IN THIS ISSUE:

Meet the Provider: Q&A with Dr. Jafri  Page 3
Women’s Care at Lakeview Health  Page 6
A Winning Team with Team Care  Page 8
Lakeview Health is the story behind these questions and the affirmative answers that you’ve been seeing in local marketing. We want you to know about the broad range of services available to you at Stillwater Medical Group and Lakeview Hospital. We also want you to know that we’re friendly, approachable, and genuinely concerned about your health and well-being.

In recent years, the demand for some services has exceeded available appointments. We have been working hard to correct the imbalance. Over the past 12 months we’ve added health care professionals to provide you with better access to Family Medicine, OB/GYN and Internal Medicine. We have also added staff to provide better access to your specialty care including Cardiology, Oncology and Vascular Surgery. Expanded staffing means we can do a better job of quickly connecting you with a health professional to address your medical needs. It also means that each staff member can continue to take the time you need to understand your medical concerns, treatment options and expected outcomes.

Whether you are visiting for an acute injury or illness or working to manage a chronic health problem, we want you to feel a sense of comfort and caring when you visit either Lakeview Hospital or Stillwater Medical Group. As our nurse mascot Penny Cillin says, “We’ll make it all better.”

Please consider making Stillwater Medical Group and Lakeview Hospital your home-base for your household’s healthcare.

The $4 million expansion to Lakeview Hospital’s Emergency Department was completed in April. The expansion provides over 10,000 square feet with 12 private treatment rooms, including special rooms for trauma care and decontamination. The recent expansion was funded through Lakeview Health’s Best Medicine Capital Campaign which raised over $20 million from individual donors, corporations and foundations.

The hospital also earned a Level 3 trauma hospital designation from the Minnesota Department of Health. As a Level 3 trauma hospital, Lakeview offers 24-hour immediate coverage by emergency medical physicians and prompt evaluation by general surgeons and anesthesiologists. Lakeview Hospital is capable of evaluating and treating a wide range of emergencies for adults and children. The goal of Minnesota’s trauma system is to decrease injured patients’ time to care by making sure their medical needs are appropriately matched with hospital resources. To obtain Level 3 designation, hospital staff voluntarily participated in an intense designation process, including an outside review of the hospital’s resources and capabilities to care for trauma patients. Lakeview’s emergency department serves nearly 13,000 patients a year.
What do you want people to know about gastroenterology?

We take care of all issues pertaining to the digestive tract. At Lakeview, we offer comprehensive gastroenterology services from top (your mouth) to bottom (your bottom) including your liver, pancreas, gallbladder, esophagus and colon.

What are some common conditions a gastroenterologist treats?

• Abdominal pain
• Ulcers
• Jaundice
• Inflammatory bowel disease
• Crohn’s disease
• Ulcerative colitis
• Irritable bowel syndrome
• Hepatitis
• All kinds of liver issues

What is the current thinking on colonoscopies as a preventive measure? Does it actually save lives?

Evidence shows that colon cancer screening does save lives, and colonoscopy is considered the gold standard for screening. It allows the doctor to detect and remove polyps (benign growths) that can become cancerous.

What are some common patient misconceptions about colonoscopies?

The most common misconception is that the colonoscopy will be uncomfortable. The procedure, if done correctly, is very well tolerated by most patients. My team and I work very hard to ensure the patient’s comfort during every step of the procedure.

Most patients say that the prep is worse than the actual colonoscopy. With that in mind, we’ve recently improved the prep and now offer a Miralax and Gatorade or Powerade mixture which patients say is better than the old prep.

Lakeview Foundation
Strength Grows from Solid Foundation

Looking Out for Your Health & Wellness

Lakeview Foundation has established a Health and Wellness Committee to help us identify community health and wellness issues facing the St. Croix Valley residents. The committee’s goal is to create long-term, sustainable improvements in health. They will also collaborate with other entities in the community to maximize all the best available resources. We are excited about the task at hand and look forward to leading an initiative that will have tangible benefits to the community. Please visit the Foundation website, www.lakeviewfoundation.org, for progress updates.

Scholarships Winners

Congratulations to the recipients of Lakeview Foundation Health and Wellness Education Scholarships for the 2011-2012 academic year: Cheryl Belisle, Alexandra Hetzer, Sarah Kloeckner, Morgan Lindstrom, Michelle Nelson, Linda Olson, Lauren Oseland, Tisha Palmer, Julie Ligday, Alexis Beinlich, Kelli Auer, Abigail Chute, Rachel Clemens, Mallory Hoffman, Andrea Mulhausen, Nick St. Ores and Chad Thompson. Scholarships are awarded to students who are pursuing careers in health care. Funding for the scholarships comes from the generous support of the Andersen Corporate Foundation, the Lakeview Bridge Marathon and individual donors.

Healing Garden

Lakeview Oncology and Infusion Services offers people in our community care and support through their cancer diagnosis, consults, treatment and follow-up care in a soothing, healing environment. Lakeview Foundation and Abrahamson’s Landscape have drafted a plan for a Healing Garden. The garden will be located directly outside infusion therapy space, benefitting patients and their families through the healing power of nature. Before construction can begin, our Foundation must raise funds (estimated cost is $30,000). If you want to be part of this vision and help us bring the healing garden to life for our patients, their families and the community, your contribution can be made online at www.lakeview.org or by sending a check or a transfer of appreciated securities to Lakeview Foundation, 927 Churchill St. W., Stillwater, MN 55082. Every gift will be recognized and is truly appreciated. For more information, please call (651) 430-4556.
New talent at Lakeview

and new solutions for you!

