

Healthcare TOPICS



RIVERWOOD HEALTHCARE CENTER SPRING 2008

Understanding Sleep Apnea

A sleep study may offer a key to a better night's rest

A spouse may be the first to witness symptoms of sleep apnea.

Do you snore regularly? Does your spouse tell you that you stop breathing for short periods during sleep? Do you have a history of hypertension? Do you feel tired during the day even though you sleep seven or more hours a night?

If you answered **yes** to two or more of these questions, you should see your healthcare provider. Adequate sleep—defined as seven to eight hours for adults—is essential for your physical and mental health. Good quality sleep helps your body recover from illness or injuries and helps you concentrate and accomplish tasks.

“Far from just an annoyance, sleep disorders can lead to more serious health problems such as hypertension, heart conditions or stroke,” says Dr. Mark Heggem, Riverwood medical director. “A chronic lack of sleep can depress the immune system, causing greater susceptibility to illness or depression.”

A sleep disorder is a disturbance in one's normal sleep patterns. It can be temporary, intermittent or lifelong.

Sleep apnea, where breathing stops periodically during the night, is a condition more prevalent than adult diabetes and affects more than 12 million Americans. If you routinely fail to get quality sleep, you may suffer from sleep-related problems.

In some cases, your doctor may suggest lifestyle changes to improve your sleep. Or, your provider may recommend you undergo diagnostic sleep testing.

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Garrison clinic & pharmacy

offer patient-friendly services

- Saturday hours
- Same-day appointments
- New outpatient services

When her 3-month-old daughter became increasingly feverish and fussy on a late Friday afternoon, Gina Ostrowski knew she needed to take her to the doctor. Instead of heading to a local hospital emergency room, a friend told her about the new Riverwood Garrison Clinic offering Saturday service.



Gina Ostrowski reports 3-month-old Allie was healthier within 24 hours of being treated for an ear infection at the Riverwood Garrison Clinic.

“I called the Garrison Clinic about 4:00 p.m. Friday and got an appointment for 8:30 a.m. on Saturday,” Gina Ostrowski explains. “Allie was diagnosed with a double ear infection, and the nurse practitioner was so great and reassuring about her condition. She prescribed an antibiotic that I was able to pick up immediately at the clinic's pharmacy and we were out of there by 9:05 a.m.”

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Understanding Sleep Apnea

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Riverwood sleep lab helps diagnose disorders

Riverwood recently opened a new sleep study diagnostic center in its Center for Outpatient Services, a quarter mile from its hospital in Aitkin. In cooperation with Winmar Diagnostics, Riverwood uses state-of-the-art equipment to evaluate sleep patterns during an overnight stay on a referral from the patient's primary care physician.

Patients with sleep disorders may first be monitored at home.

"A Riverwood respiratory therapist then sets the patient up with a special mask and monitoring equipment. A common treatment

is nasal airway pressure therapy, administered via a nasal pillow system called Continuous Positive Airway Pressure (CPAP) along with a bedside device that delivers pressurized air. This treatment system allows for gradual air pressure increases that comfortably provide the air needed while a patient sleeps.

"When the mask pressure needs adjusting, patients are asked to spend a night in our sleep study center so a sleep medicine technician can monitor their breathing," explains Michelle Bergacker, Respiratory Therapy manager. "When stopped breathing occurs, the technician can determine how to adjust the air pressure to keep blocked air passages in the nose or throat open."

During the sleep study, electrodes attached to a patient's head, face, body and legs record eye movements and brain activity as well as arm and leg movements. All these measurements show the amount and quality of sleep a patient is getting.

"A sleep study gives a good picture of how you breathe when you sleep," Dr. Mark Heggem explains. "It's not uncommon for patients with sleep apnea to stop breathing many times during the night. Each time that happens, the amount of oxygen in the patient's blood drops, triggering the heart to beat much faster and carbon dioxide levels to rise. The brain

.....
Dr. Mark Heggem

is one of Riverwood's family practice physicians who can advise if a sleep study may benefit you.

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Lifestyle Changes

can promote better sleep

- **Start a relaxing pre-sleep routine to wind down from your daily activities.**
- **Avoid strenuous exercise within 2 to 3 hours of bedtime.**
- **Minimize light, noise and temperature extremes in your bedroom.**
- **Avoid caffeine, nicotine or large meals within 4 hours of bedtime.**
- **Try to go to bed and get up at the same time each day.**

.....
A patient

demonstrates how monitoring equipment is attached for a sleep study at Riverwood's new diagnostic center.

