

RIVER FALLS AREA HOSPITAL



Lisa Brant, RN, and Mary Buss, RN, confer with Vladimir Hucec, an oncologist and hematologist with Minnesota Oncology Hematology, P.A. (MOHPA), who provides cancer care at RFAH. Brant and Buss are two of the nurses who underwent extensive training to learn to give chemotherapy treatments as part of the comprehensive cancer care program at RFAH.



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Glaucoma treatment at RFAH



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Save the date!
RFAH Open House
Wednesday,
Sept. 24,
5:30 to 8 p.m.



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Find fresh picks at farmers' markets

RFAH OFFERS NEW SERVICES

Fighting cancer at home

ARMED with the expertise of experienced oncologists from a major Twin Cities cancer clinic, and new cancer care capabilities, River Falls Area Hospital (RFAH) is now helping area residents fight cancer without the burden of traveling to other facilities for care.

"We're partnering with Minnesota Oncology Hematology, P.A. (MOHPA), a specialized medical group dedicated to the treatment of cancer," says Jane Peterson, director of patient care at RFAH. "We have offered some cancer care services before and have added many capabilities for cancer care recently. The partnership with MOHPA brings all of the pieces together in a cohesive

way to give cancer patients the best treatment in the best environment."

EXPERT ONCOLOGY

Vladimir Hucec, MD, MOHPA oncologist and hematologist, provides cancer care at RFAH. "Our goal is to provide excellent quality cancer care," Dr. Hucec says. "We have access to everything we need to create a good treatment plan for each patient."

For each patient, Dr. Hucec, the radiologist, surgeon, family doctor, pharmacist and other specialists meet to review all aspects of the case and to share information and ideas. "Sitting down together and discussing the

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RIVER FALLS AREA HOSPITAL
Allina Hospitals & Clinics



Less waiting: Sharon Afdahl and Marilyn Thum, mammography technologists at RFAH, can see images immediately with new digital mammography equipment, making screening mammograms easier and faster for women. Breast cancer can be detected at earlier stages with digital mammography.



Ella Huepfel is pleased that she can have her cancer follow-up appointments at RFAH instead of traveling to other locations.



No need to travel: Nancy Rabine relaxes while Amy Cernehous, RN, gives medications in the new Outpatient Infusion and Chemotherapy area at RFAH.

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patient’s case generates a cohesive diagnostic and treatment plan,” Dr. Huges explains.

WHY HERE?

“A cancer diagnosis is a major upheaval in a person’s life. Traveling to unfamiliar places for pieces of care is inconvenient and uncomfortable during a time that is trying enough,” Peterson says. “We wanted to provide patients all the latest expertise with comfort, convenience and the involvement of their own family doctor.”

Ella Huepfel, a retired nurse who has cancer, is happy that MOHPA and RFAH are providing cancer care in River Falls. When she was diagnosed with lung cancer in November of 2007, she was referred to MOHPA by her primary doctor, David Wilhelm, MD, at Spring Valley Medical Clinic. At that time she had to travel to other facilities

for care. While her treatment was successful, she will need careful follow-up to make sure the cancer stays under control. “MOHPA was wonderful,” she says. “Now I can do my follow-up here at River Falls. I like being independent, and I’ll be able to get to my checkups on my own.”

NEW TECHNOLOGY AND SERVICES

Recent upgrading of the Radiology Department and the Surgery Center, the addition of more surgeons and specialists, and chemotherapy services make comprehensive cancer care possible at RFAH.

Chemotherapy—Instead of traveling miles to receive chemotherapy treatments, cancer patients can receive the same treatment here at RFAH, thanks to funds raised by the Kinnickinnic Valley Health Foundation. A grant of almost \$25,000 from the founda-

tion helped equip the hospital for safe preparation of chemotherapy medications. The funds also helped purchase a heart monitor and provide extensive training for nurses.

Six RFAH nurses took intensive training courses and worked with experienced MOHPA chemotherapy nurses for 160 hours to prepare for chemotherapy administration at RFAH.

In addition to the new equipment and remodeling to accommodate chemotherapy, RFAH pharmacists underwent training to prepare the complex medications, and processes were created that provide nationally recognized safeguards at several stages of the preparation and administration.

