

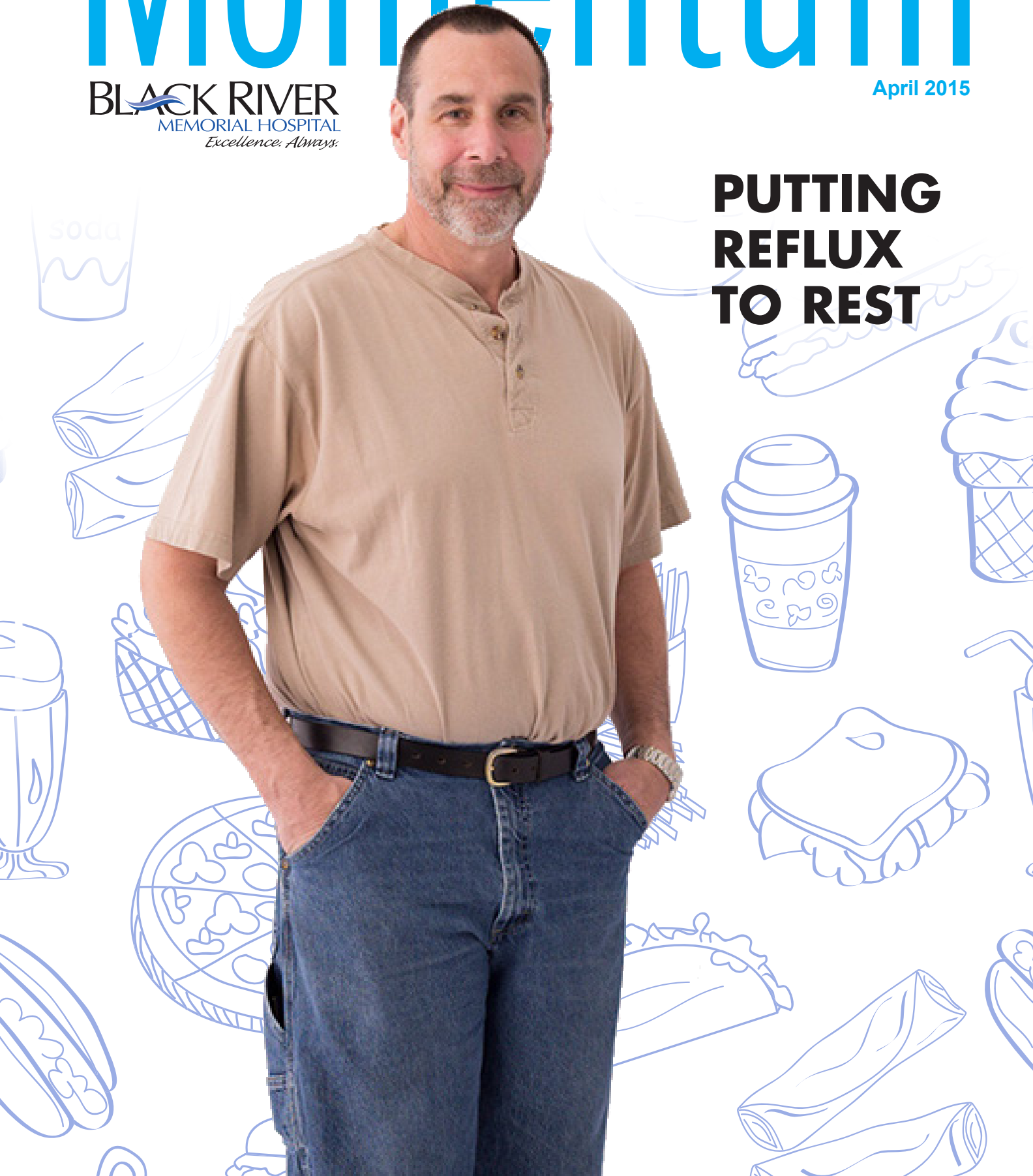
Local people. True stories. Real advice.

Momentum®



April 2015

PUTTING REFLUX TO REST



PUTTING REFLUX TO REST

Daily medication. Changing the way you eat.
Waking up with the taste of acid in your mouth.

These are just some of the side effects of acid reflux. All of which, **Wayne Zinn** was no stranger to. In 2010, he was diagnosed with acid reflux due to the fact that the valve between his stomach and esophagus wasn't closing properly.

So Wayne was put on a daily medication, but it never seemed to work properly. And even though the condition didn't prevent him from working at his job at the Jackson Correctional Institution or the green house, House Abloom, he and his wife, Darla, own, it did make everyday life uncomfortable.

