ViewPoint
A Message from Lakeview Health’s CEO Jeff Robertson

Dear Friends:

Do you consider yourself a change agent? You are. Lakeview Health continues to change and improve to meet your healthcare needs. For example:

• Stillwater Medical Group (SMG) now provides retail clinic services at Walmart stores in Oak Park Heights, MN and in New Richmond, WI. The changes we made to add retail clinic services are due to your expectations for expanded hours and lower prices for treatment of simple health problems.

• Lakeview Hospital is undergoing a building renovation that will allow private rooms for all inpatients. The building changes are in response to your needs for privacy, comfort and ease.

• SMG recently implemented Excellian™, a new electronic medical record system, at each clinic location including our clinics at Walmart. SMG patients will soon be able to access their lab results, imaging results and scheduling options on-line through a “patient portal.” Within the next year, Excellian™ will be in use at Lakeview Hospital. The move to Excellian™ allows us to meet your expectations of immediate provider access to current, accurate medical history, regardless of whether you are being treated in the emergency department, clinic or hospital.

You, our patient, are why we exist. Your needs are also at the core of why we change. Thank you for the trust you place in us for your medical care. We welcome your role as an agent of change for Lakeview Health.

Project Revitalize
update

Your update on the updates.

Work on the Emergency Department expansion at the hospital has begun.

The $4 million project will add an additional 4,600 square feet, including two trauma rooms, ten treatment rooms and an attached ambulance garage (approx. 1,400 square feet) with room for two ambulances.

When the current space was built in 1993, it was designed to handle about 5,000 patients per year. Last year 12,250 patients went through Lakeview’s ED.

On the cover: We all know this landmark. Stillwater Lift Bridge during Lumberjack Days 2010. Photo by Paul Lewis (with an iphone)
What a confusing name for a subspecialty. Does it mean they specialize on the “insides” of people? Or are they perpetual “interns”?

Internal medicine developed in the United States in the late 1800’s when a group of prominent East coast physicians banded together to form a “professional society” whose major focus was hospital-based empiric research. Their goal was to transform medicine into a true science by emphasizing 10-15 years of hospital-based training with a strong emphasis on laboratory evaluation and use of the scientific method. They stressed education both for themselves and for the medical community as a core value. The founding father was Dr. William Osler who delineated the profession both by example and his writing.

The term internal applies mostly to the idea of using the laboratory as an in-depth “internal” look at disease. Osler’s view was that the internist would become the “doctor’s doctor”, meaning that physicians would consult internists when they came across a difficult case they needed help with.

The goals of internal medicine remain today: empiric based with a strong emphasis on the scientific method; extensive education with twelve years of secondary education plus a rigorous recertification process every seven years; hospital-based training; and a goal of education for physicians and patients alike. Internists also recognize that medicine is an art which acknowledges that each individual’s health and needs are unique.

Internists specialize in adult medicine (18 years old and over) for maintenance of health and treatment of chronic conditions, including diabetes, heart disease, cancer, infectious diseases, arthritis, renal diseases, geriatric issues, pulmonary problems, gastroenterology cases and more. Internal medicine first developed a permanent presence in Stillwater 31 years ago. Today Lakeview Health has nine internists:

- Dr. Joe Ardolf
- Dr. Neal Boeder
- Dr. Charles Bransford
- Dr. Andy Dorwart
- Dr. Wendy Heck
- Dr. Martha Sanford
- Dr. Charles Stevens
- Dr. Don Wessel
- Dr. Marie Witte

Internal Medicine
A medical specialty dedicated to the diagnosis and medical treatment of adults. A physician who specializes in internal medicine is referred to as an internist. A minimum of seven years of medical school and postgraduate training are focused on learning the prevention, diagnosis, and treatment of diseases of adults.
Stillwater Medical Group
Main Campus
1500 Curve Crest Blvd.
Stillwater, MN
- Family Medicine
- Internal Medicine
- Pediatrics & Adolescent Medicine
- Lakeview Community Pharmacy
- Physical Therapy
- Massage Therapy
- Cardiac Rehabilitation
- Laboratory
- Radiology
- DIAMOND Program (Depression)
- Prescription Assistance Program
- Onsite lab and x-ray

