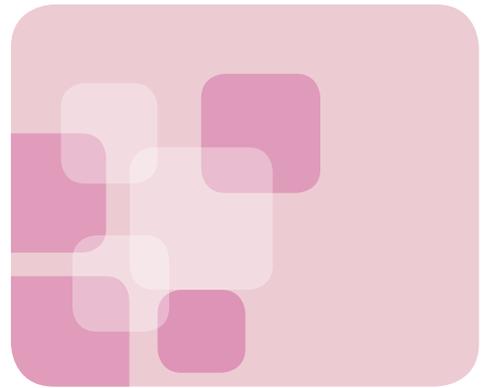
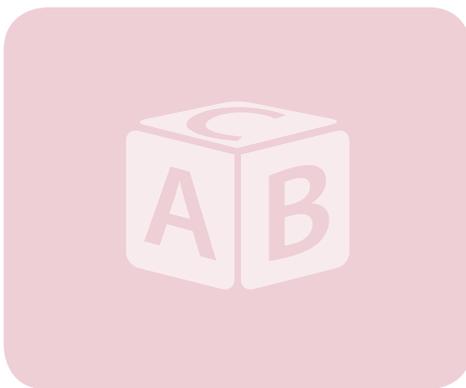


# Momentum®

Local people. True stories. Real advice.

**BLACK RIVER**  
MEMORIAL HOSPITAL  
*Excellence. Always.*

February 2015



**Complete care  
at the speed  
of life**



# COMPLETE CARE AT THE SPEED OF LIFE

Between kids, family, work and friends, most women are masters of juggling busy schedules. But, when a health issue comes up, it may seem easier to live with the symptoms than finding time to see a doctor.

Fortunately, Black River Memorial Hospital offers many women's health services that can be performed close-to-home with no hospital stay—getting you back to your life as fast as possible.

## No More Cinder Block Legs

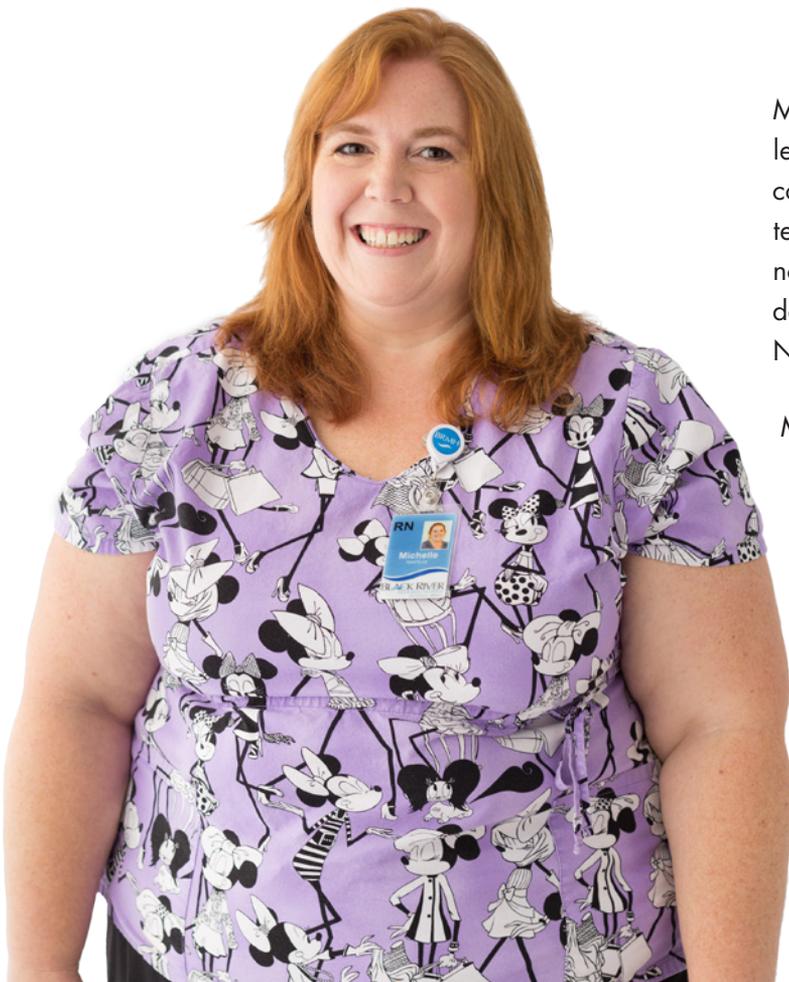
Long periods of standing. Pushing equipment. Walking around on hard floors. These are only some of the tasks **Michelle Hinchcliff** relies on her legs for as a medical/surgical nurse at Black River Memorial Hospital (BRMH). But for the past several years, swollen and heavy-feeling legs have left her exhausted after her work shifts and on a daily basis.

