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Stillwater Medical Group Clinic Expansion

A groundbreaking ceremony was held on Wednesday, April 13, for the expansion project of Stillwater Medical Group’s Curve Crest clinic site. The expansion will add an additional 90,000 square feet of clinic space, allowing the clinic and hospital to add a variety of new specialty services and expand primary care services. It is the first visible result of the integration of Lakeview Hospital and Stillwater Medical Group. Most of the Stillwater Medical Group physicians who are currently located at the Greeley Street Clinic will move to the new Curve Crest Clinic. Some hospital and clinic services will remain at the Greeley Street location. Project completion is anticipated in the summer of 2006.
This year marks the 125th anniversary of Lakeview Hospital. The movement for a hospital in Stillwater began in the late 1870s with a number of articles and editorials in the local newspapers calling for a place for the sick to heal and the injured to mend.

A group of women in February 1880 met at the home of Servina McKusick, the wife of John McKusick, a prominent Stillwater businessman. The discussion was about the need for a hospital, and the attendance at this meeting was unusually large. The County Benevolent Society was formed to promote the building of a hospital in Stillwater.

On March 22, 1880, the ladies incorporated the Stillwater City Hospital. The signers of the incorporation papers were: Mrs. John McKusick, Mrs. James H. Spencer, Mrs. A.B. Easton, Mrs. E.D. Taylor, Mrs. David Cover, Mrs. C.J. Butler, Mrs. J.B. Davis, Mrs. B.F. Rice, Mrs. Elam Greeley, Mrs. John G. Nelson, Mrs. John J. Robertson and Mrs. Frank A. Seymour.

This hospital was the fifth of its kind in the state and the first outside of Minneapolis, St. Paul and Duluth (today it is Minnesota’s second oldest hospital).

On October 21, 1880, amidst great fanfare, the hospital moved to a new location between Anderson and Hancock streets. According to the *History of Washington County and the St. Croix Valley*, published in 1881, the new facility was two stories high with a one-story wing. The hospital was staffed by six physicians and could accommodate up to 15 patients at a time. During its first year of operation, 84 patients were served by the hospital.

After World War I, the push to build a new hospital began. The new facility was expected to cost around $65,000; through public subscription, $90,000 was raised for the new hospital building. Local contractor O.H. Olsen began work on it in September of 1919. This hospital building was located on the site of the first hospital.

continued on next page...
Welcome to a very special edition of HealthViews, commemorating Lakeview Hospital’s 125-year history. As the second oldest hospital in the state of Minnesota, we have a proud heritage of providing excellent care and service to our community. This is a responsibility we do not take lightly. All of us, including medical staff, employees, volunteers and Board members, do our best each day to provide the community with first-rate healthcare. We have lived our mission and values for the last century and a quarter. And we will continue that tradition into the next century and beyond. The recent integration of Stillwater Medical Group and Lakeview Hospital is intended to enrich community health in further carrying out our nonprofit mission. The first visible result of this integration is the clinic building expansion on Curve Crest Boulevard, allowing the clinic and hospital to add new specialty services and expand primary care services. As a member of this community, you can be proud of our history and the newly formed health system. We are fortunate to have excellent care so close to home.

- David Wettergren
Chair, System Board
Lakeview Memorial Hospital; the next year that figure was at 10,600.

Today, with a core staff of five full-time emergency room physicians, Lakeview’s emergency department serves in excess of 12,000 people per year. Over 700 babies are born in the hospital each year. Lakeview currently has an active medical staff of 89, with an additional 38 courtesy and 96 consulting medical staff members. Lakeview employs over 700 people and has over 200 volunteers. During 2004, there were over 46,000 outpatient admissions and over 4,000 inpatient admissions.

In 2005, Lakeview Hospital integrated with Stillwater Medical Group to form a health system. This strategic move will support the addition of several new physicians and specialists to the Stillwater community. Lakeview is in the planning stages of another expansion to offer more services and specialists to the St. Croix Valley communities it serves.

Today Lakeview is recognized as one of the “Top 100” hospitals in the nation*. A continuous commitment to medicine and to the community has made Lakeview Hospital one of the finest healthcare providers in the area for 125 years.