Specialty Clinic
Stillwater Medical Group
1500 Curve Crest Blvd.
Stillwater, MN
- Audiology
- Otolaryngology (Ear, Nose, Throat)
- Urology
- Neurology
- Allergy & Immunology
- Foot & Ankle Surgery (Podiatry)
- WorkWell (Occupational Medicine)
- International Travel Clinic
- Diabetes & Nutrition
- Surgery
- Anticoagulation Clinic
- Hearing Aid Center
- Sports Medicine

Urgent Care
Stillwater Medical Group
Main Campus
Monday-Friday 5:30-8:30 pm
Saturday & Sunday 8-11:30 am
- Normal office co-pays apply
- Walk-in – no appointment needed
- Onsite lab and x-ray

Did you know?
- Every time a baby is born at Lakeview Hospital a lullaby is played over the PA system.
- In 2009, 228 volunteers donated over 19,000 hours of time to Lakeview Hospital.
- Lakeview Hospital’s all paramedic EMS (ambulance service) covers 200 square miles of area in the St. Croix Valley.
- Stillwater Medical Group has two certified massage therapists available by appointment.
- Stillwater Medical Group’s Somerset Clinic celebrated its 10th anniversary this year.
- In 1961, Lakeview Hospital was considered a “showpiece” as the first hospital in the U.S. to use a circular design in its patient care units.
- Lakeview Health’s Geriatric Program includes a board certified geriatrician and geriatric nurse practitioners. They provide services onsite in assisted-living and long-term care facilities.
- Lakeview Health offers a variety of classes, including community wellness education, childbirth, CPR, New Parent Connection, nutrition classes, Joint

Lakeview Hospital
927 Churchill St. W.
Stillwater, MN
- Sleep Center
- OB/GYN Clinic (Stillwater Medical Group)
- Oncology & Infusion Service
- Emergency Medicine (EMS)
- Lakeview Heart Center (Cardiology)
- Cardiopulmonary Rehabilitation

Operated by Stillwater Medical Group
5815 Norell Ave.
Oak Park Heights, MN
- Preventive & routine healthcare
- For individuals over the age of 18 months
- Common vaccinations
- Camp, school & sports physicals

We are your Healthcare in the St. Croix Valley
Somerset Clinic
Stillwater Medical Group
700 Rivard St.
Somerset, WI
• Urology
• Podiatry
• Pediatrics & Adolescent Medicine
• OB/GYN
• Internal Medicine
• Family Medicine
• Cardiology
• Diabetes Education
• Onsite lab and x-ray

New Richmond

OPERATED BY STILLWATER MEDICAL GROUP
250 W. Richmond Way
New Richmond, WI
• Preventive & routine healthcare
• For individuals over the age of 18 months
• Common vaccinations
• Camp, school & sports physicals

Lakeview Hospital
927 Churchill St. W.
Stillwater, MN
• Sleep Center
• OB/GYN Clinic (Stillwater Medical Group)
• Oncology & Infusion Services
• Emergency Medicine (EMS)
• Lakeview Heart Center (Cardiology)
• Cardiopulmonary Rehabilitation
• Anesthesiology
• Birth Center
• Colonoscopy/Endoscopy
• Level III Trauma - Emergency Department
• Hospitalist Program
• Imaging Services
• Integrative Medicine
• Medical Intensive Care Unit (MICU)
• Volunteer Services
• Homecare
• Hospice
• Palliative Care
• Orthopedic Surgery
• Physical Medicine (Physical & Speech Therapies)
• Lakeview Outpatient Pharmacy
• Same Day Surgery
• Surgical Services
• Chaplaincy Services
• Gift Shop

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Lakeview Health offers a variety of classes, including community wellness education, childbirth, CPR, New Parent Connection, nutrition classes, Joint Connections and CMEs. Visit www.lakeview.org/classes for details.

Several community support groups are sponsored by Lakeview Health, including Weathering Life’s Losses Grief Group, Kids & Teens in Grief, Alzheimer’s Disease & Dementia, Breast Cancer, Diabetes, Heart Care, Insulin Pump Support, Ostomy Support, Prostate Cancer, RESOLVE Infertility and more. Visit www.lakeview.org/supportgroups.

Lakeview Hospital is a leader in orthopedic surgery. It was one of the first in the country to perform a new cervical disc replacement surgery.

Lakeview Hospital performs 68% more total joint replacement procedures each year than the Minnesota hospital average.

Oncology & Infusion Services offers chemotherapy, biotherapy, targeted agents and non-chemo infusions in a choice of semi-private, private or community-seating settings.

