

# thrive

Empowering  
your best health



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**Hudson Hospital & Clinics**

*HealthPartners Family of Care*

**Excellent care, close to home.** Hudson Hospital & Clinics gives you high-quality medical care close to home. We're devoted to making you feel at home, with a personal approach to care and service that offers the unexpected — from fresh-baked cookies to calming views of nature and handcrafted art. These elements, together with the skill and compassion of our physicians, staff and volunteers, are vital for whole health and healing.



## Hudson Hospital & Clinics

From specialty clinic visits to comprehensive hospital care, we offer a wide range of services at Hudson Hospital & Clinics. Our special amenities — all part of our style of care — center on personalized family attention. We understand the important role that family and friends can play in health and recovery, so we work with patients and their families to create a plan of clinical care, emotional care and customer service.

### Our Sustainability Journey

Hudson Hospital & Clinics' mission is "Caring for the health of our community" and we have embarked on an eco-friendly journey establishing sustainable business practices. Laying the green foundation several years ago, it's now a road map for the hospital. Implementing sustainable business practices has made Hudson Hospital a model within the HealthPartners family of organizations. Some examples include: reducing waste, conserving energy, using locally grown fresh produce, and cleaning with Green-seal approved chemicals. Learn about our new initiatives like the community gardens and more about our commitment to sustainability at [hudsonhospital.org](http://hudsonhospital.org).

### Healing Environment & Healing Arts

The healing environment of Hudson Hospital & Clinics continues to be recognized nationally. The building's architecture, interior design and gardens draw tours from health care organizations across the country to learn about our innovations and successes in partnership with the community to build a healing environment. Throughout the property you'll find nurturing gardens and places of respite. Benches, arbor swings, permanent sculptures and a labyrinth provide areas that are inviting and relaxing. Through a special partnership with the Phipps Center for the Arts, the hospital exhibits an extensive collection of original artwork throughout the building on a rotating basis. Charitable contributions from the community, businesses and friends of the program allow Hudson Hospital Foundation to provide both operational and long-term support for the Healing Arts Program.

### Emergency Care

Hudson Hospital Emergency Center is a trusted source for emergency medical care. When you need emergency care, Hudson Hospital Emergency Center is easily accessible, convenient and offers top quality medical services. Because illnesses or injuries can happen any time, our staff is available to care for you 24 hours a day. You'll also find board-certified emergency medicine physicians at our Level IV Trauma Center.

### Primary Care & Internal Medicine

Our Internal Medicine Clinic is conveniently located on campus providing patients access and choice for their internal medicine and primary health care needs. The new HealthPartners Roberts Clinic recently opened in Roberts, WI offering primary care services from pediatric to adult medical care.

## Hudson Physicians – WWMA

Hudson Physicians is an independent, full-service clinic with primary and specialty care providers in family and internal medicine, obstetrics and gynecology, pediatrics, sports, spine, occupational medicine and general surgery. They also have physician assistants, certified nurse midwives, and nutrition and diabetic educators on staff. As well as offering specialty clinic services in occupational medicine, the clinic provides anticoagulation therapy, and allergy and immunization care.

## Specialty Care

Our Specialty Clinics are conveniently located on campus with local access to some of the best specialty physicians and services in the region. Coordinated care services include imaging, laboratory, nutrition care, surgery and procedure, rehabilitation and more. For a complete list of physician options in the following specialty clinics visit [hudsonhospital.org](http://hudsonhospital.org).

- Allergy & Immunology
- Cancer Care
- Ear, Nose & Throat
- Endocrinology
- Eye Care
- Heart Care
- Infusion Therapy
- Internal Medicine
- Nephrology
- Neurology
- Pediatric Cardiology
- Plastic Surgery  
& Cosmetic Treatment
- Podiatry
- Pulmonary & Sleep Medicine
- Rheumatology
- Urology
- Vascular Surgery

## Hospital Care

- Acute Care for the Elderly
- Birth Center
- Chemical Addiction Treatment  
& Recovery Care
- Emergency Center
- Heart Care
- Home Health & Hospice Care
- Hospitalist Care
- Imaging Center
- Inpatient Care
- Medical Laboratory
- Nutrition Care
- Orthopaedics
- Pharmacy
- Rehabilitation Center
- Sleep Health Center
- Surgery & Procedure Center

## Hudson Hospital & Clinics

(715) 531-6000

(800) 993-2325 (toll-free)

(715) 381-1031 TTY/TDD

### Specialty Clinics

(715) 531-6700

### Internal Medicine

Rynn Burke, RN, MD

(715) 531-6700

### HealthPartners

#### Roberts Clinic

(715) 531-6600

### Hudson Hospital Foundation

(715) 531-6075

### Pharmacy

(715) 531-6450

Free local delivery and prescription mail service

### Medical Appointment Transportation Service

(715) 531-6826

### Care Partners

#### Hudson Physicians

(715) 531-6800 (main)

(715) 531-6888 (appts.)

