Healthy Dinner on the go!

with Lisa Rambo
The Biggest Loser Contestant

Take care of yourself
HealthViews

{ Spring 2014 }

HealthViews is a publication of Lakeview Hospital and Stillwater Medical Group. The intent is to keep you informed and current about services and programs we provide. Lakeview Health is a non-profit health care organization committed to enhancing community health.

The information in this newsletter is not intended to diagnose illness, prescribe treatment or replace the recommendations of your health care provider. If you have concerns or questions about your health, please contact your health care provider.

Lakeview Hospital is proud to be endorsed by The Joint Commission.

©HealthViews is published by Lakeview Health

Breast Health Center

Lakeview Hospital has partnered with Hudson Hospital & Clinic and Westfields Hospital to open the Breast Health Center. This state-of-the-art facility offers you all of the benefits of a larger hospital, but closer to home.

Water Birth

The exciting water birth story of a St. Croix Valley mom and information from midwife Fern Aspen, CNP, Stillwater Medical Group

Dinner on the Go! - Lisa Rambo

Busy mom of four and contestant from season 14 of The Biggest Loser shares her delicious on-the-go recipe.

1. Health Tips: Exercise
2. BE CANDID
3. TAKE CARE OF YOURSELF
4. Breast Health Center
5. Water Birth
6. Breast Cancer Won’t Define Me
7. Health Tips: Exercise
8. Fun Facts: Your Ever Changing Breasts
9. Water Birth
10. Dinner on the Go! - Lisa Rambo
11. Health Tips: Exercise
12. Breast Health Center
13. Water Birth
14. Breast Cancer Won’t Define Me
15. Squeezing While Sneezing
Noteworthy news and information from the world of health care and beyond.

INSOMNIA
is nearly twice as common in women as it is in men. If you’re having trouble sleeping, visit lakeviewhealth.org/sleep. Take our sleep quiz and learn how our experts can help.

NEED ANOTHER REASON TO ENJOY AN EXTRA HELPING OF SUMMER’S FRESH BERRIES?
Researchers say the flavonoids in STRAWBERRIES and BLUEBERRIES may reduce your heart attack risk.

Source: Circulation: Journal of the American Heart Association

COVER
SHOT
~ Grace
Wife and mother of four children who lives in Lake Elmo, MN. Follow her blog at dreamingbigx3.blogspot.com

60 minutes:
amount of physical activity per day recommended for children ages 6 to 17.

If physical education isn’t on your child’s school schedule, set aside some daily after-school active time. Find more fun ways to keep your family active and healthy at powerup4kids.org.

phy•tos•ter•ols /fahy-tos’-tuh-rawls/ n.
Compounds in walnuts, almonds, flaxseeds, pinenuts, and sunflower seeds that may protect against Alzheimer’s. The substances are thought to block the production of beta-amyloid proteins, which would play a role in the development of the disease.

Source: Journal of Neuroscience

16 TEASPOONS:
amount of sugar in a 20-ounce bottle of soda

The American Heart Association recommends women consume no more than SIX TEASPOONS (24 grams) of added sugars per day.
Many women experience headaches on a regular basis. But if your headaches are causing debilitation (the need to lie down and avoid work, home or social activities) and over-the-counter products aren’t helping, it might be time to seek help. Migraine headaches affect about 36 million Americans; yet a large number of migraine sufferers are unaware of the true nature of their condition and simply call their illness a “headache.” Migraine headaches are most common in men and women from their 20s to their 50s but can affect people of all ages. The World Health Organization places migraine as one of the 20 most disabling medical illnesses on the planet. If you experience headaches, try keeping a headache diary where you can note the days, time, length, medications used and other symptoms surrounding your headaches. This can aid your doctor in helping you establish a diagnosis and treatment plan. Our neurologists at Stillwater Medical Group have helped hundreds of people manage their migraines through medication and simple lifestyle modifications. Call 651-439-1234 to learn about taking control of your headaches.

