

Local people. True stories. Real advice.

# Momentum

SEPTEMBER 2010



## New Knee, New Life

Aaron tells his story

**BLACK RIVER**  
MEMORIAL HOSPITAL

**ONE YEAR AFTER SUFFERING A  
DEVASTATING KNEE INJURY, AARON YAEGER IS...**

# BACK IN THE GAME



Aaron Yaeger is an active guy. The 35-year-old Black River Falls man plays softball two nights a week, pick-up basketball whenever he can and spends additional free time fishing and hunting.

Imagine his reaction when told last May that the injury he suffered playing basketball was a torn ACL and meniscus in his right knee that required surgery – and no activities for six months.

“I was completely devastated,” said Aaron, married with an 8-year-old son and 6-year-old daughter. “But I was young enough that I knew I needed to get it repaired.”

Aaron found an orthopedic surgeon in Marshfield and scheduled a visit. But prior to the appointment he found out that his insurance wouldn’t cover it. When Aaron asked around about orthopedic surgeons, he quickly found out that Edgar Hicks, M.D., who runs Hicks Orthopedic Clinic in Eau Claire, has been taking care of patients in Black River Falls for years.

“I guess I assumed that I needed to go somewhere else for this kind of expertise,” Aaron recalled. “I had no idea I could be taken care of right here.”

An initial visit with Dr. Hicks laid out Aaron’s options.

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Aaron is grateful for the quick recovery time so he could get back to all the family activities with wife, Amy and their two children Avery and Chase.

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to get it repaired.”

“After I met with him, I had a good feeling,” Aaron said. “He’s a straight-forward guy and I really needed that.”

Aaron waited a couple of months to have the surgery at Black River Memorial Hospital so he could participate in planned family vacations that would have been difficult during rehab. He spent one night in the hospital and then started his road back to activity.

“Knee injuries like the one Aaron suffered are quite common,” Dr. Hicks said. “Fortunately we have the technology today that allows many arthroscopic surgery patients to return to an active lifestyle in as little as six months.”

Two times a week for 14 weeks, Aaron made his way to the Rehabilitation Department at Black River Memorial. Physical therapist Todd Intihar worked with him to regain his range of motion and strength.

“Todd pushed me when I needed to be pushed and pulled me back when I was going too hard,” Aaron said. “It was really convenient to go in at 6 or 6:30 in the morning and go straight to work.”

Rehabilitation is a key component of most orthopedic surgery patient’s recovery. The team at Black River Memorial Hospital is comprised of experienced professionals who are dedicated to their patients.

“We understand how difficult it can be to come back from an injury, but we also know how important it is to do it the right way,” Intihar said. “There’s nothing better than seeing someone walk out of physical therapy able to do the things they love once again.”

Aaron’s rehab ended in November and he resumed playing basketball a few weeks later. Now that it’s been a year since his injury, Aaron says he’s doing great and can’t wait for his son’s Pop Warner youth football season to begin since he’ll be able to help coach more. He’s also able to better appreciate the medical care he received close to home.

“Looking back I’m glad I had it done in my hometown,” Aaron said. “I hope I don’t have to need knee surgery again. But if I do, I would go to Black River Memorial Hospital without hesitation.”

### All In the Game

We all know one – the person who, despite sitting behind a desk all week, decides to get up Saturday morning and act like an Olympic athlete. The result? Not exactly a gold medal. Many times, it’s a pulled hammy or twisted knee that requires medical attention.

Let orthopedic surgeon Edgar Hicks, M.D., Physical Therapist Bill Larkin, and patient Aaron Yaeger share their tips for keeping you in the game. You’ll learn:

- How to properly warm up and cool down;
- Things you can do to treat minor injuries;
- When to seek medical attention;
- About the latest treatment options for sports injuries. ■

## Join us for a fun, sports-themed community program.

We’ll provide sports drinks, snacks and the chance to win Green Bay Packers tickets, sports memorabilia and fitness memberships.