Obstetrics/Gynecology

Nichole Nelson, DO
- DO - Des Moines University-College of Osteopathic Medicine
- Residency in Obstetrics and Gynecology and Osteopathic Internship - Sparrow Hospital/Michigan State University

Kate Schneider, MD
- MD - University of North Dakota School of Medicine and Health Sciences
- Residency in Obstetrics and Gynecology - Sparrow Hospital/Michigan State University (served as administrative chief resident)

Vascular Surgery

Gary Rosenthal, MD
- MD - University of Alabama
- Residency in Surgery - University of Cincinnati
- Fellowship in Vascular Surgery - University of Florida
- Certifications - American Board of Surgery, American Board of Surgery-General Vascular Surgery-Florida

Dermatology

Margaret Collins, MD
- MD - Medical College of Wisconsin
- Residency in Dermatology - University of Wisconsin
- Residency in Family Medicine - Valley Family Medicine
- Certifications - American Board of Dermatology, American Board of Family Medicine

Gastroenterology

Karin Hagen, MD
- MD - University of Minnesota Medical School
- Residency in Internal Medicine - University of Minnesota Medical Center
- Fellowship in Gastroenterology - University of Minnesota
- Certifications - American Board of Internal Medicine, American Board of Internal Medicine-Gastroenterology

Irshad Jafri, MBBS
- Medical school - Sindh Medical College, Pakistan
- Residency in Internal Medicine - Hennepin County Medical Center
- Fellowship in Gastroenterology - University of Massachusetts
- Certification - American Board of Internal Medicine-Gastroenterology

Family Medicine

Cynthia Goetz, PA-C
- MPAS – University of Nebraska
- PA-C – University of Osteopathic Medicine & Health Sciences
- Certification – NCCPA – Physician Assistant Certified

Lisa Cachuela, MSN, RN, CNP
- University of Wisconsin-Eau Claire, School of Nursing; St. Louis University School of Nursing
- Certification – American Academy of Nurse Practitioners, ACLS, PALS, ABLS

Herbert Holman, MD
- MD – University of Minnesota
- Residency in Family Medicine – University of Minnesota/Bethesda Hospital
- Certifications – American Board of Family Medicine, American Board of Medical Acupuncture

Family Medicine

Patricia Geisen, CNP
- BSN – University of Phoenix
- MSN (Family Nurse Practitioner) – Metropolitan State University
- Certified Family Nurse Practitioner, AANP

Internal Medicine

Shay A. Schroetter, CNP
- DNP – University of Minnesota
- MSN (Adult Nurse Practitioner) – University of Wisconsin-Eau Claire
- Certifications – Adult Nurse Practitioner, ANCC; Cardiac/Vascular Nursing, ANCC; ACLS

Laura Meyer, CNP
- BSN – College of Saint Catherine
- MSN – University of Wisconsin-Eau Claire
- Certified Nurse Practitioner (CNP)

Cardiology

Brandi Witt, MD
- MD - University of Minnesota Medical School
- Residency in Internal Medicine - Mayo Clinic
- Fellowship in Cardiology - Mayo Clinic
- Certifications – American Board of Internal Medicine-General Internal Medicine, American Board of Internal Medicine-Cardiology, Peripheral Vascular Ultrasound

Surgery

Michael Koeplin, MD, FACS
- MD – University of Missouri (Columbia)
- Residency in General Surgery – Hennepin County Medical Center
- Board certified in General Surgery

Pediatrics and Adolescent Medicine

Janet L. Rasmussen, MD
- MC – Loma Linda University (CA)
- Residency in Pediatrics – Mayo Clinic
- Certifications – American Academy of Pediatrics, Neonatal Resuscitation Program
DIAMOND Program
Depression Improvement Across Minnesota, Offering a New Direction

Roughly 415,000 Minnesotans may struggle with depression, yet primary care providers detect only about 35-50 percent. In March 2010, Stillwater Medical Group changed the way it provides depression care and launched the DIAMOND program. Since then, over 400 patients have been referred to the program which has proven to provide 50% greater improvement in depression over usual care in one year.

So, how does DIAMOND work? The program employs a care-team model that includes the primary care physician, care manager, clinical assist, consulting psychiatrist and the patient. The approach includes:

• A checklist that helps the care team detect and monitor depression symptoms.
• A system for the care team to regularly keep track of how the patient is doing.
• A proven medical guide for changing or intensifying treatment as needed.
• Tools to keep a patient from falling back into major depression.
• A care manager who helps patients between visits by educating and helping them reduce their depression, which improves their ability to function.
• A psychiatrist who reviews cases with the care manager and consults with the primary care physician on any recommended changes in treatment.

Meet our team!

Dr. Jeff Virant is the physician champion of the DIAMOND program. He is board certified in family medicine; about half of his practice addresses behavioral medicine. Dr. Virant has an excellent understanding of the program and is a resource to providers and staff.

Dr. Bob Most is our consulting psychiatrist on the DIAMOND Care Team. He does not meet directly with patients, but rather he meets with the care managers each week to review new cases as well as cases where patients aren’t improving. He makes recommendations for changes which are relayed to the primary care provider for consideration.

DIAMOND Care Managers (Amber Gust and Michelle “Shelly” Rattei) work with primary care physicians, the psychiatrist and the patients to relay information on how well treatment is working. They work closely with patients, giving them support, helping them set goals and teaching them how to manage their depression.

Primary care providers and their assistants are often the first to detect symptoms and provide a screening tool that helps diagnose depression. Primary care providers initiate and maintain treatment, refer patients to DIAMOND and coordinate care.

DIAMOND patients are active participants in the management of their depression. How do our patients feel about the program?

Here is what some have said...

“My doctor] has been great. She directed me to the DIAMOND program where I’ve been working with Amber. Amber has helped me move out of my depression with goals and so much understanding and support.”

“My doctor] and care manager are wonderful at what they do. I feel truly blessed and thankful for their great care and understanding.”

For more details about the DIAMOND program, please talk to your physician or visit www.ICSI.org and click on “DIAMOND for Depression.”

