Staying healthy in ’10...it’s nice to have options.
Dear Friends:

Lakeview Health is constantly working to bring the best to our community. Through Stillwater Medical Group, we offer primary care for your entire family and specialty care for those times when you need targeted expertise. We offer both convenient care and urgent care for the times you need to see a physician but can’t wait for an appointment. Through Lakeview Hospital, we offer 24-7 paramedic and emergency room care and high quality outpatient and inpatient care.

Our healthcare services encompass the entire lifespan from pregnancy and birth through geriatric and hospice care. Lakeview Health is here to meet the needs of your family—when you need us, close to home.

Have a heart ...

Cardiovascular diseases are our nation’s number one killer. Since 1963 Congress has required the President to proclaim February as “American Heart Month” to urge Americans to join the battle against cardiovascular diseases.

The most common heart condition in the U.S. is coronary heart disease (CHD). This occurs when the arteries that supply blood to the heart become hardened and narrowed due to plaque buildup. CHD can cause arrhythmias, angina or a heart attack. Over time, CHD can lead to heart failure.

By state, age-adjusted death rates per 100,000 for diseases of the heart ranged from 141.1 in Minnesota to 306.8 in Mississippi (2005, Centers for Disease Control and Prevention). In 2009, heart disease is projected to cost more than $304.6 billion in the U.S., including healthcare services, medications and lost productivity.

Some conditions and lifestyle factors can put people at a higher risk for heart disease. Each of us can take steps to reduce our risk of heart disease:

- Prevent and control high blood cholesterol.
- Prevent and control high blood pressure.
- Prevent and control diabetes.
- Do not use tobacco.
- Drink alcohol only in moderation.
- Maintain a healthy weight.
- Do regular physical activity.
- Eat a healthy and nutritious diet.

For more information, visit www.lakeviewheart.org

Heart Disease Prevention
Coronary artery disease (CAD) is the number one killer in the U.S., afflicting more than 13 million Americans. Join Lakeview Heart Center cardiologist Dr. Tom Johnson as he discusses what CAD is, who gets it and how it can be prevented. Discover how to stack the odds in your favor.

DATES: Wednesday, Feb.10, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free – Advance registration required
CONTACT: (651) 430-4697

Lakeview Hospice and Lakeview Foundation invite you to share in the fundraising efforts to provide hospice services in the St. Croix Valley to individuals and their families on a challenging journey.

SUNDAY, APRIL 25, 2010
Five o’clock in the evening

OAK GLEN COUNTRY CLUB
3599 McKusick Rd.
Stillwater, Minnesota

Tickets: $75 per person
$700 Hospice Host (8 people/table)
Limited seating; please RSVP by April 6.

651.430.8731 or foundation@lakeview.org

February is National Heart Month!
Trusted care meets reliable convenience!

Stillwater Medical Group now operates a retail clinic at the Oak Park Heights WalMart. The Clinic at WalMart is for walk-ins only (no appointment needed). Anyone over 18 months of age can be seen at the WalMart location. Most health insurance plans are accepted and flat fees are posted for those who do not use insurance. Prices are reasonable and based upon the nature of the visit. The typical visit for those without health insurance costs $62 or less. Stillwater Medical Group can bill your insurance for you.

The new, convenient location is open 7 days a week.

The WalMart retail clinic is staffed and operated by Stillwater Medical Group. Patients are seen by licensed nurse practitioners or physician assistants. Those who need further evaluation or care can be referred right away to Stillwater Medical Group or its partners.

WalMart Retail Clinic Services

Common Illnesses:
- Allergy symptoms
- Bladder/urinary tract infections
- Bronchitis/coughs/colds
- Ear infections
- Laryngitis
- Pink eye and styes
- Sinus infections
- Strep throat/sore throat
- Swimmer’s ear

Wellness & Prevention:
- Diabetes screening
- Hypertension screening
- Sports/camp physicals

Additional Services:
- Ear flushing and wax removal
- Drug screening
- Flu diagnosis
- Foreign body removal (from the eye, ticks, slivers)
- Minor wound care (not requiring stitches)
- Mononucleosis
- Pregnancy testing
- Sprains and strains
- Suture removal
- TB testing
- Work injury care (screening)
- Skin conditions:
  - Acne, athlete’s foot, cold sores, insect bites/tick bites, minor skin infections/rashes, impetigo, minor burns/sunburn, poison ivy/oak, ringworm, shingles, wart removal
- Common vaccinations:
  - Flu, DTaP, pneumonia