The Outpatient Infusion and

Chemotherapy area is equipped with comfortable recliners, television, music and Internet connections. “The nurses are skilled at minimizing discomfort often associated with chemotherapy treatment,” adds Jane Peterson, director of patient care at RFAH.

Upgraded Radiology Department—Upgrades in the Radiology Department at RFAH have improved diagnostic capabilities.

“Our new state-of-the-art digital mammography unit improves our ability to detect breast cancer early, which saves lives,” says Dan Rubenzer, radiology manager. “We’re the first in western Wisconsin to offer this technology, which allows radiologists to enhance the digital images for more accurate detection, zoom in on suspicious areas, and store and retrieve them for easy comparison from year to year.”

RFAH now has interventional radiology to help diagnose and treat cancer. Precisely guided by images from a CT scan or ultrasound, radiologists can pinpoint areas to sample for biopsies without disturbing surrounding tissue in the lungs, liver, soft tissues and breast tissue.

Upgrades in the Radiology Department also allow sentinel node biopsies for breast cancer to be done at RFAH. Radiologists can determine if the cancer has spread through lymph nodes and ducts. This can spare a patient the long recovery and aftereffects of more invasive and extensive surgical biopsies for breast cancer.

MORE CANCER SURGERIES

With the support of new technology in radiology, the increased presence of pathologists on-site, and new surgeons and techniques,

more patients can have surgical treatment of cancer in River Falls.

“Breast cancer patients can be screened, diagnosed, and have surgical treatments including lumpectomies, mastectomies and reconstruction done here in River Falls,” says Peter Dahlberg, MD, surgeon at River Falls Medical Clinic and chair of the Cancer Care Department.

Lung, colon, esophageal, gynecological, thyroid, prostate, intestinal, skin and other cancers can be surgically treated at RFAH. “Patients can be confident that they are getting excellent treatment using the latest procedures,” Dahlberg says. “We have quick and easy access to diagnostic tests and biopsies, availability of pathologists on-site, quality imaging, and the latest surgical equipment.”

FAMILY MEDICINE DOCTORS ARE ENTHUSIASTIC

“This cancer care service changes our patients’ lives,” says Rita Raverty, MD, family medicine doctor at River Falls Medical Clinics. “Relieving the burden of travel removes a lot of stress. Having the services all together here reduces opportunities for gaps in care, and patients are more likely to make it to all of their appointments.”

Family medicine doctors bring their knowledge of the patient to the development of the cancer treatment plan. By being involved in the discussions about treatment, they are better able to answer the patient’s questions and coordinate their care.

For more information about cancer care at RFAH, visit www.riverfallsareahospital.com. ❖



The team approach: Gregory Goblirsch, MD; Rita Raverty, MD; Timothy Steinmetz, MD; Patrick Sura, MD; Vladimir Hugec, MD; Paul Mulcahy, MD; and Gregory Miller, MD, discuss a cancer patient's case at an RFAH cancer care conference. A multidisciplinary team, including an oncologist, radiologist, surgeon, pharmacist and family medicine doctor, meets to discuss each patient's case to arrive at the best care plan.

Glaucoma update

TREATMENT OPTIONS LOOKING BETTER

GLAUCOMA, one of the leading causes of blindness, is incurable and irreversible. But according to the Glaucoma Research Foundation, early detection

and improved treatment options can save eyesight for 90 percent of patients. Area residents can receive the full range of treatments for glaucoma in River Falls, including an advanced surgical procedure now available at RFAH.

More than 4 million Americans have glaucoma, but only half of them know it. Often, symptoms are not recognized until the disease has progressed and damaged vision. “That’s why it’s important to have an eye exam on a regular basis,” says Anthony Novak, MD, River Falls ophthalmologist.

WHAT IS GLAUCOMA?

At the front of a healthy eye, a liquid called aqueous humor is produced, flows through the pupil, and drains through mesh-like channels around the colored iris of the eye. Balancing the production and drainage of the liquid maintains the proper pressure inside the eye.

Glaucoma interferes with the drainage, causing too much liquid to pool, which creates too much pressure in the eye. The excessive pressure damages the optic nerve at the back of the eye, causing vision loss.