In 2009, Lakeview Foundation distributed over $24,000 to 24 students pursuing degrees in healthcare.

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Save 20% on your next Over-the-counter purchase
OR  First 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.refillrx.com/lakeviewcommunity

Save 20% on one (1) item at:
Fractured Frog
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.
Phone: (651) 430-8502
Hours: 9:00 AM - 8:00 PM, Monday - Friday
10:00 AM - 1:00 PM, Saturday & Sunday

Limit 1 coupon per customer. Expires 12/31/10

LAKEVIEW COMMUNITY PHARMACY

Save 20% on your next Over-the-counter purchase
OR  First Pharmacy Delivery FREE
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Staying strong: strength and resistance training for older adults

Many factors can extend a person’s life and independence. One of the best tools to enhance a person’s quality of life is regular exercise, including resistance training. The American College of Sports Medicine, American Heart Association, Centers for Disease Control and Prevention, American Association of Cardiovascular and Pulmonary Rehabilitation and the Office of the Surgeon General recommend regular resistance training be a component of an individual’s fitness program. The aging process has many physical consequences, including significant declines in muscle mass, decreased resting metabolism, muscle strength and bone density as well as impaired balance and increased body fat. Preventing muscle mass loss and drop in metabolic rate are the most powerful benefits of participating in a regular resistance training program.

The Effects of Resistance Training

• Improve strength, balance and coordination, reducing the risk of falls and fall-related injuries.
• Improve balance and physical activity levels, which can dramatically reduce the risk of fractures in people with osteoporosis.
• Regular exercise and strength training can provide positive improvements in measures of pain, disability and physical performance in individuals affected with osteoarthritis.
• In two to three months, a person can double or triple their strength levels.

Modes of Resistance Training

• Consult your physician prior to beginning or resuming an exercise program.
• Receive proper instruction from a certified exercise professional.
• Resistance bands or one’s own body weight can be sufficient when starting training.

The Lakeview Health System Annual Report 2009 is now available online.
Visit www.lakeviewfoundation.org. If you would prefer a printed copy, please call Lakeview Foundation at (651) 430-8731.

□ Have you tried to quit before?
□ Do you think smoking is bad for your health?
□ Do you have other personal reasons for wanting to stop smoking?

If you said yes to any of these questions, you could benefit from the Freedom from Smoking® program offered at Lakeview Hospital in association with the American Lung Association and the SHIP program. Freedom from Smoking® provides a supportive and structured approach in a small group setting, based on the latest research. It is led by a trained facilitator who is also a respiratory therapist. The ultimate goal of the program is to help individuals overcome their smoking addiction and enjoy the benefits of better health. Participants will receive a workbook and CD to take home.

No more ifs, ands or ...butts!
Diabetes Education Now Available at Somerset Clinic

Lakeview Health’s Diabetes Education program is now offered at the Stillwater Medical Group Somerset Clinic location, in addition to the Specialty Clinic location in Stillwater. This provides patients who use the Somerset Clinic location, or who live or work in western Wisconsin, a convenient option for their diabetes care.

The Diabetes Tune-Up class is also offered in Somerset. This class serves as a refresher for patients who have not had diabetes education in a year or more. It includes a review of diabetes meal planning, blood glucose monitoring, glucose pattern management, medication, complication prevention and problem-solving skills to better manage diabetes.

The Lakeview Health Diabetes Education program has been recognized by the American Diabetes Association for Quality Self-Management Education. The program blends medical care, education and support into one comprehensive program. A physician referral is needed. For more information, please call (651) 430-8715 or toll-free (866) 727-3907.

Great Success!

Lakeview Foundation Events Successful

The 4th annual Lakeview Hospice Gala raised over $58,600 to benefit hospice patient care. A heartfelt thank you to the attendees, sponsors, committee members, volunteers and those who purchased raffle tickets and donated items, time or money.

Lakeview Foundation’s 2nd annual Wine Tasting Event grossed over $33,000 to benefit Lakeview’s Prescription Assistance Program. The Prescription Assistance Program helps patients obtain affordable prescriptions to promote their health and well-being.

If you would like to receive invitations to future Lakeview Foundation fundraising events, please call Lakeview Foundation at (651) 430-8731 or e-mail foundation@lakeview.org.