.....

progressively drives the patient to breathe again and disturbs sleep, causing the patient to awake exhausted after a full night's sleep."

At the end of the sleep study, the technician scores the measurements and data collected and interprets the findings to help the attending physician diagnose and plan the best course of treatment. If you have sleep concerns, consult your healthcare provider and ask about diagnostic testing that may help you get a good night's sleep again. 🔄

PATIENT TESTIMONIAL

Paul Peterson Aitkin

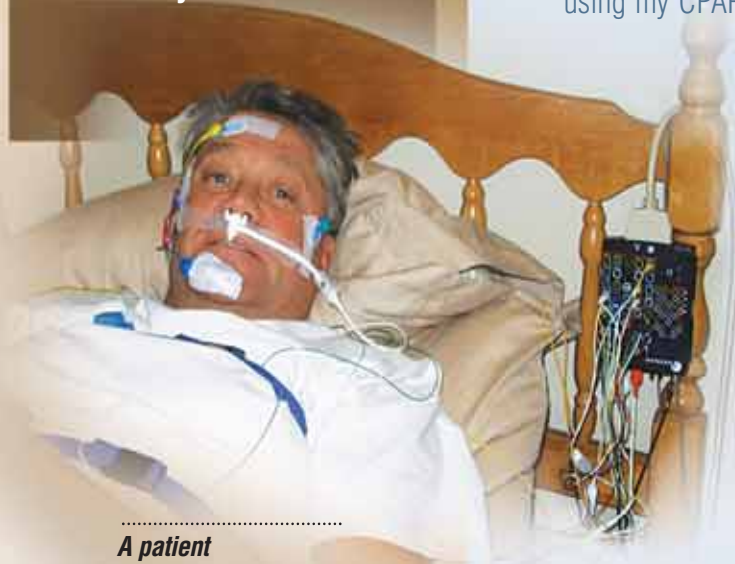
Sleep disorder treatment can dramatically change quality of life. A Riverwood sleep study patient comments on his experience.

“For the past two years I couldn't figure out why I was just as tired in the morning as when I had gone to bed. I had no energy during the day and always needed a nap.

To help determine what should be done, my doctor at Riverwood, Dr. Mark Heggem, referred me for a sleep study. I spent one night in Riverwood's sleep study lab on December 19th and since then I have been using my CPAP mask. I no longer feel tired all day

and have more energy now that I'm sleeping through the night. Recently, my wife and I took a 13-day trip and it was easy to take along my CPAP gear, which all fits nicely into a case. Thanks to my CPAP mask, I slept just fine and really enjoyed the trip.

Anyone having trouble sleeping should talk with their doctor and find out if they are a candidate for the sleep study program. It improved the quality of both my days and nights—and my wife's. She's enjoying sleeping through the night too now that my loud snoring, stopped breathing and leg kicking have stopped. 🔄”



NEWS Briefs

Sign up to receive Online Healthcare Information



Riverwood is now offering **news and information via email once a month** on the latest community events, new services at our hospital and clinics, or other helpful healthcare information. To sign up for these monthly emails, simply email Riverwood's Marketing staff at pr@rhhc.sisunet.org or call us at (218) 927-5555.

Riverwood launches Electronic Charting in ER



On Feb. 26, Riverwood's hospital emergency department doctors and nurses began recording patients' vital signs and other medical data via computer on an electronic health record instead of manually on a paper chart.

This is another step in Riverwood's implementation of a **comprehensive electronic health record system** throughout its facilities. To learn more, go to RiverwoodHealthcare.com and click on the "In the News" at the bottom of the home page, then "Health/Facility News."

Riverwood joins group to promote Safety in Surgery



Riverwood's Surgical Services staff recently joined a group of more than 20 Minnesota hospitals and surgical centers to form the **Greater Minnesota Initiative for Safe Surgery**. This group provides an opportunity for facilities to share problems and solutions related to wrong-site surgery and other issues. Members also work to educate community members about how to be wise consumers and advocates for their own best health care.

ER Medical Director

co-authors JAMA article

Dr. James Harris, who heads Riverwood's hospital emergency services, co-authored an **article on cardiac catheterization**

activation among patients who have had a specific type of heart attack. The article was published in the December 26, 2007 issue of the Journal of American Medical Association. Several co-authors were from the Minneapolis Heart Institute at Abbott Northwestern Hospital in Minneapolis.