(877) 240-1365 (toll-free)

### ADORAY Home Health & Hospice

(715) 684-5020

(800) 359-0174

### Cancer Center of Western Wisconsin

(715) 243-2800

### Hudson Counseling Services

(715) 531-6760

### Hudson Hearing and Speech Clinic

(715) 531-6710

### Interventional Pain Specialists of Wisconsin

(715) 234-7246

(866) 745-7246

### St. Croix Orthopaedics

(800) 423-1088



## What's new? We're ever-changing to meet growing health care needs of our communities

The **Cancer Center of Western Wisconsin** opened this year offering the only radiation therapy center in the region. This world-class facility, located in New Richmond, WI, is the center of a regional system of cancer prevention and clinical care accessible at six locations: Amery Regional Medical Center, Baldwin Area Medical Center, Hudson Hospital & Clinics, Osceola Medical Center, St. Croix Regional Medical Center, Westfields Hospital and the Radiation Therapy Center of Western Wisconsin. Visit us at [cc-ww.org](http://cc-ww.org).

A growing specialty at Hudson Hospital & Clinics is the **Hospitalists Program**. Hospitalists are specialists who provide much needed continuous care for hospitalized patients, from admitting to discharge. They partner with your primary and specialty providers. The hospitalists at Hudson Hospital & Clinics are part of the HealthPartners Hospital Medicine program and also practice at Regions Hospital. Hudson is the only hospital in western Wisconsin providing this model of care. This year, **Leslie Surbeck, MD** and **Lyudmila Islyamova, MD** joined **Bhavin Patel, MD**, board-certified in internal medicine, to provide care for patients at Hudson Hospital.

Offering convenient family care to Roberts, WI and surrounding communities, the new **HealthPartners Roberts Clinic** is now open. Providing whole family care, right in your neighborhood, you'll find pediatric to adult medical care and treatment for your family. **Frances Truitt, MD**, family physician, who recently completed a fellowship with the Mayo Clinic, is eager to serve patients at the Roberts Clinic.

It's here — **Online Patient Services** is now available to patients seeing physicians at Hudson Hospital Specialty Clinics and the new HealthPartners Roberts Clinic. Online Patient Services gives patients the option to: access test results, email your provider, and access immunizations. You can access the system if you are a patient within the HealthPartners family of organizations through the Epic electronic health record system.

Our Imaging Center offers a new **PET/CT scanner** for cancer care. This Positron Emission Tomography (PET) scanner with multi-slice Computed Tomography (CT) scanner system offers 2D and 3D imaging. It helps physicians determine if disease is present, the location and extent of disease, and track how rapidly it is spreading. With more accuracy, physicians are able to plan the best course of radiation therapy treatment for patients.

Welcome new providers:

- **Jennifer Koziak Wozniak, MD**, Allergy & Immunology, Hudson Hospital Specialty Clinics
- **John Knapp, MD**, Ophthalmologist, Eye Care, Hudson Hospital Specialty Clinics
- **Anders Carlson, MD**, Endocrinologist, Hudson Hospital Specialty Clinics
- **David Burton, MD** and **Thomas Sutton, MD**, Pediatric Cardiologists, The Children's Heart Clinic
- **Paul Scott, MD**, general surgeon, joins **Kirk Jacobson, MD**, general surgeon, Hudson Physicians
- Nurse Midwife **Elizabeth Barry-Jensen, CNM**, joins Nurse Midwife **Stephanie Johnson, CNM**, Hudson Physicians
- **Priscilla Hedberg, MD**, Internal Medicine, Hudson Physicians



## Birth center staff delights in delivering best days of many family's lives

More and more often at Hudson Hospital & Clinics, every day is the best day of somebody's life, when their newborn baby is placed in their arms by a diverse team of medical professionals, who are often moved to tears.

“Each time I’m a part of the birthing experience, it’s a privilege,” says Mark Druffner, MD, family medicine physician, Hudson Physicians. He has delivered more than a thousand babies in his 20-year career. “It’s really a true miracle.”

Dennis Hartung, MD, obstetrician and gynecologist, Hudson Physicians, has delivered babies “in the thousands,” also says he marvels at the experience each and every time.

“The dad is weeping with joy. It’s hard not to shed a tear when you see that,” he says. “I’m sort of a baby guy. It really energizes me.”

Across the birthing center team — the nursing staff, OB/GYNs nurse midwives, specialists and family physicians — describe their jobs in glowing terms. And families from near and far are experiencing the Birth Center for themselves.

“The secret is getting out,” says Jonathan Susa, DO, OB/GYN, Hudson Physicians, who has seen the number of births at Hudson Hospital & Clinics triple over the last several years and continue to grow. In fact, 2010 saw a record number of births with 532 deliveries.

