

Finding Harmony



Become a fan 

HOSPITAL EVENTS 2012

May 1st, 8th, 15th, 22nd, 6:30 p.m. – 9:00 p.m.

Childbirth Education Series

Dorothy Halvorson Conference Room

May 7th – 11th

HOSPITAL WEEK

May 10th, Comedian to begin at 6:30 p.m.

Women's Night Out – Laughter is the Best Medicine

BRMH Campus

May 12th, 9:00 a.m. – 1:30 p.m.

Babysitting Clinic

Black River Falls Middle School

May 12th, 9:00 a.m. – 10:30 a.m.

Breastfeeding Class

Dorothy Halvorson Conference Room

May 24th, 7:00 p.m.

Circle of Life Program

Dorothy Halvorson Conference Room

June 7th, 10:00 a.m. – 3:00 p.m.

Partners of BRMH Blood Drive

Dorothy Halvorson Conference Room

June 8th, 6:30 p.m. – 9:00 p.m.

June 9th, 9:00 a.m. – 1:00 p.m.

Weekend Childbirth Education Series

Dorothy Halvorson Conference Room

June 19th, 5:00 p.m.

Diabetes Education & Support Group Meetings After 5

"Why Am I So Angry?"

Dorothy Halvorson Conference Room #2

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

TWO Women. TWO Surgeries. ONE Doctor.

LOUISE

She may work in a casino, but Louise Elston is not a woman to gamble with her health or the future health of her granddaughters.

So when something looked suspicious on her mammogram, she turned to Black River Memorial Hospital.

This was the start to her journey with breast cancer.

She had a tumor, undetectable by self breast examination or even her annual physical. The initial mammogram caught it and an ultrasound and biopsy confirmed the diagnosis.

"It was stage one, so that was good," Louise, more commonly known as Babe, says. It was also hormonal not



Louise LOVES doing housework and yard work, but her main hobby is spending time with her grandkids.

hereditary. "Thank goodness I didn't have to worry about passing it on to my children or grandchildren."

In fact, her confidence in Black River Memorial Hospital and her confidence in Nick Kitowski, M.D. kept her from worrying much at all.

Dr. Kitowski performed her lumpectomy and the surgery to remove any fringes that remained around the original tumor.

She's glad she picked him.

"Through the entire process he made me feel at ease; like he never doubted that he'd get it all," she says. She felt no reason to be scared.

THE DECIDING FACTOR

While Louise actually lives closer to Marshfield, she decided to go to Black River Memorial Hospital for her procedure, despite insistence from her children to go to a big-city hospital.

"I never for a moment thought to go anywhere else," Louise says. She knows the hospital as clean and compassionate with the highest quality of care. "Even the nurse for my lumpectomy was awesome," Louise says. "So professional and so caring."

SMILES ALL AROUND

After both her surgeries and seven weeks of radiation, she went back to see Dr. Kitowski. "I said to him, 'You better come out with a smile on your face!'"

His reply – "Oh, I will!"

Cancer free now, Louise can put her focus back on spoiling her four grandkids, filling the house with food and family and working the floor at the casino as a slot representative.

A self-proclaimed people person, she does all of it with a smile.

SARA

She loves camping. She loves her grandson. But lack of energy made enjoying both difficult.

Sara Pomeroy suffered from low iron levels and heavy menstrual bleeding that left her anemic and tired. Her iron was so low, even years of taking supplements didn't do the trick.

It looked like a hysterectomy might be her best option.

She did a lot of personal research, but it was Jerry Kitowski, M.D., Sara's family practitioner, who told her about the laparoscopic hysterectomy his son, Dr. Nick Kitowski, could perform.

LESS INVASIVE. LESS SCARY.

A laparoscopic hysterectomy allows surgeons to make quarter- to half- inch incisions in the abdomen instead of the large, four- to eight- inch ones needed for a traditional procedure. This means a faster recovery, less pain and less scarring.