### “ALL IN THE GAME”

**Tuesday, September 28**

**6 p.m. – Registration and refreshments**

**6:30 p.m. – Program starts**

**Dorothy Halvorson Conference Room  
Black River Memorial Hospital**

Seating is limited. **Call 715-284-1330** to register. To see a video preview of the program, go to [brmh.net](http://brmh.net).

**WIN Packers Tickets and  
MEET Aaron Yaeger!**



# Obesity:

## WHERE DOES JACKSON COUNTY WEIGH IN?

What do satellite dishes, video games and fast food have in common? Many health professionals believe they're at the root cause of obesity in adults—and children—leading to more sedentary lifestyles and poor eating habits.



According to the Center for Disease Control and Prevention (CDCP), obesity in adults has increased by 60% within the past 20 years, and obesity in children has tripled in 30 years. Staggering numbers. But these are national statistics. What about Jackson County? Is obesity really a problem in our own backyard? And do we really need to be concerned if our kids are overweight?

According to Christine Hovell, public health manager at the Jackson County Health Department, the answer is unequivocally: "YES."

"The 2010 Jackson County Community Health Assessment shows that Jackson County has the highest percentage of obese residents (30.5%) compared to Wisconsin (24.8%), the Western Region (26.4%), La Crosse County (29.2%) and Monroe County (22.1%)," explained Hovell.

"The report also included a cluster survey of Jackson County 7th graders regarding diet and exercise. Approximately 18% of 7th graders reported playing video/computer games for 4 or 5 hours every day. That's just one example that indicates we really need to help kids make healthier choices not only about what they eat but also about the amount of exercise they get."

## Why the concern?

Angie Kohlwey, RD, CD, a registered dietician at Black River Memorial Hospital, believes this is cause to be concerned—and to take action. "When it comes

*Registered dietician Angie Kohlwey would like to get all family members involved in making healthier lifestyle choices.*



to childhood obesity, we have to get the entire family involved," explained Kohlwey. "Obesity is not just about portion control or eating healthier foods, it's about making lifestyle changes."

## Baby steps lead to big changes

If your physician determines that your child is overweight or obese, keep these points in mind:

- First and foremost, be supportive. Children's feelings about themselves are often a reflection of how their parents feel about them.
- Lead by example. Make healthier food choices and try to limit the amount of "couch time" both you and your children have.
- Talk to your children about their weight so they can openly share their concerns.
- Don't put the focus on one child's weight issue. Instead, work on changing your entire family's eating habits and physical activities. ■

# MAKE HEALTHY CHOICES PART OF THE FAMILY

Take some simple steps to create a healthy home environment that promotes physical activity, learning and a nutritional diet. For example:

- Ride bikes instead of taking the car.
- Encourage family members to eat slower; this gives the brain time to catch up with the stomach.
- Use sectioned plates to help emphasize portion control.
- Limit TV time and take activity breaks during commercials.
- Make household chores physical, like raking leaves and shoveling snow.
- Bring kids grocery shopping and let them help you choose different healthy food items.

**Randi Arneson, RN**  
Black River Memorial Hospital



Randi Arneson joined the Hospital's Business Development Department in 2007. In addition to coordinating Home Health Care services, Randi works with local businesses performing Health Risk Assessments (HRAs) for employees.

In addition to working full time, Randi volunteers at many community and hospital events. She also serves on the Blair-Taylor School Board.

"I think of the community as my extended family," explained Arneson. "That's why I like to get my kids involved in volunteering too, so when they grow up, they'll feel like this is their community too."

Whether at work or in the community, Randi shares her experience, training and compassion to truly make a difference in people's lives. ■

## ASK A DOCTOR



Dear Dr. Spegman:

*When I was about to turn 50, my girlfriends warned me about hot flashes. I had no idea that I was going to feel like I'm constantly inside a sauna. Is Hormone Replacement Therapy something I should consider?*

Dr. Spegman says:

Many women face the decision of whether to use medications containing hormones to get through the years before and during menopause when hormone levels go up and down. Without these, women can face years of severe hot flashes and vaginal dryness.