**So far in 2011, the Birth Center has seen more than 486 births and expects to reach 650 by the end of the year. “As time passes and word spreads, people find they can get more personalized care in a healing environment here.”**

The professionals agree that a few key factors seem to make the biggest difference for patients:

- The patient’s own physician or midwife is almost always there for the patient’s delivery. The medical professionals take this responsibility personally, arranging their schedules to ensure they are with their patients 90–95 percent of the time.
- The patient has many choices. She and her family can choose a family physician, OB/GYN or midwife. They can select a water birth, hypno birth, natural birth or pain medications. Her preferences, all predetermined with her health care provider and spelled out in her birth plan, are respected.
- The facility is comforting and healing, from the picturesque views of nature out the patient’s large windows to pleasing options such as aromatherapy and soothing music of choice.
- The nursing staff works cohesively as a team and interacts with each patient in a thoughtful way that stands above the norm.



Family physician Dana Dahl, MD, Hudson Physicians, has delivered many babies in her seven years of practice at Hudson Hospital & Clinics. In fact, she gave birth to her youngest daughter at the Birth Center.

“The environment is calming and natural, with soft colors and attractive healing art,” Dahl says, acknowledging the hospital’s internationally celebrated healing arts program. “But when a woman is giving birth, what matters is the people, the people, the people. And our patients find that the staff really relates to them.”

Recent patient Erin Vandebark of Hudson delivered her first two children, now six and four, at another hospital.

“A huge part of why I wanted to switch doctors and switch hospitals was knowing my doctor would most likely be the doctor who delivers my baby,” she says. That was the case when her physician, Dr. Susa, who delivered Vandebark’s son, Tripp, weighing in at 7 pounds, 6 ounces.

Vandebark said the hospital environment made her feel ‘at home,’ and the nurses listened attentively to her needs and gave her options for care.

She describes Dr. Susa as calm, accessible and committed to her birth plan.

“The experience of helping people during their labor and delivery is extremely unique,” Susa says. “At what other job can you be with families on the best day of their life? I get to experience the patient’s best day almost every day I go to work.”

Learn more about our Birth Center at [hudsonhospital.org/hospital](http://hudsonhospital.org/hospital) or scan the code in the gray bar.



# Nursing staff is key factor in Birth Center's popularity, high ranking

An intense passion for making each patient's labor and delivery experience a unique memorable experience drives the nursing team at Hudson Hospital Birth Center. The staff is here to help you treasure this incredible moment in your life and the life of your newborn.



“There’s a momentum among the nursing staff that can’t be stopped,” says Joanne Donhowe, RN, Birth Center manager. She describes how one nurse shared a family recipe for homemade bath salts. Now, every patient is offered a bath with lavender bath salts made by the staff. Another nurse suggested dimmer lights in bathrooms to create a relaxing experience. To make the experience complete, the staff now use flameless battery candles for added ambience.

“When one nurse makes a personal connection with a patient or family, she readily shares the experience and all staff celebrate the birth of yet another very special infant to a very special mom and family,” says Donhowe. The staff is always looking for new ways to make every experience exceptional for each patient, every day.

One mother sent the nurses a photo her husband had taken, capturing an incredible moment of bonding when the mother was bathing with her newborn at the hospital. The moment was made possible by a nurse who offered this option and assisted the parents in safely bathing the baby this way. “I can’t describe in words what this experience meant to me — I have to show you a picture,” wrote the mother.

Their extra efforts haven’t gone unnoticed. A recent Press Ganey survey ranked the Birth Center nursing staff in the 99th percentile in the categories of friendliness, attitude toward requests, attention to personal requests and the family’s ability to participate. Overall, the Birth Center placed in the top three percent of birthing units nationwide.

Area residents notice the difference here, too. The popularity of the Birth Center is skyrocketing, with the number of births tripling over the past several years.

“The nurses clearly enjoy what they do,” says Jonathan Susa, DO, obstetrician and gynecologist at the Birth Center. “Many are young moms themselves. They have a passion for helping women in labor, and they work really well as a team.”

## What’s new at the Birth Center?

A new waterbirth tub provides an exceptional water birthing experience for mom and baby. Ask about the new tub when making your birth plan at Hudson Hospital & Clinics.

# Nurse Midwives specialize in offering ‘luxury of time’

One of the hallmarks of the Hudson Hospital Birth Center is deep respect for a patient’s preferences for her labor and delivery, including which medical professional will be there to help her through her big day. These days women have many options for their care provider including midwives, family physicians and OB/GYNs. Many families may choose to have a doula along with their Birth Center nursing team. Hudson has seen an increase in women choosing a nurse midwife for delivering their baby.

“One of the differences with midwifery care is time,” says Nurse Midwife Stephanie Johnson, Hudson Physicians, who experienced more than 90 births at Hudson Hospital & Clinics since joining in 2010. “For however long the labor takes, I’m there supporting the family through the process, along with being in attendance for the birth. I give hands-on and emotional support.”

