

For the

Life of You



Winter 2020

New Year New Look

Stoughton Hospital Celebrates Brand Refresh

Stoughton Hospital is excited to announce our new brand, Stoughton Health. Due to continued growth and an increased focus on wellness and keeping people healthy, the hospital has been working to evolve and refresh our brand to better reflect who we are today. With the addition of the Community Health & Wellness Center gifted to the hospital from McFarland State Bank this past fall, the outpatient rehabilitation and sports medicine clinics in Stoughton and Oregon, the Urgent Care in Oregon and the OrthoTeam Clinic in Madison and Stoughton, we have continued to grow beyond the hospital campus. "It just makes sense to encompass a broader brand that reflects our growing mission," said Dan DeGroot, President/CEO. "For the past several years the hospital has been increasing community education classes, exercise classes, support groups, screenings and now with the addition of our new Community Health and Wellness Center we knew it was time to incorporate "Health" into our name," he added.



The community will see the name change and the new "look" of Stoughton Health in the coming months. The brand refresh will include revision of the logo, website, email addresses and other visual material. "The one thing that won't change is our mission," added DeGroot. "Our employees are committed to providing safe, quality healthcare with exceptional personalized service now and into the future."

Advances in Sinus Surgery

Do you think you may need sinus surgery but don't want to deal with the recovery? Recent advances in technology have resulted in sinus surgery that's much less invasive for an easier recovery.

Dr. Steven Lyon, a Board Certified Otolaryngologist, shares that the world of sinus surgery has come a long way and in recent years there have been significant improvements. "Even when you hear of your aunts or uncles or friends who have had sinus surgery several years ago, it is totally different today," explains Dr. Lyon.

For example, one of the most dreaded problems that keeps people from even coming in for surgery is nasal packing or "nasal tampons" that sometimes are inserted into the nose after surgery. Fortunately, Dr. Lyon has virtually eliminated this uncomfortable process with improved surgical techniques. These minimize disruption of the delicate nasal lining and using small scopes to guide surgery helps to leave the mucous membrane intact, speeding up recovery.

Treatment

Before you are recommended for sinus or nasal surgery, several other treatments may be attempted first, including antihistamines, nasal steroids, and nasal saline irrigation. While irrigation sounds like an old technique, new irrigators are available that can help patients easily and effectively manage their symptoms. This allows many patients to avoid the need for surgery. "In many patients, this option treats them effectively enough without the need for steroids," according to Dr. Lyon. It works by rinsing out the things that are irritating your nose, and rinsing out the chemicals that your body's immune system "dumps" in your nose as part of its response.

Nasal steroid sprays don't remove the inhaled particles that trigger your nose's immune response but they can be an important part of sinus management because they help reduce your body's response to those triggers. They can provide some relief of chronic symptoms. (continued)

Welcome New Physicians!



Adam Coughlin, M.D.
Otolaryngologist
SSM Health
Dean Medical Group



Christina Quale, M.D.
Family Medicine
SSM Health
Dean Medical Group

Accepted Insurances

Dean Health Plan products,
Medicare and others

Location

SSM Health Dean Medical Group -
Stoughton Clinic

Dr. Coughlin Appointments

(608) 371-8000

Dr. Quale Appointments

(608) 877-2777

New Podiatrist Providing Surgical Solutions

Dr. Colin Graney provides comprehensive orthopedic foot and ankle care for a variety of conditions including ankle sprains, bunions, stress fractures and osteoarthritis. He also provides surgical solutions such as ankle replacement and foot surgery. More information on his services can be found at madisonfootankle.com.



Colin Graney, DPM
Podiatrist
Madison Foot & Ankle

Office Location

Madison Advanced Foot & Ankle
664 West Washington Ave, Madison

Accepted Insurances

Madison Foot & Ankle Surgery accepts the following insurance providers: Medicare, Medicaid, United Health Care, Blue Cross Blue Shield, Humana, Icare, Aetna, Cigna, UMR, Workman's Comp, CWHF, Golden Rule, WEA Trust, ChampVA. For more information please contact Dr. Graney's office.

Appointments

To schedule an appointment with Dr. Graney, call (608) 229-1604.