-- Brent Peterson
Special to Lakeview Hospital

*Solucient, 2004

The quilt represents all of the people who make Lakeview what it is today.
Have you noticed a new face at Lakeview? Paul Erickson is one of several who have joined our staff since May. Paul most recently worked for the Indianhead Council, Boy Scouts of America, for the last 16 years. While serving in a variety of capacities, his last assignment was as the director of development, responsible for all fundraising operations in the east metro area in support of the Scouting program. This successful experience provided Paul the opportunity to join Lakeview as the Vice President of Development. His responsibilities will include overseeing major gifts and planned giving efforts, special events fundraising, annual giving, grant writing and providing leadership and direction to the system’s Foundation Board.

Many of you will have an opportunity to get to know Paul as he explores the various aspects and functions within the hospital, clinic and community. You can reach Paul by phone or email at 651-430-4556 or perickson@lakeview.org.

A New Face at Lakeview

New Prostate Procedure Gives Men the ‘Greenlight’

According to the Mayo Clinic, benign prostate enlargement affects about half of men in their 60s and up to 90 percent of men in their 70s and 80s. Some of these men will experience troubling symptoms including frequent urination or a sudden need to urinate, straining during urination, a feeling that the bladder doesn’t completely empty or a weak stream/leaking of urine. These symptoms can have a large impact on daily life. For some men, symptoms may be treated with medications or herbs. But for others, surgery may be the only option.

Thomas Stormont, MD, of Metropolitan Urologic Specialists, has recently begun performing a new procedure at Lakeview Hospital in Stillwater. The procedure, called “Greenlight PVP” or photoselective vaporization of the prostate, has many advantages over the traditional prostate surgery. “I’ve done almost 100 of the Greenlight procedures in the past year, and 98% of the patients have done extremely well,” stated Stormont. This new procedure is a nearly bloodless outpatient procedure, whereas the traditional surgery required a 2-3 day hospital stay. The process involves the use of laser energy that vaporizes the enlarged prostate tissue. “It’s like coring an apple or widening a donut hole,” said Stormont. “The donut is still there but the enlarged opening makes urinating easier.”

The Greenlight PVP procedure has very few risks or complications. There have been no reports of impotence or incontinence because the procedure does not involve cutting. Patients usually see positive results in just a few days following the procedure. “If my dad had a prostate problem, I’d have him try the Greenlight PVP before the traditional prostate surgery,” commented Stormont. “And that’s saying a lot.”

Dr. Stormont is a board certified urologist with Metropolitan Urologic Specialists, who sees patients at Stillwater Medical Group and is on staff at Lakeview Hospital.
Meet Our New Healthcare Providers

Nelson Coffey, PT, DipMDT, joins Stillwater Medical Group as a physical therapist and manager of Stillwater Medical Group’s physical therapy services. Mr. Coffey has over 25 years of experience in outpatient physical therapy, including 5 years teaching in Budapest, Hungary. Mr. Coffey treats a wide variety of musculoskeletal conditions, including back and neck pain, as well as athletic and work related injuries. After graduating from the University of North Carolina, Mr. Coffey studied at the McKenzie Institute where he received his diploma in mechanical diagnosis and therapy. Stillwater Medical Group’s therapy department is located at 1950 Curve Crest Blvd., Suite 110, Stillwater.

Kerri Nelson, MS, has worked as an audiologist since 1984 and recently joined the Stillwater Medical Group. Ms. Nelson provides diagnostic testing for hearing loss and assists with hearing aid selection, fitting and counseling of patients. She graduated from the University of Wisconsin in communicative disorders and psychology and has a masters of science degree in audiology. Previously she worked with the Minneapolis Public Schools conducting audiologic management of hearing impaired students, in collaboration with parents and staff. Ms. Nelson practices at Stillwater Medical Group’s Greeley clinic.

Trent R. Steenblock, DPM, joins Stillwater Medical Group having recently served as Chief Resident in podiatric foot and ankle reconstructive surgery at Regions Hospital in St. Paul. Dr. Steenblock holds memberships in both the American and Minnesota Podiatric Medical Associations, as well as the American College of Foot and Ankle Surgeons. He is a graduate of Gustavus Adolphus College and received his BS and DPM from the Dr. William M. Scholl College of Podiatric Medicine in Chicago. Dr. Steenblock practices at the Stillwater Medical Group Curve Crest and Somerset clinic locations.