Clinic Hours:
- Mon - Fri: 9am - 7pm
- Sat: 9am - 5pm
- Sun: 11am - 5pm

Clinic Location:
- Walmart
- 5815 Norell Ave N.
- Oak Park Heights

Urgent Care vs. Convenience Care vs. Emergency Care

Your child is sick or you cut your hand. It’s after clinic hours or on a weekend, so where do you go? Do you visit Stillwater Medical Group’s Urgent Care, or do you go to Lakeview Hospital’s Emergency Department? Here are some general guidelines to help you with your decision:

Urgent Care
- LOCATION: 1500 Curve Crest Blvd.
- HOURS: Monday through Friday, 5:30-8:30 pm; Saturday & Sunday, 8 am-11:30 am
- Patient phone calls are answered 24-hours a day, seven days a week by calling (651) 439-1234
- Available to new and existing patients of all ages
- Walk-in services treating acute illnesses or injuries
- No appointment needed
- Patients are seen by Stillwater Medical Group pediatric and family medicine physicians
- On-site laboratory, x-ray and pharmacy
- Most insurance plans accepted
- Standard office visit co-pays apply (not an urgent care co-pay)

The Clinic at WalMart
- LOCATION: 5815 Norell Ave N.,
- Oak Park Heights
- HOURS: Mon-Fri: 9am-7pm
  - Sat: 9am-5pm
  - Sun: 11am-5pm
- Common illness
- Wellness and Prevention
- Over 18 months old

Lakeview Hospital Emergency Department
- LOCATION: 927 Churchill St W
- HOURS: Open 365 days a year, 24 hours a day, seven days a week
- For emergency situations, including potential heart attacks, major injuries, severe breathing problems, anaphylactic reactions, other problems that may lead to hospital admission
- A nurse checks vitals, reviews health history and evaluates condition upon arrival
- The most seriously ill and injured patients are seen first

Always Dial 9-1-1 for any serious medical situation.
Knee Replacement? Answers to the questions you ... kneed.

by Timothy Panek, MD

Q - When is it time to have a knee replacement?
A - I always remind patients that they must answer this question, not me. I don’t treat X-rays, I treat people; so when quality of life is unacceptable, patients are probably ready for a serious discussion about surgery. The most common quality of life indicators I hear about are limited walking, severe stiffness, severe pain and weakness after sitting in a car or chair and pain at night that either awakens them from sleep or prevents them from falling asleep.

Q - Choosing to have a knee replacement is a big step. Besides a visit to my doctor, how can I educate myself about the process?
A - Multiple resources are available. People can tap into the internet; our website (www.stcroixortho.com) has a wealth of information about knee replacement. Lakeview frequently presents free informational classes about joint replacement. Lakeview also offers Joint Connections®, a preoperative class that helps prepare patients for their joint replacement and answers common questions that patients sometimes don’t even know to ask. Still, when it comes to the specifics about an individual’s surgery and recovery, there is probably no better resource than the surgeon who is going to perform the procedure. I do the best I can to educate about options and empower patients to make an informed decision about their knee treatment.

Q - How do I choose a surgeon & hospital?
A - Patients choose their doctors for a variety of reasons: sometimes it’s their primary doctor’s referral, sometimes they find the closest surgeon that is readily available, but patients most commonly find their orthopedic surgeon by word of mouth. I believe patients are most comfortable when they know a friend or loved one has had a positive experience with a particular surgeon. Surgeons earn the trust of a community over time. The American Academy of Orthopaedic Surgeons recommends that patients also ask their surgeon “How many knees do you do per year?” While many surgeons do an excellent job while doing a small number of knees, the Academy found that it is probably most optimal for a surgeon to exceed 30 total knees per year in order to be adept at the surgery and minimize the risk of complications.

As for choosing a hospital, the answer is basically the same. The hospital must earn the trust of the surgeon and the community over time. Lakeview Hospital has earned that trust through great care and great people who are committed to serving patients.