Garrison Clinic & Pharmacy

Continued from page 1

Gina said the quick service at the clinic and pharmacy allowed them adequate time to get to a family funeral later the same day. "Allie was feeling better within 24 hours and it was great not to have the worry of going through the trauma of an ER visit and paying additional charges," Ostrowski adds. "The clinic staff was so friendly and accommodating. They provided my 2-year-old daughter with an activity bag of toys that kept her occupied the whole time."



Clinic & Pharmacy Hours

Monday thru Friday 8:30 am - 4:30 pm

Saturday 8:30 am - 2:00 pm



Since the Riverwood Garrison Clinic and Pharmacy opened in June 2007, many patients—both local residents and seasonal visitors—have enjoyed the convenience of same-day, walk-in appointments and Saturday hours. The clinic and pharmacy are open 8:30 a.m. to 4:30 p.m., Monday through Friday, and 8:30 a.m. to 2:00 p.m. on Saturday.

"We've heard many patient comments about how nice it is to have a full-service medical clinic and pharmacy conveniently located close to home or where they enjoy recreational activities on the weekend," says Mike Delfs, Riverwood Chief Operating Officer who oversees Riverwood clinic and pharmacy operations. "With Riverwood's commitment to serving patients through a full spectrum of care, we are now expanding the services we offer in Garrison with a new outpatient care facility."

Open House

April 15, 4-6 pm

The **public is invited** to tour the new outpatient facility and meet the Riverwood staff who will be providing services.

New outpatient facility to open in March

Riverwood has built a new outpatient services facility, which is set to open in mid-March, adjacent to its clinic and pharmacy in Garrison. Services offered will include physical therapy, respiratory therapy, diabetes and nutrition services and wound care.

The 2,023-square-foot outpatient facility includes three treatment rooms—two for rehabilitation services such as physical therapy, occupational therapy and cardiopulmonary rehab, and one for wound care.

Pharmacy offers discount coupon

The Riverwood Garrison Pharmacy offers drive-through window convenience for picking up prescription medications, as well as a variety of commonly used over-the-counter medications and a small selection of personal hygiene products. To enjoy up to a \$10 discount on your co-pay for a new or transferred prescription or 10 percent off on any retail merchandise, simply clip the coupon in this newsletter below.

OFFER VALID THROUGH 5/31/08

up to **\$10 off**

OR

10% off

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In store coupon

Valid at Riverwood's Garrison Clinic Pharmacy

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Your Health

SPRING 2008

Riverwood Community Outreach Calendar

SEMINARS

Light meal served. No cost to attend. Register for seminars via email: education@rhhc.sisunet.org, or phone.

Diabetic Shoe Fitting

AITKIN: Riverwood Center for Outpatient Services **March 26, 10:30 AM to 12:30 PM**
Riverwood Diabetes Center: (218) 927-8281

Women's Gynecological Concerns

Pelvic organ prolapse, stress urinary incontinence

AITKIN: First Lutheran Church
April 24, 6:00 to 7:30 PM
Riverwood Education: (218) 927-5318

Asthma Screening and Analysis

AITKIN: Riverwood Healthcare Center
May 21, 5:00 to 7:00 PM
Riverwood Education: (218) 927-5318

EDUCATION & SUPPORT

Joint Replacement Pre-Surgery Class

AITKIN: Riverwood Healthcare Center
March 12, April 9, May 14, 1:00-3:00 PM
Surgical Services: (218) 927-5549

Prenatal Education Classes

AITKIN: Riverwood Healthcare Center
April 29, May 6, 13, 20 & 28, 7:00-9:00 PM
For more information or to register, call:
Riverwood Education, (218) 927-5318

Diabetes Support Group

AITKIN: Riverwood Support Services
March 13, April 10, May 8, 5:00-6:00 PM
Riverwood Diabetes Center: (218) 927-8281

Cancer Support Group

AITKIN: Riverwood Healthcare Center
March 18, May 20, 6:30-8:00 PM
CROSBY: Cuyuna Regional Medical Center
April 15, June 17, 6:30-8:00 p.m.
Riverwood Oncology: (218) 927-8287

Stroke Support Group

AITKIN: First Lutheran Church
March 24, April 28, 2:00-3:00 PM
Riverwood Rehabilitation: (218) 927-5580

