

This is Not Your Parent's Surgery

Here's a look at how surgical procedures have improved over the years.

Medicine is always evolving, and so too is surgery. The surgical procedure you may have today likely looks different than one your parents or grandparents had in years past. Surgery has become safer and more precise over the years. For the most part, this is thanks to technological advancements.

The good news about these advancements is that you don't have to be as concerned about undergoing a surgical procedure as people used to be in the past. Of course, no one wants to have surgery. But in many cases, surgical procedures are needed to restore health and comfort. Knowing that surgical advancements have made it safer than ever to have surgery performed can help provide you with peace of mind as you make your decision to schedule a procedure.

Making the Most of Technology

Surgery today makes the most of technology. Thanks to inventions like lasers, arthroscopy, laparoscopy and other advancements, surgeries that were once considered complicated are now thought of as routine. Advanced diagnostic tools allow physicians to see inside the body before and while operating, which increases precision. Advanced surgical tools help doctors operate in the least invasive way possible, which helps reduce pain and complications and cuts down on recovery time. Technology also allows doctors to communicate with one another even while they're in the operating room, which provides them with the opportunity for consultation or assistance as needed.

Fewer Post-Surgical Complications

Surgery today results in fewer post-surgical complications. Thanks to medical technology that allows doctors to make smaller incisions and to more precisely pinpoint the area being operated on, the likelihood of post-surgery complications is lower than it used to be. Minimally invasive surgery such as arthroscopy and laparoscopy use very small instruments inserted into tiny incisions. Without the large incisions needed for more traditional surgical procedures, recovery time is typically shorter and there is less pain and scarring.

Shorter Hospital Stays

Surgery today requires shorter hospital stays (if at all). Many less invasive surgical procedures allow patients to recover more quickly. Doctors are also more likely to encourage patients to get out of bed to walk or do supervised exercises more quickly,

which promotes healing. This means patients don't have to stay in the hospital as long as they used to in the past. In many cases, patients can go home to continue their post-operative recovery after a day or a few days, rather than spending many days in the hospital. Many surgical procedures that used to require a hospital stay can even be done as outpatient procedures so the patient can return home the same day after a brief stay in the recovery suite.

Advanced Technology Close to Home

Stoughton Health's Board Certified Orthopedic Surgeon, Dr. Ashish M. Rawal, is able to perform a variety of surgeries arthroscopically. During this minimally invasive type of surgery, he creates a small incision through which he feeds the arthroscope — a thin, flexible tool with an attached camera — to perform the procedure. Without the large incisions needed for more traditional surgical procedures, recovery time is typically shorter and there is less pain and scarring.

Custom Knee Replacements

Dr. Rawal performs custom knee replacements using the latest technology. A CT scan of the patient's knee is converted into a 3D model and an implant is designed that's unique to the patient. This fully automated process ensures that the implant is made for the patient's knee, and only that patient's knee. The custom knee replacement can lead to improved recovery with less discomfort and a more natural feeling knee.



Ashish M. Rawal M.D.
Board Certified Orthopedic
Surgery and Sports Medicine

End the Pain with Custom Knee Replacements

Thur, Feb 3rd at 5:30 p.m.

Join Dr. Ashish M. Rawal to learn how the Conformis custom knee implants may be the solution to end your knee pain.

To register for this free online class, please go to stoughtonhealth.com and click on "Classes & Events." Participants will receive a class link (Zoom meeting) and call in phone number.

Awards & Recognition

Crystal Vision Award

Stoughton Hospital was the recipient of the 2021 Crystal Vision Award from the Lions Eye Bank of Wisconsin. This award is presented annually to hospitals that demonstrate outstanding commitment and dedication to furthering the mission of giving the gift of sight.



Anne Otter, Development Specialist with the Lions Eye Bank of Wisconsin presents 2021 Crystal Vision Award to (left to right): Dan DeGroot, Stoughton Health President/CEO; Rhonda Tesmer, RN, BSN, CPHQ Clinical Quality Specialist; and Michelle Abey, Chief Financial Officer/VP of Financial Services

Large Business of the Year Award

Stoughton Health was honored by the Stoughton Chamber of Commerce with the Large Business of the Year Award for having made a significant contribution to the Stoughton Community with its leadership and community outreach during the COVID-19 pandemic.



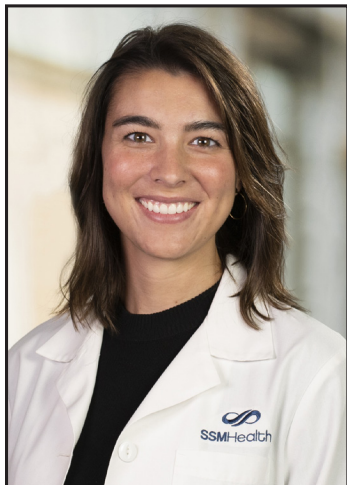
Sarah Ebert, Stoughton Chamber of Commerce Executive Director, presents Dan DeGroot, Stoughton Health President/CEO, the Stoughton Chamber of Commerce Large Business of the Year Award.

