

# HealthyConnections



*"Everyone gets the 'best of the best' at Winona Health."*

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**Winona Health**

*Healthy starts here.*



<< Winona Health sleep advisor, Ashley Wilkemeyer (right), meets with CPAP client Joellen Barak. Barak said that CPAP therapy has helped her feel more rested, and she has even seen improvements in her blood sugar numbers.



# DON'T IGNORE THE SNORE

## *Joellen's story...*

My daughter had always teased me about my snoring, but I didn't think it was too serious. Recently, when I mentioned to Dr. Michener that I felt tired all the time, she asked me if I snored. When I said yes, she said I might have sleep apnea and explained how serious that can be.

She recommended a sleep study and I got in right away—within a week!

The sleep lab feels like a hotel room. The technician was great—she was friendly and made me very comfortable and explained what would happen. I thought it might be difficult to get sleep in the sleep lab, but it really wasn't.

Just a couple of weeks after my sleep study, Dr. Michener contacted me with the results – the study showed I have sleep apnea and she prescribed a CPAP machine. I chose Winona Health's Sleep Advisor Service, and Ashley Wilkemeyer contacted me right away. Ashley said my sleep study showed that I stopped breathing 47 times an hour – I never would have guessed that!

Based on my sleep study results, Ashley recommended the kind of mask that would work best for me. She set me up with a CPAP machine and related equipment and taught me how to use it, clean it, and even what to expect

while getting used to wearing it. I left with everything I needed to get started.

It took just a couple of nights to get used to it, and I noticed a difference immediately. Even when waking up, I felt more rested, and I was much more alert during the day. I'm more productive at work, and I have energy to take a walk after work rather than plopping in front of the TV— but when I do watch TV, I now know how my 9 p.m. shows end!

I've also seen improvements in my blood sugar numbers and improvements in my mood – and the last time my daughter was home, she noticed that I didn't snore!

If you snore, or if you just suspect you're not getting the quantity or quality of sleep you need to feel rested, think clearly, stay healthy and enjoy life, don't wait—talk to your healthcare provider.

**Need an appointment? Call 507.454.3650.**

*Already had a sleep study but need help with your equipment? Whether you need a refresher, want to try a different mask, or want to learn more, call Winona Health Sleep Advisor Services for a free CPAP orientation and fitting: 507.457.7703.*

From consult to cure

"I was surprised at

how quick the

entire process was –

and the results

were immediate!"

# "Everyone gets the 'best of the best' at Winona Health."

Winona Health has earned accreditation in all aspects of breast imaging to achieve the designation of Breast Imaging Center of Excellence by the American College of Radiology.



Since 2013, 3D Mammography has been available at Winona Health. **What does that mean to you?** "Tomosynthesis, or 3D mammography, is 41 percent more effective than traditional mammography in detecting invasive breast cancer," notes Claudine Van Meeteren, director of Imaging Services at Winona Health. "That means peace of mind when it comes to early detection."

"Our exceptional technology is provided to all of our patients at no extra cost. Many places charge extra if someone wants 3D images. We give everyone the best of the best and that's a phenomenal plus for people in our community," says Kara Nelsestuen, lead mammography technologist at Winona Health.

"A unique feature that women really appreciate is the comfort of the exam," says Kara. "It accommodates the difference in thickness between the chest wall and other areas of the breast and applies the appropriate amount of compression. It gives us clear images without applying too much pressure—that makes a big difference that women often comment on."

And, according to a thankful patient, Kara is not full of hype. "This was the fastest, most comfortable exam I have ever had," said a 65-year-old patient. "I often dread my mammogram, but I was in and out in less than 20 minutes. I was amazed at the efficiency and appreciated the technologist's consideration during this personal procedure."



**ON THE COVER: Mammography Technologists**  
Pictured back (l-r): Julie Pizarro, RT (R)(M); Kris Barry, RT (R)(M); Kara Nelsestuen, RT (R)(M)(BD); front: Brenda Markegard, RT (R)(M)

Are you due for a screening mammogram? Are you over 40 and never been screened?  
**Schedule your appointment by calling 507.457.4320 (select option 1).**

## Meet our **NEW** Radiologists—

"After retiring from my practice in Eau Claire, I decided to serve as a visiting physician. That took me to a number of healthcare organizations including Winona Health. I chose to join Winona Health full time because I enjoy the people and the focus here. It provides a good work-life balance and opportunity to do the things I think are important. I'm also enjoying this gorgeous city."

— **George Ripeckyj, MD**  
Diagnostic Radiologist



"I chose Winona Health because I wanted to come back to the area I grew up in—I'm coming back to my roots. I like the scenery and peacefulness of this area and being able to work in a community and an organization this size. I also like that Winona Health is an independent organization that values contributions from everybody involved."

— **Alex Westenfield, MD**  
Diagnostic Radiologist



To learn more about Radiology/Imaging at Winona Health, visit [winonahealth.org/imaging](http://winonahealth.org/imaging) or call Winona Health at 507.457.4320.

