

healthWORKS

2013 Care for life.

ISSUE 3



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Our Mission

Westfields Hospital, in partnership with others, will improve the health of our patients and community by providing high quality health care which meets the needs of all people.

Our Core Values

- Respect
- Stewardship
- Care
- Quality

Find us at:

535 Hospital Road
New Richmond, WI 54017
(715) 243-2600
westfieldshospital.com

healthWORKS is published by Westfields Hospital, 535 Hospital Road, New Richmond, WI 54017 for residents of western Wisconsin. The information in this newsletter cannot be used to diagnose individual cases. Each case is unique. Only a professional health care provider is qualified to diagnose illness and prescribe treatment.

Westfields is committed to your community.

Hello and welcome to the newest issue of healthWORKS, a publication of Westfields Hospital.

For 2013, we at Westfields Hospital are continuing the growth and positive change we achieved in 2012.

Last year, we had record numbers for visits to our specialty clinics. This is directly related to our efforts to add more physicians to our campus. Recruiting is part of our long-term plan to provide quality care close to home. We're proud to say that we offer the community of New Richmond the same expertise as you would expect in the Twin Cities.

Westfields Hospital continues to work with other clinicians in the St. Croix Valley to build a stronger health care system for the New Richmond community. As part of the HealthPartners network, we are strengthening our ties with Hudson Hospital & Clinics and Lakeview Health. Our newest cardiologist has come to us through the Stillwater Medical Group.

We are also working to create a healthier community. Recently, New Richmond's Hillside Elementary School welcomed Radio Disney celebrities for the kick-off of a yumPower school challenge. This healthy eating competition was designed by HealthPartners to educate students and help prevent childhood obesity. We are proud to sponsor this effort.

With health care reform in the news, we expect 2013 to bring even more changes, across the nation and here in Wisconsin. No matter what happens, we want you to know that we are always looking for ways to improve health, provide an exceptional experience and lower the cost of health care here in New Richmond.

As we continue to grow and improve, we look to the community to tell us how we're doing. Our newly formed Patient and Family Advisory Council will be working with our staff to help us deliver the best care possible.

If you have comments or suggestions about our work here on campus, I encourage you to contact me directly. My direct telephone number and email address are published below.

Sincerely,



Steve Massey, CEO
Westfields Hospital
(715) 243-2850
steven.m.massey@westfieldshospital.com

Speak up for patients and families



Knowing what you want and need will help us provide you with better care. That's why Westfields Hospital invites you to join our new Patient and Family Advisory Council. Members are community volunteers who have been patients or family members of patients.

Westfields Hospital and the Council will discuss how we serve patients and the community. This will help us see how well we're doing — and identify goals for the future.

The Council will team up with doctors, nurses and other staff on topics like these:

- Planning patient-care areas and new programs
- Recommending improvements
- Encouraging patients and families to get involved
- Improving communication between patients, families and staff

A few places are still open. If you are interested in volunteering, please contact us soon. Email Betsy Johnson at mary.b.johnson@westfieldshospital.com or call (715) 243-2875. ■



Concussions Partnering in your athlete's care

According to APTA, the American Physical Therapy Association, emergency rooms are seeing more and more student athletes with concussions. ER visits for children ages 8 to 13 have doubled in the past 10 years. For 14 to 19-year-olds, ER visits have more than tripled.

What is a concussion?

A concussion is traumatic brain injury caused when the head is hit or shaken. The injury leads to a disturbance in brain function. Concussions are very common — and very serious.

Is my child at risk? What should I do?

Learn more about concussions at one of two free information sessions. Parents, teachers, coaches, community members and athletes of all ages are invited to attend.

Attend a free concussion info session to learn more

"Concussions: Partnering in your athlete's care," will be presented on April 21, 2013. Choose the time and location that is most convenient for you:

Sunday, April 21, 4:30 – 5:30 p.m.
Somerset High School
Multipurpose Room

Sunday, April 21, 6:30 – 7:30 p.m.
New Richmond High School Auditorium

Event Sponsors: OSI Physical Therapy, Westfields Hospital Physical Therapy, St. Croix Orthopaedics, and the New Richmond Clinic.



Back in the Game

For someone who loves sports as much as Desley does, an ACL injury can be devastating. A second one can seem like the end of the world. Desley, a freshman at New Richmond High School, is a veteran of two ACL reconstructions.

It's a common experience, especially for female athletes. Studies have shown that they are three to eight times more likely to sustain an ACL tear than their male counterparts.

Desley's first ACL tear occurred in November 2011, when she attended a basketball camp as an eighth grader. "I was guarding one of the varsity players," she recalls. "We both jumped up and I went to block her shot. When we came down, we made knee-to-knee contact. I stepped funny and my knee just blew out."