"I would work my whole shift and come home feeling like my legs had cinder blocks attached to them," Michelle says.

**"And knowing that I could have a treatment performed at BRMH, in a setting I am very familiar with, made me feel confident and safe."**

Michelle suspected one of the reasons for her tired legs was a wound on her left leg that hadn't healed completely. While she used treatment methods that temporarily relieved her symptoms, the wound would not completely go away. So Michelle's primary care doctor suggested she see a surgeon, specifically Nick Kitowski, MD, a general surgeon at BRMH.

Michelle was hesitant to see a surgeon—not wanting to go through a complicated procedure—but she reluctantly met with Dr. Kitowski anyway. The first step he took was ordering an ultrasound that revealed the root cause of her leg problems—varicose veins. The varicose veins were causing blood to pool in Michelle's legs, making them feel tired and heavy. "He was so calm during my appointment, explained all of the options I could choose from and really listened to my concerns," Michelle says. "And knowing that I could have a





With both procedures complete, Michelle can work a full nursing shift and not have to immediately sit down and elevate her legs when she gets home.

treatment performed at BRMH, in a setting I am very familiar with, made me feel confident and safe.”

It was because of this experience that Michelle decided to have Endovenous Laser Treatment with Dr. Kitowski.

The Endovenous Laser Treatment is a minimally invasive, outpatient procedure that eliminates both the cosmetic and pain symptoms of varicose veins. It uses laser therapy to seal off damaged veins with minimal-to-no scarring and an almost immediate return to daily activities.

Typically, the procedure can be performed on both legs in one session; however, because of Michelle’s

wound, she had one procedure in October and the second a month later. And despite the fact that she was hesitant to have a surgery, she’s glad she did.

“I didn’t realize how tired my legs really were until after I had the procedure,” Michelle says. “My wound is healed, my legs and ankles aren’t swollen and the tiny scars from my first procedure have almost completely disappeared already.”

Beyond the direct relief of her symptoms, Michelle was amazed that she had her second procedure on a Thursday and was able to return to work the following Tuesday. Plus, she’s now able to keep up with her two-year-old grandson.

## Uncovering Varicose Veins

The purpose of the leg veins is to keep blood moving up toward the heart. They do this through valves that open and close. However, when the valves are weakened, blood doesn’t flow properly and it can collect in the legs. This causes varicose veins.

### **Risk factors for developing varicose veins include:**

- Age
- Jobs that require long periods of standing
- Lack of physical activity
- Pregnancy
- Family history
- Being overweight

If left untreated, varicose veins can become painful and can even lead to other medical issues like skin damage and ulcers.



## Planning Life on Her Time, Not Her Period's

Imagine you're in the woods hunting, but every hour or so you need to run back to your house to use the bathroom. You probably wouldn't have much luck spotting anything.

This is what **RayeAnn Krpata-Ball** had to deal with for almost nine years as she suffered from heavy periods and cramping. It was that, or not go out hunting at all. During these years, RayeAnn described "that time of the month" as a bad *few weeks*. It even got to a point where the heavy monthly bleeding affected her iron levels, and she was forced to start taking a daily iron supplement.

**"I'm not stuck laying on the couch with a heating pad anymore."**

"I always had to pack extra clothes and supplies wherever I went in case of an accident," RayeAnn says. "And the cramping and low iron left me tired and not wanting to do much with my family or friends."

Fortunately, about two years ago, a woman RayeAnn works with mentioned a procedure she had to alleviate her heavy period symptoms; it was called endometrial ablation.

The more RayeAnn listened to this woman's story, the more RayeAnn began to think that this might be a solution for her too. So at her upcoming annual physical, she asked her primary care doctor, Kirk Lane, MD, about the procedure. Little did RayeAnn know, but Dr. Lane performs endometrial ablation right at Black River Memorial Hospital (BRMH).

"Knowing Dr. Lane as my primary care doctor made me feel more relaxed going into the procedure," RayeAnn says.

Today, RayeAnn feels great. She's able to live her life with her husband and children with more energy and without having to plan around her period. She's also been able to lower the amount of iron she needs on a daily basis.

"I'm not stuck laying on the couch with a heating pad anymore," RayeAnn says. "So if I want to go hunting for a day, I can! And I don't have to worry about having extra clothes or staying close to a bathroom." ■

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Being able to have her procedure completed close to home made RayeAnn's whole experience much more comfortable.

## What is Endometrial Ablation?

Heavy periods affect 20 – 25 percent of women, and cramping and heavy bleeding are only a couple of the symptoms. Many women with this issue also have irregular periods, disrupting work and social situations even more.