EVENTS

Diabetes Community Event

"A1C Champions"

AITKIN: First Lutheran Church
April 21, 5:30 to 7:00 PM
Riverwood Diabetes Center: (218) 927-8281

Open House: New Outpatient Facility

GARRISON: Riverwood Center for Outpatient Services **April 15, 4:00 to 6:00 PM**
Riverwood Marketing: (218) 927-5555

Healing Garden Memorial Ceremony

AITKIN: Riverwood Healthcare Center
Healing Garden **May 25, 1:00 PM**
Riverwood Foundation: (218) 927-5158

Meet the *new* Faces of Riverwood

Emergency Physician

David Taylor, MD, recently joined Riverwood's Emergency Department medical staff as a full-time provider. Formerly, Dr. Taylor has practiced as a rural emergency room physician with the Wapiti Medical Group, gaining experience working in many emergency rooms in Minnesota.

Dr. Taylor received his medical degree from the University of Iowa Medical School in 1997 and holds a B.A. degree in Biology from Wartburg College. He completed a Family Practice residency at St. Luke's Medical Center and St. Mary's Duluth Clinic and practiced as a family physician for SuperiorHealth Group in Duluth for several years.

He has fellowship training in Sports Medicine and served as a physician for the Indianapolis Colts Training Camp in 2004. He serves as a medical interviewer for the National Football League Combine and was formerly a physician for the U.S. Ski Nordic Ski Team.



David Taylor, MD

Registered Dietitian

Lisa Kuklis, LD/RD, joined Riverwood's staff in December. She most recently worked as a clinical dietitian at BayShore Health Care & Rehab Center, a 200-bed long-term care facility in Duluth. She is a U.S. Army Reserve dietitian with the rank of Captain. She continues to work several days a month providing nutrition support services for local U.S. Army Reserve units and Veterans Administration outpatient clinics in Brainerd.

Kuklis graduated with honors with a B.A. degree in Dietetics from the College of St. Scholastica in 1999. She has credentialing in weight management counseling and is pursuing training as a Certified Diabetes Educator.

Kuklis works three days a week at Riverwood in Aitkin and provides on-site nutrition counseling and services at the Riverwood McGregor Clinic several days a month. Her office is located at Riverwood's Center for Outpatient Services, 601 Bunker Hill Drive, and she may be reached at Nutrition Services, (218) 927-8281.



Lisa Kuklis, LD/RD

Foundation Announces Card Sale to support Healing Garden



Riverwood Foundation

is pleased to announce its Community Artist Greeting Card sale. Featuring

nature photographs by Aitkin's own Michael Paulbeck, the cards include four designs, portraying Minnesota's four seasons.

One of four stunning wildlife photos by Mike Paulbeck that is featured on the set of greeting cards offered through Riverwood Foundation.

All proceeds from the sale will go toward maintaining and improving the Healing Garden on Riverwood's main campus in Aitkin. The Healing Garden was created in 2003 to provide a place of peace, tranquility, healing and reflection for patients, their families, our employees and the community. Memorial bricks, living flowers and trees can be purchased to memorialize or honor loved ones, or to celebrate a birth or anniversary.

These limited edition cards cost \$15.95 plus tax for a set of eight full-size note cards. They can be purchased at Paulbeck's County Market, Jacques Art Center, Thrifty White Drug, Riverwood's hospital gift shop in Aitkin, or at Riverwood clinics in Garrison and McGregor.

This innovative project is made possible thanks to a donation of photography from Michael Paulbeck, and the Duluth Superior Community Foundation, which provided partial funding for the project through its unrestricted endowment fund.

To order cards to be shipped to your home, please call Katie Nelson at the Foundation at (218) 927-5158 or email knelson3@sisunet.org.

Our promise is to enhance and improve the health and well being of everyone we serve through commitment and compassion.



200 Bunker Hill Drive • Aitkin, MN 56431
Contact any Riverwood facility toll-free at (888) 270-1882
www.RiverwoodHealthcare.com

HOSPITAL • ER • URGENT CARE
218-927-2121

AITKIN CLINIC
218-927-2157 or 888-270-1882

McGREGOR CLINIC
218-768-4011

GARRISON CLINIC
320-525-3400

SPECIALTY CLINIC
218-927-5566

SUPPORT SERVICES
218-927-8272