Sclerotherapy for Spider and Varicose Veins

Sclerotherapy is considered the treatment of choice for spider leg veins and varicose veins. The treatment is minimally invasive. The procedure also can improve related symptoms such as aching, swelling, burning and night cramps. Treated veins tend to fade within a few weeks, although occasionally it may take up to two months to see the full results. In some instances, several sclerotherapy treatments may be needed.

Sclerotherapy involves injecting a solution directly into the vein that causes it to scar and collapse, forcing blood to reroute through healthier veins. The collapsed vein is reabsorbed into local tissue and eventually fades.

Appointments and Insurance

The first appointment is a 15 to 30 minute consult, covered by insurance to determine if you are a candidate for sclerotherapy. A follow up visit will be scheduled for the treatment. Sclerotherapy for spider veins is usually considered a cosmetic procedure and the cost of treatment is not covered by most medical insurance companies.

For more information or to schedule an appointment, please call the Stoughton Hospital General Surgery Clinic at (608) 873-2366.

Advances in Sinus Surgery (continued)

Surgical Solutions

Sinus surgeries can certainly be a permanent solution, but the durability of a surgery's effects involves two variables: the severity of the underlying problem, and the way sinuses are managed after the procedure. "For people with more significant swelling and inflammation in the sinuses, nasal saline irrigation can be maintained to provide long-term control," says Dr. Lyon.

There are a number of reasons to consider undergoing sinus surgery, but among the most common are:

- Recurring infections
- Difficulty breathing through the nose
- Chronic sinus drainage
- Polyps in the sinus or nasal area
- Structural abnormalities in the sinus

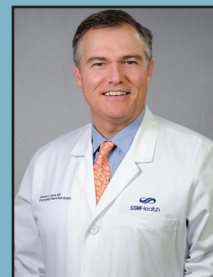
The most crucial piece of advice Dr. Lyon offers, however, is to first and foremost make sure you have a proper diagnosis before doing anything. Sinus problems can present in many different ways, and sometimes it can be difficult to establish the root of the problem. Work through the diagnosis, take the time to understand it, and come up with a management plan to address each problem. "No matter how good the treatment or surgery is," Dr. Lyon points out, "if you aren't treated for the right thing, it won't help much."

Insurance Accepted

Dean Health Plan products, Medicare and others are accepted.

Appointments

To schedule an appointment with Drs. Lyon or Coughlin at the SSM Health Dean Medical Group in Stoughton, please call (608) 371-8000.



Steven Lyon M.D.
Otolaryngologist
SSM Health Dean
Medical Group



Adam Coughlin, M.D.
Otolaryngologist
SSM Health Dean
Medical Group

Physical Therapy for Women's Health

Women's health issues such as leaking urine or pelvic pain are often attributed to a "normal" part of aging. While these concerns are *common*, they are *not normal*. The good news is that, in many cases, pelvic-related conditions are very treatable.

Stoughton Hospital Physical Therapist Emily Grosse is trained in treating women's pelvic health concerns. She specializes in treating:

- Urinary dysfunction/incontinence
- Diastasis Rectus (abdominal muscle separation)
- Pelvic Organ Prolapse
- Female Pelvic Pain



Emily Grosse, DPT
Stoughton Hospital
Rehabilitation & Sports
Medicine

the screen. "That can really make that mind-body connection so much stronger and so much more effective in treatment and in their recovery from these symptoms," adds Grosse.

Every part of the initial assessment and treatment course is highly private and puts the patient's comfort first. Grosse always offers her patients the option of having a second person in the room if that makes them more at ease. She and her team are also very sensitive to any difficult personal history that a patient may have and every individual preference is taken into consideration.

"For some of my patients, the internal exam is just not appropriate for many different reasons. But even if a person is not comfortable with that piece of the physical therapy experience, that does not mean they are not a good candidate for pelvic floor therapy. We're very flexible in how we treat each patient; and every person is an individual. We seek to make the experience as comfortable and accommodating as we can," she assures.

When to Seek Help

Grosse encourages any woman who is experiencing symptoms such as leaking urine, pain during intercourse, or general pelvic pain to seek out help, the sooner the better. That said, it's not too late for women who have been dealing with these issues for many years.

"Even if it's been 30, 40, 50 years of this intermittent leaking or even consistent leaking, now is the time to come to physical therapy. There's no need to wait. If you have any of these symptoms, ask your physician if physical therapy may be right for you," she advises.