Luckily, most women don't need to just live with their heavy periods. Endometrial ablation is a simple, one-time, outpatient procedure that lightens or stops heavy periods.

**Endometrial ablation might be a good option to control your heavy periods if:**

- You're 35 years or older
- You no longer plan to have children
- You are not at risk for endometrial cancer
- You prefer not to have a hysterectomy
- You're experiencing heavy menstrual bleeding that hasn't responded to other treatments



# Connecting You to Your Healthcare

## *Black River Memorial Hospital Welcomes Cerner EHR System*

As part of our commitment to provide the highest quality care to Jackson County and the surrounding communities, Black River Memorial Hospital (BRMH) has partnered with Cerner Corp. to implement a suite of healthcare information technology software solutions. As a patient, you may use some of these solutions, and we wanted to inform you of the steps we are taking to improve your healthcare experience.

One of the first solutions we will implement is the Electronic Health Record (EHR) system. An EHR is a digital version of your medical history. There are many benefits that you will experience from this EHR, including:

- Having your medical history stored digitally, making it easier for you and your providers to coordinate your care.
- Reducing the need for paper documentation by transferring lab results, imaging records, prescription information, etc. online where it's available at your care team's fingertips.
- Enabling more holistic healthcare decisions.
- Reducing the chance of medical errors.

Another feature that you will experience is the individual patient portal. Through a secure login, you will have online access to certain parts of your medical record. This tool will help you become more engaged in your health in a number of ways, such as double-checking that your information is correct and complete, keeping track of your medicines and dosages and having access to parts of your medical history when visiting specialists or non-BRMH doctors.

If you visit BRMH in the upcoming weeks, here are a couple of tips to help simplify your visit while our system is "under construction":

- Be prepared to discuss your medical history. Even if you have shared this information with us before, we may need it to reestablish your patient profile on our new system.
- Bring personal identification, such as your driver's license or identification card.
- Bring your insurance card and supplemental information. Again, even if you have shared this with us before, we may need to enter it into our new system. ■



**Visit [BRMH.net](http://BRMH.net) to see an infographic that illustrates what an EHR system is and how it benefits patients and healthcare organizations.**

# EMPLOYEE SPOTLIGHT

The world of information technology (IT) is complex as systems, software and networks change on a daily basis. Add in the complexities of an evolving healthcare industry, and you've got the challenges **Nathan Bruley** faces as an IT web specialist at Black River Memorial Hospital (BRMH).

Nathan started his career path in mathematics and engineering, but a personal interest in web design shifted his focus to IT.

"In middle school, when other kids were playing computer games, I was programming a 3D maze," Nathan says. "When I started using programming in website development, I discovered how this field allowed for the blending of graphic and technical elements, which I enjoyed."

Now, he's bringing these skills to the employees, patients and communities of BRMH.

As an IT web specialist, Nathan manages the public website—brmh.net—and the employee intranet. He is also responsible for creating reports and developing security and compliance procedures and education modules. Plus, he is now a key member in the setup of BRMH's new electronic health record system.

Since starting at BRMH in March of 2013, one project Nathan has worked on that his coworkers have truly benefitted from and enjoyed is an updated employee directory. Using his experience in app development, Nathan transformed the directory from a long list to a searchable photo directory that sorts employees by department and allows for searches by name or title as the number of employees grows.

"I felt with the culture of our hospital that a photo directory would be more useful," Nathan says. "The visual format allows employees to easily find 'that person I was just talking to in the hallway.'"

Due to his passion for missionary work, Nathan also extends his experience with computers and web design outside of work by volunteering his time to help design, manage and host missionary websites in Mexico, El Salvador and Venezuela.

In addition to computer troubleshooting and website development, Nathan is very involved in music. He not only plays the piano, trumpet and guitar, but also has loved singing since he could talk. Nathan enjoys playing and singing at Pine View Nursing Home as well as at church gatherings.

Nathan is also an avid unicyclist.

"My parents gave me a unicycle as a gift when I was in high school, and I've enjoyed it ever since," Nathan says. ■



"Just like working in IT, unicycling is a balancing act that combines fun and focus."





As a former pitcher, Don used to coach high school baseball—on top of his already long list of community contributions.

It's safe to say that one of **Don Forsting's** hobbies is going to meetings. His motto: "If I'm in the car, I know I have a meeting somewhere."

How can meetings be a hobby? When you are a member or officer in over five different community organizations.

## Long-term Commitment

Most of the organizations Don is involved in are those he's been working with for many years. His longest commitment is to the Alma Center Lion's Club. As a member for 36 years, Don says he stays active because he likes the organization's overall goal of service to the community.