# Feelin' the burn? Don't Ignore it.

## Heartburn – everyone has heard of it, but do you really know what it is?

Most people would describe it as a burning feeling that starts underneath their breastbone and moves up toward their throat. "From a medical standpoint, it's the effect of acid that's normally in your stomach moving up into your esophagus," explains Crystal Lumi, MD, a General Surgeon at Winona Health. "It's also called Gastroesophageal Reflux Disease or 'GERD' for short."

Dr. Lumi says that having the feeling of heartburn is a somewhat normal experience. For some people, the feeling of heartburn is an occasional inconvenience caused by pregnancy or overindulging (eating or drinking too much), but if it's a frequent irritation, it could be serious.

### Don't ignore it.

GERD isn't just a nuisance, it can have serious complications. Untreated, it can cause long-term damage to the esophagus with recurrent inflammation, ulcers (sores) and healing, which can build up scar tissue over time. It can also lead to precancerous changes, or even esophageal cancer. About 80 percent of esophageal cancer in Americans is due to untreated acid reflux, which can be compounded by smoking or chronic alcohol use.

### Get the right diagnosis.

The burning question: What's causing your sensation of heartburn? When heartburn is caused by acid reflux (GERD), most people can be treated with medications that block the stomach's ability to make acid. If medication isn't helping, then more investigation is needed.

"We ask the right questions and listen to your symptoms to ensure we get to cause of your issue," says Dr. Lumi. "Then we can discuss the right treatment."

### Get relief.

"Once we know the source of the problem, we discuss what the next step should be, and often it's *not* surgery," says Dr. Lumi.

Many people with GERD can reduce their symptoms through lifestyle changes such as losing weight, avoiding smoking, alcohol, caffeine and citrus, elevating the head of their bed six inches, avoiding tight-fitting garments around the waist and staying upright for at least an hour after eating.

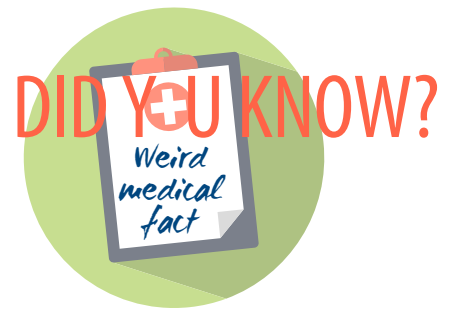
"If lifestyle changes and medicines aren't effective, you may be a candidate for a minimally invasive surgical procedure," explains Dr. Lumi. "After surgery, most people spend a night in the hospital and go home the next day."

"At Winona Health, you can work with the same surgeon for evaluation and treatment, so you'll have a familiar face throughout the entire process," says Dr. Lumi. "We know that personal care can reduce the anxiety that medical issues usually cause."

### If you're 'feelin' the burn, don't ignore it.

Talk to your primary care provider about a referral to the General Surgery department, or call General Surgery at **507.457.7670**. We're here to get the right diagnosis, then help you get relief.





The organs listed below all transmit pain signals to the brain that tends to feel like “heartburn.”

- Stomach
- Top of the small intestine (duodenum)
- Liver
- Pancreas
- Gall bladder
- Heart
- The sac around the heart (pericardium)
- Esophagus

“Heartburn” could be a sign of an issue with any one of these organs — and heartburn medicine may not work on all of them. If you have frequent heartburn...

*Don't ignore it!*

## Crystal Lumi, MD, chose Winona Health

“I’ve been a visiting physician at many hospitals in Wisconsin and Minnesota. That provided a lot of flexibility, but when I was ready call a place home, I chose Winona Health,” says General Surgeon Crystal Lumi, MD. “This is the friendliest place I’ve ever worked. I love the people here. Everyone is welcoming and they are happy to be here—and the focus is always on providing the best care for our patients.”

Dr. Lumi is certified by the American Board of Surgery. She earned her medical degree at the University of Minnesota –

Minneapolis and completed her residency in General Surgery at the Marshfield Clinic-St. Joseph Hospital Program in Marshfield, Wis. In addition, she completed a Fellowship in Bariatric and Minimally Invasive Surgery at the University of Minnesota. Her main surgical interests are surgical oncology, particularly breast cancer and rare tumors, as well as finding the least invasive treatment.

Prior to becoming a surgeon, Dr. Lumi was a professional musician. In her free time, she enjoys playing the

piano, flute and harp; gardening, biking, rollerblading and cooking.

“As a surgeon, I enjoy getting to know people both in the context of their illness and their life and offering them solutions to their health problems,” notes Dr. Lumi. “Surgery is a very intimate profession, and I like making connections with people and holding their hand through a difficult time. Surgery is serious business, but being able to laugh with people along the way can be helpful to them, too.”

## Meet our General Surgeons—

Knowledge. Experience. Compassion. That’s what you’ll find in the General Surgery department at Winona Health.

To learn more about General Surgery at Winona Health, visit [winonahealth.org/surgery](http://winonahealth.org/surgery) or call Winona Health at 507.457.7670.