How Are Issues Assessed?

The pelvic floor physical therapy evaluation includes a detailed discussion of symptoms and health history. The physical therapist performs a musculoskeletal assessment of the lower back, hips, and pelvis. The therapist may also perform an internal pelvic floor muscle exam, which is different from a pelvic exam performed by a physician. But this is not required for participation in pelvic floor physical therapy.

Individualized Treatment

Treatment may include teaching women to properly do Kegel exercises, core strengthening, stretching exercises, and even behavioral strategies. "The bladder is like a mini brain. It likes to control the show. So, we have to teach people how to regain control of their bladder," notes Grosse.

Another approach is to use electrical biofeedback, using electrodes or a vaginal or rectal sensor to assess muscle activity. Patients watch a screen as they contract and relax pelvic muscles so they can start to connect what they're feeling in their body with how well they're doing visually on

Help Is Available—and Effective

For any woman who is suffering with pelvic floor issues, help is available and effective—and can make a profound impact. Grosse urges women to reach out to their physician and ask for a referral for pelvic floor physical therapy.

"If you're struggling with leaking when you cough or exercise, when you pick up your grandkids, when you pick up that laundry basket, or you're afraid to go out to have coffee with friends because you don't know where the bathroom is going to be - those are all not normal experiences. That's why I do my job. I care about people participating in life and doing the things that are meaningful to them. Reach out and ask for help. Don't just think it is normal and live with it."

Accepted Insurance Plans

Stoughton Hospital accepts over 160 area insurance plans, including but not limited to: Alliance, Blue Cross Blue Shield, Cigna, Dean Health Plan Products, Humana, Medicare, Quartz, Security Health Plan, UnitedHealthcare, WEA Trust and WPS.

Please check your individual plan regarding coverage of services at Stoughton Hospital.

Scheduling an Appointment

For more information or to schedule an appointment please call Stoughton at (608) 873-2292 or Oregon (608) 835-5373.

Stoughton Hospital Receives 2019 Press Ganey Guardian of Excellence Award®



Stoughton Hospital is pleased to announce we have been named a 2019 Guardian of Excellence Award® winner by Press Ganey. The Guardian of Excellence Award recognizes top-performing health care organizations that have achieved the 95th percentile or above of performance. Stoughton Hospital was recognized with three distinctions: Employee Engagement, Patient Experience - Medical, and Patient Experience - Outpatient Services.

The Press Ganey Guardian of Excellence Award is a nationally recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

Stoughton Hospital Foundation Updates

Why I Give

Katherine Christenson is a dedicated volunteer at Stoughton Hospital and when it came time to choose what to do with her required minimum distribution from her IRA, the choice was easy. Traditional IRAs allow the minimum distribution to be donated directly to a qualified charity and that includes the Stoughton Hospital Foundation.

Christenson chose the Stoughton Hospital Foundation because of the hospital's connection in a community where she has spent over 46 years including working for over 32 years with Stoughton Municipal Utilities. She has always been giving back to the community whether volunteering at blood drives, food pantries, Stoughton Opera House or the Stoughton Hospital Close to Home Café. We are grateful to Katherine for choosing to support Stoughton Hospital.



Katherine Christenson
Stoughton Hospital Donor and Volunteer

What's Your Story?

Has your life been touched by Stoughton Hospital? Did your loved one receive exceptional care? In this issue of "For the Life of You," there is a donation envelope enclosed. If you feel your life, the life of a loved one or the community is enhanced by the services provided by Stoughton Hospital, please consider sending a financial gift. For more information, please call the Stoughton Hospital Foundation at (608) 873-2328. Thank you.

Qualified Charitable Distributions (QCD)

Individuals 70.5 years of age or older are able to transfer funds from a traditional IRA directly to a qualified charity. Qualified Charitable Distributions can be counted towards satisfying the required minimum distributions (RMDs) for the year.

Benefits of QCD

There are many benefits of a QCD including:

- A QCD is not taxable income.
- Keeping taxable income lower may reduce the impact to certain tax credits and deductions, including Social Security and Medicare.
- QCD does not require itemization. Donors may decide to take advantage of the higher standard deduction, but still use a QCD for charitable giving.
- Maximum annual amount that can qualify for a QCD is \$100,000. This applies to the sum of QCDs made to one or more charities in a calendar year. (For jointly filed tax returns, both spouses can make a QCD from his or her own IRA within the same tax year for up to \$100,000 each.)