For more information, visit www.stillwatermedicalgroup.org. To schedule an appointment with Mr. Coffey, Ms. Nelson or Dr. Steenblock, please call the Stillwater Medical Group at 651-439-3023 or 800-877-1611.

Michael Meisterling, MD, is an orthopedist with St. Croix Orthopaedics. Dr. Meisterling is a graduate of Creighton University Medical School. He completed his post grad/residency at the University of Minnesota and completed a fellowship in sports medicine at Adidas Sports Medicine in Auckland, New Zealand. Dr. Meisterling provides clinical and surgical treatments for patients of all ages with orthopedic conditions or injuries. He has published papers in the Journal of Pediatric Orthopaedics (2002) as well as The Physician and Sportsmedicine (1998).

For more information visit www.stcroixortho.com. To schedule an appointment with Dr. Meisterling, please call St. Croix Orthopaedics at 651-439-8807 or 800-423-1088.

Volunteer Opportunities

Volunteers at Lakeview Hospital are an important part of our team! Join us! Complete hospital orientation and training are provided. Patient confidentiality is absolutely required. All volunteers must have at least completed the ninth grade and be willing to make a sincere 6 month commitment to volunteering. For more information please call (651) 430-8522.

Gift Shop Savings

20% off any single regular priced merchandise

(some exclusions apply)
Limit one coupon per person.
Located at Lakeview Hospital.
Operated by the Lakeview Auxiliary.
Coupon expires December 31, 2005.
Lakeview Homecare and Hospice presents new Service

Lakeview Homecare and Hospice proudly began their new Companion Care program in July. Lakeview staff visit clients in their home to meet non-medical needs as they arise. The “companion” can accompany the client on errands, spend time reading to them, assist with correspondence—or just be a friend to talk with. Companions are age-specific trained and must undergo rigorous background checks and competency checks. The companion does not provide medical services or personal care; a physician referral is not required. The Companion Care program is available 7 days a week (minimum two-hours per visit). For more information, please call Lakeview Homecare at (651) 430-3320 or 800-732-1422.

Varicose veins are sometimes not only unsightly but also painful. Venous reflux disease is often the cause of the pain. It can develop when the valves in the veins carrying blood from the legs to the heart don’t close properly, causing increased pressure in the leg veins. Left untreated, the disease can be progressive. Traditionally, the only treatment was painful vein stripping. Fortunately for those who suffer from this disease, a new less-invasive closure procedure can provide significant relief with a short recovery and very minimal scarring.

Holly Wallace’s legs were constantly sore, achy and tired as a result of heredity, working on her feet all day and three pregnancies. “I had never had surgery before this,” Holly states. “The staff at Lakeview was absolutely wonderful. They were very welcoming, helpful and supportive. They knew exactly where I was going to be at each stage. I was so pleased!”

Dr. Kevin Bjork, general surgeon from Stillwater Medical Group, performed the radio frequency ablation procedure on Holly at Lakeview Hospital in May. “I had the surgery on Thursday and was back to work the following Monday,” says Holly. “My legs are no longer tired, sore or achy. I’m totally amazed.”

“I would absolutely recommend the surgery to whoever is a candidate. It is truly wonderful.”

Holly Wallace

Kevin Bjork, MD, Stillwater Medical Group

The procedure is performed on an outpatient basis using local anesthesia. Veins are closed using a radio frequency ablation catheter that is inserted through a small puncture in the lower leg, virtually eliminating the bruising and swelling that is so often associated with traditional vein stripping. Patients can walk around the same day and usually report noticeable improvements within 1-2 weeks. “I would absolutely recommend the surgery to whoever is a candidate,” Holly affirms. “It is truly wonderful.”

“We’ve been performing this procedure at Lakeview for about a year and a half,” remarked Dr. Bjork. “Patients have been very pleased with the results.” Not all patients with varicose veins are candidates for radio frequency ablation, but for those who are, it’s a less invasive alternative to traditional vein stripping.
In recent years, hospital care in the United States has become more and more complex. At the same time, physicians have less time to spend providing hospital care. This creates a special challenge for physicians. One solution is the introduction of hospitalists. A hospitalist is a board certified physician who specializes in patient care in the hospital setting.

