistant



*Winona Health*  
Healthy starts here.

For more information about healthcare providers at Winona Health, visit [winonahealth.org](http://winonahealth.org) and click on Find a Provider.

# Get to know some of your local healthcare providers.

	What's your favorite healthy snack?	What's the best quick tip/advice you can give others about improving their health?	What's something not many people know about you?	If you weren't doing what you're doing now, what would you have done?	Why did you chose Winona Health?
 <b>Jessica Nelson, CNP</b> Pediatrics	Apples with peanut butter.	Focus on preventive care.	I have four children.	I probably would have been a teacher.	I like being a part of this community and having the chance to develop relationships with people I'm caring for. We have a wonderful team of healthcare providers and a broad range of services for our patients.
 <b>Eileen Reardon, MD</b> Women's Health	Sundried tomato hummus.	Get a dog and take walks.	I love rescue animals and would love to volunteer at the local Humane Society.	I was interested in becoming a forensic pathologist.	It felt like home, and I like the staff here. I also love water, college towns and smaller communities.
 <b>Katie Frie, CNP</b> Family Medicine (Adults)	Celery and peanut butter.	Put exercise on your schedule.	I help my husband with home renovation and property management.	I'd love to have an HGTV show.	I came back to Winona Health because I missed the interaction of providing direct patient care. The relationships that you can build with patients and coworkers in a smaller organization is something that is really very special.
 <b>Meagan Scheuing, CNP</b> Internal Medicine	Any kind of fruit.	Drink more water.	I have a minor in Spanish and I would love to go to Spain someday.	I thought about being a pharmacist.	When I was interviewing, from my first contact, everyone at Winona Health was so welcoming, open to questions and willing to help. It feels like a supportive environment and the staff is focused on putting patients first.
 <b>Joseph Verzwylt, MD</b> Emergency Medicine	Quinoa salad or chia pudding.	Stay active. Find an activity you enjoy. Keep yourself physically and mentally active.	I enjoy doing martial arts.	It would have to be some type of public service fire/EMS/ law enforcement.	A combination of things. The friendly atmosphere and the organization's high level of appreciation and respect for their patients and healthcare providers. It feels like a very cohesive team environment.
 <b>Kevin Christensen, MD</b> Dermatology	Cheerios.	Daily sunscreen, SPF 30 or more, which can be found in many excellent facial moisturizers.	I have an ironic sense of humor and most people don't know when I am serious or when I am joking.	Pathology.	As a native of Minnesota who did his training at Mayo Clinic, I feel a strong connection with people in this area. My goal is to deliver high-value, patient-centered care that is accessible and convenient.

To learn more about our healthcare providers, visit [winonahealth.org](http://winonahealth.org) and click on *Find a Provider*.



## Briefly...

### Winona Health recognized among TOP 100 rural and community hospitals in the U.S.

Winona Health was named a top 100 U.S. rural and community hospital. The list includes the 100 top-performing rural and community hospitals in the U.S. in managing risk, achieving higher quality, securing better outcomes, increasing patient satisfaction and operating at a lower cost than their peers.



**“Winona Health is in the top 100 due to the hard work our physicians, associate providers, staff members and volunteers do every day.”**

*- Rachelle Schultz, Ed.D., Winona Health President/CEO.*

There are 5,564 registered hospitals in the U.S. according to the American Hospital Association, and 2,200 are categorized as rural community hospitals. In Minnesota alone, there are 145 hospitals, 108 of which are rural community hospitals. Of the top 100 in the U.S., only four Minnesota hospitals were recognized – Winona Health in Winona; Lake Region Healthcare in Fergus Falls; Allina Health-District One Hospital in Faribault; and Mayo Clinic Health System-Albert Lea. Winona Health did not apply for this recognition; the top 100 list is based on analysis of objective national data.

“Winona Health is in the top 100 due to the hard work our physicians, associate providers, staff members and volunteers do every day,” said Rachelle Schultz, Ed.D., Winona Health president/CEO. “It reflects perseverance in focusing on the right work over time.”

The report, published by Becker’s Hospital Review, is based on the evaluation of performance across a number of metrics collected on all hospitals by the National Rural Health Association’s Rural Health Policy Institute, iVantage Health Analytics and the Chartis Center for Rural Health.

To learn more, visit [winonahealth.org/Top100](http://winonahealth.org/Top100).



*Confidently you.*

### Did you know you have access to a highly skilled, board-certified plastic surgeon at Winona Health?

Whether you’re interested in services that are medically necessary or you’d simply like to change something about your appearance, board-certified Plastic and Cosmetic Surgeon, Hans Serleth, MD, provides the surgical care and expertise you’re looking for.