Hear What You’ve Been Missing

Unaddressed hearing loss can greatly undermine quality of life. Numerous studies have linked untreated hearing loss to a wide range of physical and emotional conditions, including impaired memory, increased risk to personal safety, irritability, fatigue, stress, depression, reduced job performance and diminished overall health. There are steps you can take to prevent hearing loss:

• Avoid exposure to excessive noise. If it’s loud enough that you need to raise your voice to be heard over the noise, it is loud enough to require hearing protection
• Alternate a noisy activity with a quiet one to give your ears a rest. Give your ears a break by taking a walk or a run without plugging in your MP3 player.
• Schedule a comprehensive hearing evaluation if you have risk factors for hearing loss - tinnitus (ringing in the ears or noise in the head), high blood pressure, diabetes, kidney disease, heart disease and family history of hearing loss.
• Schedule a diagnostic hearing evaluation with an audiologist. Audiologists are doctors of hearing science who specialize in evaluating, diagnosing and treating individuals of all ages with hearing loss, tinnitus and balance disorders.

The Audiology Foundation of America recommends a baseline evaluation by the age of 30, with those over 40 getting an annual hearing test. 95% of individuals with hearing loss can be helped with today’s technology. Audiologists specialize in fitting individuals with the right hearing instruments. To schedule an appointment with a Stillwater Medical Group audiologist, call (651) 439-1234.

Audiologists specialize in fitting individuals with the right hearing instruments. To schedule an appointment with a Stillwater Medical Group audiologist, call (651) 439-1234.
What is a Water Birth?
Water births give the control of labor and birth back to the mother. For some, it is also an effective way to manage pain. The birth takes place while surrounded in water in a quiet room with the personal care of a physician or midwife and nurses. For more information on water births as a safe alternative, talk with your healthcare provider or call the Birth Center at (651) 430-4760.

Obstetrics and Gynecology
We partner with you to develop care that will guide you through the many stages of your life, from adolescence through post-menopause. Whether you are planning a family, pregnant or recently gave birth; are concerned about heart disease, breast cancer or osteoporosis; or wondering about treatment for menopause symptoms, our OB/GYN Clinic is here for you. We want you to feel comfortable asking questions; after all, no one knows your body as well as you do.

Pregnancy
Stillwater Medical Group’s obstetricians and nurse midwives guide expectant mothers, and women planning their pregnancies, every step of the way. Through scheduled appointments, nutrition and exercise advice, educational classes and ultrasound technology, we help to make the birth of your child a healthy and joyous occasion. Our providers also manage the care of high-risk patients experiencing complications of pregnancy such as hypertension, gestational diabetes or premature labor.

Free Pregnancy and Parenting e-Newsletter
Lakeview Health patients have a resource to guide them through their pregnancy up to age three years - a free weekly parenting email. It includes customized information, news and resources delivered to your inbox. When you register with your name, due date (or birth date) and e-mail address, you’ll receive our weekly parenting e-mail tailored to your personal week of pregnancy or parenting. To sign up, simply visit www.lakeview.org and click on the parenting e-mail icon on the homepage.

Perimenopause and Menopause
Common menopausal symptoms – such as hot flashes, night sweats and vaginal dryness – have a significant effect on millions of women every day. Stillwater Medical Group’s physicians can provide guidance to offer relief from symptoms, allowing patients to have a better sense of health and well-being. With sound medical advice, women can continue living an active and healthy lifestyle.

Osteoporosis
Osteoporosis is treatable and even preventable in most people. A bone marrow density test is the best way to determine your bone health. The test is easy and takes only 10-15 minutes. You are asked to lie on a table while a machine above you measures your bone density. To schedule a bone density test with Lakeview Health, contact your primary health care provider.

With so much for the modern woman to handle ... It’s nice to know you can get complete care all in one convenient place.
The Lakeview Hospital Birth Center offers...

- Family-centered care
- Comfortable, private rooms
- Overnight accommodations for one family member
- Antepartum testing
- Private LDRP birthing suites
- Fully-equipped Cesarean birthing suite
- Aromatherapy, massage and relaxation
- Water birth option
- Homecare visits
- Level II nursery
- A locked unit for the safety of our patients
- Preterm labor care
- Lactation consultation
- “Sound Beginnings” newborn hearing screening
- Pain management to meet the needs and preferences of patients

Lakeview Health

Breast Health

Lakeview Health uses digital mammography which takes an electronic image of the breast and stores it directly in a computer. This allows the recorded data to be enhanced, magnified or manipulated for further evaluation. To schedule your yearly mammogram, call Lakeview Hospital’s Imaging Department at (651) 430-4612.

Midwifery

Our midwives know that a healthy lifestyle means taking care of you and your family every day, not just during pregnancy and birth. Your midwife is there for gynecological care, breast exams, heart screenings and more. You can receive adolescent and midlife care, as well as prenatal and pregnancy care from a midwife you trust.

Family Medicine

Family medicine providers specialize in caring for the physical, mental and emotional well-being of their patients and their families. They know how your family’s health history and situation can affect your health and are trained to care for you through all the stages of your life. Our family medicine providers are at our Main Campus and Somerset Clinic.

Pediatrics and Adolescent Medicine

Our pediatricians and pediatric nurse practitioners are committed to the health and well-being of newborns, children and adolescents up to age 20. We have pediatricians at our Main Campus in Stillwater and at the Somerset Clinic.

Massage Therapy

Massage therapy can help alleviate emotional stress, tension and pain. During a massage, the massage therapist focuses on musculature, increasing blood flow and relieving stress throughout the body. Massage can play an important role in your wellness. Stillwater Medical Group provides professional massage services in a calming and soothing environment. For more information, please visit www.stillwatermedicalgroup.com/massage.

Heart Disease: What Every Woman Should Know

Dr. Brandi Witt, Mayo-trained physician and new cardiologist at Lakeview Heart Center, will speak about the unique features of heart disease in women. Learn more about the signs and symptoms of heart disease, what can be done to treat it and how to prevent it. A question and answer session to follow.

DATE: Oct. 12, 6:30 - 7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-430-4697

For more information on upcoming classes and women’s health related classes, please see complete list at the end of this issue of HealthViews.
At Stillwater Medical Group, health care is changing for the better through the introduction of team care. “Team care” is a group of health care professionals who plan and deliver coordinated care in collaboration with a patient. It is a team approach to care that provides access to all the services and support a patient needs.