Q - Should I be concerned about infection or other complications?
A - It is critical that every patient understand the risk of infection. Lakeview Hospital and St. Croix Orthopaedics compare very favorably to the national average. Nationally, the rate of infection after total knee is 1.2-1.8%. Lakeview Hospital’s infection rate is much lower at 0.85%. Other possible complications to discuss with your surgeon include blood clots, stiffness, pain, instability, fracture or even neurovascular injury. The likelihood of these complications is low but they are issues that should be discussed, at least briefly, during a visit with your surgeon.

Q - What will my recovery be like?
A - I tell my patients that total knee surgery is tough, but pain will be managed; usually with a combination of narcotics and anti-inflammatory medicine. We utilize a minimally invasive surgical approach to minimize the soft tissue injury and maximize early, aggressive therapy and mobilization. Our patients are walking the evening of surgery, and our goal is to make them independent with activities of daily living prior to discharge from the hospital. Our patients are able to navigate stairs and get up from chairs and beds independently before they leave the hospital. I see patients functioning well and returning to normal activities 3-6 weeks after their surgery.

Fast Facts
- Total knee replacement surgery helps more than 250,000 Americans get back on their feet each year.
- Over the last twenty-five years, major advancements in artificial knee replacement have greatly improved surgery outcomes.
- Technology has led to the development of artificial knee joints that last over fifteen years.
- Artificial joint replacement for arthritis of the knee and hip is one of the most successful surgical developments of the last century.

Timothy Panek, MD, earned his medical degree from the University of Minnesota Medical School, where he completed his internship and orthopedic surgical residency and now trains medical students on the treatment of orthopedic conditions. He is board certified in orthopedic surgery, a member of the American Academy of Orthopaedic Surgeons, the Arthroscopy Association of North America, and the Past President of the Minnesota Orthopaedic Society. Dr. Panek practices at St. Croix Orthopaedics.

Stillwater Medical Group Featured in Wall Street Journal Article

Stillwater Medical Group and urologist Dr. Thomas Stormont were featured in a August 4, 2009 article in the Wall Street Journal. The article discussed our shared decision-making program. To view the complete article, visit www.stillwatermedicalgroup.com and click the link under “What’s New.”
Get the word out!
A routine test could save your life.

Colon cancer is the second leading cause of cancer deaths in the United States. Each year there are approximately 140,000 new diagnoses and approximately 50,000 deaths. The vast majority of these cases occur in people over age 50. Many of these deaths could be prevented if people get their routine tests.

“There are many reasons for people’s apprehension when it comes to colonoscopy: the fear of the unknown, worry about pain or discomfort and embarrassment at the idea of the procedure,” said Dr. Andrew Dorwart, internal medicine, Stillwater Medical Group.

“People shouldn’t be afraid of colonoscopies,” said Jennie. “We need to get rid of the stigma. I wouldn’t want people to risk losing family members because they avoided having a colonoscopy.”

Following successful surgery performed by Dr. Kevin Bjork, Jennie worked with oncologist Dr. Candy Corey and completed chemotherapy at Lakeview, followed by radiation. “The staff at Lakeview’s oncology and infusion services is fantastic,” said Jennie. “If it weren’t for them, I wouldn’t have been able to get through it.”

Jennie has now been cancer free for five years. A mother of two children, Celeste (11) and Carl (9), she has been a certified nursing assistant at Lakeview Hospital since 2006 and is currently enrolled in the registered nurse program at WITC.

Most current guidelines recommend a colonoscopy every 10 years starting at age 50. More frequent evaluation is recommended for patients who are at higher risk. “The reason the intervals can be several years is because polyps usually take many years to grow,” states Dr. Dorwart. “If you are over the age of 50 and have not had a colonoscopy, you should ask your primary care provider about ordering one.”

Jennie’s advice? Know what the warning signs of cancer are. Trust yourself to know your body. If you think something might be wrong, get it checked out with your physician. And...schedule a routine colonoscopy.

For more information on colonoscopies, please visit www.lakeview.org/colonoscopy_endoscopy.

Signs & symptoms of colon cancer:

- Change in bowel habits (diarrhea, constipation, narrowing of stool) that lasts several days
- Feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding, dark stools, or blood in the stool
- Cramping or abdominal pain
- Weakness and fatigue

Risk factors for colon cancer:

- Age (younger adults can develop colon cancer, but chances increase after age 50)
- History of colorectal polyps or colorectal cancer
- Inflammatory bowel disease
- Family history of colorectal cancer
- Inherited syndromes (FAP, HNPCC, Turcot, Peutz-Jeghers)
- Racial and ethnic background
- Lifestyle factors (diet, physical inactivity, obesity, smoking, heavy alcohol use, type 2 diabetes)

Lakeview Hospital’s Oncology and Infusion Services
Better than ever!