DONNA KONIG, MD
NEUROLOGY
STILLWATER MEDICAL GROUP

If your periods are making you miserable, you’re not alone. One in five women struggles with heavy bleeding, long periods and intense cramping. But the good news is treatment is available to help restore your life. Endometrial ablation is a great option for women whose periods are interfering with activities of daily living. The procedure, which is often performed in your doctor’s office, uses either a heated saline solution or a wire with an electrical current to treat the lining of the uterus. It can reduce menstrual flow and related symptoms by 75 percent – and many women won’t have a period at all after the procedure. If your period is interrupting your life, ask your doctor about endometrial ablation. To learn more about Stillwater Medical Group OB/GYN clinicians who offer this procedure, call 651-439-1234.

ROBERT HILDEBRANDT, MD
OB/GYN
STILLWATER MEDICAL GROUP
Whether you’re planning for your first baby, adding to your family, concerned about the risk of breast cancer, incontinence, osteoporosis or heart disease, wondering about the treatment for menopause symptoms, or wanting to live a healthier life - we will collaborate with you to provide the care you need. Our board-certified Obstetricians, Gynecologists and Certified Nurse-Midwives are your partners in maintaining a healthy lifestyle. Please call 651-439-1234 or visit lakeview.org for more information about women’s health services offered at Stillwater Medical Group and Lakeview Hospital.

- Annual Exam & Breast Exam
- Childbirth Education
- Domestic Violence, Sexual Abuse, STD’s
- Endometriosis
- Endometrial Ablation
- Full-Spectrum Gynecologic Surgeries
- High-Risk Obstetrics
- Incontinence
- In-Office Ultrasound, Mammogram & Ablation
- Menopause Management
- Midwifery Care
- Minimally-Invasive Gynecologic Procedures
- Osteoporosis/Bone Density
- Pregnancy & Delivery
- Pap Screenings
- Urogynecology
- Water birth

{ BET YOU DIDN’T KNOW }

LAURA DEAN, MD \ As an All-American Track and Field Athlete, Dr. Laura Dean can make it to the delivery room in a flash. She is a board certified obstetrician and gynecologist and has patients ranging in age from 8 to 93 years old. Dr. Dean also specializes in high-risk obstetrics and urogynecology. She is married to her kindergarten sweetheart and has three children. In her free time, she enjoys hanging out with her family and hiking.

BRENDA REITER, CNP \ Coming all the way from South Carolina, Brenda Reiter, certified nurse practitioner, brings southern culture to her practice in Minnesota. With over 17 years of experience, Brenda enjoys working with women of all ages, from adolescence through menopause. Brenda is married and has children and grandchildren. She stays active with church and family activities.

ABIGAIL HELLER, MD \ Former dancer, Dr. Abigail Heller tap dances her way around the hospital. She is an award-winning obstetrician and gynecologist who specializes in adolescent and pediatric gynecology and minimally-invasive gynecologic surgery. Dr. Heller is married and has a son. She enjoys spending time with her family, cooking, traveling and going for long walks.

To learn more about these and other providers, visit lakeview.org/findadoctor
At the Breast Health Center, we combine advanced technology and specialized expertise to provide comprehensive services in one location. In partnership with Hudson Hospital & Clinic and Westfields Hospital & Clinic, the Breast Health Center at Lakeview Hospital provides you with advanced testing and treatment options, along with prevention, education and support programs.

The Breast Health Center offers:
- New breast screening technology, including digital mammography
- Expanded service biopsy capabilities
- Upright stereotactic biopsy
- Nurse navigators
- Accredited by the American College of Radiology

Your Care Team Includes:
- Breast fellowship trained radiologist
- Dedicated breast health nurse navigators
- Pathologists
- General surgeons at all three facilities
- Plastic surgeons
- Genetics counselor
- Medical oncology at all three facilities
- Oncology certified and other specialty nurses
- Radiation oncology at Regions and Westfields Hospitals
- Nutritionists
- Mammography and ultrasound technologists specializing in breast imaging

Meet the Team

Women & Wine

Join us for an evening at “The Loft” for a girls night out, with the opportunity to talk to Stillwater Medical Group Specialists about women’s health issues.

June 10, 2014
5-7pm
The Loft at Studio J
214 Main St S | Stillwater, MN

Information & registration: lakeviewhealth.org/women or (651) 430-4655

For more information about the Breast Health Center at Lakeview Hospital, please talk with your health care provider or call (651) 439-5330.

Visit lakeviewhealth.org/breastcenter
What is the difference between a routine SCREENING mammogram and a DIAGNOSTIC mammogram?