With demand growing, Hudson Physicians recently hired a second nurse midwife, Elizabeth Barry-Jensen, to add to the provider team.

Johnson has been a midwife for six years and, before that, was a labor and delivery nurse since 1989. Along with the training and experiences that allow her to meet her patients’ medical needs, she offers what she calls “the luxury of time.”

Being there, side by side, for the long haul, Johnson says, is healthy and satisfying for the patients.

One of her patients wrote an essay about her experience with Johnson, saying, “My labor was the most intense experience of my life, and Stephanie’s initial words to me rang true... my body was created to do this!”

“Labor is a natural experience,” Johnson says. “It’s not about anything I do; it’s about the art of being there.” As a trusted health care partner, she says patients look to her for guidance.

“A lot of decisions are made during labor that aren’t black and white,” explains Johnson. “For example, starting labor augmentation may make medical sense, but some woman may have concerns about it. They can talk through that option with me, discuss the risks and benefits and ask my opinion. That way, they can make a decision and proceed with labor confidently.”

Because Johnson is trained to monitor the labor and delivery processes slowly unfold, she can detect medical concerns before they become a crisis, she says. But if there is a complication, an OB/GYN is always on call to step in to assist.

Johnson says she enjoys a strong working relationship with the other providers at the hospital.

“To be there with a woman when she is giving birth is a very special honor,” Johnson says.

## What does our Birth Center team have to say?



**Jonathan Susa, DO**  
Obstetrics & Gynecology  
Hudson Physicians

“When seeing patients, I abide by the same principles I instill in my children: ‘Treat others the same way you would wish to be treated.’ They are treated with care and respect here. I get to experience the patient’s best day almost every day I go to work.”



**Elizabeth Barry-Jensen, CNM**  
Midwife  
Hudson Physicians

“It is a great honor and privilege to support women with their health care and through their journey of pregnancy and childbirth. There is nothing more rewarding than assisting women during one of the most influential moments of their lives. I’m thrilled to be part of expanding midwifery in this community.”



**Dennis Hartung, MD**  
Obstetrics & Gynecology  
Hudson Physicians

“I am a ‘baby’ sort of guy. Being at a birth and witnessing new life come into the world energizes me. Families are forever changed by birth, and I love helping each family experience this miraculous event.”



**Mark Druffner, MD**  
Family Medicine  
Hudson Physicians

“Each time I’m part of the birthing experience, it’s a privilege. I’ve delivered many babies, and it’s really a true miracle. From prenatal care to delivery and caring for the newborns — together they provide me the unique experience that is family medicine.”



**Stephanie Johnson, CNM**  
Midwife  
Hudson Physicians

“To be there with a woman when she is giving birth is a very special honor. I tell my patients, ‘You changed the world today. The world will never be the same. You did amazing work today!’”

# One of best early detectors of breast cancer is **you**

One of the most important elements of breast health is to listen and understand your body. “We should all get to know our own bodies,” says Internist Rynn Burke, RN, MD. “Moms need to pass the message along to their daughters.”



While it is important to search regularly for lumps in your breasts, Burke advises women to:

- Know your health history — your own and your family’s, both maternal and paternal sides (both have equal genetic weight in determining risk of breast cancer) and share that information honestly with your physician.
- Know your body well enough to spot any rashes that don’t go away or if a breast or nipple starts looking different. Some cancers don’t make a lump, so you need to be vigilant for all changes.
- Know if you have discharge from your nipple and you aren’t pregnant — you need to discuss that with your physician.

In the unfortunate situations when women do believe they have symptoms of breast cancer, Burke says the team at Hudson Hospital & Clinics will do everything in its power to quickly and carefully provide a diagnosis and treatment plan.

“Reducing anxiety is not a minor consideration when you fear you have breast cancer,” Burke says. “Even if it’s the worse case scenario, we’re going to work with you to make it as easy as possible and put the priority on your daily life and routine.”

Women with more extensive needs can be seamlessly referred to the resources of the new Cancer Center of Western Wisconsin, which offers radiation treatment in New Richmond, or Regions Hospital Breast Health Center, which — like Hudson Hospital & Clinics — is part of the HealthPartners family of care.

## Minimally Invasive Treatments Available

Most cases, however, start with diagnosis at Hudson Hospital & Clinics. Ultrasound-guided biopsies can be performed at

# Breast cancer screening plan can depend on risk factors

Recommendations for breast cancer screenings vary considerably, says Family Physician Dana Dahl, MD, Hudson Physicians. But all women can improve their chances of early cancer detection with a comprehensive annual medical exam, including a breast exam by a physician who will make recommendations for at-home exams and a schedule for mammograms.

For her low-risk patients, Dahl recommends one baseline mammogram between the ages of 35 to 40; every other year between 40 and 50; and yearly after age 50. The schedule becomes more aggressive for patients who have a first-degree relative with a history of breast cancer, she says.