Lakeview Hospice
(651) 275-5765

Lakeview Prescription Assistance Program
(651) 430-8582

Community Classes Fall 2010 Schedule

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

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 or guardian, enabling them to better understand their own grief as well as their child’s.

DATE: 6 Thursdays, Sept. 30-Nov. 4, 6-7:15 pm
LOCATION: Boutwells Landing (5600 Norwich Pkwy., Oak Park Heights)
COST: Free, registration required
CONTACT: (651) 430-4586

Cholesterol Screening
Fasting is required 9-12 hours prior to the test. Please wear short sleeves. A blood glucose screening will also be available.

DATE: Wed., Oct. 6, 7-9 am
LOCATION: Lakeview Hospital
COST: $10, No registration required

New Brother/Sister Class
Helps children 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 provided. For children ages 3-8

DATE: Thurs., Oct. 7, 6:30-7:30 pm or Thurs., Dec. 9, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: $20/family, registration required
CONTACT: (651) 430-4510

Understanding One’s Energy
Melissa Shelton-Davies will demonstrate Qi Gong energy therapy and its overall benefit to one’s physical and emotional health and well-being. Learn what energy is and why it is important to our health. She will demonstrate the experience of different flows of energy and meditation. Participants will learn a simple but effective way to ground their bodies and deepen their abilities to meditate.

DATE: Thurs., Oct. 14, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

Lakeview Foundation Awards Scholarships

Lakeview Foundation awarded 15 scholarships for the 2010-2011 academic year to students pursuing medical careers. Scholarship funding includes the generous support of the Andersen Corporate Foundation and the Lakeview Bridge Marathon. The recipients were: Kelli Auer, Alexis Beinlich, Cheryl Belisle, Rachel Clemens, Jennifer Fletch, Tiger Heise, Alexandra Hetzer, Barbara Miner, Andrea Mulhausen, Linda Olson, Nick St. Ores, Joshua Peltier, Mary Steele, Danielle Yarusso, Ashley Zilles.

Great People!
What a Pain! Getting to the Bottom of Plantar Fasciitis

Plantar fasciitis is one of the most common orthopedic complaints relating to the foot. The pain in the bottom of the heel can increase after walking or after waking up. Stillwater Medical Group podiatrist Dr. Christina Knutson will discuss what causes plantar fasciitis, what you can do to prevent it and available treatment options.

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

Advance Directives Workshop for Wisconsin Residents

Lakeview Hospital social services staff will provide a one-hour overview of what an advance directive is, what the document can do for you and what happens if one does not exist. Forms, literature and instructions for completion will be provided to Wisconsin residents.

DATE: Wed., Oct. 20, 10:00 am
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

New Hope for Depression

Depression is a treatable serious medical condition. Stillwater Medical Group family medicine physician, Dr. Jeffrey Virant, will discuss what depression is, how it feels, what we understand about brain chemicals, how it affects a person and their loved ones and what can be done to treat it. Participants will also be introduced to Stillwater Medical Group’s DIAMOND Program, which uses a team-based approach to offer more support to patients.

DATE: Wed., Oct. 20, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

Healthy Eating on a Budget

A healthy diet can help you keep medical costs down, but eating healthy doesn’t have to wreck your budget. Lakeview Hospital dietitian Kathy Mead, RD, MPH, will help you learn how to plan family meals to meet nutrition needs as well as fit into your budget. You will find out how to read labels and get shopping tips to help you get more bang for your buck.

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

Prostate Cancer Support Group

Testosterone is a male hormone that helps prostate cancer grow. Lowering testosterone levels is a common treatment for men with prostate cancer. Stillwater Medical Group urologist Dr. Thomas Stormont will explain how this hormonal therapy works, how effective it is and some common side effects.

DATE: Wed., Nov. 3, 11:30 am
LOCATION: Lakeview Hospital
COST: Free, no registration required
CONTACT: (651) 430-4697

Healthcare Directives Workshop

Lakeview Hospital social services staff will provide an overview of what a healthcare directive is, what the document can do for you and what happens if one does not exist. Forms, literature and instructions for completion will be provided for Minnesota residents.

DATE: Wed., Nov. 3, 6-7 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

Finding Solutions for Painful Knee Arthritis

By 2030, it is projected that nearly 3.5 million people in the United States will have had total knee replacement surgery. Join Dr. Nicholas Weiss, St. Croix Orthopaedics, as he discusses innovative treatment options for knee arthritis.