**Screening mammography**
Routine SCREENING mammograms are pictures of the breasts, two on each side. These mammograms are done on a yearly basis. SCREENING mammograms are done on patients that are asymptomatic (without any problems).

**Diagnostic Mammography**
A DIAGNOSTIC mammogram is different. It involves specialized pictures, an on-site radiologist, and potentially other services offered that day. This evaluation may be recommended for changes in the breast found by you, your provider or seen on imaging.
“Breast cancer
won’t define me... it will refine me.”

A fter a routine mammogram in the fall of 2012, Christine was shocked when she discovered a mass in her breast tissue the following summer.

“I was fiddling with my bra and felt a squishy lump in my breast tissue,” said Christine.

She quickly followed up with a visit to her primary care doctor, Beth Adams, MD, at Stillwater Medical Group. Dr. Adams ordered a mammogram; exactly one week later, Christine was diagnosed with breast cancer.

Upon diagnosis, she met with Ashley Umbreit, patient navigator at Lakeview Hospital. “I knew right away that meeting with Ashley was a blessing. I felt like a deer in the headlights, and Ashley knew exactly how to help me. She had everything written out, and I had options.” At Lakeview, patients partner with their providers to make the best treatment choices through a process called shared decision making.

Christine decided to have a double mastectomy. “All I could think was, ‘get this out of my body,’” stated Christine. “I had to do everything I could to fight this.”

After undergoing a double mastectomy at Lakeview Hospital, she had six weeks of radiation at Westfields Hospital. “Having radiation so close to home made it easier,” said Christine. “You are there every day, Monday through Friday, for six weeks straight.”

“Having a radiation center close to home saves patients’ time, money and is a great convenience during a difficult time in their lives,” expressed Glenn Applegate, MD, Director of Radiation Oncology at the Radiation Therapy Center of Western Wisconsin. “We’re very happy to provide this service to the community, including our patients from Lakeview.”

Christine’s last step -- hormone therapy -- was accomplished back at Lakeview Hospital.

Reflecting upon the past few months, Christine said her biggest challenge was remembering to stand firm in what she was doing, understanding that she had a great team, and letting go of others’ opinions. She put her trust in her care team.

Part of standing firm and having a voice is taking a proactive approach in your health. Christine encourages all women to get mammograms, do self-check ups and learn what their breast tissue feels like. “After breast cancer, I value life a little differently. There is never a 100% chance the breast cancer won’t come back, but for now I still have a lot of life to live. Breast cancer is now just a part of my story.”
Christine’s Tips
on how to get through it all

- Laugh as much as you can
- Spend time with loved ones
- Have date nights
- Surround yourself with happiness
- Take time to reflect and process

There is no right or wrong answer...when someone you care about is diagnosed with cancer, you want to help but don’t always know how. You are not alone. Try one of these great ideas to make a difference in a cancer patient’s life.

1. Make a meal or organize a group of people to drop off meals on scheduled days.
2. Shovel the driveway (in the winter months).
3. Offer to water their flowers or plants (in the spring and summer).
4. Go with them to a support group meeting.
5. Go grocery shopping.
6. Be a chemotherapy companion.
7. Provide transportation.
8. Offer to take the patient to the movies or to a fun event to lift their spirits.
10. Create a care package filled with magazines, books, games, snacks, and aromatherapy.

Images by © Cori Rae Photography

Christine Nielsen, 43, Hudson, WI - wife, mom of two and breast cancer survivor

TO LEARN MORE ABOUT CANCER TREATMENT AT LAKEVIEW HOSPITAL, PLEASE TALK WITH YOUR HEALTH CARE PROVIDER OR CALL (651) 439-5330.

VISIT LAKEVIEWHEALTH.ORG/BREASTCENTER
Throughout each month and over the years, your breasts are constantly changing due to age, hormones, pregnancy and more.

Over the course of a menstrual cycle, breast volume can vary by up to 13 percent due to water retention and cell growth.

Though the breast is mature after puberty, breast tissue remains inactive until pregnancy. Humans are the only mammals with breasts that develop in puberty and remain permanently enlarged.

For many women, an increase in breast fullness and breast growth are the first observable signs of pregnancy. The breast growth is caused by increases in the hormones estrogen and progesterone.