Lakeview Hospital’s Oncology and Infusion Services celebrated their new space in the hospital with an open house on August 27. Nearly 250 people toured the newly remodeled facility, met with the staff, listened to harp and flute music, visited with vendors and cheered on six individuals who donated hair to Pantene’s Beautiful Lengths program. Attendees also had an opportunity to tour the new PET/CT scan mobile unit. PET/CT imaging can detect certain disease at an early stage, providing information that is incorporated into the planning and management of care.

“What makes Lakeview so unique is the culture of care givers. They give all day to many, many people, treating each one of us as an individual, enfolding us in their care, taking on the emotions and feelings of the day, and filling the room with humor and a calm that blankets us like the warm sheets they like to wrap us in,” said patient Terri Wilcox. “It takes a special mix of personalities to cover the wide array of needs. Somehow the Lakeview oncology team has it figured out.”

The newly remodeled healing, holistic setting for oncology and infusion services offers semi-private, private and community seating for infusions; comfortable waiting areas for families and a private library resource center. Services include chemotherapy, biotherapy and targeted agents, as well as non-chemotherapy infusions including blood transfusions.

For more information on Lakeview Hospital’s oncology and infusion services, call (651) 430-4790 or visit www.lakeview.org.

Terri Wilcox addresses visitors at Lakeview Hospital’s Oncology and Infusion Services open house.
The Lakeview Foundation invites support from a variety of sources including local, state and national foundations, individuals and corporations. These gifts provide support to programs that have been well established and are of great benefit to our patients and the communities we serve. Your support is critical to the ongoing work and mission of the Lakeview Foundation. There are currently two funds to which these gifts are directed: the Healthcare Access Fund and the Greatest Needs Fund.

Healthcare Access Fund

Gifts to the Healthcare Access Fund provide healthcare services for people who need care regardless of their financial circumstances. Your gift helps to offset the costs that Lakeview Health assumes for providing these services. Approximately 27% of our core market area includes household incomes in the “low- and moderate-household income” category.

Prescription Assistance Program

The Prescription Assistance Program helps Stillwater Medical Group and St. Croix Orthopaedic patients in need. The program offers qualified individuals assistance in obtaining free and/or low-cost prescriptions through pharmaceutical companies or other sources. These medications are necessary in achieving optimal health and wellness.

Lakeview Hospice

Hospice is a philosophy of care, as well as a program of care, for persons with a limited life expectancy and their families. This special kind of comprehensive care is provided by an interdisciplinary team, emphasizing quality of life for the individual, and providing supportive help for the family during the time of illness and the bereavement period. Providing hospice services to the dying patient and follow-up support to the family for 12-18 months after the death is a vital component of Lakeview Health’s goal of providing the highest quality of care to our patients across the lifespan.

St. Croix Valley Parish Nurse Program

Parish nursing combines healthcare and ministry to enhance the health and well-being of parishioners and the community. Parish nurses are licensed registered nurses who also have completed parish nurse education. They bring holistic healthcare and a variety of wellness resources to parishioners and the community — in their homes, healthcare settings and at the churches. The parish nurse promotes a greater understanding of health-related issues and addresses these concerns through information and education. Eight parishes in the St Croix Valley are currently members of the parish nurse program which serves approximately 3,400 residents.

Diabetes Management Education

Lakeview Hospital’s Diabetes and Nutrition Department provides outpatient education to diabetes patients and their families. This education enables patients to learn diabetes self-management skills, decreasing diabetes-related complications and helping them lead normal and productive lives. The diabetes grant allows patients access regardless of financial circumstances.

Greatest Needs Fund

By designating your gift to the Greatest Needs Fund, your contribution gives Lakeview Foundation the greatest flexibility in the use of your gift. This support is directed to an area of highest priority, such as the latest medical technology, patient and family education, facility enhancements or general operating support.

By giving to the Greatest Needs Fund:

• you increase our ability to offer more outpatient care services; emphasize wellness, fitness and prevention; recognize the importance of environment and personalized service in the healing process and offer the most advanced technologies as they emerge.