"I had to learn how to eat differently, choosing smaller meals and not eating past 6 p.m.," Wayne says. "But my reflux would still reach a point that every time I'd eat or drink, acid would escape from my stomach into my esophagus."

After several years of just living

with his continuing symptoms, Wayne needed a new solution. Fortunately, his sister-in-law stumbled upon a new procedure called TIF (Transoral Incisionless Fundoplication).

Talking About TIF

TIF is a minimally invasive surgery that reconstructs the antireflux valve between the stomach and the esophagus, enabling it to start functioning properly again. It requires no external incisions, as it is performed through the mouth, and no internal cutting of natural tissues. Together, these benefits reduce discomfort following the procedure and allow for a faster recovery.

Unlike medications, which typically reduce the amount of acid the stomach can produce, TIF treats the underlying, root cause of acid reflux.

After doing some research on TIF and talking with his family doctor, Wayne decided this was the solution he was looking for. So he was referred to Nick Kitowski, MD, FACS (Fellowship of the American College of Surgeons), general surgeon at Black River Memorial Hospital (BRMH).



"I'd heard from others that Dr. Kitowski was a really good surgeon, and my experience proved that to be true," Wayne says. "He was very thorough in explaining the procedure and all the possible outcomes."

The TIF procedure only takes about an hour to complete, but Wayne stayed overnight at BRMH for observation and to learn about the important diet restrictions he needed to follow for the next couple of months, which included a two-week, liquid-only diet and then a five-week, soft-food diet.

And while Wayne jokingly said, "It was a great way to drop a few pounds," sticking to the post-procedure diet is incredibly important for the long-term success of the surgery. The diet allows the reconstructed valve to heal properly without the fear of rough food or big meals potentially tearing the stitches.

To help patients through these restrictions, BRMH's dietitian, Ruth Lahmayer Chipps, is available for one-on-one consultations. She can also help after the restrictions are lifted to go over ways to prevent future stomach, heartburn or reflux issues. (See "A Healthy Gut" for some quick tips).

Back in Control

Two weeks after Wayne's procedure, Dr. Kitowski took him off his acid reflux medication. Wayne hasn't had to use it since. And while Wayne still watches what—and how much—he eats, he hasn't had any reoccurring symptoms.

"I've had such good success with the TIF surgery that I'd recommend it to anyone who is struggling with acid reflux," Wayne says. "I'm no longer at the mercy of a daily medication or worrying about when my reflux might get worse during the day; I'm able to just live life normally." ■

A Healthy Gut

The digestive tract is a powerful organ. It filters out and eliminates things that can damage it, such as harmful bacteria, toxins, chemicals and other waste products. At the same time, it breaks down and absorbs essential fuel for our body (nutrients from food and water). The gut helps deliver vital components to the cells where they are needed.

Establishing a Healthy Gut

1. Consume adequate fluids.

Dehydration, even at moderate levels, can hamper digestion. Drink plenty of water and liquid-containing foods like fruits and vegetables.

2. Fill up on fiber.

Gradually increase fiber from a wide variety of sources. Taking a supplement may be an option but be sure you maximize your fiber intake with fruits, nuts, vegetables, whole grains, dried beans and legumes. A general goal is 25-35 grams of fiber per day. Here are some high fiber superstars: Baked potato with skin, pears, lentil soup, strawberries and oatmeal.

3. Consider Probiotics (good bacteria).

They are live microorganisms that can be used to help build a healthy environment in the gut. Sources include yogurt and kefir—a fermented milk product. Probiotics have been associated with helping boost immune systems, reducing symptoms of inflammatory bowel diseases like ulcerative colitis and Crohn's disease and even preventing migraine headaches.

"A SLICE OF CHEESE & ANTACID, PLEASE."

Do your favorite foods come topped with heartburn relief? Don't just live with heartburn symptoms—which could actually be signs of something more serious—find relief at Black River Memorial Hospital.

Attend **HeartburnU**, a free educational event on May 14, to learn more about the diet, lifestyle and surgical options available from BRMH dietitian, Ruth Lahmayer Chipps, and general surgeon, Dr. Nick Kitowski.

HeartburnU

Thursday
May 14 | 6:30PM

Dorothy Halvorson
Conference Room

Register online at
BRMH.net/HeartburnU
or call **715-284-1325**.



Breathe in Spring with BRMH

Spring doesn't just bring us warmer weather.

It also includes the smell of flowers, fresh cut grass and cookouts.

Unfortunately, more than 40 million Americans suffer from chronic sinusitis—inflammation of the sinuses that causes congestion, pressure and headaches. These symptoms can have a significant impact on physical, functional and emotional quality of life and can prevent someone from fully enjoying the coming of spring.