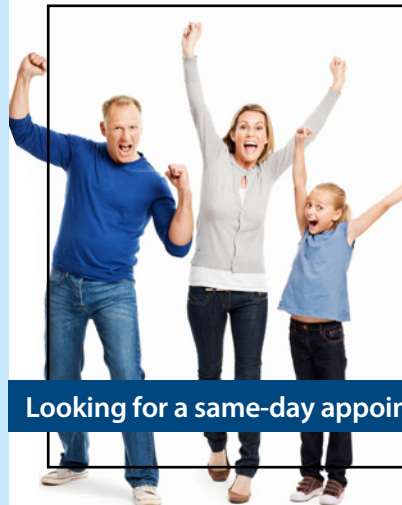


**Hans Serleth, MD**  
Plastic, Cosmetic and  
Reconstructive Surgeon

If you’re considering plastic or cosmetic surgery, chances are you have a lot of questions. Our team is here to provide answers.

### Winona Health Plastic and Cosmetic Surgery

To learn more, call 507.474.3152 or visit [plasticsurgerywinona.org](http://plasticsurgerywinona.org).



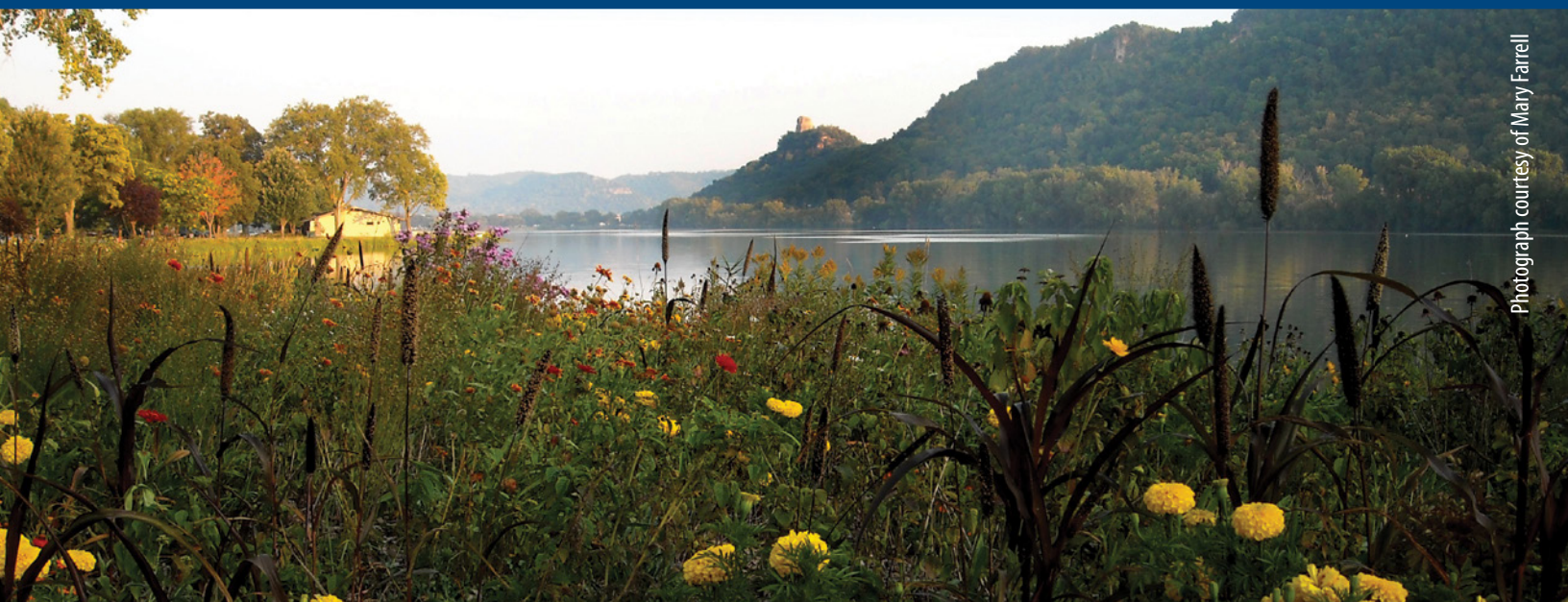
### Feel better faster!

We’re always finding ways to serve you better, and our Primary Care team has made changes to allow more scheduling flexibility. When you’re not feeling well, give us a call. We may have a same-day appointment available!

Looking for a same-day appointment? Call 507.454.3650.



PO Box 5600 • 855 Mankato Ave. • Winona, MN 55987 • [winonahealth.org](http://winonahealth.org)



Photograph courtesy of Mary Farrell

# The beauty of Winona

## What would you miss if you lost your vision?

Don't take your eyes for granted. **Get 'Em Checked** is a health reminder from the Winona Health eye doctors to help ensure good vision that lasts a lifetime.

**Have you put off your eye exam? Same-day appointments are available.**  
**To schedule, call: 507.474.4760.**



**GET 'EM  
CHECKED**

What would you miss? Share with us on Facebook or Twitter. #GetEmChecked! [f](#) [t](#) [You Tube](#)



859 Mankato Ave. • Clinic 3rd floor • 507.474.4760 • [winonahealth.org/eyes](http://winonahealth.org/eyes)