“The hospitalist program is a relatively new concept in healthcare that provides day to day physician consistency for patients,” said Curt Geissler, Lakeview Hospital administrator. “It also allows Lakeview to treat some patients that previously may have been transferred to a tertiary care hospital because of their condition.”

As a collaborative effort, Stillwater Medical Group and Lakeview Hospital began a hospitalist program in August, under the direction of Dr. Joseph Ardolf. Currently available 7:00 AM to 5:00 PM seven days a week, the program will eventually be available 24-hours a day.

Hospitalists work exclusively at Lakeview and are available for any medical issues that may occur throughout the day. As a result, medical crises can be averted before they occur. Utilizing a hospitalist improves the continuity of care in the hospital setting, as well as improving the quality of care.

Our hospitalists are up-to-date on inpatient care and current in the latest developments in a wide variety of medical problems, including cardiac and pulmonary care.

Because they are board certified not only in internal medicine but also in pediatrics, they can care for children and newborns when the need arises.

The primary care physician will use the hospitalist to provide continuity of care during the hospital stay. The hospitalist will remain in close contact with the primary care physician. Once the patient is released from the hospital, the primary care physician will resume caring for the patient in the office setting.

“This program is a great enhancement to the care of our patients and the community,” Geissler affirmed.

Lakeview Hospital Art Gallery
A part of Lakeview’s integrative medicine program. The gallery is open from 8:00 AM to 8:00 PM daily.

Artist of the Month:
October    Mark Daehlin
November   Courage Cards
December   Ron Winch
January    Bill Ersland
February   Joan Lavine

“The hospitalist program is a relatively new concept in healthcare that provides day to day physician consistency for patients.”

Curt Geissler,
Lakeview Hospital Administrator/CEO
Healthcare Directives Workshop
This workshop, led by Kim Barnhart, LSW, of Lakeview Hospital, provides an overview of the importance of healthcare directives. Instructions on how to complete a directive will also be provided, as well as forms and literature for both Minnesota and Wisconsin residents.

- Thursday, Nov. 10, 10:00-11:00 a.m.
- Thursday, Feb. 9, 10:00-11:00 a.m.
- Thursday, May 11, 7:00-8:00 p.m.
Lakeview Hospital
FREE
Advanced registration required; call (651) 430-4697 or e-mail register@lakeview.org

Ankle Joint Replacement: Is It for You?
Severe ankle arthritis can lead to chronic pain or lack of mobility. Ankle joint replacement procedures may provide relief after conservative treatments have failed. Dr. Glenn Ciegler of St. Croix Orthopaedics will discuss what the procedure involves, as well as who makes a good candidate for positive results.

- Tuesday, Nov. 15, 6:30-7:30 p.m.
Lakeview Hospital
FREE
Advanced registration required; call (651) 430-4697 or e-mail register@lakeview.org

Advances in Total Knee Replacement
Dr. Andrea Saterbak, orthopedic surgeon for St. Croix Orthopaedics, will discuss recent improvements in knee replacement surgery, including MIS and alternative joint preservation surgical options. She will also talk about the impact these improvements have on patient recovery and a patient’s return to everyday activities.

- Tuesday, Oct. 25, 6:30-7:30 p.m.
Lakeview Hospital
FREE
Advanced registration required; call (651) 430-4697 or e-mail register@lakeview.org

Sign Language For Preverbal Hearing Babies
Research supports many developmental benefits to using sign language with hearing babies, including decreased frustration, higher IQs, larger vocabularies and earlier speech development. Speech-language pathologist, Jenny Lief, MA, CCC, will provide instruction to help parents and babies communicate. This class is designed for parents, grandparents and childcare providers. Participants are not required to bring along their baby/toddler. Participants will receive a packet of materials to take home for assistance.