Best of Madison

Stoughton Health's Rehabilitation & Sports Medicine was voted as the Best of Madison – Bronze in the category of Physical Therapy. This is the 40th year Madison Magazine has highlighted what its readers deem the “best of” the city.



Welcome Dr. Morgan Lively



Morgan Lively, DO
SSM Health Dean
Medical Group
Stoughton Family Medicine

Morgan Lively is a doctor of osteopathy practicing in family medicine. She obtained her undergraduate degree in microbiology from the University of Wisconsin in Eau Claire, Wisconsin and earned her doctor of osteopathy degree from A.T. Still University of Health Sciences-Kirksville College of Osteopathic Medicine in Kirksville, Missouri. She completed her residency in family medicine at Aurora St. Luke's Medical Center in Milwaukee, Wisconsin.

Dr. Lively's medical interests include pediatric and adolescent health, women's health, chronic disease management, and osteopathic manipulation.

Dr. Lively is a member of the American Osteopathic Association and the American Academy of Family Physicians.

In her free time, Dr. Lively enjoys spending time with her family and friends, fitness, and outdoor activities.

To schedule an appointment to see Dr. Lively at the Stoughton Clinic, please call (608) 877-2777

“My goal is to develop trusted patient partnerships and be present to care for and assist them with their health care needs. I feel fulfilled when I am able to help my patients progress to the best quality of life possible.” – Morgan Lively, DO

Urgent Care

Putting *Urgent* back into Urgent Care
Your urgent care need is urgent to us as well.



When to Use Urgent Care

Urgent Care is designed for urgent medical needs that are not life-threatening, but still require prompt attention. The service is intended to fill the gap between care provided during regular physician office hours and the Emergency Department. Urgent Care is not intended to replace a family physician.

Typical minor illnesses or injuries that are appropriate for Urgent Care include:

- Ear pain
- Eye irritation
- Fever or flu
- Minor cuts, scrapes and bruises
- Minor broken bones and fractures (i.e. fingers, toes)
- Skin rashes and infections
- Sore throat or cough
- Sprains and strains
- Urinary burning
- Vomiting, diarrhea or dehydration

Insurance

Stoughton Health accepts over 160 area insurance plans: Anthem Blue Cross Blue Shield, Cigna, Dean Health Plan, Humana, Quartz, United Healthcare and more.

Locations

McFarland Urgent Care Clinic

5614 US Hwy 51 • (608) 838-8242

Oregon Urgent Care Clinic

990 Janesville Street • (608) 835-5373

Stoughton Hospital Urgent Care

900 Ridge Street • (608) 873-6611

COVID-19

Community Testing Locations

For additional information, please go to the Wisconsin Department of Health Services website: <https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>

McFarland

Forward Pharmacy

4880 Larson Beach Rd, McFarland

Schedule your appointment at:

<https://forwardpharmacywi.com/covid/>
(608) 838-7455

The Medicine Shoppe® Pharmacy

5700 US Hwy 51, McFarland

No appointment necessary.

Pre-register at:

<https://register.covidconnect.wi.gov/>
(608) 838-5700

Oregon

Hometown Pharmacy

815 N Main St, Oregon

Pre-register at:

<https://register.covidconnect.wi.gov/>
(608) 835-3191

Stoughton

JangoDX Community Testing

Appointments are Highly Encouraged!

Schedule your appointment at:

<https://register.covidconnect.wi.gov/>

Stoughton Health

Community Health & Wellness Center

3162 County Road B, Stoughton

Monday – Saturday

10 a.m. – 3 p.m.

(Hours are subject to change)

(800) 936-0534

Walgreens (multiple locations)

By appointment at walgreens.com

Ages 3+

Rapid Diagnostic Test (ID NOW)

4605 Larson Beach Rd, McFarland

(608) 838-6829

704 N Main St, Oregon

(608) 835-6771

1705 US Hwy 51 & 138, Stoughton

(608) 873-7612

Swinging for Health Golf Outing

On September 14th, the Foundation hosted the 17th Annual Swinging for Health Golf Outing. We had a record number of 130 registered golfers. This year, together with the support of our generous sponsors, we raised more than \$41,000 for equipment and supplies for breast cancer patients. We extend a heartfelt “Thank you” for continuing to invest in the wellness of our community. Your partnership with Stoughton Hospital Foundation provides essential resources to Stoughton Health to continue offering the very best care to our community.