Dahl's preferred approach works well for her patients when coupled with a yearly exam. Other physicians may suggest other approaches, Dahl says.

Mammograms are provided by the highly experienced staff at the Hudson Hospital & Clinics Imaging Center, where digital imaging enables

the technologist and radiologist to electronically enhance the image for better visualization of dense tissue areas. Dahl says areas of concern are more closely evaluated bedside by a surgeon, often immediately, to rule out worry or to advance the patient to further testing.

Along with advising patients about screenings, Dahl educates them about cancer risks, including excess weight.

"For my patients who are overweight or obese, I tell them I worry about their weight, but I also worry about their risk of cancer because of their weight. A lot of women don't know about that," she says.

Hudson Physicians. Surgeons Kirk Jacobson, MD, and Paul Scott, MD, provide options for surgical treatments, including segmental mastectomies (also known as lumpectomies) and mastectomies, both of which the surgeons perform at Hudson Hospital & Clinics.

With advancements in early detection of breast cancer, more women are now eligible for minimally invasive surgeries, Dr. Jacobson explains. In fact, patients often have a lumpectomy as an outpatient procedure and get back to their daily routine within a week or two, with a 1- or 2-inch scar.

"When I started my residency 26 years ago, most women had mastectomies. But now extensive operations aren't always better and sometimes they can even be more disabling to the patient," he says.

"It's very difficult to tell a woman that she has cancer and will need a lot of treatment," Dr. Jacobson says. "I sit down with her and get all her questions answered. We go over everything

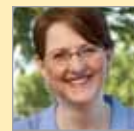
so she understands what is going on, what can be done and what her options are."

**Dr. Scott also stresses the importance of early detection, including appropriate breast surveillance, with each patient developing an individualized plan with her physician for mammography and other screening.**

For questions or if treatment is needed, you should schedule a follow-up visit with your physician to determine next steps.



## Meet the docs:



Rynn Burke, RN, MD  
Internal Medicine  
Hudson Hospital & Clinics



Kirk Jacobson, MD  
General Surgery  
Hudson Physicians



Dana Dahl, MD  
Family Medicine  
Hudson Physicians



Paul Scott, MD  
General Surgery  
Hudson Physicians

# Start early, be vigilant to keep bones healthy through life

Fortunes have been made helping women firm and finesse their facades. But, make no bones about it, what's happening within a women's body is even more important to their health and longevity.

Kristin Severson, DO, Hudson Physicians, an internist with special training in geriatric medicine, says women must be alert to their bone density throughout their lives. In youth and into adulthood, weight-bearing exercise and a diet rich in calcium and vitamin D can build and fortify bones. After menopause, women should work closely with their physicians to monitor bone density.

"The idea is, you can keep building your bones until about 30. That's the peak. Then you're on a meandering path down a dangerous slope. After menopause, you're off a steep cliff," says Severson of bone density through a women's lifetime.

Unfortunately, women who have low bone density often don't get any warning signs. Height loss and bone fractures can be caused by low bone density, but they usually mean the problem has progressed.

"Unless you look for the problem, you won't find it," says Severson. "There are no true symptoms."

## Be Vigilant

She advises women to be vigilant. Bone density scans are recommended:

- After a woman experiences menopause.
- If a woman has had long-term use of certain medications that can lower bone density, including prednisone and anti-seizure drugs.
- When a healthy women has a bone fracture, even if it is sports related, because low bone density might be an unseen factor in the break.

At Hudson Hospital & Clinics, painless bone mineral density (BMD) tests are conducted by the radiology department. Using today's sophisticated equipment, the Imaging Center performs safe, non-surgical testing to help diagnose your condition. Experienced radiologists and technologists focus on your needs. They will help you through your procedure, answer questions and make you feel as comfortable as possible throughout your visit.

Patients are encouraged to discuss their risk factors with their primary physician and schedule appropriate testing at the hospital. Check with your insurance provider for guidelines around coverage of these tests.

Severson speaks often with older women who receive bone density screenings as part of community health scan offerings. In those scans, the heel bone is usually tested as an indicator for the body's bone density. However, the heel bone, which receives a pounding every day, is a pretty strong bone. Testing there won't give an accurate picture of the women's overall bone health.

"Eyebrows usually shoot up when I explain that to women," Severson says. "The heel bone is the last place to show probable low bone density. If the heel bone has low density, it's probably low everywhere and it's too late."

## The Yellow Light

For women who do struggle with low bone density, there is usually a progression, starting with osteopenia. That's the "yellow light," Severson says, when the patient and her physician can work to use medications to strengthen bones. There are also medications for the later stage, which is called osteoporosis.

"Unfortunately, many women don't recognize the progression of the disease until they have fallen and have a fracture and they are in the hospital," says Severson. "It's difficult to heal the bone at that point and there can be a cascade of problems after that."