And Sara proved it.

She was told she'd be in the hospital post-surgery for two to three days. She went home the following night.

"Hospitals don't usually discharge people at 9:30 at night, but my pain was so minimal," Sara says.

She was also told it might be up to four weeks before she could return to her insurance job. She was back at the office in 10 days.



NICK KITOWSKI, M.D.

Originally from Black River Falls, Dr. Kitowski earned his medical degree from the Medical College of Wisconsin – Milwaukee and completed his residency in general surgery at Gundersen Lutheran in La Crosse.

In addition to the two he performed for Louise and Sara, Dr. Kitowski does a variety of other procedures including mastectomies and varicose vein surgery.

Sara's the proud mother of an army soldier stationed in Korea. While her son's away, Sara enjoys the extra time with her daughter-in-law and grandson.



"I would recommend this option for women looking at hysterectomies who don't want to be laid up for weeks afterward," she says.

WORKING HER WAY UP

Sara is still in the process of getting her iron levels up. The procedure has turned them in the right direction with the help of supplements and incorporating iron rich foods in her diet.

Increasing iron levels means increasing energy levels.

"I never stopped doing the things I enjoy, but I got so tired doing them," Sara says. "Now I have the energy to keep up with my little one-year-old grandson or to plan a family camping trip to the Dells." ■

THE RIGHT PRESCRIPTION for Healthy Hair, Skin and Nails



Is your hair damaged? Nails weak? Do you want your skin to glow? The answers may NOT be in the products you use, but in the food you eat. All three are made of body cells that need proper nutrients for healthy development.

The perfect prescription? A balanced diet filled with protein, iron, zinc, fatty acids and vitamins A, B and C. And this prescription is not only good for your hair, nails and skin, it's great for overall health, too!

PROTEIN

Proteins such as keratin, collagen and elastin give hair, skin and nails strength, structure and elasticity. A lack of protein can result in weak and slow growing hair and nails.

IRON

Similar to protein, iron keeps hair, nails and skin strong and prevents drying. Not enough leads to pale, itchy skin, brittle nails and hair will be dull, dry and shed more.

ZINC

The oil glands around the hair follicle are kept in working order thanks to this mineral. Zinc also supports tissue growth and repair, so if you don't get enough, the results are slow hair growth, hair loss and even dandruff.

ESSENTIAL FATTY ACIDS

Some fats are good for the body – in moderation of course. Omega-3 and omega-6 are two important fatty acids. The right amount of each is good for the skin and helps maintain scalp health.

VITAMINS A, B AND C

Our body uses A and C to produce sebum, an oily substance that acts as your hair's natural conditioner. Vitamin C also forms collagen, an important protein for hair, nails and especially skin. Vitamins B-6 and B-12 help with red blood cell creation, ensuring all body cells receive proper nutrients.



Supplements are a good alternative if you are vegetarian, allergic to, or just don't like any of these foods. But they can't replace the overall benefits of a balanced diet.

HOW DO YOU FIT ALL THIS IN?

Take a look at these 10 super foods.

1. Salmon
2. Dark Green Vegetables
3. Beans
4. Nuts
5. Poultry
6. Eggs
7. Whole Grains
8. Oysters
9. Low-Fat Dairy Products
10. Carrots

You can find more information about these super foods at WebMD and HealthyFoods.co.nz

Fooled by NUTRITION MYTHS

by Paula Przywojski, Registered Dietitian, CD

Nutrition claims are all around us and many of them are not true. Here are a couple common ones:

MYTH: ALL CARBOHYDRATES ARE BAD FOR YOU AND SHOULD BE AVOIDED.

TRUTH: Carbohydrates are the preferred fuel source for our body and have about half the calories as fat. Limit your intake of simple carbohydrates like candy, sweets and regular soda and get the majority from complex carbohydrates like fruits, vegetables and whole grain breads and cereals.