With an accounting degree, it wasn't long before Don became the Lion's Club treasurer, and since joining, he's also added events chairman to his responsibilities. This puts him in charge of coordinating the annual Strawberry Fest parade and Little League baseball tournament.

"The Strawberry Fest has actually become a Forsting family affair," Don says. "Two of my brothers and one of my sisters are also involved in the Fest car show, queen coronation, volleyball tournament and fun run."

In addition to the Lion's Club, Don is active in the Alma Center and Jackson County community through these other organizations:

- **Alma Center Housing Authority**—Don helped secure funding for the development of a six-unit, low-income housing unit and is now the housing authority's president.

- **Township Clerk**—Responsible for conducting elections and budgeting, Don has held the clerk position for 23 years.
- **Alma Center School Board**—As a 13+ year member, five as board president, Don has made working to secure diverse educational programs one of his priorities.
- **Community Fire District**—Recruited because of his accounting background, Don is the district's treasurer and has helped establish an annual budget process and is currently assisting with district expansion.
- **Alma Center Community Development Fund**—Don helped establish this fund six years ago through the Black River Falls Area Foundation. The goal is to raise \$100,000, which will then be awarded to local projects and community organizations.

"There are definitely challenges with being this involved, but the benefits of sharing my time and expertise with organizations that can truly benefit from it outweighs any difficulties," Don says. "And these organizations have all taught me important things about my community like how the local government works and the challenges our schools are facing."

Don has other interests besides attending meetings; he also enjoys being outdoors, hunting and fishing. ■



Visit our website at [www.brmh.net](http://www.brmh.net) for a full list of hospital events and to view our latest videos.

## HOSPITAL EVENTS 2015

**Diabetes Education & Support Group (DESG) Monthly Meeting**  
Wednesday, Feb. 11, 10:30 – 11:30 a.m.  
BRMH – Dorothy Halvorson Conference Room #2

**Two-day Childbirth Education Class**  
Feb. 13-14, 6:30 – 9 p.m. & 9 a.m. – 1 p.m.  
BRMH – Dorothy Halvorson Conference Room

**Sweetheart Dinner Specials (Partners' Fundraiser)**  
Feb. 13-14, 4 – 10 p.m.  
Orange Moose Bar & Grill – Best Western, BRF Reserve your seats by calling: 715-284-9471 \*watch for more details

**Marketplace Insurance – 2015 Enrollment Ends**  
Sunday, Feb. 15  
For more information, visit [healthcare.gov](http://healthcare.gov)

**Senior Stay Fit Yoga Classes**  
March 3-26  
Tuesdays and Thursdays 9 – 10 a.m.  
Jackson County Bank Community Room  
Register by calling: 715-284-1330

**Breastfeeding Class**  
Tuesday, Mar. 10, 6:30 – 8 p.m.  
BRMH – Dorothy Halvorson Conference Room

**Diabetes Education & Support Group (DESG) Monthly Meeting**  
Wednesday, Mar. 11, 10:30 – 11:30 a.m.  
BRMH – Dorothy Halvorson Conference Room #2

**Partners' Scrub Sale**  
Monday, Mar. 16, 7 a.m. – 5 p.m.  
BRMH – Dorothy Halvorson Conference Room

**American Red Cross Blood Drive**  
Wednesday, Apr. 1, 12 p.m.  
Sponsored by Partners  
Armory, Black River Falls

**Brunch with the Easter Bunny**  
Saturday, Apr. 4, 8:30 – 11 a.m.  
Black River Falls High School

**Better Breather's Club Meeting**  
**TOPIC: Exercising with Lung Disease**  
Monday, Apr. 6, 12 – 1 p.m.  
BRMH – Dorothy Halvorson Conference Room \*Light Refreshments provided

**Senior Stay Fit Exercise Classes**  
April 7–30 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, Apr. 8, 10:30 – 11:30 a.m.  
BRMH – Dorothy Halvorson Conference Room #2

**Two-day Childbirth Education Class**  
Apr. 10-11, 6:30 – 9 p.m. & 9 a.m. – 1 p.m.  
BRMH – Dorothy Halvorson Conference Room

**Partners' Book Fair**  
Monday, Apr. 13, 7 a.m. – 4 p.m.  
BRMH – Dorothy Halvorson Conference Room

**National Volunteer Week**  
April 13 – 19

**Partners' Jewelry and Candy Sale**  
Thursday, Apr. 23, 9:30 a.m. – 4 p.m.  
BRMH – Dorothy Halvorson Conference Room

**Pace & Pedal Duathlon**  
Saturday, May 30th  
Lake Wazee County Park, BRF  
For more information and to register, visit: [brmh.net/paceandpedal](http://brmh.net/paceandpedal)