## Meet the doc:



Kristin Severson, DO  
Internal Medicine  
Hudson Physicians



## An Ounce of Prevention

In a case where “prevention is everything,” Severson highlights the essentials to lifelong bone health:

- Don't smoke
- Drink only a minimum of alcohol, usually no more than one drink a day
- Reduce caffeine
- Do weight-bearing exercise
- Get enough vitamin D and calcium
- Limit fizzy soft drinks each day — they create bone loss
- Avoid antacids when possible

## Stay ahead of the bone health curve

Learn about osteoporosis by attending one of our free health seminars. For more information, visit [hudsonhospital.org](http://hudsonhospital.org).

## Don't forget about women's heart health

Fear of breast cancer is a prevalent and very real concern among women. The physicians who treat patients at Hudson Hospital & Clinics hear it every day and understand. However, they also want women to remember that critical organ that lies beneath the breasts: **the heart**.

“Women worry about breast cancer and I love that they are motivated to take care of themselves,” says Internist Rynn Burke, RN, MD. “But it should be in perspective. One in nine women, over the course of their lives, will have breast cancer and most will survive. On the list of things that will kill you, heart disease is number one, by far.”

According to the National Heart, Lung, and Blood Institute, almost eight times more women die of heart disease than breast cancer. In fact, more women die of heart disease than of all forms of cancer combined.

Learn about practical information to protect your heart health at our upcoming seminar, *Learning About Heart Failure — What You Can Do*, presented by Thomas Kottke, MD, cardiologist, Hudson Hospital & Clinics. To register visit [hudsonhospital.org](http://hudsonhospital.org).

## A snapshot view of women's health

Hudson Hospital & Clinics offers services that address women's health throughout their entire life cycle. For a quick overview of milestone health concerns for women, scan the icon below or visit [hudsonhospital.org/hospital](http://hudsonhospital.org/hospital).





## From the sidelines and stands, vigilance for head injuries is essential in sports

The truth is, injured athletes simply may not want to hear that they can't go back into the game they love and to the team that's counting on them. Bringing reason to those moments of passion is one of the biggest challenges Lincoln Likness, DO, faces on the sidelines of high school sports in the area. Likness, with special training in sports and spine medicine, understands the serious, life-long effects of injuries — head injuries, in particular.

Since August 2010, Dr. Likness has treated more than 250 concussions and traumatic brain injuries in the Hudson area.

"Kids are so excited to get back into the game," he says. "But we have been under treating and under recognizing brain injuries. Thinking you're 'just dinged' and then returning to contact sports prior to resolution of the symptoms and medical clearance is dangerous."

Before joining Hudson Physicians last year, Dr. Likness worked with a wide range of professional athletes, from bull riders to figure skating champions, from golfers to the Cleveland Browns and Indians.

### Baseline Concussion Program

To Hudson schools and its surrounding communities, Dr. Likness brings a new program for concussion management — starting with a brain function evaluation well before the first game is played. With baseline information on hand, it's easier to determine the extent of an injury, should one happen, he says.

Likness also meets with coaches and parents in the Hudson area, arming them with guidelines, lists of common symptoms, education, and — most importantly — a reality check on the long-term price paid for sending a kid back into the game too early. A concussion sustained

in high school can lead to early dementia, mood disorders, depression and other often irreversible problems in midlife, he says.

“I hope I’m really impacting their long-term health,” Likness says. “Parents are so grateful that care is now available in this area. They are confident now, instead of just hopeful, when I send their son or daughter back into the game.”

### For safety, fit stretches, warm ups into your fitness routine

In a region flush with organized sports for all ages and scenic opportunities for biking, jogging and hiking — to name a few — sports injury prevention education is important for just about everyone, says Hudson Hospital & Clinics board-certified Emergency Physician Marty Richards, MD.

“People should take the time to warm up before starting an activity,” he says. “Know your limits. Remember, organized sports have rules to keep you safe. Parents need to be good teammates, too, and help their kids follow the rules.”

Head injuries should be evaluated immediately, as well, even if the patient loses consciousness then returns to normal. The condition can seem to get better, but then get dangerously worse, Richards says. Warning signs for head injuries can be subtle, and prompt evaluation is required not only to evaluate whether an athlete does or does not have a serious head injury, but also to set guidelines for return to activity and help make prompt referral to after care.

Many sports injuries involving arms, legs, hands and feet, however, can be treated at home with rest, ice, compression and elevation. Injuries that cause deformity, intense pain, or a change in function such as numbness or inability to stand or grasp items should have prompt evaluation. These symptoms may indicate a fractured bone, injured tendon or serious ligament injury, and may require reduction and splinting or surgery.

If surgery is recommended, St. Croix Orthopaedics surgeons are available on campus for clinic visits and surgery. As a physician who helps repair some of the most severe sports injuries, Orthopaedic Surgeon William Schneider, MD, offers an additional key piece of advice: “Participate at the level of fitness you’ve achieved. Train properly and don’t go too far too fast. If you participate in athletics, it helps to work with a sports trainer if you want to achieve at a high level and reduce injuries.”