**Matthew Broghammer, DO**  
General Surgeon



**Wen-Yu Vicky Haines, MD**  
General Surgeon



**Crystal Lumi, MD**  
General Surgeon

# 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?
 <p><b>Crystal Lumi, MD</b> General Surgery</p>	Cauliflower – raw with a little mustard.	Walk every day even if it's just a little.	When I was 16, I had a pilot's license.	I'd probably be some kind of musical therapist – using the language of music to connect with people.	I love the people here. I've been a visiting physician at many hospitals in Wisconsin and Minnesota. This is the friendliest place I've ever worked. Everyone is welcoming. They are happy to be here—and the focus is always on providing the best care for our patients.
 <p><b>George Ripeckyj, MD</b> Radiology</p>	Nuts.	Wear a helmet when appropriate.	I speak Ukrainian.	Way back in high school, I was interested in being a forest ranger.	I enjoy the people and the focus here. It provides a good work-life balance and opportunity to do the things I enjoy and think are important. I'm also enjoying this gorgeous city.
 <p><b>Laura Zeamer, PA-C</b> Hospitalist</p>	Apples and peanut butter or any kind of fruit.	Schedule a time to exercise. Plan for it and do what you enjoy.	I can touch my nose with my tongue.	I considered engineering or architecture, but I wanted to do something more people-oriented.	The close-knit atmosphere of the community hospital and clinic is a perfect fit for me. It's nice when you really get to know someone as a person – not just by their diagnosis. The staff is very welcoming, and many have been here a long time and love their job – that speaks volumes.
 <p><b>Deborah Hatanpa, MD</b> Family Medicine</p>	Red grapes.	Get a good night's sleep.	I'm a pretty open book.	I was in the business world before I went back to school to become a doctor.	When my family and I were looking for a place in Minnesota to call home, we found Winona. When I interviewed here, everyone was welcoming and helpful. From being greeted with a smile at the guest services desk until the time I left, I felt a sincere warmth and friendliness here that translates to how we care for people.
 <p><b>Laura Schiltz, PA-C</b> General Surgery and Pre-Anesthesia</p>	No bake protein-energy balls.	Do something active – even regular 30-minute walks make a big difference.	I was in track in college – sprints, shot put, discus, hammer and javelin.	I would be a comedic actress.	I heard great things from classmates who did rotations at Winona Health—about the community and the people they had worked with here. I feel like I can make a difference at an independent organization in a community this size. The people here are really interested in taking care of their fellow community members.

They chose

Winona Health.

## Help us welcome:

- Alex Westenfield, MD, Radiology (August)
- Deborah Hatanpa, MD, Family Medicine (August)
- Laura Schiltz, PA-C, General Surgery and Pre-Anesthesia (August)
- Laura Zeamer, PA-C, Hospitalist team (August)
- Adam Fletcher, MD, Family Medicine/Sports Medicine (September)
- Kenneth Johnson, MD, Orthopedic Surgery (November)

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

To schedule an appointment, call 507.454.3650.

## Briefly...

### Lake Winona Manor transitioning to all private rooms...

"Residents enjoy our home-like setting and beautiful outdoor areas including the new Robinson Healing Garden right outside our door, but we know more residents would like to have their own rooms," notes Molly Jensen, Lake Winona Manor director of nursing. "Transitioning to all private rooms will give every resident greater control over their living space and provide more opportunity to visit with friends and family members without worrying about disturbing a roommate. We're excited to be able to make this change for our residents!"

**"We're excited to be able to make this change for our residents!"**

- Molly Jensen, Lake Winona Manor  
Director of Nursing

**For information about short-term rehabilitation, long-term skilled nursing care or memory care at Lake Winona Manor, call 507.457.4366.**

### Not going to show? Please let us know!

We understand that schedule conflicts arise or there may be reasons for cancelling your appointment. When that happens, please let us know as soon as possible so we can make that appointment time available for someone else.



**If you're not coming for your appointment, please give us a quick call: 507.454.3650.**

*Thank you!*



### Winona Health President/CEO receives Minnesota Hospital Association Award



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

Winona Health President and CEO, Rachelle H. Schultz, MHA, Ed.D., received the Minnesota Hospital Association (MHA) Stephen Rogness Distinguished Service Award. MHA's highest honor is presented to an executive at an MHA member hospital or health system who has demonstrated significant leadership beyond his/her healthcare system and whose activity has led to the

improvement of healthcare delivery at the state and/or national level. Rachelle believes that service excellence, continuous improvement, and leadership development are key components of an organization's success. Winona Health is one of the nation's Top 100 Rural and Community Hospitals.

### Best treatment for skin cancer is at Winona Health

Board-certified dermatologist and fellowship-trained skin cancer surgeon Kevin Christensen, MD, specializes in Mohs surgery. According to the Skin Cancer Foundation, Mohs surgery is the single most effective technique for removing the two most common types of skin cancer, basal cell carcinoma and squamous cell carcinoma, along with certain melanomas.



**Kevin Christensen, MD**  
Dermatologist

Dr. Christensen also specializes in techniques to treat aging skin, cosmetic treatments such as Botox, fillers, and laser surgery, as well as providing general dermatology services.

**To schedule an appointment in the Dermatology department at Winona Health, call 507.457.7674.**



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



# Riding the bike trails.

## 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!   



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