There are several types of glaucoma. The most common are:



Less risk, faster healing: Anthony Novak, MD, performs glaucoma surgeries at RFAH. New surgical techniques produce excellent results and usually eliminate the need for eye drops.

■ **Open-angle glaucoma.** The drainage canals gradually become clogged and vision loss is gradual and often unnoticed as the disease progresses.

■ **Angle closure glaucoma.** This happens quickly when the outer edge of the iris covers and blocks the drainage canals. Symptoms include headaches, eye pain, nausea, seeing rainbows around lights at night and having blurred vision. Vision is lost quickly. *If you experience these symptoms, it is an emergency—you should see an ophthalmologist right away.*

SAVING YOUR VISION

“Vision that has been lost to glaucoma is not recoverable, but remaining vision can usually be saved with medications or surgery to help control the pressure in the eye,” Dr. Novak says. Treatment depends on the type and severity of the glaucoma.

NEW SURGICAL TREATMENT AT RFAH

Dr. Novak is now performing an improved glaucoma surgery at RFAH that involves implanting

a very tiny tube to direct fluid to the outside of the eye. “It’s 90 to 98 percent successful, and there is no ongoing need for eye drops,” Dr. Novak says. “This surgery, approved by the FDA [the U.S. Food and Drug Administration] less than a year ago, is a very big improvement, with less risk, faster healing and predictable, constant draining of the eye fluid.

“I’m very pleased to be doing the surgeries at the new surgery center at River Falls Area Hospital,” Dr. Novak adds.

Dr. Novak, who has been performing eye surgeries for more than 18 years, recently opened a new office in River Falls that is equipped with all the latest technology to evaluate and treat glaucoma, macular degeneration, cataracts and other eye diseases. For more information or an appointment, call 1-866-550-8355 or



visit www.wieyelaser.com.

For more information about glaucoma, visit www.riverfallsareahospital.com, click on *Conditions & Treatments*, go to *More Health Topics and Resources*, and search for *Glaucoma*. ❖

Allina's community benefit goes beyond the bedside

RFAH IS A PART of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside to improve the health status of the communities it serves.

Q What is community benefit?

A Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of our community. "As a not-for-profit organization, we understand that the health of the communities we serve is essential to Allina's mission and strategy," says Dick Pettingill, chief executive officer, Allina Hospitals & Clinics.

Allina collaborates with community-based organizations by forming Community Health

Advisory Councils (CHACs) to help drive its community benefit work. The CHAC at RFAH is composed of community representatives who work together to identify, plan, implement, and evaluate programs and activities that improve the health of the people here in the communities served by RFAH.

Q How much did Allina give back to the community in 2007?

A Allina's total 2007 investment was nearly \$402 million, which is approximately 16 percent of Allina's total operating expense. RFAH has contributed \$2,479,000 to benefit the health of the communities it serves.

Of Allina's total contribution, \$140 million provided community benefits designed to lessen the health care burden for all in

the community, as defined by two leading national organizations, Catholic Health Association and VHA. These include charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom the government-sponsored Medicaid program does not cover the full cost of services. They also include the Medicaid surcharge, community services, education, research and other community benefit costs. For RFAH, this contribution amounts to \$1,090,000.

"We work with community partners to improve health and wellness while providing care to all who need it," says Heather Logelin, who directs RFAH's community benefit programs. "We're proud of the community benefit services we provide." ♦

'MOVIN' AND MUNCHIN' PROGRAM

Putting kids on the road to good health

DURING THE PAST two years, a program called "Movin' and Munchin' Schools" has taken Rocky Branch and Westside fourth- and fifth-graders on an imaginary road trip, fueled by "miles" earned for physical activity and healthy eating.

With the miles they earned, students moved on a map of Wisconsin or the United States, learning about destinations as they reached them. Each mile was a reward for activities such as walking, biking, trying a new healthy food, involv-

ing other family members, and avoiding unhealthy choices, like drinking soda or watching TV.

More than half of the students reported exercising with their family, broadening the program's effect.

The "Movin' and Munchin'" program was initially developed by the Wisconsin Department of Public Instruction. As part of its commitment to community health (see article above), RFAH supported the local initiative with planning assistance, presentations and pedometers for participants. ♦





RIVER FALLS AREA HOSPITAL

YOGA AND TAI CHI

Classes held regularly, call for dates and times.