The team includes the patient, primary care provider, mid-level provider (nurse practitioner or physician assistant) and care coordinator. The mid-level provider assists when the primary care provider is unavailable or absent and supports the management of chronic diseases and preventive services. Other health professionals may also be on the team depending on a patient’s individual needs. The team may also include trusted family or friends who are involved with a patient’s health care.

Care is focused on the patient as a whole person and is tailored to fit their individual needs. The patients and their team work together and make decisions together. Patients will also notice an improved ability to make appointments and communicate with their team.

As an involved member of their team, patients can take the following steps to ensure the best care:
- Bring a list of questions/concerns to each appointment.
- Ask for a care plan to use to communicate with other medical providers involved in the patient’s care, if there is a chronic health condition.
- Be open and honest about health habits. Primary care providers are here to help, not judge.
- Ask to have something repeated if it is not understandable.
- Ask the provider to write down the next steps.
- Ask about how to get care after hours, if needed.
- Ask to meet the office staff on your team (nurses, persons making referrals, billing personnel, etc.).
- Keep the team informed on progress or concerns.

Fall is here... and so are some great Fall recipes

Supplies needed:
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon cumin
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1 cup milk
- Fresh ground black pepper
- 2 eggs, beaten
- 1/4 cup butter, melted
- 2 cups grated zucchini
- 1-1/2 cups fresh corn, kernels cut from cob
- 1 cup finely shredded Cheddar cheese
- Oil for frying

In a large bowl, stir together flour, baking powder, cumin, sugar, salt and pepper. In a small bowl, whisk together eggs, milk and butter. Whisk wet ingredients into dry ingredients. Stir in zucchini, corn and cheese; mix well. Warm oil in a cast iron skillet over medium-high heat. Drop batter by the tablespoonful into hot oil. Fry until crisp and brown, turning once with tongs. Remove to paper towels.

Makes 24. Per serving: 144 calories, 8 g total fat, 29 mg cholesterol, 138 mg sodium, 14.9 total carbs, 0.7 g dietary fiber, 3.6 g protein.

Source: Allrecipes.com
Lakeview Pharmacies Offer More ... **For Less**

In days gone by, people would take a leisurely walk or drive to the neighborhood pharmacy to fill their prescriptions or to pick up cold medicine. Sometimes they would stay awhile and chat with the pharmacist who knew them by name. They also knew they were getting a good product at a fair price.

More recently, life seems busier and many of us are in a rush to get our prescriptions filled at a chain or big box store. We assume we are getting the best price.

According to the National Community Pharmacists Association, independent community pharmacies received higher scores on overall satisfaction and service among all types of pharmacies. Independent pharmacies are also competitive on pricing.

According to the 2010 J.D. Power and Associates Pharmacy Study, patients gave the highest satisfaction scores to independently owned, locally operated pharmacies.

---

**Cold and Flu Season. Stay Well!**

- Everyone 6 months of age and older should get vaccinated against the flu as soon as the vaccine is available. Vaccination of high risk persons (including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older) is especially important.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people. If you are the one who is sick, limit your contact with others to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone (without the use of a fever-reducing medicine) except to get medical care or for other necessities.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

---

**Lakeview Pharmacies**

- **LAKEVIEW W COMMUNITY PHARMACY**
- Convienient, close & caring

**Lakeview Hospital Retail Pharmacy**
- Located on the first floor near the lobby
- Phone: (651) 430-463
- Hours: 9:00 AM - 5:30 PM, Monday through Friday
- 9:00 AM - 1:00 PM, Saturday

**Lakeview Community Pharmacy**
- Located at Stillwater Medical Group in the walkway between the Specialty Clinic and Main Campus
- 1500 Curve Crest Blvd., Stillwater
- Phone: (651) 430-4670
- Hours: 8:00 AM - 7:00 PM, Monday through Friday
- 8:00 AM - 12:00 PM, Saturday and Sunday

**Lakeview Health Pharmacies**
- Located near the main lobby on the first floor, offers unique gifts in excellent taste including seasonal merchandise, greeting cards, clothing, baby items, home decor, fresh flowers and candy.
- Phone: (651) 430-8502
- Hours: 9:00 AM - 1:00 PM, Monday through Friday
- 9:00 AM - 7:00 PM, Saturday

**Save 20% on your next Over-the-counter purchase**

1st Pharmacy Delivery 
FREE

**Lakeview Community Pharmacy**
- Located inside the Stillwater Medical Group Main Campus
- 1500 Curve Crest Blvd., Stillwater
- Phone: (651) 430-4670
- Hours: 8:00 AM - 7:00 PM, Monday - Friday
- 8:00 AM - 12:00 PM, Saturday & Sunday

**Online prescription refills:**
- www.refills.com/lakeviewcommunity
- 1st Pharmacy Delivery FREE

**Lakeview Hospital Retail Pharmacy**
- Located on the first floor near the lobby
- Phone: (651) 430-463
- Hours: 9:00 AM - 5:30 PM, Monday through Friday
- 9:00 AM - 1:00 PM, Saturday

**Lakeview Community Pharmacy**
- Located at Stillwater Medical Group in the walkway between the Specialty Clinic and Main Campus
- 1500 Curve Crest Blvd., Stillwater
- Phone: (651) 430-4670
- Hours: 8:00 AM - 7:00 PM, Monday through Friday
- 8:00 AM - 12:00 PM, Saturday and Sunday

---

**Lakeview Pharmacy FACTS**

**Look at what is offered at the Lakeview Health pharmacies:**
- Independently owned and operated by Lakeview Health.
- Fast, friendly service - our pharmacists take the time to know you and your needs.
- Competitive prices on most prescriptions and over-the-counter medications. If there is a cheaper option to your medications, we’ll let you know.
- Convenient - no need to make an extra stop on your way home from the clinic or hospital.
- Most insurance plans accepted, including Medicare Part D. In most cases, co-pays are the same as at other pharmacies.
- Prescription refills available online or by phone.
- Delivery service available.
- Your medical history is readily available - we check to make sure there are no drug interactions or allergies.
- Wide selection of over-the-counter medications and some durable medical equipment. (If you don’t see what you need, we’ll order it for you!)