• you support the health and wellness of our community. From birth to end-of-life, we are a steadfast resource for individuals and families throughout the St Croix Valley.

If you would like more information on the work of the Lakeview Foundation or are interested in making a gift, please contact us at (651) 430-4556, on the web at www.supportlakeview.org, or visit our offices located at Lakeview Hospital.
Hearing instrument technology has improved dramatically in recent years. Technology now incorporates automatic listening programs. The instrument analyzes the sound environment detecting if you are in quiet, light noise, loud noise or listening to music. The processor automatically changes to maximize both communication and comfort.

“With today’s technology, there are very few hearing impaired people we cannot help,” said Jennifer Reynolds, AuD Stillwater Medical Group. “We can improve communication ability for most types and severities of hearing loss - even if you have been told in the past that nothing can be done.” Today’s instruments also incorporate technology specifically designed to manage and provide relief for tinnitus (ringing in the ears).

Daniel Swanson was diagnosed with measurable hearing loss at the age of seventeen. His hearing has slowly degraded over time. In November 2007, he decided it was time to look into hearing aids when he noticed he was having difficulty hearing his friends and family. “I was filling in words and lip reading when people would talk to me,” said Dan. He saw Dr. Jennifer Reynolds, an audiologist at Stillwater Medical Group. When he was tested, the results showed that what he was hearing was 100 times softer than it is for others. He could hear, but he was missing a lot of the overtones.

Technology is now wireless Bluetooth compatible. A Bluetooth cell phone or land line telephone conversation can be streamed directly to both ears hands-free. Hearing impaired individuals hear more clearly using both ears; a hands-free system is also much safer while driving.

Bluetooth technology can also stream television directly to both ears. This makes television dialogue clearer for the hearing impaired individual, and it allows family members to have the volume set at their preferences, allowing them to enjoy their favorite programs together. The Bluetooth system can also connect with an iPod, GPS, computer or stereo system.

At the age of 51, Dan is ecstatic about what he can hear now. “It was really something to go for a walk in the park and hear the wind in the trees. I hadn’t heard that sound in years! I remember waking one night from a clap of thunder. I put my hearing aids in and stepped outside to listen. I hadn’t heard the fullness of a thunderstorm in 30 years.”

Current technology automatically adjusts to assure the hearing aids do not whistle when you hug someone, hold the telephone to the ear or wear a hat. Hearing aid high performance technology is housed in new designs that look discreet. “People don’t notice I have hearing aids unless I tell them,” said Dan.

“Having hearing aids is like the difference between seeing something in black and white compared with color,” continues Dan. “There is a richer tone and vibrancy to everything now. It’s joyful and exciting! I can hear my cats purr. My interactions with people have changed significantly. It’s like hearing in color.”

If you would like to learn more about the new state-of-the-art hearing technology and how you too can “hear in color”, call Stillwater Medical Group’s audiology department to schedule an appointment for a no-obligation product demonstration. Hear what you’ve been missing.

Lakeview Health Holiday Card Contest Winner

Lakeview Hospital and Stillwater Medical Group held a design contest for their winter holiday card. The winner’s art was printed on the front cover of the card. Other top entries were displayed at the Lakeview Hospital campus and Stillwater Medical Group. All youth age groups were encouraged to submit artwork.

Heather Huna
Grade 8, Stillwater Junior High School
**What is PET/CT?**

PET/CT combines the functional information from a Positron Emission Tomography (PET) exam with anatomical information from a Computed Tomography (CT) exam in one single exam.

A PET scan detects changes in cellular function — how your cells are utilizing nutrients like sugar and oxygen. Since these functional changes take place before physical changes occur, PET can provide information that enables your physician to make an early diagnosis. The advantage of CT is its ability to take cross sectional images of your body. These are combined with the information from the PET scan to provide more anatomic details of the metabolic changes in your body.

Lakeview Health can now perform a PET scan and CT scan in one streamlined procedure. Say hello to our PET/CT scan technology.

The PET exam pinpoints metabolic activity in cells and the CT exam provides an anatomical reference. When these two scans are fused together, your physician can view metabolic changes in the proper anatomical context of your body.