Special thank you to the Stoughton Country Club for hosting this event, AM Solutions for event printing services and Bob Lindmeier of Channel 27 WKOW-TV for our “Better than Bob” challenge. We also thank the many generous virtual auction and raffle donors including Stoughton Health staff, friends of the Foundation and local businesses.

Executive Tournament Sponsors

First Business Bank
Ideal Builders
J.P. Cullen

Specialty Sponsors

Madison Advanced Foot & Ankle, LLC
Paymerang
Pizza Pit
State Bank of Cross Plains
Ziegler Capital Management, LLC

Corporate Sponsors

BEAM Healthcare
Conant Automotive
Cress Funeral & Cremation Service
Kraus-Anderson
Lincoln Financial Group
One Community Bank
Quarles & Brady, LLP
RBC Wealth Management
Skaalen Retirement Services
Stoughton Health
TRICOR
von Briesen & Roper, s.c.



Hole Sponsors

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Associated Collectors, Inc.
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Coldwell Banker Success
Culver's of Stoughton
Delta Dental
Edward Jones/Jessica Knutson
Edward Jones/Tom Fendrick & Shelley Moffat
Eide Bailly, LLP
Gunderson Funeral Home
Hanson Electronics
J.F. Ahern Co.
J.H. Findorff & Son Inc.
Kunes Buick GMC of Stoughton
LSM Chiropractic

madison.com
McGlynn Pharmacy
Moyer's Inc.
Mutual of Omaha
Dr. David & Ann Nelson
Para Healthcare Analytics
Partners of Stoughton Hospital
Quartz
RBC Wealth Management
R&S Insurance
Shaw Building & Design, Inc.
Stoughton Health
Stoughton Lumber
Summit Credit Union of Stoughton
Tru Stoughton
Van Horn Automotive Group
Wold Architects & Engineers

Community Recognition One Mile Walk

Stoughton Hospital Foundation hosted its first Community Recognition One Mile Walk on Saturday, August 7th from 9 a.m. to 11 a.m. The walk was in honor of all our front-line workers who have been working so hard to keep us safe during this trying time. The Walk began and ended at Stoughton Hospital. There was an end of walk celebration with refreshments and free health screenings. We had 99 walkers registered and 21 sponsors. Many thanks to our participants and sponsors, who together raised over \$3,000 for the benefit of Stoughton Health.



Community Recognition Walk Sponsors

Anew Insurance Agency
BEAM Healthcare
Conant Automotive
Cress Funeral & Cremation Service
Edward Jones/Lisa Fernan
Edward Jones/Tom Fendrick
E&P Psychotherapy
First Business Bank
Game Day Sports Bar & Grill
Ideal Builders, Inc.
JP Cullen
Kraus Anderson
Lincoln Financial Group
Matson & Associates

One Community Bank
Quarles & Brady
Stoughton Family Dental
Stoughton Hospital
TRICOR
Tru Stoughton
von Briesen & Roper, s.c.

In Memory of Doug Stolen



We would like to recognize Doug Stolen, a cherished member of the Stoughton community and friend to Stoughton Hospital Foundation. We honored Doug, and our front-line

workers, with our first Community Recognition Walk; something Doug had been instrumental in wanting to start. In addition, it would bring him great joy that we surpassed 100 registered golfers for this year's Swinging for Health Golf Outing, as breaking the 100 number had long been a goal of Doug's when he served on the Foundation Board.

Community Health & Wellness

For the most up to date list of classes and events or to register, please go to stoughtonhealth.com and click on “classes and events.” Questions? Please contact Taylor at (608) 877-3498.

Free Online Classes

Power of Attorney for Healthcare Made Easy

Mon, Nov 1st at noon

Mon, Feb 7th at 5:30 p.m.

Join Stoughton City Alder and Licensed Clinical Social Worker Jean Ligocki to learn how you can easily complete your own power of attorney for healthcare using the State of Wisconsin's free form. Completing a power of attorney for healthcare lets YOU select, ahead of time, the individual YOU want to make healthcare decisions for you in the event that you lose your ability to make decisions.

This workshop is recommended for anyone 18 years old or older.

Shoulder Pain Relief

Thur, Nov 4th at 5:30 p.m.

Join Dr. Ashish M. Rawal to learn more about the causes of shoulder pain and both surgical and non-surgical pain relief options.

Medicare 101

Thur, Nov 18th at noon

Thur, Jan 13th at noon

Join Ben Rothering from Physicians Mutual to learn about the basics of Medicare (A, B, C & D), making the most out of your rights, how to enroll, what Medicare does and doesn't cover, and additional coverage options.