AMERICAN CANCER SOCIETY: LOOK GOOD, FEEL BETTER

First Monday of the month on alternating months: Oct. 6, Dec. 1 7 p.m., RFAH Classroom A
A free, national public-service program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment.



Meet Dr. Torgersen

Carrie J. Torgersen, MD, family medicine doctor, has joined River Falls Medical Clinic. Dr. Torgersen has been in practice for six years. She graduated from the University of Minnesota Medical School and did her residency at North Memorial. For more information or an appointment, call River Falls Medical Clinic at 715-425-6701.

HEALTHY CHOICES

Monday, Sept. 22
1-2 p.m., RFAH Classrooms B and C
FREE/Registration required

Learn about healthy choices for eating out and at the grocery store. Presenter: Debra Sanders, RD.

RAISING KIDS WHO CAN: A PARENTING CLASS

Wednesdays, Oct. 22 and 29, Nov. 5, 7-8:30 p.m., RFAH Classrooms

\$45/couple, \$30/single parent
This three-week class will teach you new skills to help you successfully parent your child.

CPR, AED AND FIRST AID

River Falls Area Hospital and the River Falls Area Ambulance Service (RFAAS) are teaming up to offer more training opportunities in River Falls. With a wide range of choices, you can learn for the first time or take a refresher class.

Heartsaver AED Initial (AED and CPR training)

Thursday, Oct. 9
6-10 p.m., RFAH
\$35 (does not include book)

Heartsaver AED Refresher

Thursday, Oct. 16
6-9 p.m., RFAH
\$20 (does not include book)

Heartsaver First Aid (CPR, AED and First Aid)

Thursday, Nov. 6
5-10 p.m., RFAAS
\$65 (does not include book)

River Falls Area Hospital invites you to attend a health-promoting class or seminar. For more information, visit www.riverfallsareahospital.com or call 715-426-4545.

Heartsaver First Aid Refresher

Thursday, Nov. 13
6-9 p.m., RFAAS
\$25 (does not include book)

Healthcare Provider Initial

Thursday, Sept. 25
8 a.m.-5 p.m., RFAAS
\$60 (does not include book)
Three students minimum

Healthcare Provider Refresher

Thursday, Oct. 23
6-10 p.m., RFAAS
\$25 (does not include book)
Three students minimum

CPR For Friends & Family

By request only—noncertification class

CHILDBIRTH EDUCATION

Childbirth Education classes are offered by RFAH. Go to www.riverfallsareahospital.com for class dates and times. Call the Wellness Center at 715-426-4545 for more information and to register.

Childbirth Preparation Monthly, four hours over two evenings, \$75

Prepare for the arrival of your baby. Learn about the choices you make before labor, signs of labor, potential labor interventions and Cesarean sections.



Preparing for joint surgery? Please attend our Joint Ventures class

First and third Thursdays of each month, 3:30-5:30 p.m.

This preoperative class will instruct patients and their families about what to expect before, during and after total hip or total knee replacement procedures.



Potential patients will receive registration information at the time surgery is scheduled or be contacted by an RFAH rehab staff member to set up a time to attend. For more information, please call 715-426-4537.

SAVE THE DATE!



YOU'RE INVITED! RFAH OPEN HOUSE

Wednesday, Sept. 24
5:30 to 8 p.m.

We've remodeled, added space, upgraded technology and improved almost every department in the hospital over the past several years. Come and learn about the new and enhanced technologies added to our Radiology department, including digital mammography. View the new Surgery Department, visit our Outpatient Infusion and Chemotherapy treatment area, and tour our Sleep Center.

There will be presentations on important health topics from experts in their fields—such as new and innovative eye surgery enhancements, and women's health.

Come and tour our new and improved areas, meet many of our doctors, see our new technology, enjoy refreshments and entertainment while getting to know your River Falls health care team. We look forward to seeing you!

Breastfeeding: Off to a Good Start

Taught by a lactation consultant, this class teaches the benefits of breastfeeding. Call 715-426-4589 for dates, times and registration information.