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**You’ve Got M@il!**

**Free Weekly e-Newsletter Helps Expecting and New Parents**

Expectant parents and parents of toddlers are faced with a bewildering range of pregnancy and parenting information – books, magazines, television and the well-meaning advice of friends and family. It’s difficult to know how to sort it all out. Now, OB patients and parents have a resource to guide them from their pregnancy through the toddler years with Lakeview Health’s weekly parenting e-mail. This free weekly service offers expectant and new parents customized information, news and resources. During pregnancy, messages include week-by-week information on fetal development, wellness tips and valuable resources. After the baby is born, messages offer child development information, practical tips on baby and toddler care, health and safety and other topics of special interest to new parents. Lakeview Health’s weekly parenting e-mail also provides brief reviews of the latest research on pregnancy and newborn issues in an easy-to-understand format.

Parents can sign up for the e-mails at any stage of pregnancy, infancy or toddlerhood; they may cancel at any time. E-mail addresses will not be shared with others. To sign up for the e-mails, visit www.stillwatermedicalgroup.com or www.lakeview.org and click on the free weekly expectant and new parent e-mail icon.
Heart Disease Prevention
Coronary artery disease (CAD) is the number one killer in the U.S., afflicting more than 13 million Americans. Join Lakeview Heart Center cardiologist Dr. Tom Johnson as he discusses what CAD is, who gets it and how it can be prevented. Discover how to stack the odds in your favor.

DATE: Feb. 10, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

Varicose Veins
Varicose veins can be unsightly and also quite painful. New options exist for the treatment of varicose vein problems, from spider veins to venous ulcers. Stillwater Medical Group general surgeon Dr. Kevin Bjork will explain what can be done to help you find relief.

DATE: Feb. 18, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

Baby Sign Language
Research supports many developmental benefits to using sign language with hearing babies, including increased frustration, higher IQs, larger vocabularies and earlier speech development. Speech-language pathologist Jenny Lief, MA, CCC, will help parents learn how to communicate with their baby or toddler. This class is designed for parents, grandparents and childcare providers. Participants are not required to bring their baby or toddler with them to class.

DATE: Feb. 23, 6:30-8:00 pm
LOCATION: Lakeview Hospital
COST: $25 per individual or couple, Registration required
CONTACT: 651-439-4697

Is My Hearing Normal?
Hearing loss is a normal part of aging. The process can be accelerated by exposure to loud noises. Dr. Jennifer Reynolds, Stillwater Medical Group audiologist, will discuss what is considered “normal” hearing, how to prevent hearing loss and available options to help your hearing.

DATE: Feb. 25, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

Balance, Strength and Fall Prevention: We Don’t Bounce Like We Used To
Why and where do people fall? What can be done to prevent a fall? Lakeview Hospital physical therapist Lori Mildon will help answer these questions and show you what you can do to make your home safe from falls.

DATE: March 1, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

Common Foot Problems
“The toe bone connected to the heel bone, the heel bone connected to the foot bone...” When our feet hurt, it can affect our entire body. Stillwater Medical Group podiatrist Dr. Christina Knutson will talk about common foot ailments including heel pain, bunions, flatfoot deformity and treatment options.

DATE: March 9, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

Female Bladder Problems: No More Running, No More Leaks
Join Stillwater Medical Group urologist Dr. Tom Stormont and gynecologist Dr. Robert Hildebrandt for an overview of bladder problems unique to women. They will discuss various treatment options including lifestyle changes, exercise, medication and surgery.

DATE: March 2, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

Infant & Child Safety
A parent’s number one concern is keeping their child safe. Stillwater Medical Group pediatrician Dr. Nicki Groves will discuss steps you can take to keep your child safe. The class includes information on car seat safety.

DATE: March 23, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

My Aching Back: Treating Low Back Pain
It’s estimated that four out of five Americans will suffer from a form of back pain at some point in their lives, from simple muscle sprains and strains to more serious problems like a herniated disc, spinal disc degeneration or spinal fractures. Dr. Christian DuBois, St. Croix Orthopaedics, will discuss some available options for relieving back pain and its cause. Not only is back pain treatable, but in many cases, it’s also preventable.”

DATE: March 24, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

PSA Screening for Prostate Cancer: The Good, the Bad and the Ugly
Dr. Thomas Stormont, SMG Urologist, will give a presentation focusing on the controversial prostate cancer screening test known as PSA. He will talk about the benefits and potential pitfalls about this perplexing blood test.