**Take a moment and compare what you are paying at your pharmacy against pricing from Lakeview**

(base prices, before insurance):
- **Junel Fe 1.5/30 #28 = $31.55**
- **Ketorolac Ophthalmic Solution 5 ml = $25.69**
- **Permethrin Cream 60 gm = $25.81**
- **Proair inhaler #1 = $60.44**
- **Amoxicillin 875 mg tablets #20 = $17.30**
- **Prempro 0.625/5 tablets #28 = $85.65**
- **Avapro 150 mg tablets #30 = $99.35**
- **Singular 10 mg tablets #30 = $165.81**
- **Propranolol 60 mg tablets #60 = $52.48**
- **Diovan 80 mg tablets #30 = $113.04**
- **Ventolin inhaler #1 = $57.08**
- **Omeprazole 20 mg capsules #30 = $15.69**

**Save 20% on one (1) item at:**

**Fractured Frog Gift Shop**
- The gift shop, located near the main lobby on the first floor, offers unique gifts in excellent taste including seasonal merchandise, greeting cards, clothing, baby items, home decor, fresh flowers and candy.
- (some restrictions apply)

**Lakeview Community Pharmacy**
- 1st Pharmacy Delivery FREE
- Hours: 9:00 AM - 1:00 PM, Monday through Friday
- 9:00 AM - 7:00 PM, Saturday

---

**Source:** Centers for Disease Control and Prevention
Active again:
A once active life has resurfaced!

"It’s a miracle, I got my life back. And I’m working out 5-6 days a week.“

"On Friday I did an hour of spinning; Saturday I did a 5K walk and played 18 holes of golf; Sunday I went fishing; Monday I caddied 36 holes of golf, and on Tuesday I did a Yoga class,” said Mike Polehna. Not bad for someone who had a knee replaced and Birmingham hip resurfacing.

Before his surgeries, Polehna, a Stillwater city councilmember and the parks manager for Washington County, couldn’t do the things he loved. He couldn’t pheasant hunt; he couldn’t even walk more than 100 yards without experiencing pain. The knee pain was the result of an old football injury. The hip pain was due to bone spurs. As the pain continued to get worse, he decided he had to do something. In January 2010, Dr. Andrea Saterbak performed a knee replacement on his left knee at Lakeview Hospital. Then, four months later Dr. Timothy Panek performed Birmingham hip resurfacing on his right hip at Lakeview.

Now he has a full range of motion. He can do knee squats, run, go up and down stairs pain-free, carry decoys, drag a deer, or play with his grandchildren.

Birmingham hip resurfacing preserves the hip joint and is designed for patients who lead active lives and are under the age of 60. Hip resurfacing uses only a few centimeters of bone and is similar to a cap for a tooth. After three days in the hospital following the hip resurfacing, Polehna went home. He didn’t have to take any pain pills other than Tylenol.

“I recommend Lakeview Hospital to people. The care was very good; the nurses were awesome, the physical therapists were great. They treated me like a king”, said Polehna. “If people are willing to work with the rehab, they will have great results."

Modern life can take a toll on the human spine -- nearly four out of five people report having periodic episodes of back pain. Two common activities often associated with back problems are LIFTING and PROLONGED SITTING. Both are part of the daily routine for many people, so avoidance is not an option. By learning smarter ways to sit and lift, the risk of developing back pain can be minimized.

Back Pain: Minimize Your Risk

4 Tips For Safer Lifting

• Stand with a wide base of support using a staggered stance. Keep your feet at least shoulder width apart, with one foot slightly ahead of the other.

• Maintain your natural low back arch while lifting.

• Keep the weight of what you are lifting close to your body.

• Avoid twisting with your trunk – turn by moving your feet instead.

Remember, posture is not the problem... it’s part of the solution!

4 Tips For Safer Sitting

• Keep your arch when sitting. Let’s face it – most of us slouch! When we sit, we relax our trunk muscles and gravity causes the spine to collapse, resulting in a loss of the natural spinal curves. The normal arch in the low back is lost. Keeping the arch may involve adjusting the back rest of the chair or adding lumbar support. Home furniture is often soft and deep, making proper sitting more challenging. Adding a small pillow behind the back is recommended.

• Keep your knees even with your hips or slightly below. This makes it easier to keep the arch in the low back without strain.

• Keep your feet on the floor. Shorter people may need to use a foot rest.

• Move often! This is the most important tip. A study recently cited in the New York Times found that, on average, Americans are sedentary 8.5 hours/day. Stand to stretch or walk around whenever possible.
Classes? and other support!

Fall 2011 Classes and Support Groups
September 2011-January 2012

For a complete list of upcoming classes, please visit www.lakeview.org/classes

Cancer Care

Look Good...Feel Better
Look Good...Feel Better teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. Look Good...Feel Better is a collaboration between the American Cancer Society; the Cosmetic, Toiletry and Fragrance Association Foundation; and the National Cosmetology Association.

DATE: Mon., Nov. 7, 4-6 pm
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

Finding Your Way through Cancer
For individuals and their families who are dealing with a cancer diagnosis. Each week addresses an issue that most people confront at one time or another during their journey through cancer.

DATE: Thursdays, Sept. 22- Oct. 13, 7-8:15 pm
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

Prostate Cancer Support Group
DATE: Wed., Nov. 2, 11:30 am
LOCATION: Lakeview Hospital
COST: Free, No registration required

Breast Cancer Support Group
DATE: Second Wed. of each month, 7-8:30 pm
Fourth Wed. of each month, 3:30-5 pm
LOCATION: Lakeview Hospital
COST: Free, No registration required
CONTACT: (651) 269-0480 to verify location/time

Mind-Body Skills for Cancer Patients
Cancer brings its own unique difficulties and challenges for patients and their caregivers. In this specially tailored mind-body skills class, we will focus on how one can live with cancer by transforming the physical, emotional, social and spiritual dimensions of life with mind-body skills. Participants will learn empowering skills - such as meditation, guided imagery, breath work and movement - to help reduce stress, increase resistance to disease and improve self-awareness. Instructors are Stillwater Medical Group providers.