After surgery and six months of physical therapy, Desley returned to the sports she loves — but not for long. During a summer basketball game in July 2012, she tore the ACL in her other knee. "I got a pass and I went to do a dribble drive to the hoop," she recalls. "Once you tear one, it's easier to tear the other. I was babying [the first knee] and so I just stepped weird and it just went. I knew right away."

Desley started therapy at Westfields Hospital immediately after surgery, and after a slow beginning, she progressed quickly.

ACL injuries run in Desley's family. Her older brother, Derek, suffered an ACL tear the summer before his junior year at New Richmond. And Desley's mother, Lisa, sustained a torn ACL in her youth. "It's something that my family has accepted that we have to deal with," Lisa says. "But I can't say enough about Dr. Weiss, his team and the all-inside technique he used to reconstruct Desley's ACL. The procedure is less invasive

so her scar is very small compared to her brother's. And she seems to have more mobility. She doesn't get as stiff as Derek did — and still does."

"Already, she is so stable. It's just incredible. It's exciting to watch her."

Since her second surgery, Desley has been working hard at her recovery. "She's been doing her own workouts in addition to physical therapy," her mother says. "She's been running, shooting baskets. She's been on the bike and treadmill. I can already tell, she's like a different person. She's happier."

Physical therapy has been critical to Desley's recovery. Desley started therapy at Westfields Hospital immediately after surgery, and after a slow beginning, she progressed quickly. The physical rehabilitation staff also designed an independent program for Desley to do at home to improve stability and confidence in the knee. "I fully expect her to be ready to get right back in when she gets final clearance from her doctor," says Brian Lease, physical rehabilitation manager for Westfields Hospital. "For Desley, education has been just as important as rehab. Hopefully this will prevent further issues down the road."

As of April 1, Desley's surgeon, Nicholas G. Weiss, M.D. of St. Croix Orthopaedics, P.A., and Medical Director of Orthopaedic Services at Westfields Hospital, has given her the go-ahead to resume team sports. Desley is planning to try out for varsity softball. "Already, she is so stable. It's just incredible. It's exciting to watch her," her mother says. "I am so pleased and thrilled that she has the



Nicholas G. Weiss, M.D.



opportunity to continue to do the things that she absolutely loves. Dr. Weiss told Desley they were going to get her back to what she wants to do. And she believed him.”

Desley advises other athletes with ACL injuries to use their recovery time wisely. “What I had to figure out was that I couldn’t look at the negative,” she says. “I had to focus on what is going to come – that I will be stronger and I will be better. I thought it would be the end of the world not to be able to play sports for six months. But even though I wasn’t playing, I would be there for my team. I realized that I needed to use the down time to focus on what it will take to be a good teammate and leader and work hard to achieve those goals.” ■



Advanced care for ACL tears

T The anterior cruciate ligament, or “ACL” for short, is a ligament that helps to stabilize the knee. An ACL tear is a serious injury, according to Dr. Weiss, who treated Desley at Westfields.

“Most ACL injuries are non-contact injuries,” Dr. Weiss explains. “About 70% occur when someone pivots or lands from a jump. There are a number of people who have this problem. Women in particular are up to eight times more likely to have an ACL tear. So we see a lot of female athletes with this injury.”

Dr. Weiss is one of just a few specialists in the nation to treat ACL injuries with a sophisticated, “all inside” reconstruction technique that achieves excellent results.

“It’s an effective, minimally invasive procedure that recreates your ACL anatomy better than previous surgeries,” Dr. Weiss says. “There’s less tissue damage. We found that patients tolerate it better. It’s not as painful, particularly in the early stages. And it’s biomechanically better. The classic reconstruction was okay but it didn’t fully recreate the anatomy of the ACL. With this technique, we’re able to recreate the anatomy very closely.”

Dr. Weiss is one of just a few specialists in the nation to treat ACL injuries with a sophisticated, “all inside” reconstruction technique.

After surgery, patients undergo six months of physical therapy to gradually regain strength and mobility. “The rehab is important,” Dr. Weiss says. “There’s a lot of hard work to be done afterwards. As far as getting back to activities, the standard is patients can start jogging at about three months and usually can return to unrestricted activities — jumping, cutting, and pivoting — at about six months. It is a long process but it’s well worth it.

Because this ACL reconstruction technique is so new, Dr. Weiss is doing a study to measure its benefits. “This procedure is new enough that there’s not great data out there,” he says. “So far, while we don’t have everything tabulated, it’s looking excellent. Just about every one has been successful. We’ve done 50 or so. The overall success rate for ACL reconstruction is about 90 to 95 percent. We anticipate with this newer technique it’s going to improve.” ■


Please excuse our mess

Visitors to the Westfields campus will notice construction activity in our rotunda. We are upgrading the hospital registration area and making room to bring you more services.