- Thursday, Sept. 29, 7:00-8:30 p.m.
- Thursday, Oct. 20, 7:00-8:30 p.m.
- Wednesday, Nov. 30, 7:00-8:30 p.m.
- Thursday, March 9, 2006, 7:00-8:30 p.m.
Lakeview Hospital
Fee: $25 per individual or couple
Advanced registration and payment required; call (651) 430-4510

Getting Through the Holidays
The holidays can be an especially difficult time for those who are grieving the loss of a loved one. Paul V. Johnson, MA, bereavement coordinator for HealthPartners Hospice of the Lakes is the speaker for this program, offering suggestions on handling the special concerns of grief at holiday time. Sponsored by the Weathering Life’s Losses support group of Lakeview Hospital.

- Tuesday, Nov. 15, 7:00-8:15 p.m.
FamilyMeans, 1875 Northwestern Ave., Stillwater
FREE
No registration required; for more information call (651) 430-4586

How to Change Your Life and Health One Choice at a Time
Coping with a chronic illness isn’t easy. Kate Larsen, PCC, president of Winning LifeStyles, Inc. and a breast cancer survivor, knows firsthand what it means to be diagnosed with a disease that changes one’s life and health choices. She will describe ways which will challenge, nurture and encourage you to make choices each day that support your health and help you reach your goals.

- Monday, Oct. 10, 6:00-7:30 p.m. – Health Screenings
7:30-8:30 p.m. – Presentation
Stillwater Area High School Auditorium, 5701 Stillwater Blvd N, Oak Park Heights
FREE
Advanced registration required; call 651-430-8715

Supported by an educational grant from Eli Lilly and Company.
Support Groups

All support groups are free. New members are welcome at any time. Support groups are confidential and are facilitated by trained medical staff and/or volunteers.

Alzheimer’s Disease & Dementia Support Group
alzheimer’s association
An Alzheimer’s Association affiliated support group
• Second Thursday of each month, 6:00-7:00 p.m.
Boutwells Landing, 5600 Norwich Pkwy, Oak Park Heights
Call 651-430-4510 for information

Breast Cancer Support Group
• Meets monthly in two locations; afternoon and evening meetings.
Call Julie at 651-439-6747 for more information.

Diabetes Support Group
• First Tuesday of each month
Call 651-430-8715 for more information

Fibromyalgia Support Group
• Fourth Monday of each month, 7:00-8:30 p.m.
(No meetings June-August)
Courage St. Croix, 1460 Curve Crest Blvd, Stillwater
Call 651-351-2364 for information

Kids and Teens in Grief
A six-week grief program for children (K-12) who have experienced the death of a loved one.
• Thursdays, 6:00-7:15 p.m.
Boutwells Landing, 5600 Norwich Pkwy, Oak Park Heights
Fall 2005 session: Oct. 6-Nov. 10
Winter 2006 session: Feb. 2-March 9
Registration is required; call 651-430-4586

Ostomy Support Group
• First Saturday of each month, 10:00 a.m. – 12:00 noon
(No meetings June-August)
Community Volunteer Services & Senior Center, 2300 W Orleans St, Stillwater
Call 651-275-5438 for information

Weathering Life’s Losses
An adult grief group for those who have experienced the death of a loved one.
• Every Thursday, 6:00-7:15 p.m.
Boutwells Landing, 5600 Norwich Pkwy, Oak Park Heights
Call 651-430-4586 for information

Food for Life: Eating to Reduce Your Risk of Heart Disease
During this one-hour class, Lakeview Hospital nutritionists will discuss enjoyable ways to change your diet to improve your cardiovascular health. Heart-healthy recipes will be available.
• First Tuesday of each month, 9:00-10:00 a.m.
Third Wednesday of each month, 7:00-8:00 p.m.
Lakeview Hospital
FREE
No registration required
For more information call 651-430-4602

Stomp Out Diabetes
Are you at risk for type 2 diabetes? Learn what steps you can take to reduce your risk of developing it. Presented by Lakeview Hospital Diabetes educators. Fee includes materials to take home.
• Second Tuesday of each month, 6:00-7:30 p.m.
Heartland Office Village, 1715 Tower Dr W, Stillwater
$10.00 per person
Advanced registration and payment required; call 651-430-8715 or 866-727-3907

Joint Connections
A pre-operative class designed specifically for patients who have scheduled MIS (minimally invasive surgery) total hip or total knee replacements at Lakeview Hospital. Participants will gain an awareness of what to expect during and after the procedure. Taught by Lakeview Hospital team members from social services, physical therapy, occupational therapy and inpatient nursing. The Joint Connections class is held each Thursday and is free, but pre-registration is required. Call 651-430-4510 as soon as your MIS surgery has been scheduled.
Ask the Expert

Q: My arthritic ankle has not responded to conservative treatments. Should I try an ankle joint replacement?