### Best Advice

Using common sense to prevent injuries, exercising brings countless benefits, Schneider emphasizes. “Exercise brings your cholesterol down and your weight down. It helps your mind and heart work better. You don’t have to go out and run a marathon to stay healthy. How much is enough depends on each person. But, for many people, a regular walk will give them all the benefits they need,” he says.

It’s that time of year — football, wrestling, hockey and other contact sports. Keep in mind:

## It takes only 1 sign or symptom to signal a concussion

A concussion is a disruption of brain function, caused by a blow or whiplash to the head or neck. Only 30 percent of concussions cause the patient to blackout or completely lose consciousness. According to Lincoln Likness, DO, CAQ-Sports Medicine, Certified ImPACT Consultant, the brain injury results in one or more signs or symptoms, including any of these:

#### Concussion Signs

- Appears dinged, dazed or mentally foggy
- Confused or answers question slowly
- Personality or behavior change
- Forgetfulness of details before or after injury
- Loss of consciousness
- Impaired attention
- Difficult or poor school performance

#### Concussion Symptoms

- Headache, head pressure or neck pain
- Nausea or poor appetite
- Balance problems
- Double or blurry vision
- Light or noise sensitivity
- Feeling tired or fatigued
- Feeling confused, foggy or slowed down
- Change in sleep pattern
- Difficulty concentrating or remembering
- Emotional reactions, sad, anxious or irritable

“The signs and symptoms can be subtle because athletes may not be old enough to properly articulate how they feel or they may ignore or hide their symptoms,” Likness says. “If you see even one of these symptoms, you should seek medical attention from a physician trained in concussion management.”

What are the nation’s highest sports related injuries? Scan the icon here or visit [hudsonhospital.org/hospital](http://hudsonhospital.org/hospital) for more information.



### Meet the docs:



Lincoln Likness, DO  
Sports and  
Spine Medicine  
Hudson Physicians



William  
Schneider, MD  
Orthopaedic  
Surgeon  
St. Croix  
Orthopaedics



Marty Richards, MD  
Emergency Medicine  
Hudson Hospital & Clinics

## Sign Up Today for our Wellness Classes

The Health Resource Center offers a variety of classes to teach and support holistic approaches to health and healing. Class series are offered several times a year. For information on schedules, costs and registration call the Health Resource Center at (715) 531-6250, or toll-free at (800) 993-2325.



For the latest classes, events and seminars, visit us online at [hudsonhospital.org/classes](http://hudsonhospital.org/classes).

Get the most out of your hospital! Visit us online at [hudsonhospital.org/communityreport](http://hudsonhospital.org/communityreport).

### An Evening of Zen: Three Ways to Lower Your Blood Pressure

If you've been diagnosed with high blood pressure, you may know the importance of making every effort to reduce it to prevent serious heart and health conditions. While many medications are available to help, there are natural ways, that when incorporated as part of your normal routine, can make a long-lasting impact on reducing high blood pressure.

Zen events are offered several times a year at the Hudson Hospital & Clinics Conference Center:

#### Meditation

Learn simple, yet effective meditation skills for mindfulness breathing, eating and walking. When practiced regularly, meditation can guide more positive physical and emotional responses to stressful situations.

#### Yoga Movement

Not just for the gurus anymore, some simple yoga movements and breathing techniques help distribute blood and tone muscles while improving overall circulation to help you better manage stress.

#### Eating Right

Certain foods can promote or cause high blood pressure. Learn about the DASH diet (dietary approaches to stop hypertension), a practical diet that harnesses the blood-pressure-lowering potential of healthful foods.

### Kettlebells Cardiovascular & Strength Training

During kettlebell exercises, participants use a variety of continuous motion swings and lifts in balance to work toward a total workout experience.

### Tai Chi Basics Classes

Tai Chi teaches a combination of gentle mental and physical activity to bring the mind, body and spirit into harmony and create energy flow and well-being. The slow and fluid movements of Tai Chi promote concentration, coordination and balance. Current research suggests the practice of Tai Chi can improve balance, reduce falls and increase leg strength. It also lowers blood pressure, stress hormones, enhances respiratory and immune function and promotes emotional well-being.

The following classes are appropriate for beginners of all ages and most mobility capabilities:

#### Tai Chi Basics 1 Class Series

Learn 12 movement patterns of proper body positions and breathing.

#### Tai Chi Basics 2 Class Series

Learn Tai Chi fundamental form in addition to practicing the 'movement patterns' learned in Tai Chi Basics 1 Class Series.