While most women have breast changes during each pregnancy, the breasts do not get larger with each pregnancy or each successive breastfeeding experience unless the woman gains weight between her pregnancies.

A common misconception about breastfeeding is that it causes the breasts to sag, but that is actually due to lack of breast support during pregnancy and breastfeeding when the breasts are heavier. A well-fitting, supportive bra is essential for most women during this time.

After menopause, the number of breast lobules decreases and those remaining shrink in size. The loss of breast tissue during menopause means breast density also decreases.

“Breastfeeding is a natural, ideal way to feed your baby because it provides all the nutrients a newborn requires,” says Nicole Nelson, DO a Stillwater Medical Group physician who works with expectant mothers. “Some moms find that breastfeeding can be initially challenging, but learning what to expect and where to find support is key to having a successful experience.”
I wasn’t planning on a water birth,” said Erika Ward of the birth of her third child in 2011. “I was supposed to get out of the water before my son was born, but it happened too fast.” Now she is hoping that the impending birth of her fourth child will be a planned water birth.

“My labors have all been under an hour, but my pain goes from a 0 to a 10 very quickly,” said Erika. “So I knew I wanted to get in the tub right away to ease the pain.” For Erika, being in the tub made a huge difference in her level of pain. “My last two births were not water births, and they were much more painful. The water helped me to relax and focus on something other than the pain. After 35 minutes and one push, my son was born! It was an incredible experience that I hope to repeat with my next birth.”

Water births give the control of labor and birth to the mother; for some like Erika, it also helps effectively manage pain. Warm water supports the mother’s body and helps her relax. At Lakeview Hospital, the water birth suite offers a quiet setting, along with the personal care of a physician or midwife and nurses. Mothers who want water births must first be assessed by their healthcare provider.

Erika is very pleased with her nurse midwife, Fern Aspen, CNM. “We share similar values. I wanted a natural birth and she was very supportive of that,” said Erika. “She genuinely loves what she does, and it’s easy to see that.” Fern’s main objectives are to deliver a healthy baby and for the mom to have the type of birth she hopes for. “I honestly don’t have any worries,” said Erika.

Erika and her husband live with their three boys in New Richmond, Wisconsin.

TO LEARN MORE ABOUT WATER BIRTHS AT LAKEVIEW HOSPITAL, PLEASE TALK WITH YOUR HEALTH CARE PROVIDER OR CALL OUR BIRTH CENTER AT (651) 430-4760.

LAKEVIEWHEALTH.ORG/ BIRTHCENTER
Get outside! Walk, run, bicycle, unicycle, pogo stick, cartwheels, ANYTHING to get your body moving. The American College of Sports Medicine recommends moderate exercise (e.g. a brisk walk) 30 minutes, 5 days per week to maintain body weight and provide heart-protective benefits. If it’s cold and rainy, get outside anyway to prove you are tougher than our Minnesota/Wisconsin weather!

— PAUL SCHAEFER, MD
SPORTS MEDICINE, STILLWATER MEDICAL GROUP

HEALTH CARE ON YOUR SCHEDULE

Stillwater Medical Group Urgent Care provides walk-in services treating minor illnesses and injuries. These services are now located at our Main Campus in Stillwater, Mahtomedi Clinic and opening soon in Somerset! This service is available to new and existing patients and provides a convenient and private place to go when you have a minor illness or injury. Our on-site lab, x-ray and pharmacy (Stillwater location only) provide even more convenience. Patients are seen by Stillwater Medical Group Pediatric and Family Medicine providers. Most insurance plans are accepted.

URGENT CARE HOURS & LOCATIONS

Stillwater
1500 Curve Crest Blvd | Stillwater, MN

NOW AVAILABLE
day, evening and weekends
11:00 am-8:30pm M-F
8:00 am-11:30 am Sat & Sun

Mahtomedi
700 Wildwood Road | Mahtomedi, MN
5:30pm-8:30pm M-F

Somerset - Opening June 2014!
700 Rivard Street | Somerset, WI 54025
5:30pm-8:30pm M-F
Coaching for common health problems

IMMUNIZATIONS  •  HEALTHY LIFESTYLE COACHING

Depending on your age, health history and individual risk factors, you may need these or other additional screenings:

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Screening/Immunization</th>
<th>Recommended Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>20s</td>
<td>Chlamydia or sexually active women ages 19-25</td>
<td>Every three years starting at age 21</td>
</tr>
<tr>
<td>30s</td>
<td>PAP test</td>
<td>After age 30, you may only need a pap test every five years if combined with a high-risk HPV test</td>
</tr>
<tr>
<td>40s</td>
<td>Colon cancer screening starting at age 50</td>
<td>Every one to two years, starting at age 44</td>
</tr>
<tr>
<td>50+</td>
<td>Mammogram every one to two years, starting between ages 40 and 50</td>
<td>Cholesterol &amp; triglyceride every five years</td>
</tr>
<tr>
<td>ALL AGES</td>
<td>Influenza immunization every year</td>
<td>Eye exam every one to two years</td>
</tr>
</tbody>
</table>

Call 📞 Click 👉 Come In 🛋️

Online Patient Services

Whether it is 12:00 am or 12:00 pm, Online Patient Services gets you the answers you need without having to leave work or home. You can securely access your medial record information as well as:

- Schedule an appointment
- View lab and test results
- Consult with your provider via email
- View immunization records
- Print your medication list(s)
- Manage your family’s accounts

Once you have Online Patient Services, you’ll wonder why you didn’t sign up sooner! Get in control of your health care and sign up today.

~ LEESA CACHUELA, MSN, RN, CNP
FAMILY MEDICINE
STILLWATER MEDICAL GROUP

To register for this free service:
1. Go to lakeviewhealth.org
2. Click on blue button “Online Patient Services.”
   This screen will open:
   
   Online Patient Services
   Log on to:
   - Schedule an appointment
   - Get test results
   - Consult with a doctor
   - View immunization records
   - Manage my family’s accounts

3. Click on “Sign up for myHealthPartners.”
   (Or log in if you already have a user name and password.)

* Parents/guardians of children can request proxy access for most Online Patient Services features, including immunizations records, scheduling appointments, or requesting advice on their behalf. To request proxy access, follow above steps to log into myHealthPartners. Click on “Manage my family’s accounts.”

If you need further assistance, please call 952-853-8888.
Lisa Rambo of Houlton, Wisconsin, was a contestant on season 14 of *The Biggest Loser*. She continues to share her journey of health with her family and with the world through her blog (losingitwithlisa.com). As a working mom with four kids, she knows how busy life gets. Yet even when time is limited, she has still found a way to eat healthy.

Lisa’s “go-to dinner” is Slow-Cooked Southwest Chicken and Beans. “We make it weekly at the Rambo house,” exclaimed Lisa. “I typically make this on a night when I plan on being a little later at the gym or running around with the kids. I love that dinner is just about done when I walk in the door. My husband and kids have even declared this a new favorite — a win-win in my book!”

Lisa loves this dish because you can put it in the slow cooker in the morning in less than five minutes — so healthy and so easy!
Looking for a great alternative to eating on the run for you and your family? With just a little planning you can make a quick snack or lunch, pre-packed in a container that works for you. Just mix-and-match three or more foods from different groups below for a balanced meal or snack.

Here are some examples to get you started.

1. Colorful fruit and cheese kabob + popcorn
2. Whole-grain pita stuffed with shredded carrots, greens, black beans and cheese + fresh salsa + pineapple chunks
3. Cottage cheese + colorful sweet pepper sticks + whole grain crackers
4. Greek yogurt + berries + handful of almonds
5. Favorite nut butter + apple slices + sweet potato sticks
6. Greens (spinach, kale or lettuce) + cranberries (or any dried fruit) + grapes + walnuts + a little dressing (made with olive oil and flavored balsamic vinegar)
7. Shredded veggies + hummus + whole-wheat tortilla, rolled up and cut into pinwheels
8. Leftover wild rice, quinoa or whole grain pasta + chopped veggies (sweet peppers, mushrooms, sugar snap peas) + a drizzle of olive oil + lemon or lime juice

In a two or three qt. slow cooker, combine beans, tomatoes, chilies, chicken, salsa and seasoning. Cover and cook on low for 6-8 hours. Just before serving, shred chicken using two forks. Serve with brown rice or whole grain tortillas and taco fixings. (Lisa enjoys hers over mixed greens with lots of hot sauce!) If you have leftovers, freeze them in a freezer zip lock bag and use it when you need a quick meal.