DATE: Tuesdays, Nov. 1 - Dec. 13, 7-9 pm
LOCATION: Stillwater Medical Group Main Campus
COST: $90 – Advance registration required
CONTACT: (651) 430-4510

Self Care

Advance Care Planning
Get the tools you need to assess your goals, values and beliefs about end-of-life care. We will offer tips on how to initiate a conversation with your loved ones and how to pick a surrogate decision maker. Participants will also be given an opportunity to schedule a free, private appointment to complete their advance directive with a certified Advance Care Planning facilitator.

DATE: For Wisconsin residents - Wed., Oct. 12, 10-11 am
For Minnesota residents - Wed., Nov. 16, 10-11 am
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

Dealing with Depression & Anxiety
Sometimes people with anxiety also suffer from depression or vice versa. Both of these disorders are treatable. Stillwater Medical Group family medicine physician Dr. Jeff Virant will discuss symptoms of each and appropriate therapy options.

DATE: Nov. 7, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

Kidney Stone School
Learn about the Stillwater Medical Group Stone Clinic. Stillwater Medical Group urologist Dr. Tom Stormont and dietitian Mary Miller will discuss how kidney stones can be prevented. They will also discuss how some stones can be treated locally with minimally invasive methods.

DATE: Mon., Sept. 19, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

Mind-Body Skills
Transform the physical, emotional, social and spiritual dimensions of your life with mind-body skills. Learn empowering skills – such as meditation, guided imagery, breath work and movement – to help reduce stress, increase resistance to disease and improve self-awareness. Instructors are Stillwater Medical Group providers.

DATE: Tuesdays, Sept. 20-Oct. 25, 7-9 pm
LOCATION: Stillwater Medical Group Main Campus
COST: $90 – Advance registration required,
CONTACT: (651) 430-4510

Kick Up Your Heels: Overcoming Foot and Ankle Pain
Each of your feet has 26 bones and 33 joints – a lot of things can go wrong. Join Stillwater Medical Group foot and ankle provider Dr. Christine Knutson as she talks about general foot and ankle pain, arthritis and measures you can take to overcome the pain.

DATE: Tues., Oct. 4, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

Buying a Hearing Aid: What You Should Know Before You Buy
Stillwater Medical Group audiologist Dr. Mary Kochendorfer will discuss the benefits and drawbacks of different types of hearing aids, as well as the various style options to achieve the best possible results based on the cause of hearing loss. Learn about legal rights and consumer information when purchasing a hearing aid, and how to choose one that fits your budget, lifestyle and individual needs.

DATE: Tues., November 1, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Advanced registration required
CONTACT: (651) 430-4697

It just might be back to school for everyone! :)
**Concussions in Sports**

Concussions can occur in any sport. It is important for coaches, parents and athletes to know the signs and symptoms and what to do if a concussion occurs. Stillwater Medical Group's sports medicine physician Dr. Ronald Yee and pediatrician Dr. Brian Cress will discuss the current research on concussions, how they are treated and what we currently know and don’t know about them.

**DATE:** Tues., Nov. 8, 6:30-7:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free, Advanced registration required  
**CONTACT:** (651) 430-4697

**Fibromyalgia Support Group**

**DATE:** Fourth Mon. of each month, 6:30-8 pm  
**LOCATION:** Courage St, Croix  
**COST:** Free, No registration required  
**CONTACT:** (651) 351-2364 for information

**Ostomy/ileoectomy/Urostomy Support Group**

**DATE:** First Sat. of each month, 7:30 am-9:30 pm  
**LOCATION:** Community Thread  
**COST:** Free, No registration required  
**CONTACT:** (651) 439-2075 for information

**Weathering Life's Losses**

An adult grief group for those who have experienced the death of a loved one.

**DATE:** Every Thursday, 6-7:15 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free, No registration required  
**CONTACT:** (651) 430-4586 for information

**Women's Health**

**Menopause Series**

Many physiological changes occur in women from age 45-50. Knowing what to expect and how to live healthy during the midlife years is important.

**DATE:** All sessions are from 6:30-7:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free, Advanced registration required  
**CONTACT:** (651) 430-4697

**RESOLVE Infertility Support Group**

For those experiencing or dealing with infertility

**DATE:** Fourth Tues. of every other month (Jan, March, May, July, Sept., Nov.), 7-8:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free, No registration required  
**CONTACT:** (651) 430-1788 or (651) 253-2746 for more information

**Heart Disease: What Every Woman Should Know**

Dr. Brandi Witt, Mayo-trained physician and new cardiologist at Lakeview Heart Center, will speak about the unique features of heart disease in women. Learn more about the signs and symptoms of heart disease, what can be done to treat it and how to prevent it. A question and answer session to follow.

**DATE:** Oct. 12, 6:30 pm-7:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free, Registration required  
**CONTACT:** (651) 430-4697

**Family Care**

**New Parent Connection**

Lakeview Hospital and Early Childhood Family Education offer new parents an opportunity to explore and learn in an open discussion about the joys and concerns of caring for newborns. Bring your baby and get answers to your questions. A new topic each week.

**DATE:** Thursdays, 10:30-11:30 am  
**LOCATION:** Lakeview Hospital  
**COST:** Free – No registration required.  
**CONTACT:** (651) 430-4510 for information

**New Grandparents Class**

Are you going to become a grandparent? Learn about “today’s baby” and current guidelines for infant care and safety. Discussion will include changes in birthing practices and how grandparents can help during pregnancy, birth and after baby is born. A tour of the Lakeview Hospital Birth Center is included.