MYTH: ITEMS BOUGHT IN A HEALTH FOOD STORE ARE BETTER FOR ME.

TRUTH: Just because a product is sold in a health food store, doesn't mean it is better for you. Most nutritious foods can be bought for less at a regular grocery store. Also look out for terms such as "all natural." These products may still contain preservatives and additives, so read the nutrition label before buying. ■



Jenna Kravcik, MT
Hematology Coordinator
Black River Memorial Hospital

Biohazard and blood. Lab coats and face shields.

Jenna Kravcik works with these tools everyday as the Hematology Coordinator at Black River Memorial Hospital. You'll find her running around performing venipuncture (blood sampling for diagnostic purposes) and other interesting tasks with bodily fluids.

Stepping into the lab, you'd probably expect employees using microscopes and centrifuges, but maybe not the abundant laughter filling the room. "The environment, the people and the culture of the hospital make me want to come to work everyday," Jenna says with a huge smile on her face.

Besides having fun in the lab, Jenna has also been enjoying another side of the hospital — the OB department.



Expecting her first baby, she's decided to give birth right here at Black River Memorial Hospital.

"The OB staff at the hospital is amazing and everything you need is right there in your room," Jenna says. "I've seen firsthand the personalized care and service women receive in our OB."

Because many of her co-workers are also friends, she's already warned her husband of the crowd that will most likely show up when it's time to push.

And when she's done pushing? Jenna says she can't wait to run again...outside of the lab. She's done 5ks and a warrior dash: "It's like the tough mudder — you end up full of mud in the end." ■

"I've seen firsthand the personalized care and service women receive in our OB."

One woman STRIKES A CHORD with the community

Margie Fait could talk for hours about jazz. Where the best clubs are. What festivals to go to. She and her husband Duane even have their own jazz band where she sings lead vocals and he plays guitar.

When she's not lighting up the stage, Margie continues to shine through her commitment to community service.

She started volunteering for Black River Memorial Hospital to really make a difference. She also hoped to meet people after her move from Central Wisconsin.

Her role as volunteer grew after she attended a diabetes fair co-sponsored by the hospital. She left the event spearheading a dedicated diabetes support group.

Now she's the president of the Diabetes Education and Support Group, which became affiliated with the hospital in 2011. Thanks to her efforts, the group now offers support and educational seminars as tools for community members.

The next exciting endeavor is partnering with the HoChunk Nation Healthcare Department. She says, "Combining our resources and efforts will give us more strength and ideas to combat the diabetes epidemic."

This continued dedication to serving her community is music to our ears. ■

If you'd like to nominate someone in the community who deserves a spotlight, send an email to: yaegera@brmh.net.



Margie even finds time to study jazz piano.

EXPERIENCE THE HEALING POWER OF LAUGHTER

Experts agree it works wonders to bring our minds and bodies back into balance.

WHAT

Women's Night Out

WHERE

Black River Memorial Hospital

WHEN

Thursday, May 10th at 6:30 p.m.

Grab your girlfriends and join us on May 10th at 6:30 p.m. for Black River Memorial Hospital's first ever Women's Night Out.

This is a fabulous, fun (and free!) evening event where you will laugh, learn and connect with one another.



Featuring entertainment from **JANET HEINZ** — a comedian who is known for her upbeat, spunky style and making quirky observations on life. She has performed all over the country and has opened for celebrity comedians including Kevin Nealon.

"I love entertaining crowds in the Midwest," says Heinz. "It's such a beautiful area and those ladies really know how to have a good time!"

After the show, everyone is invited to spend some time socializing and being pampered with free massages and refreshments. This is also a great opportunity to learn more about the health offerings available at Black River Memorial Hospital — free informational tours will be available to all guests.

Be prepared to laugh your way to better health.

Seating is limited, reserve your spot by May 7th by calling 715-284-1325 or learn more at brmh.net. ■