Typically, patients with sinusitis are first treated with medications like antibiotics, allergy control or topical nasal steroids. However, at least 20 percent of patients on these medications say their symptoms are still present and affecting their lives. The next step for these patients is sinus surgery, which traditionally involves bone and tissue removal to open blocked sinus passageways.

But Black River Memorial Hospital's (BRMH) ENT surgeon, Robert DeFatta, MD, offers a third solution. It's called Balloon Sinuplasty™, and it's a minimally invasive procedure to help you breathe better.

Unlike traditional sinus surgery, Balloon Sinuplasty doesn't require the removal of any bone or tissue. Instead, a small flexible balloon catheter is inserted into the blocked sinus and then inflated to gently open and restructure the sinus passageway, permanently restoring normal sinus function.

"With this method, patients are less likely to experience bruising and will normally have a quicker recovery," Dr. DeFatta says. "In many cases, patients are able to return to work and normal daily activities in 24 to 48 hours." ■



Balloon Sinuplasty may be right for you if:

- You suffer from sinusitis that negatively impacts your quality of life
- You have had a sinus infection for more than 12 weeks
- You experience four or more sinus infections each year

Dr. DeFatta is one of the first in our area to perform Balloon Sinuplasty. If you think it might be the solution to your sinus problems, talk to your doctor or call 715-828-2368 to schedule a consultation.

Pace and Pedal

SATURDAY MAY 30TH, 2015
WAZEE LAKE RECREATION AREA, BLACK RIVER FALLS, WI

8:00 Pace and Pedal Duathlon

Registration – \$30 per person or \$45 per team. 5.5 Mile Trail Run. 10 Mile Bike (helmet required). Registration includes event registration, chip timing & t-shirt*.

8:15 Wazee Fun Run/Walk

Registration – \$15 per person. 2.7 Mile Trail Run/Walk (strollers welcome, no pets). Registration includes event registration, chip timing & t-shirt*.

10:00 Youth Race (1.1 mile)

Registration – FREE. Includes race headband and participant medal.

10:15 Pace & Pedal Duathlon Award Ceremony

**Receive a performance t-shirt when registered by May 15th.*

No refunds. All events will take place rain or shine. If lightning occurs, times will be backed up in 1/2 hour increments, with cancellation after 2 hours.

REGISTER FOR THIS EVENT AT
BRMH.NET/PACEANDPEDAL



All proceeds to benefit Jackson County's healthy living coalition—
Jackson in Action.
www.jacksoninaction.org



“Your delivery is my specialty.”

Katie Cohen, OB Nurse

See patient & provider perspective stories at
brmh.net/perspectives

Your
Perspective

Kathryn (Kat) Nachreiner always liked the thought of working in healthcare. She saw it as a way to not just have a job, but to actually help people. But when she discovered nursing wasn't for her, she made a drastic shift away from healthcare and into statistics.

However, a few years after she graduated, Kat found a way to use her statistical skills in healthcare in a way that she could help ensure both patients and staff have the best possible experiences.

Kat is now a Data Analyst at Black River Memorial Hospital. Her day-to-day responsibilities include managing the organization-wide dashboard that holds all the data related to all of the BRMH goals, whether they are quality, financial, growth, service or patient oriented. Using this dashboard, she is able to pull data to create baselines for new projects, and she develops quarterly reports of goal progress and presents them to the BRMH board of directors.

"When I took this position in the fall of 2013, it hadn't existed before," Kat says. "So I set out to tailor it based on the needs of the hospital."

One of the needs she's meeting is helping hospital managers and staff better understand patient satisfaction scores and how to use them to improve customer service to each and every patient.

Kat recently helped develop and implement an iPad® survey program, which enables patients to take the perception of care survey before they leave the BRMH facility.

"Prior to using the iPads, it could be up to four to six weeks for patients to be called to take the survey," Kat says. "That's a long time for patients to remember their experience. With the iPads, everything is fresh in patients' minds and the data will be more accurate."

In addition to her work with the patient surveys, Kat is a member of the Customer Focus Team. This group is responsible for ensuring the highest level of service to all of BRMH's customers. They develop ideas and create action plans to increase satisfaction based on data Kat pulls as well as other customer feedback.

Outside of her work life of numbers, data and statistics, Kat also has an artistic side. She's a skating coach through the Black River Falls Figure Skating Club, and this year, she is coaching 12 girls and the synchronized team. She also serves as the county treasurer for the local 4-H.