Sibling Class— Big Brother/Big Sister

We'll talk about what babies are like, practice diapering a doll and take a tour of the Birth Center. Recommended for children ages 2 years and older. Fee is \$10, waived if mother delivers at RFAH.

PARENTING EDUCATION

Success By 6®: Baby & Me Fridays, Sept. 19 to Nov. 21, 10:30 to 11:30 a.m.

FREE

Learn about infant massage, nutrition and many parenting topics at this weekly play group for parents and their infants from birth to 12 months. Sessions are not sequential, and parents are welcome to attend a few or all of the sessions. To register, call the Family Resource Center at 715-684-4440.

THIRD ANNUAL HARVEST MOON BARN DANCE

Saturday, Oct. 4

Westridge Farms (Mark & Val
Sylla's) at County Road MM and
Townsvally Road

5:30 to 7:30 p.m.—dinner (free-
will offering)

7:30 to 11:30 p.m.—barn dance

Have fun and raise funds at the Kinnickinnic Health Foundation's Harvest Moon Barn Dance! A great barbecue dinner will be followed by dancing and live music, featuring Stampede. Auctions and raffles will be conducted throughout the evening. Proceeds of this year's event will go to the Foundation's new "Access to Care" fund and will support the Free Clinic of Pierce and St. Croix Counties and the Pierce County Health Department's Dental Clinic. Both of these programs provide low-income residents of our region with critical health care services. Tickets are \$25 in advance or \$30 at the door. For more information about tickets or sponsorship opportunities, call Heather at 715-426-4503.



Summer pasta

Feature farmers' market veggies in this convenient one-dish entrée.

INGREDIENTS

- 1 pound whole wheat macaroni (or other corkscrew pasta)
- 2 medium zucchini, thinly sliced
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 3 large cubed tomatoes
- ¼ cup fresh parsley
- ¼ cup fresh chopped basil
- 1½ cups shredded low-fat mozzarella cheese
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- pepper to taste

DIRECTIONS

Put water on to boil as you combine tomatoes, parsley, basil, mozzarella, lemon juice, olive oil and pepper. Set aside.

Over medium-low heat, sauté zucchini and garlic in olive oil until zucchini is tender. Add to tomato mixture.

Cook pasta. After draining, put it back in the pot and add the rest of the ingredients to it. Mix well and serve.

Recipe from www.allina.com.

NOW IS THE TIME FOR FRESH, LOCAL PRODUCE!

Take a trip to one of these area farmers' markets and savor the summertime goodness of fresh, healthy produce. For more information, visit www.wifarmfresh.org/market.cfm.

Ellsworth Farmers' Market

Open Thursdays, 2 to 6 p.m., through October. Located next to East End Park on Crosscut Road and Highway 63 in Ellsworth.

Hudson Farmers' Market

Open Thursdays, 7 a.m. to noon, through October. Located in the Plaza 94 shopping center on the frontage road between 19th Street (Ward Avenue) and 18th Street in Hudson.

Maiden Rock Farmers' Market

Held Saturday mornings, 9 a.m. to noon. Just off Highway 35 in the village of Maiden Rock.

New Richmond Farmers' Market

Open every Saturday morning, until sold out, through October. Held in the Heritage Center parking lot at 1100 Heritage Drive, New Richmond.

Prescott Farmers' Market

Open Thursdays, 3 to 7 p.m., through October, in Freedom Park on Monroe Street in Prescott.

River Falls Farmers' Market

Open Saturdays (8 a.m. to noon) and Tuesdays (4 to 7 p.m.) through Nov. 1. Located at the corner of East Locust Street and Second Street.

Spring Valley Farmers' Market

Open Thursdays, 2 to 6 p.m., through October. Located one mile west of downtown Spring Valley on State Highway 29 at the Team Oil Travel Center. ❖

Recipe of the Week

Start each week with a fresh, healthy addition to your menu when you sign up for www.allina.com's Recipe of the Week e-mail. Each recipe you receive has its own nutrition label, complete with per-serving information about calories, fat content, cholesterol, as well as key minerals and vitamins.

Here's how to sign up:

1. Go to the *Be Healthy* section of www.allina.com.
2. Select *Health e-newsletters*.
3. At the free subscription sign-up page, select *Recipe of the Week* and confirm your e-mail address.

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