Please work with your financial advisor to set up a QCD and to fully understand the impacts of the options to your individual situation.



OrthoTeam Makes a Difference in Patient's Life

After a Conformis customized knee replacement and hip replacement, OrthoTeam patient Dan Douglas is back to living life on his terms. Dan and his wife love spending time with their grandkids including attending their many activities. Previous to his two surgeries, Dan was in too much pain to attend the many events he wanted to go to or even play with his grandkids.

Dan shares his story and the benefits of the Conformis customized knee replacement in a video testimonial. To watch, please go to stoughtonhospital.com and click on "Patient Stories."

Appointments

To make an appointment at the Stoughton or Madison OrthoTeam Clinic, please call (608) 877-3419.

Calendar of Events

To register for classes and events, please go to stoughtonhospital.com and click on “classes and events.” Questions? Please contact Sonja at (608) 873-2356.

Health Education & Wellness Classes at Stoughton Hospital

Unless otherwise noted, all health education and wellness classes are held in the Bryant Health Education Center.

Healthy Living With Diabetes

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their condition. It is also for adults who are living with someone who has diabetes. The cost is \$20 per person for the series or free if you already have the book. To register, please contact Sonja at 873-2356.

*Feb 4th to March 10th (six Tuesdays)
2 to 4:30 p.m.*

Stop Suffering from GERD

There's Help for Your Acid Reflux

Antacids and other medication may reduce GERD symptoms, however studies suggest long-term use of GERD medication might be risky. Dr. Aaron Schwaab now offers the minimally invasive LINX procedure which is an effective solution for reflux and may end your long-term dependence on medication.

*Wed, Feb 5th at 5:30 p.m. FREE
Thur, May 14th at 5:30 p.m.*

Customized Knee Replacements

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

*Tues, Feb 18th at 5:30 p.m. FREE
Stoughton Hospital
Tues, March 3rd at 5:30 p.m.
OrthoTeam Clinic*

The Benefits of Heart Disease Screening

Calcium scoring is a heart disease screening used to detect signs of heart disease while there's still time to stop it. This simple screening can detect years of plaque build-up in as little as 15 minutes. Learn more about this important test to help you reduce your risk of experiencing a future heart attack.

Tues, Feb 25th at 5:30 p.m. FREE

What's New in Alzheimer's Research

Kari Paterson, Alzheimer's Association Madison Office Executive Director, will talk about researchers active in Wisconsin, latest updates from the Alzheimer's Association International Conference, current research trends and advancement in clinical trials.

Thur, March 5th at 2:30 p.m. FREE

Freedom Through Forgiveness

Not being able to forgive can lead to pain in many areas of our lives. We know we should forgive, we want to forgive, but how? Join instructor Tim Markle, to learn methods of working toward forgiveness and learning to live a forgiving life.

*March 16th to April 27th FREE
(six Mondays - no class April 13th)
6 to 7:30 p.m.*

Stoughton Hospital Lobby Conference Room

Leg Vein Treatment Options

Whether suffering from painful varicose veins or embarrassing spider veins, Stoughton Hospital's General Surgeon Dr. Aaron Schwaab can help. Join Dr. Schwaab to learn about simple outpatient vein treatment that can alleviate varicose veins or spider veins.

Wed, April 8th at 5:30 p.m. FREE

End Your Foot Pain

Foot pain is a common problem that can interfere with your ability to walk, work, and enjoy recreational activities. Whether your foot pain is related to an injury or it developed gradually, it's important to seek treatment. Join Dr. Colin Graney, foot and ankle specialist, for a presentation on foot pain and learn what can be done to help.

Tues, April 14th at 5:30 p.m. FREE

Five Ways to Release Stress Now

Join Anne Adametz, Mentor, Speaker, Acupuncturist & Yoga Therapist, to learn how to deal with stress. Learn what you can control, what to let go of and the best ways to integrate those practices into every situation.

Thurs, April 30th at 6:30 p.m. FREE

Classes for Kids

Home on Your Own

For children ages nine and older who may be home for a few hours without an adult. The focus is on making wise and safe choices on first aid, fire safety and emergency situations. Cost: \$30

Sat, March 14th from 9 to 11 a.m.