**DATE:** Tues., Sept. 13, 7-9 pm  
**LOCATION:** Lakeview Hospital  
**COST:** $20/couple – Advance registration required.  
**CONTACT:** (651) 430-4510

**New Brother/Sister Class**

Help your child prepare for mom's hospital stay, a new baby in the family and the role of being a big brother or sister. A short tour of the Lakeview Hospital Birth Center is included. Designed for children ages 3-8.

**DATE:** Thurs., Oct. 13, 6:30-7:30 pm or Thurs., Dec. 8, 6:30-7:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** $20/family – Advance registration required.  
**CONTACT:** (651) 430-4510

**Kids & Teens in Grief**

For kids and teens (K-12) who have experienced the death of a loved one. Trained volunteer facilitators provide a caring, safe and confidential environment in which youth are encouraged to freely express their grief through art, music, photographs and group discussion. The program also offers support and education for the young person’s parent/guardian, enabling them to better understand their own grief as well as their child’s grief.

**DATE:** Thursdays, Oct. 6-Nov. 10  
**LOCATION:** Boutwell's Landing  
**COST:** Free – Advance registration required.  
**CONTACT:** (651) 430-4586

**Caregiver Support and Education Group**

Facilitated by Stillwater Medical Group geriatrician Dr. Stan Smith and FamilyMeans social workers. Care for persons with memory loss may be available; inquire when registering.

**DATE:** First Wednesday of each month, 1-2:30 pm  
**LOCATION:** Stillwater Medical Group Specialty Clinic  
**COST:** Free – Advance registration required.  
**CONTACT:** (651) 789-4004

**Orthopedics**

**Oh, My Aching Back!**

Back pain hurts – physically, mentally, emotionally, and sometimes even financially. From simple sprains and strains to more serious problems like a herniated disc, St. Croix Orthopaedics’ Dr. Bruce Bartie will discuss the different types of back pain and the latest treatment options.

**DATE:** Tues., Sept. 20, 6:30-7:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free – Advance registration required.  
**CONTACT:** (651) 430-4697

**Cardio Care**

**Cholesterol Screening**

Fasting is required 9-12 hours before the test. Please wear short sleeves. A free blood glucose screening will also be available.

**DATE:** Thurs., Nov. 3, 7-9 am  
**LOCATION:** Lakeview Hospital  
**COST:** $15 – No registration required.

**Heart to Heart: Heart Care Support Group**

Education and compassionate support for individuals/families who have experienced a cardiac event.

**DATE:** Second Wednesday in March  
**LOCATION:** Lakeview Hospital  
**COST:** Free – No registration required.  
**CONTACT:** (651) 430-4510 for information

**Stroke Prevention 101**

What health condition is up to 80% preventable? Stroke. In this class, Stillwater Medical Group neurologist Dr. Donna Koning will discuss what a stroke is, how it is treated and how to prevent it.

**DATE:** Wed., Nov. 2, 6:30-7:30 pm  
**LOCATION:** Lakeview Hospital  
**COST:** Free – Advance registration required.  
**CONTACT:** (651) 430-4697

**Taking the Pressure Off: Reducing Your Blood Pressure**

This class, led by Lakeview Hospital dietitians, teaches you how to improve your eating and lifestyle habits to lower your blood pressure.

**DATE:** Sept. 20 or Oct. 16 or Nov. 22 or Dec. 20, 3-4:30 pm  
**LOCATION:** Stillwater Medical Group Specialty Clinic  
**COST:** $20 – Advance registration required.  
**CONTACT:** (651) 430-8715

**Food for Life: Eating to Reduce Your Risk of Heart Disease**

Lakeview Hospital nutritionists will discuss enjoyable ways to change your diet to lower your cholesterol and improve your cardiovascular health.

**DATE:** Sept. 21 or Oct. 19 or Nov. 16 or Dec. 21, 7-8 pm  
**LOCATION:** Lakeview Hospital  
**COST:** $20 – Advance registration required.  
**CONTACT:** (651) 430-8715

**Diabetes Care**

**Diabetes Support Group**

**DATE:** First Tues. of each month, 6-7 pm (no meeting July or Aug.)  
**LOCATION:** Stillwater Medical Group Specialty Clinic  
**COST:** Free – No registration required.  
**CONTACT:** (651) 430-8715 for information

**Stomp Out Diabetes**

Are you at risk for type 2 diabetes? Lakeview Hospital diabetes and nutrition educators will show you the steps you can take to reduce your risk.

**DATE:** Sept. 13 or Oct. 11 or Nov. 8 or Dec. 13, 6-7:30 pm  
**LOCATION:** Stillwater Medical Group Specialty Clinic  
**COST:** $20 – Advance registration required.  
**CONTACT:** (651) 430-8715
Diabetes Care—Continued

The Lowdown on Insulin Pumps: An Informational Class

Are you tired of multiple daily injections? Learn the advantages of insulin pump therapy and view the latest pumps. For patients with type 1 or type 2 diabetes; presented by Lakeview Hospital certified diabetes educators.

DATE: Sept. 20 or Oct. 18 or Nov. 15 or Dec. 20, 5-6 pm
LOCATION: Lakeview Hospital
COST: $45/couple – Advance registration required
CONTACT: (651) 439-5330 ext: 4015

CPR Classes

Registration for American Heart Association CPR classes must be completed at Lakeview’s first floor information desk between 7 am-8 pm, Monday through Friday. You will need to pay at the time of registration and pick up your packet of information. Please review materials before class.

CPR for Family & Friends

For those who are interested in learning infant, child and adult CPR but do not need a credential. Training includes CPR and foreign body airway obstruction for infant, child and adult. A brief introduction to AED is also given. Fee includes book.

DATE: Wed., Oct. 5, 6-9 pm
LOCATION: Lakeview Hospital
COST: $35 – Advance registration required
CONTACT: (651) 439-5330 ext: 4015

Heartsaver Certification

For the lay responder who requires a credential in CPR (i.e., police, lifeguard, day care provider, office worker, security personnel, trainers). Training includes CPR and foreign body airway obstruction for infant, child and adult. AED is also covered. Fee includes book.