For more great recipe ideas visit powerup4kids.org
Common Pelvic Floor Disorders

Urinary incontinence
- Involuntary loss of urine during strenuous activities or proceeded by an urge, or a combination of both.

Painful bladder syndrome (interstitial cystitis)
- Frequent urination, urgency and pelvic discomfort from the bladder.

Sexual dysfunction
- Difficulty experienced by an individual or a couple during any stage of a normal sexual activity

Recurrent urinary tract infections
- More than two infections in six months.

Pelvic Floor Disorders

Q: What is the “pelvic floor?”
A: “Pelvic floor” is a term that describes the muscles, ligaments and connective tissues that provide support for a woman’s internal organs (including the bladder, bowel, uterus, vagina and rectum). The pelvic floor prevents these organs from dropping down or out (prolapse) and helps these organs function properly.

-- Robert Hildebrandt, MD, FACOG
OB/GYN, STILLWATER MEDICAL GROUP

Q: What are pelvic floor disorders?
A: Pelvic floor disorders are due to weakness in the tissues surrounding the pelvic organs, which can result in pain or prolapse.
Some women may also experience prolapse of the cervix, uterus or walls of the vagina, including bladder and rectum. The good news is that most conditions are treatable.

-- Kate Schneider, MD
OB/GYN, STILLWATER MEDICAL GROUP

Q: How is it treated?
A: At Stillwater Medical Group we use a combined approach with gynecologists, urologists, physical therapists and nurses trained in biofeedback and pelvic floor retraining.

After a thorough diagnostic evaluation is completed, pelvic floor disorders can be treated with physical therapy, medication management or, in some cases, surgical correction. Often combinations of treatments may be required.

-- David Henly, MD
UROLOGY, STILLWATER MEDICAL GROUP
Before your pelvic health evaluation, you will receive a questionnaire and a 48-hour urinary diary sheet listing fluid intake, urination pattern, and the amount of urine output. Please complete the forms and bring them with you to your appointment. The questionnaires contain a lot of information that is important to help us care for you. Even though you may not suffer from all the problems listed on the questionnaire, answer as completely as you can.

After your first visit, we will carefully review your history, questionnaire, and urinary diary. You will then undergo an examination with careful attention to the pelvic floor and bladder. We will discuss our impression and options for further evaluation or treatment – both non-surgical and surgical. FOR OB/GYN AND UROLOGY INFORMATION, PLEASE CALL 651-439-1234.
Spring is in the air
Seasonal allergies are right around the corner. Schedule your allergy testing and treatment before tree season begins.
Visit us at lakeviewhealth.org/allergies to learn more.

NEW CLINICIANS

STILLWATER MEDICAL GROUP
- Stillwater
  Anna Cox, MD
  Internal Medicine
  Mollie Malaney, MD
  Pediatrics

STILLWATER MEDICAL GROUP
- Somerset
  Suzanne M. Shimon, FNP-BC/CEMP
  Family Medicine

FREE VEIN SCREENING
If you have any of the following signs and symptoms, please come to our FREE screening to determine if you could be a candidate for vein treatments:
• Varicose veins
• Ankle swelling
• Skin ulcers
• Leg aching, fatigue or pain
• Skin color and texture changes

THURSDAY, JUNE 19
5:00 pm - 7:00 pm
Mahtomedi Clinic
Registration required, 651-439-1234 x3214 or lakeviewhealth.org/veinclinic

OUR NEIGHBORHOOD CLINICS

STILLWATER MEDICAL GROUP
• Main Campus
  1500 Curve Crest Blvd, Stillwater, MN
• Mahtomedi Clinic
  700 Wildwood Road, Mahtomedi, MN
• OB/Gyn Clinic at Lakeview Hospital
  927 Churchill Street, Stillwater, MN
• Somerset Clinic
  700 Rivard Street, Somerset, WI
• Specialty Clinic
  1500 Curve Crest Blvd, Stillwater, MN
• The Clinic at Walmart
  5815 Norell Ave. N, Oak Park Heights, MN

Call 651-439-1234 for make an appointment at any of our locations.

6th Annual
WINEMAKER’S FORUM

Thursday, June 5, 2014
6:00 – 9:00 p.m.
Terrace of the Stillwater Public Library overlooking downtown Stillwater and the beautiful St. Croix River

Featuring
Merry Edwards Winery
and their wine from the Russian River Valley and Sonoma Coast.