### Three Ways to Bliss — Tai Chi, Qigong and Mindfulness

Refuel your body, mind and spirit with three essential practices of meditation that will deepen and enrich your life. These practices produce the benefits of reducing stress, balancing emotions, lowering high blood pressure, normalizing blood sugars and increasing the bodies' natural healing response, as well as improving one's outlook and life purpose. In these classes you will learn: mindfulness present moment practices, Spring Forest Qigong internal breathing and Tai Chi moving meditations. There will be a combination of standing, seated or lying down meditations so wear comfortable clothing and shoes, and bring a cushion or blanket. No previous experience required.

## Family Health Education

Hudson Hospital & Clinics Health Resource Center provides ongoing education and support opportunities to help build and reinforce a healthy lifestyle. You don't need to be a hospital or clinic patient to benefit from our seminars, classes, educational resources or connections to health care professionals.

### Free Health Seminars

Free seminars and events are presented often throughout the year to educate and support you in disease prevention and treatment. Topics include a wide variety of the latest health issues chosen based upon patient interest, including orthopaedics, senior health, heart and vascular care, celiac issues, diabetes, hypertension management and more. Registration is not required, but seating is limited. All seminars are free and open to the public.

### Healthy Habits for Life®

Health Habits for Life is a program designed to help you build lifelong eating and fitness habits. This program helps you make the gradual, permanent changes in your lifestyle that will result in higher energy levels, decreased health risks and the knowledge that you are treating your body the best you can. Weight management at every age comes from a lifestyle that includes accurate information, good nutrition and regular physical activity. This balanced 12-class series is taught by Hudson Hospital & Clinics registered dietitians. The series is designed to be customized to meet your busy schedule and needs. Signing up for fewer classes is also an option. Each one-hour class is packed with practical, easy-to-follow information to help you set individual, attainable goals that put you on a course to positive lifestyle changes.

### Nutrition and Weight Management Coaching

Private and personalized teaching and nutrition coaching is conveniently available. Each meeting is enthusiastically guided by a registered dietitian. Three-, six- and 12-session packages are available to fit your lifestyle. Packages offered at a special rate. To register, contact Nutrition Care at (715) 531-6469.

### First Aid and Cardio Pulmonary Resuscitation (CPR) Classes

Medical emergencies can happen every day, in any setting. Approximately 900,000 people in the U.S. die each year from some form of heart disease. More than 300,000 of these deaths are caused by sudden cardiac arrest. Heart disease is the number one cause of death in this country. Given the large number of injuries and sudden illness that occur each year, it is possible that you might have to deal with an emergency situation someday. In partnership with the American Heart Association, Hudson Hospital & Clinics offers convenient CPR and First Aid classes for those who need certification for their jobs, and those who don't need certification, but are interested in learning to save lives in an emergency situation. To register, contact Diane Wetzstein, CPR and First Aid training coordinator (715) 531-6588 or visit [hudsonhospital.org/classes](http://hudsonhospital.org/classes).

### Childbirth & Family Classes

Families living throughout the St. Croix River Valley can find personalized prenatal and family education at Hudson Hospital & Clinics. Class sizes are small, offering the opportunity to connect well with others as you learn the secrets and celebrations of nurturing a healthy family. Classes include Childbirth Five-Week or Weekend Express; Childbirth Refresher; Breastfeeding; Big Brother, Big Sister class and more.

### Babysitter's Training Course

This popular American Red Cross course for young people teaches leadership and babysitting skills while boosting their confidence. Youth ages 11–15 learn child care, first aid, leadership and communication skills. Class size is limited (must attend both days). A \$45 registration fee per child includes materials, snacks and beverages. To register contact Paige Lewis, childbirth and family educator at (715) 531-6029.

### Education & Support Groups

Hudson Hospital & Clinics recognizes the value of bringing people together who share common health concerns.

When you speak with others who share similar feelings and experiences, you can gain insight and strength to adapt to a different way of life or health recovery. The following support groups are offered in partnership with community organizations. Most meetings are held at Hudson Hospital & Clinics.

#### Cancer

Contact Ann Jameson  
(715) 531-6190

#### Cardiovascular Disease

Contact Carol Gorke  
(715) 549-6089

#### Diabetes

Contact Sue Kurtz  
(715) 531-6800

#### New Parents

Contact Paige Lewis  
(715) 531-6029

#### Parkinson's Disease

Contact Beth Schroepfer  
(715) 531-6250

# Hudson Hospital & Clinics

HealthPartners Family of Care

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## Convenient, comprehensive family health care comes to Roberts.

You work hard to produce a good life for your loved ones.

You want the best for them — fresh air, wholesome nourishment and a family physician who will listen to you, respect your values and trust your judgment.

Frances Truitt, MD, family physician, recently joined the Roberts community after completing her fellowship with the Mayo Clinic. She's eager to serve patients at the new Roberts Clinic and to share her devotion to health and family.

The HealthPartners Roberts Clinic offers pediatric to adult medical care, treatment for your whole family.



HealthPartners®  
Hudson Hospital & Clinics – Roberts

For more information, visit  
[hudsonhospital.org/robertsclinic](http://hudsonhospital.org/robertsclinic)



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