Advance Care Planning

Mon, Dec 6th at noon

Join Jean Ligocki Stoughton City Alder and Licensed Clinical Social Worker to learn how advance care planning can help ensure individuals receive medical care that is consistent with their values, goals, and preferences. Advance care planning promotes important conversations between the individual, family and medical providers.

Leg Vein Treatment Options

Tue, Jan 18th at 5:30 p.m.

Whether suffering from painful varicose veins or bothersome spider veins, Stoughton Health's General Surgeon Dr. Aaron Schwaab can help with a simple outpatient vein treatment.

End the Pain with Custom Knee Replacements

Thur, Feb 3rd at 5:30 p.m.

Join Dr. Ashish M. Rawal to learn how the Conformis custom knee implants may be the solution to end your knee pain.

Exercise Classes

StrongBodies*

Nov 3rd to Dec 10th

Wednesdays and Fridays

8:30 to 9:30 a.m.

StrongBodies is a 6-week exercise program that focuses on progressive weight training, flexibility, and balance activities for women and men of all ages, but especially geared for mid-life and older. Cost:\$ 35

Gentle Yoga for a Grateful Heart

Mon, Nov 15th from 6:30 to 7:30 p.m.

Wed, Jan 5th from 6:30 to 7:30 p.m.

In-person at Kula Yoga and online option

Join Becky, the owner of Kula Yoga & Wellness, as she guides you through a gentle yoga sequence to find space in the body and in the mind. This free class is appropriate for all levels. For more information or to register please go to www.flywithkula.com.

Kids Classes

Safe@Home*

Mon, Nov 22nd from 3:45 to 5 p.m.

Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Cost: \$25

Foot Care Clinics

Stoughton Foot Care Clinic

Weekly on Tuesday and Wednesday
1 to 4:30 p.m.

Stoughton Health

Community Health & Wellness Center

3162 County Hwy B, Stoughton

Appointments: (608) 873-2332

Cost: \$25

Health Screenings with Consultation

Stoughton Health offers a variety of screenings to help you make more informed decisions about your health and wellness. All screenings include a discussion and consultation on how you can improve your results.

Stoughton Health

Community Health & Wellness Center

3162 County Hwy B, Stoughton

(corner of Hwy 51 & B)

Please call (608) 877-3485 to schedule your appointment in advance - no walk-ins please.

Balance - \$30

Blood pressure - free

Blood sugar (glucose)/ cholesterol - \$25

Bone density - \$30

Cholesterol (full panel) - \$30

Hearing - \$25

Height, weight, BMI (body mass index)

and body fat percentage - \$10

Peripheral artery disease

(ankle-brachial index) - \$35

Vision - \$10

*Class is being held at

Community Health & Wellness Center

3162 County Hwy B, Stoughton

For the Life of You is published by Stoughton Health. If you would like to be removed from this mailing list or receive this publication electronically, please e-mail pr3@stoughtonhealth.com or write to:

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Emergency & Urgent Care Services **Stoughton Hospital**

900 Ridge Street, Stoughton
Emergency 24-7
Urgent Care Daily 6 a.m. to 11 p.m.

McFarland Urgent Care Clinic

5614 US HWY 51
Monday to Friday 8 a.m. to 8 p.m.
Saturday and Sunday 9 a.m. to 5 p.m.

Oregon Urgent Care Clinic

990 Janesville Street, Oregon
Monday to Friday 5p.m. to 10 p.m.
Saturday and Sunday 10 a.m. to 8 p.m.

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Stoughton Health Events

Love Light Ceremony

For the health and safety of our community this year's event will once again be virtual. Please check the Partners of Stoughton Hospital's web page for viewing details as we get closer to the event: <https://stoughtonhealth.com/partners-of-stoughton-hospital/>.

Although donations are accepted all year round, gifts must be received no later than November 22, 2021 to be included in the 2021 Love Light Program.



Blood Drives

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
Fri, Dec 17th from 8:00 a.m. to 1:00 p.m.
Visit www.bloodcenter.org to make an appointment.

Stoughton Health in the Community

Coffee with the Mayor

Fri, Feb 11th at 9:30 a.m.
Stoughton Area Senior Center
Stoughton Health CEO/President
Dan DeGroot, SASD superintendent
Dr. Tim Onsager and Chamber President
Sarah Ebert will join City of Stoughton
Mayor Tim Swadley for this virtual event.
For information, visit
stoughtonseniorcenter.com.

Mission

The mission of Stoughton Health is to provide safe, quality healthcare with exceptional personalized service.

Vision

We grow to meet the changing needs of the communities we serve and become their health partner of choice.

Values

Our patients and community are our number one priority. Employees are committed to providing Excellence Together through:

- Attitude
- Accountability
- Appearance
- Communication
- Teamwork
- Service