Yoga

All levels are welcome to attend these free classes led by Stoughton Yoga.

Open Your Heart with Yoga

This class will help you reverse both the physical and emotional “winter slump” by focusing on heart/chest opening yoga poses.

Sat, Feb 1st from 11 a.m. to noon FREE

Yoga for the Love of Self

So often we put our own health and well-being last, after we take care of everyone else. This class is a valentine for YOU!

Sat, Feb 15th from 11 a.m. to noon FREE

Yoga for Complete Beginners

This gentle introduction to yoga will start at square one for the yoga novice.

Tues, Feb 18th from 9 to 10 a.m. FREE

Chair Yoga

Experience the many benefits of yoga without having to get up or down off the floor.

Sat, March 7th from 11 a.m. to noon FREE

Healthy Heart Classes

Our healthy heart classes are held on Wednesdays, are FREE and open to the public. To see specific class dates and times and to register, please go to stoughtonhospital.com and click on “classes and events.” Please check in at the hospital main lobby information desk prior to all healthy heart classes.

- Clean Start: Eat Clean and Live Well
- Diabetes Management
- Exercise Guidelines
- Heart Healthy Nutrition
- Reducing Your Risk Factors
- Understanding Cholesterol
- Understanding Heart Disease

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

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ORGANIZATION
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Emergency & Urgent Care Services

Stoughton Hospital

900 Ridge Street, Stoughton

Emergency 24-7

Urgent Care Daily 6:00 a.m. to 11:00 p.m.

Oregon Urgent Care Clinic

990 Janesville Street, Oregon

Monday to Friday 5:00 p.m. to 10:00 p.m.

Saturday and Sunday 10:00 a.m. to 8:00 p.m.

Calendar of Events

Please Join Stoughton Hospital at these Community Events

Parkinson's Exercise Program

Weekly exercise classes are led by Stoughton Hospital Physical Therapists to help people diagnosed with Parkinson's disease start to feel and function better.

Oregon Area Senior Center

To register: contact the Stoughton Hospital Oregon Physical Therapy Clinic at 835-5373

Stoughton Area Senior Center

To register: contact the Stoughton Hospital Physical Therapy Clinic at 873-2292

Powerful Tools for Caregivers

This workshop focuses on your well-being. The class meets once a week for six weeks.

Oregon Area Senior Center

Thursdays, March 5th through April 9th

1 to 3:30 p.m.

To register: contact the Oregon Senior Center at 835-5801

Creekside Place, Evansville

Thursdays, April 23rd through May 28th

1 to 3:30 p.m.

To register: contact Heidi at 235-8426

Physical Activity for Lifelong Success

PALS is a beginner exercise program for older adults.

Begins March 9th for ten weeks on

Mondays, Wednesdays and Fridays

2 to 3 p.m.

Stoughton Area Senior Center

To register: contact Hollee at 873-8585

Medication Disposal & Sharps Collection Events

Sat, April 25th from 8 to 11 a.m.

Evansville Police Department

Sat, April 25th from 9 to 11 a.m.

Stoughton Fire Department

Foot Care Clinics

Stoughton Senior Center - 873-8585

Third Mon and fourth Tues of each month

Oregon Senior Center - 835-5801

First and fourth Wed of each month

Creekside Place, Evansville - 882-0407

Third Wed of each month

Skaalen Village, McFarland - 838-7117

Second Wed of each month

Cambridge Senior Center - 838-7117

First Thurs of each month

Support Groups

All support groups meet in the Stoughton Hospital Lobby Conference Room.

Crohn's, Colitis & IBD Support Group

Meets 3rd Wednesday of the month
5:30 p.m.

Contact: Marilyn at 873-7928

Diabetes Support Group

Meets the 2nd Monday of the month
6 to 7:00 p.m.

Contact: Sonja at 873-2356

Memory Café

Meets 1st Tuesday of the month
9:30 to 11 a.m.

Stoughton Hospital

Bryant Health Education Center

Contact: Stoughton Senior Center at 873-8585

Blood Drives

Stoughton Hospital

Bryant Health Education Center

Feb 21st, April 17th and June 19th

8:00 a.m. to 1:00 p.m.

Visit www.bloodcenterimpact.org to make an appointment and use code 3643.