Like our recent renovations to the Susan St. John Imaging department and the Birth Center, this project is part of our efforts to provide a comfortable environment for our patients, their families and our community. Stay tuned for future updates.



Making our community yummier with yumPower.

 Can dancing, music and goodie bags get kids excited about eating more good-for-you fruits and vegetables?

In February, the students of Hillside Elementary School experienced the power of yumPower.

yumPower is all about finding tasty, good-for-you foods that power your body and help you live the best life possible. After all, when you eat better, you feel better! With tasty tips and useful resources, yumPower makes it easy to find better-for-you foods that are full of flavor and fun.

Recipes and demonstrations offer easy tips for getting five servings of fruits and


vegetables every day. It's all about making little changes that make a big difference in the way you feel.

Healthy eating at school and at home can be simple, tasty and fun. The yumPower website, yumpower.com, is chock-full of great tips and tricks for kids and parents. You'll find tips for packing lunches and ideas for healthy snacks. Check out their suggestions for getting kids involved in cooking. Use their tips for healthy grocery shopping. And browse their healthy recipes for tasty family meals. There's even a video about getting kids to try new foods, starring celebrity chef Andrew Zimmern. ■





Introducing Cardiologist Brandi Witt, M.D.

 Westfields Hospital, New Richmond Clinic and Stillwater Medical Group are working together to make it easier for patients to get specialty care close to where they live. As part of this effort, we are welcoming Brandi Witt, M.D. of Lakeview Heart Center and the Stillwater Medical Group to the Westfields cardiology team.

Dr. Witt grew up in Cottage Grove, Minnesota and attended medical school at the University of Minnesota. She completed a residency in internal medicine and a fellowship in cardiology at the Mayo Clinic in Rochester.

Dr. Witt says she chose cardiology because it offers her the chance to provide both acute care and chronic care. "I can develop long-term relationships with patients," she says. And I can help them manage chronic disease. I like the aspect of continuing care and preventative care."

The most common question patients ask is how they can prevent heart disease. "I tell patients just because heart disease is common doesn't mean that it's inevitable," she says. "Outside of aging and family history, all the other risk factors for heart disease are within a patient's control. So controlling weight, controlling diet and exercise, smoking, blood pressure and diabetes — all those things are manageable.

But Dr. Witt understands that managing these things can be challenging. "I think it's hard for everybody," she says. "That's the problem. People, myself included, are interested in a quick fix. Unfortunately, heart disease is a chronic condition so it requires constant, ongoing vigilance. And something that requires your constant attention can be draining."

So the doctor tries to arm her patients with as much knowledge as she can. "I sat in school for a long time so I could digest the information and present it back to the patient in a way that they understand," she says. "I want them to have the knowledge they need to make the choices that are best for them."

Dr. Witt can work with your primary care doctor to coordinate your cardiac care needs. As part of the HealthPartners family, she also works closely with Regions Hospital Heart Center and their cardiology team. She divides her time between New Richmond and Lakeview Hospital in Stillwater. "I'm in New Richmond every Thursday and every other Tuesday," she says. ■

TAKE CONTROL

How to Sidestep Diabetes

There's so much you can do to delay or prevent the development of diabetes. Our FREE class, taught by certified diabetes educators, will teach you how to take charge, make smart choices and stay healthy.

- **Carbs count:** How to balance your diet
- **Fitness focus:** The importance of exercise
- **Bedtime story:** Why sleep matters
- **Under pressure:** How stress affects blood sugar levels
- **Drug-free zone:** How a healthy lifestyle can help you avoid medication
- **Fat facts:** What you need to know about cholesterol

Classes are held on the following Thursdays from 4:00 to 5:30 p.m. in the New Richmond Clinic Conference Room.

2013 Class Dates

- May 2, July 11
Classes taught by Linda Stefonek, MS, RD, CDE
- June 6, August 1
Classes taught by Sue Kurtz, RN, MS, CDE

Call (715) 243-6972 to register. Classes are free, but class size is limited. Reserve your space today.

COMING SOON

Advanced Cardiac Monitoring Technology

Soon cardiac patients who are hospitalized at Westfields will have the freedom to walk around the facility while they are being monitored. Westfields Hospital is working with our partners at Regions Hospital to make a state-of-the-art Cardiac Central Monitoring System available right here in our community. Installation of the new system begins this month.

We are always working to improve the health of our community. And we are dedicated to providing excellent care at an affordable cost. Upgrades like this new technology help us give patients access to the most advanced tools for diagnosing and treating heart problems.



HealthPartners Family of Care

535 Hospital Road
New Richmond, WI 54017
(715) 243-2600
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(651) 439-5330 (hospital)
(651) 439-1234 (clinic)
lakeviewhealth.org

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Westfields Hospital
(715) 243-2600
westfieldshospital.com