DATE: April 6, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 651-439-4697

For a complete list of upcoming classes, please visit www.lakeview.org/classes
Winter 2010 Community Classes

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

Finding Your Way Through Cancer (6-week series)
A five-week series for individuals and their families who are dealing with a cancer diagnosis. Each week will address an issue that most people confront at one time or another during their journey through cancer, including the “new normal” and making decisions. Facilitator: Julie Edstrom.

DATE: Tuesdays, Jan. 5-Feb. 2, 7:00-8:15 pm
and Tuesdays, April 6-May 4
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: (651) 430-4697

Weight Loss and Healthy Living for Women
Concerned about your weight? You’re not alone. Join Stillwater Medical Group obstetrician/gynecologist Dr. Brigette Ritter and Lakeview Hospital dietitians as they encourage you to get started toward a path of better health. This series is about discovering some of the techniques and methods that can help you be successful in finally losing weight. As a group you will have the opportunity to visit area fitness centers to find what type of exercise is most enjoyable for you. Learn how to track your calories and eat healthy; receive take-home tools that will be useful for you in reaching your goal. Turn your resolutions into your reality - make this year your year!

DATE: Tuesdays, Jan. 26 – March 16, 7:00 pm
LOCATION: Lakeview Hospital
COST: $100, Registration required
CONTACT: (651) 430-4510

Doctor Recommended Treatments for Enlarged Prostate
Men, are you making too many trips to the bathroom? Wondering which herbs are safe? Are medications having unwanted side effects? Join Stillwater Medical Group urologist Dr. Tom Stormont to learn more about the enlarged prostate and its treatment.

DATE: Friday, Jan. 22, 11:30 AM-12:30 PM
LOCATION: Lakeview Hospital
COST: Free, No registration required

Explorers
A program for students (age 14-20 years old) who are interested in exploring a career in healthcare. Each week will cover various areas of medicine (possible topics include nursing, emergency medicine, surgery, obstetrics/gynecology, pediatrics, laboratory, pharmacy, radiology, paramedic). Offered in association with the Northern Star Council.

DATE: Mondays, Feb. 1-March 8 (6-week series),
7:00-8:30 pm, Hulings 1
LOCATION: Lakeview Hospital
COST: $10 for series payable on the first night, Registration required
CONTACT: (651) 439-4697

Adolescent Issues & Behaviors: What is “Normal”?
Join Stillwater Medical Group pediatrician Dr. Brian Cress as he discusses behaviors that are typical for most adolescents. There will also be an opportunity for you to ask questions in an open discussion.

DATE: Feb. 1, 6:30pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: (651) 439-4697

Mind-Body Skills – 6 week series
Mind-body skills can help people transform the physical, emotional, social and spiritual dimensions of their lives. Participants will learn empowering skills - such as meditation, guided imagery, breath work and movement - resulting in reduced stress, increased resistance to disease and greater self-awareness. Instructors are Stillwater Medical Group providers.

DATE: Mondays, Feb. 1-March 8, 7-9 pm
LOCATION: Lakeview Hospital
COST: $90, Registration required
CONTACT: (651) 439-4510

Healthcare Directives Workshop
Lakeview Hospital social services staff will provide a one-hour overview of what a healthcare directive is, what the document can do for you and what happens if one does not exist. Forms and literature for Minnesota residents will be provided, along with instructions on how to complete them.

DATE: Feb. 3, 10:00-11:00 am
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: (651) 439-4697

Straight Talk (E.D.)
This seminar will focus on what ED (erectile dysfunction) is, how it can sometimes be a sign of a more serious underlying medical problem, and available treatment options. Talk with Stillwater Medical Group urologist Dr. Tom Stormont, and hear from a patient who eventually found a successful solution for his ED.

DATE: Feb. 3, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: (651) 439-4697

Look Good … Feel Better
Look Good…Feel Better is a free program that 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: Feb. 4, 4-6 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: 1-800-227-2345

Preparing for a Marathon
Do you have a desire to finish a marathon or are you thinking about trying one for the first time? Join Stillwater Medical Group physicians Drs. Matt Sedgley and Kathy Vidlock, with running coach Kim Maxwell, MS, RRCA, as they discuss training plans, running gear (including shoes), nutrition, injury prevention/treatment, realistic goal setting and more. Learn what to expect the day of the race, including “hitting the wall”. Information on local marathons, including the Stillwater Marathon, will be shared.

DATE: Feb. 9, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, Registration required
CONTACT: (651) 439-4697

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