DATE: Wed., Nov. 2, 6-9 pm
LOCATION: Lakeview Hospital
COST: $65 – Advance registration required
CONTACT: (651) 439-5330 ext: 4015

Healthcare Provider Certification

For licensed and certified healthcare workers (i.e., physicians, nurses, RT, PT, NA, paramedics, dental workers), Four-hour training includes CPR and foreign body airway obstruction for infant, child and adult. AED is covered thoroughly. Fee includes book and course completion card.

DATE: Wed., Sept. 14, 5-9 pm or Wed., Nov. 9, 5-9 pm
LOCATION: Lakeview Hospital
COST: $82 – Advance registration required
CONTACT: (651) 439-5330 ext: 4015

Healthcare Provider CPR-Recertification

For the currently trained (within the last two years - no grace period is provided) healthcare provider who requires a credential. Please present CPR card with expiration date at registration. The three-hour class contains review of and testing of the Healthcare Provider Certification class.

DATE: Pick your session:
Mon., Sept. 12, 9 am-12 pm
Wed., Sept. 28, 6-9 pm
Mon., Oct. 10, 1-4 pm
Wed., Oct. 26, 6-9 pm
Mon., Nov. 14, 9 am-12 pm
Wed., Nov. 21, 6-9 pm
Mon., Dec. 12, 1-4 pm
Wed., Dec. 14, 6-9 pm
LOCATION: Lakeview Hospital
COST: $58 (includes book) or $55 (without book)
Advance registration required
CONTACT: (651) 439-5330 ext: 4015

Childbirth Education

Labor: What to Expect

Is it time? This two-hour class explores the signs and stages of labor, as well as the physical, mental and emotional aspects of labor and the support of your labor partner.

DATE: Sept. 12 or Oct. 3 or Nov. 7, 7-9 pm
LOCATION: Lakeview Hospital
COST: $20/couple – Advance registration required
CONTACT: (651) 430-4510

Childbirth: What to Expect

You’re in labor and you’ve arrived at the hospital - now what? Learn what to expect during your labor from your labor support team, pain control options and Cesarean births. Includes a tour of the Lakeview Hospital Birth Center.

DATE: Sept. 19 or Oct. 10 or Nov. 14, 7-9 pm
LOCATION: Lakeview Hospital
COST: $20/couple – Advance registration required
CONTACT: (651) 430-4510

Labor Support and Comfort Measures

Designed to help you deal with labor using skills that you can call on throughout your lifetime. Learn relaxation techniques to help you deal with labor contractions, including breathing patterns, birthing balls, water births, position changes, imagery, aromatherapy and other comfort measures. Your labor partner will learn what he/she can do to help you maximize these skills.

DATE: Sept. 20 or Oct. 17 or Nov. 21, 7-9 pm
LOCATION: Lakeview Hospital
COST: $20/couple – Advance registration required
CONTACT: (651) 430-4510

Caring for Your Newborn

Your child is finally here – now what? Learn the finer points of bathing and diapering your little one. Discover the importance of tummy time, Back to Sleep, car seats and more. Meet one of Stillwater Medical Group’s providers to help answer questions.

DATE: Sept. 26 or Oct. 24 or Nov. 28, 7-9 pm
LOCATION: Lakeview Hospital
COST: $20/couple – Advance registration required
CONTACT: (651) 430-4510

Infant CPR

Learn resuscitation methods, including clearing an airway and helping a choking child.

DATE: Oct. 25 or Dec. 6, 7-9 pm
LOCATION: Lakeview Hospital
COST: $20/couple – Advance registration required
CONTACT: (651) 430-4510

Childbirth Preparation Weekender Class

Designed to prepare expectant moms and dads/labor companions for their labor and birth experience and early parenthood. Class topics include relaxation and visualization techniques, role of the labor companion, the process of labor and birth, available birth options, care of baby and a tour of the Lakeview Hospital Birth Center.

DATE: Fridays, 7-9 pm AND Saturdays, 9 am-4 pm
Sept. 9 & 10 OR Oct. 7 & 8 OR Nov. 11 & 1
LOCATION: Lakeview Hospital
COST: $80/couple – Advance registration required
CONTACT: (651) 430-4510

Breastfeeding Class

For moms and dads/labor companions who are trying to make the decision to breastfeed or for those who are planning on breastfeeding but need additional information. Learn the benefits and techniques.

DATE: Oct. 5 or Dec. 7, 7-9 pm
LOCATION: Lakeview Hospital
COST: $20/couple – Advance registration required
CONTACT: (651) 430-4510

Another Time Around

This refresher course is designed for parents who have already had a baby and would like a review of childbirth information. This class will also address the special concerns of women considering VBAC. Includes a tour of the Lakeview Hospital Birth Center.

DATE: Nov. 8, 6-9 pm
LOCATION: Lakeview Hospital
COST: $45/couple – Advance registration required
CONTACT: (651) 430-4510

Tour of the Birth Center

Our tour acquaints people with the programs and services offered to moms and families. Along with a brief orientation of birthing alternatives, families are given an opportunity to tour our birthing suites, nursery and family areas.

DATE: Oct. 3 or Dec. 5, 5:30-6:30 pm
LOCATION: Lakeview Hospital
COST: Free – Advance registration required
CONTACT: (651) 430-4510

Is there anything Lakeview community classes does not cover?
Join us for our Community Appreciation Day!

September 24 from 10:00 am – 2:00 pm at the Stillwater Medical Group campus

FUN ACTIVITIES FOR THE WHOLE FAMILY INCLUDING

- Bounce house, facepainting
- Flu shots
- FREE child car seat checks (call 651-430-4510 to reserve a time)
- Blood pressure screenings, and other health information
- Live music by Pete Neuman and the Real Deal
- Ambulance & firetruck appearances
- FREE pumpkins

Open to the public ... come enjoy the fun!