DATE: Wed., Nov. 3, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

Look Good...Feel Better

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. A collaboration between the American Cancer Society, the Cosmetic, Toiletry and Fragrance Assoc. Foundation; and the National Cosmetology Assoc.

DATE: Tues., Nov. 9, 4-6 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (800) 227-2345

Perimenopause and Menopause

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. Stillwater Medical Group’s Fern Aspen, RN, CNM, will talk about perimenopause, menopause, hormone replacement options and osteoporosis prevention.

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

Cholesterol screening, blood glucose and blood pressure measurements will be available. Fasting is required 9-12 hours prior to the test. Please wear short sleeves.

DATE: Thurs., Oct. 28, 7-8:30 pm
LOCATION: Somerset Clinic
COST: $15 for cholesterol test, registration required
CONTACT: (651) 430-4697

Contact:
COST:
Location:
Date:

Plain Text TRIMMED
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: 6 Tuesdays, Nov. 9-Dec. 14, 7-9 pm
LOCATION: Stillwater Medical Group Main Campus
COST: $90, registration required
CONTACT: (651) 430-4510

Is My Hearing Normal?
Hearing loss is a normal part of aging, but 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: Thurs., Nov. 11, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

Therapeutic Effects of the Reverie Harp
The reverie harp is a relaxing and soothing new therapy tool that does not require music ability and can be used by anyone. This class will introduce you to the harp and what it offers patients and their families. Participants will also have an opportunity to try out the harp, which was designed and invented by Musicmakers in Stillwater in collaboration with an Australian music therapist.
DATE: Tues., Nov. 16, 6:30-7:30 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

New Grandparents Class
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., Dec. 7, 7-9 pm
LOCATION: Stillwater Medical Group Main Campus
COST: $20/couple, registration required
CONTACT: (651) 430-4510

Heart-to-Heart Support Group
Education and compassionate support for individuals and families who have experienced a cardiac event.
DATE: Wed., Dec. 8, 2-3 pm
LOCATION: Boutwells Landing (3600 Norwich Pkwy, Oak Park Heights)
COST: Free, no registration required

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, including the "new normal".
DATE: Thursdays, Oct. 7-28, 7-8:15 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697

Preparing for a Marathon
Do you have a desire to finish a marathon, or are you thinking about trying one for the first time? Matthew Sedgley, MD Stillwater Marathon Medical Director invites you to join Kathy Vidlock, MD and running coach Kim Maxwell, MS, RRCA, as they discuss training plans, running gear, nutrition, injury prevention/treatment, realistic goal setting and more.
DATE: Tues., Jan. 11, 6-8 pm
LOCATION: Lakeview Hospital
COST: Free, registration required
CONTACT: (651) 430-4697
Your Questions ... Answered

Q: What is an “EMR”?  
A: “EMR” is an acronym for “electronic medical record.” It is a computerized single source of your patient medical record. All of the information needed to care for you, such as your medical history (allergies, medications, test results and other pertinent information) as well as your contact and insurance information, is in a single, shared record. Lakeview Health is implementing electronic medical record technology to further enhance the safety and quality of your care. One of the greatest benefits of the EMR is that you will have ONE electronic medical record that will follow your care throughout our clinics and hospital and other associated clinics and hospitals.

As always, the privacy of your medical information is strictly protected. Only medical providers and personnel involved in your care can access your medical record. This fully secure system is in place at all Stillwater Medical Group locations and will be in place at Lakeview Hospital in 2011. In the future, patients will be able to obtain their lab results, schedule appointments and view other medical information online.

E-mail your questions to lhe@lakeview.org. Selected questions will be answered in future editions of HealthViews. Please do not include any personal medical information in your e-mail. By e-mailing a question to us, you agree to let us publish your question anonymously. (Sorry, we cannot respond to your question via e-mail, and not all questions will be answered in HealthViews.)

Tree of Remembrance

Remember a loved one or honor someone living by dedicating a star ($10) or string of lights ($75) on the Tree of Remembrance. All proceeds benefit hospice patients and their families. This year’s Tree of Remembrance ceremony will take place on Dec. 2 at 6:30 pm at Boutwells Landing. Donation forms are available online (www.lakeview.org), at the hospital’s front desk or at Boutwells Landing reception area. Forms are due Nov. 27. For more information, call (651) 275-8255.