A: Ankle joint replacement can provide relief to those suffering from severe ankle arthritis that has resulted in chronic pain or lack of mobility and motion. The ideal candidate for the surgery is someone who is in relatively good health, leads a comparatively sedentary or low activity lifestyle, and does not have a history of infections, neuromuscular problems or severe diabetes. I have performed the DePuy total ankle replacement procedure (in which the bone grows into the orthopedic components) at Lakeview Hospital for the past seven years. Lakeview Hospital has a well-trained surgical team and the latest in equipment. Patients have shown positive long-term results, including the restoration of full motion, stability and significant pain relief. Currently only two orthopedic surgeons in the state of Minnesota perform ankle joint replacements. The 90-minute procedure allows the patient to go home the same day or the following morning. For more information, please contact St. Croix Orthopaedics at (651) 439-8807 or (800) 423-1088.

Glenn Ciegler, MD, St. Croix Orthopaedics, PA

HEALTH HAPPENINGS

CPR Classes

Healthcare Provider Certification Class
This class provides the licensed and certified healthcare provider (physician, nurse, home health aide, first responder, dentist, dental assistant, respiratory therapist, paramedic, physician assistant, etc.) with the initial training needed for the work environment. This is an eight-hour class (two evenings). Fee includes textbook, face shield and course completion card.

- Tuesday Nov. 15 & Wednesday Nov. 16
  Fee: $74.00

Healthcare Provider Re-Certification Class
This class is limited to currently trained (within the last two years) healthcare providers who want to maintain certification. Fee includes textbook, face shield and completion card.

- Tuesday, Oct. 25
  Tuesday, Nov. 29
  Fee: $55.00

Heartsaver Re-Certification Class
For the currently trained (within the last two years) layperson who requires a credential in CPR (security personnel, camp counselor, office worker, daycare provider, fitness club employee, etc.). Fee includes textbook, face shield and course completion card.

- Thursday, Dec. 8
  Fee: $55.00

Family & Friends Class
This class covers adult, child and infant CPR, along with foreign body airway obstruction. For people who do not need a CPR certification of completion. Fee includes booklet and face shield.

- Tuesday, Dec. 6
  Fee: $35.00

All CPR classes take place at Lakeview Hospital from 5:45 p.m.-9:30 p.m. Advance registration is required for all CPR classes; please visit the information desk at Lakeview Hospital or call 651-439-5330.
**HealthViews • FALL/WINTER 2005-06**

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Visit our website at www.lakeview.org

**Tree of Remembrance**

**Sponsored by Lakeview Hospice**

**Thursday, December 1, 2005**

**One ceremony at 6:30 PM (Reception prior to ceremony)**

Boutwells Landing, Town Hall • 5600 Norwich Parkway • Stillwater, MN

The public is invited to remember a loved one, or honor someone living, by dedicating a star on the Tree of Remembrance. For a donation of $5 or more a star will be dedicated to a loved one. For $75 or more a string of lights will be dedicated. Forms will be available at the Lakeview Hospital front desk or the Boutwells Landing reception area. Forms must be received by Friday, November 25, 2005. All proceeds benefit Lakeview Hospice patients and their families. For additional information please call Lakeview Hospice at 651-430-3320.

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Clip and return with donation by November 25, 2005 to:
Lakeview Hospice, 5610 Norwich Parkway, Stillwater, MN 55082

**Yes! My donation of $___________ is to dedicate:**

- **A Star** ($5.00) in memory of ___________
- **A String of Lights** ($75.00) in memory of ___________
- **A Star** ($5.00) in living tribute to ___________

This donation given by: (Please Print)

Name ________________________________
Address ________________________________
Phone ________________________________ All proceeds go to Lakeview Hospice to benefit Hospice patients and their families. Your support is greatly appreciated.