And when she's not analyzing data, or teaching skating, or book keeping for 4-H, Kat loves spending time with her husband, Jason, and their dog, Zoey. ■

Kat has been skating since she was three years old and was a member of the Black River Falls Figure Skating Club from age five through high school.





Winston has been a Legion member for 60 years. In the past, he's served as commander and is currently the chaplain and part of the ceremonial three volley salute for funerals."

From farmer to banker, horse and cutter to moped.

Winston Zeman's life has seen some significant changes. But the one thing that has remained the same throughout his entire life is that Winston has always called Melrose his home.

He graduated from Melrose High School, returned to his family's farm out of the navy where he raised his family, and then he moved into town when his career shifted to banking.

As a life-long resident, Winston has a deep connection to Melrose that has inspired him to find ways to give back.

One way he does this is through the local Legion chapter.

"I originally joined the Legion because of its connection to all service members, but as I got more involved, I saw that the Legion also volunteers and raises money for many projects and organizations in our community," Winston says.

Another way that Winston gives back to Melrose is through the Village Board. As a 14-year member—11 as trustee and 3 as president—Winston has been a part of street improvement projects and involved in finding ways to improve and maintain the village of Melrose.

Winston and his family have also hosted foreign exchange students. One from Brazil has visited the family six times since she originally lived with them. And two of her children stayed as exchange students with Winston's children.

In addition, Winston is 70-year member of the Melrose Methodist Church and has held several positions over the years. Other past involvements include 32 years as a Rotary Club member and 11 years as a volunteer firefighter.

"An important part of living in a small community is finding things the community needs and then helping to meet those needs," Winston says. "Because the more people who are involved in the community, the better the community will be." ■



Visit our website at www.brmh.net for a full list of hospital events and to view our latest videos.

HOSPITAL EVENTS 2015

Senior Stay Fit Yoga Classes

May 5-28
Tuesdays and Thursdays, 9 – 10 a.m.
Jackson County Bank Community Room
Register by calling: 715-284-1330

Linen Sale

Friday, May 8, 7 a.m. – 5 p.m.
BRMH – Dorothy Halvorson Conference Room

National Hospital Week

May 10 – 16

Breastfeeding Class

Tuesday, May 12, 6:30 – 8 p.m.
BRMH – Dorothy Halvorson Conference Room

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, May 13, 10:30 – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

HeartburnU

– Community Education Event

Thursday, May 14, 6:30 p.m.
BRMH – Dorothy Halvorson Conference Room
Register at brmh.net or by calling 715-284-1325

Pace & Pedal Duathlon

Saturday, May 30th
Wazee Lake Recreation Area, BRF
For more information and to register, visit: brmh.net/paceandpedal

Better Breather's Club Meeting

Monday, June 1, 12 – 1 p.m.
BRMH – Dorothy Halvorson Conference Room

JCB Exercise Classes

June 2 – 25 (Tuesdays & Thursdays), 9-10 a.m.
Jackson County Bank – Community Room
Register by calling: 715-284-1330

Circle of Life Memorial Service

Thursday, June 4, 7 p.m.
BRMH – Dorothy Halvorson Conference Room

BRMH Blood Drive (American Red Cross)

Friday, June 5, 10 a.m. – 3 p.m.
BRMH – Dorothy Halvorson Conference Room

Volunteer Orientation

Monday, June 8, 11:30 a.m. – 3:30 p.m.
BRMH – Dorothy Halvorson Conference Room
Apply to be a Volunteer at brmh.net;
Deadline May 18th

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, June 10, 10:30 – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

Two-day Childbirth Education Class

June 12 – 13, 6:30 – 9 p.m. and 9 a.m. – 1 p.m.
BRMH – Dorothy Halvorson Conference Room

Babysitting Clinic

Monday, June 15
2 Sessions: 7:30 a.m. – 12 p.m.
OR 1:00 – 5:30 p.m.
BRMH – Dorothy Halvorson Conference Room
Register your son/daughter by June 5th at brmh.net (space is limited)

American Red Cross Blood Drive

Wednesday, June 17, 12 p.m.
Sponsored by Partners of BRMH
Armory, Black River Falls

Senior Stay Fit Yoga Classes

July 7 – July 30
Tuesdays and Thursdays, 9 – 10 a.m.
Jackson County Bank Community Room.
Register by calling: 715-284-1330

Diabetes Education & Support Group (DESG) Monthly Meeting

Wednesday, July 8, 10:30 – 11:30 a.m.
BRMH – Dorothy Halvorson Conference Room

Breastfeeding Class

Tuesday, July 14, 6:30 – 8 p.m.
BRMH – Dorothy Halvorson Conference Room