There was a time when hormone therapy was considered the gold standard for treating menopausal symptoms as it also held secondary benefits of lowering heart disease risk and preventing osteoporosis. But a 2002 study showed that prolonged use of the treatment increased the risk of breast cancer, blood clots, heart attacks and stroke.

I look at each woman's unique situation and recommend a course of action based on her condition, health history and preference. Some factors I look at include:

- **Age.** Women under age 60 don't have the same increased risk for heart disease and estrogen has been shown to protect the heart in the early menopausal years.
- **Dosage.** Taken in low doses for a short amount of time can decrease the risks. Those women who need longer treatments need to be closely monitored.
- **Method.** Estrogen comes in a pill, patch, gel, cream and ring. In low doses, choosing a method that can be applied directly to the affected area is most effective. ■

***Do you have a question? Please submit your question to: [boldonk@brmh.net](mailto:boldonk@brmh.net)***



*Howard Spegman, M.D., is a Krohn Clinic family medicine physician.*

## BRMH Receives



Black River Memorial Hospital has been named as a 2010 Wisconsin Forward Award – Proficiency Recognition winner.

“This honor is a direct reflection of the hard work performed by our employees and physicians each and every day,” said Stan Gaynor, chief executive officer. “Receiving this award will only make us work even harder to continue to provide the exceptional care our patients have come to expect.”

The Wisconsin Forward Award, Inc., was created in 1997 by the Governor’s Council on Workforce Investment. The award promotes excellence in organizational management and recognizes the achievements and results of Wisconsin organizations. ■

## Black River Memorial ranked among the nation’s BEST

Quint Studer, founder of the Studer Group, a nationally renowned organization dedicated to patient satisfaction, will recognize the Hospital and staff for ranking among the best of the best in terms of quality and patient experience. Studer will visit personally with hospital staff this fall to celebrate their achievements.

Studer, a former hospital president and 20-year health care veteran, has devoted his professional career to helping health care organizations become world-class leaders. He was named one of the “Top 100 Most Powerful People” by *Modern Healthcare*. ■

## COMMUNITY SPOTLIGHT

**Karen Foust** recruits, trains and coordinates nearly 250 volunteers who reach out to help their neighbors in need through Jackson County Interfaith Volunteer Caregivers (JCIVC). While humbled to be selected for the Community Spotlight, Karen’s passion for JCIVC’s mission comes through loud and clear.

“We offer services to help older adults and people with disabilities,” explained Karen. “Our volunteers provide services such as companionship, transportation to medical appointments, meal preparation and minor home repairs.”

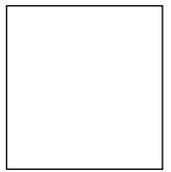
Karen, who works closely with Program Assistant Jan Eckles, also coordinates volunteers for a school-based mentoring program, and works in cooperation with Black River Memorial Hospital to help new mothers by providing emotional support and basic household tasks.

“It’s exciting to be able to help people,” said Karen. “The support of the community is overwhelming and the volunteers I work with are wonderful. They give me the energy to keep going on.”

Karen’s passion for helping others is as vibrant today as it was when she joined the organization 20 years ago. ■

**Karen Foust**  
Program Director  
Jackson County Interfaith  
Volunteer Caregivers  
(JCIVC)





## HOSPITAL EVENTS 2010

For a complete list of hospital events,  
please visit [www.brmh.net](http://www.brmh.net).

September 17, 7:00 p.m.

September 18, 2:30 p.m. and 7:00 p.m.

### **"Hats Off for Hospice Goes to Press!"**

Lunda Theatre

Performers will include hospital and clinic providers,  
employees, volunteers and community members. For more  
information on this event, contact Cindy Clark at 284-1391.

October 21, 1:30 p.m.

### **Partners General Membership Meeting**

Black River Memorial Hospital

November 11, 9:00 a.m.

### **Holiday Tea**

Black River Memorial Hospital



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