Outstanding Food Pairings from the Lake Elmo Inn

Great music from the Stillwater Area High School Jazz Combo.

Individual registration is $150, sponsorships are available. Please contact us at 651-430-8731 or www.lakeviewfoundation.org

All proceeds benefit Lakeview’s Prescription Assistance Program Fund.

PRODUCT SPOTLIGHT

Chewbeads are stylish and practical teething products for both mom and baby! Available in a variety of styles and colors. Soft, non-toxic jewelry that is colorful, chic, and above all else safe.

Find Chewbeads and many great gift ideas in the Lakeview Hospital gift shop.
DO YOU HAVE TYPE 2 DIABETES?
Sign up for our Diabetic Education classes.
lakeviewhealth.org/nutrition

Melanoma Skin Cancer
Mon, June 2 | 6:30-7:30 pm | Lakeview Hospital
FREE | Registration: (651) 430-4697
Stillwater Medical Group surgeon Dr. Mark George will discuss steps you can take to prevent skin cancer, risk factors, the various types of skin cancer (including melanoma), diagnosis, prognosis and treatment.

Bladder Problems? We Can Help
Tues, June 3 | 6:30-8:00 pm | Lakeview Hospital
FREE | Registration: (651) 430-4697
An overview of bladder diagnostics and noninvasive treatments available at Lakeview. Bladder conditions (affecting both men and women) include overactive bladder, incontinence and more. Presented by the urology team.

Tai Chi for Arthritis
Tuesdays, June 3-July 22
6-7 pm | SMG Specialty Clinic Lobby
$40 | Registration: (651) 430-4697
Reduce pain and increase balance and flexibility. Led by certified instructor Greg LaDoucer, PT. The eight-week class uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Varicose Veins
Wed, June 4 or Tues, June 17
6:30-7:30 pm | Lakeview Hospital
FREE | Registration: (651) 430-4697
New options exist for the treatment of varicose vein problems, from spider veins to venous ulcers. Stillwater Medical Group general surgeons Dr. Kevin Bjork and Dr. Eric Saterbak will explain what can be done to help you find relief.

Eating Healthy On a Budget
Tues, June 17 | 6:30-7:30 pm | Lakeview Hospital
FREE | Registration: (651) 430-4697
Learn strategies to plan a healthy diet, purchase healthy foods, and prepare delicious and nutritious meals - all without breaking the bank.

Finding Your Way through Cancer
Thursdays, July 10-30 | 7:00-8:15 pm | Lakeview Hospital
FREE | Registration: (651) 430-4697
For individuals and families 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.” Facilitator: Julie Edstrom.

Advance Care Planning for Minnesota Residents
Tues, July 15 | 6:00-7:00 pm | Lakeview Hospital
FREE | Registration: (651) 430-4697
Tips on how to initiate an end-of-life care conversation with your loved ones and how to pick a surrogate decision maker. Free private appointments available to complete advance directives with a member of Lakeview Hospital’s social services staff.

HEALTHY WEIGHT FOR LIFE
Find out what really works for long-term weight loss. Learn strategies to prioritize and execute meal planning. Use great tools during the program and after to achieve your healthy eating goals. Developed by a Lakeview dietitian with advanced training in weight management and counseling psychology.

CLASS INFO & REGISTRATION
Diabetes & Nutrition
(651) 430-8715
register@lakeview.org

NEW PARENT CONNECTION
New Parent Connection provides an opportunity for new parents to connect with other new parents to share their joys and concerns of parenthood. Participants will learn about newborn care and development, as well as self-care. An obstetric nurse/childbirth educator and an Early Childhood and Family (ECFE) educator lead the group. Weekly topics are based upon the interests of the new parents.

THURSDAYS
10:30 am - 11:30 am
Lakeview Hospital Campus
FREE, no registration required
Our board-certified surgeons can eliminate painful and unsightly varicose veins with a minimally-invasive procedure that is covered by most insurance; no referral necessary.

Free YOURSELF from varicose veins

FREE VEIN SCREENING
THURSDAY, JUNE 19, 2014
Mahtomedi Clinic
lakeviewhealth.org/veinclinic