

St. Joseph's Hospital

healthy LIVING

COORDINATED CARE P. 4 | FROEDTERT AFFILIATION P. 6 | CONCUSSIONS P. 8

**Hartford athlete beats
mysterious football injury**



**St. Joseph's
HOSPITAL**

Froedtert & Community Health

healthyLIVING

a publication
of St. Joseph's Hospital

St. Joseph's Hospital is a community hospital serving residents of West Bend and Washington County, Wisconsin. St. Joseph's Hospital is a member of Froedtert & Community Health, a regional hospital system made up of Froedtert Hospital, Milwaukee; Community Memorial Hospital, Menomonee Falls; and West Bend Clinic.

OUR MISSION

To provide personalized, trusted care for our patients and their families.

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COVER PHOTO: Doctors tackled a medical mystery after Joe Pendergast felt his arm painfully swell to twice its size after being hit in a football game.

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Message from the President and CEO

Affiliation created the foundation for a healthy future



This summer marks the second anniversary of our historic affiliation with the Froedtert & Community Health system. On July 1, 2008, St. Joseph's Hospital and West Bend Clinic joined Froedtert Hospital and Community Memorial Hospital as partners in a strong regional healthcare system with two powerful advantages – the resources of a world-class academic medical center and a commitment to quality health care at a local level.

Our vision for the affiliation was that it would help us expand and grow our services to residents in and around Washington County in ways that St. Joseph's Hospital and West Bend Clinic could not accomplish on their own. Specifically, we wanted to grow our programs in cancer care, women's health and orthopedics, create a strong local cardiovascular program, and bring highly skilled specialists in cardiology, plastic surgery and urology from the Medical College of Wisconsin to our campus.

We are pleased that we have seen significant progress in all those areas. The Froedtert & The Medical College of Wisconsin Specialty Clinics on our campus have had more than 3,500 patient visits. Medical College physicians are using our hospital's excellent surgical and imaging facilities, and are working collaboratively with West Bend Clinic physicians and hospital staff.

At the same time, as one system, we are improving the delivery and coordination of care for patients

in our hospital and clinics and throughout the system across a broad network of providers. Our common Epic electronic medical records platform is helping to accomplish that. Just as important, we are integrating our clinical, quality and performance excellence standards to ensure that patients experience consistent high-quality care – no matter where they receive care in the Froedtert & Community Health system.

Strengthened by our affiliation, and guided by local leadership, we are a stronger community partner. We support and participate in the work of the Boys and Girls Club, the Albrecht Free Clinic, Relay For Life and many other endeavors aimed at making our workplaces and community healthier.

The affiliation has created a sound basis for our future – and yours – as we continue to recruit high-quality specialists, strengthen our system-wide cancer care services, grow our primary care services and develop our infrastructure.

Many people have told us, “We are so glad you are part of Froedtert & Community Health.” We are continually encouraged by your confidence in the choice that we made two years ago. We are thankful for your continued support and will do our best to build on our partnership and your trust.

A handwritten signature in black ink that reads "Michael Laird". The signature is fluid and cursive.

Michael Laird

President/CEO, St. Joseph's Hospital



Joe Pendergast and his mom, Melody Narr, talk about Joe's experience with orthopedic surgeon Kristen Maskala, MD.

Coordinated Care

Hartford football player thankful for extraordinary care

Fans and teammates at Hartford Union High School roared with excitement when Joe Pendergast returned to the Orioles basketball court on Feb. 10. For more than five months, Joe had been sidelined by a mysterious blood clot that developed after he took what appeared to be a minor hit to his arm in the first football game of the 2009-2010 season.

In the days following the game, Joe's arm painfully swelled to twice its size and turned a deep purplish gray.

"Joe came to see me the Monday after the game with a lot of swelling in the upper extremity of his right arm. But things didn't really add up for a typical muscle strain," said Jeff Daus, West Bend Clinic athletic trainer who works at Hartford High, where Joe played football and basketball.



Kristen Maskala, MD

Joe was referred to David Smith, MD, family practitioner at Hartford Clinic, who also called Kristen Maskala, MD, sports medicine specialist and orthopedic surgeon, about Joe's case.

After examining Joe, Dr. Maskala and fellow Forward Orthopedics surgeon at West Bend Clinic, Robert Manz, MD, suspected a muscle tear, but weren't satisfied.



Peter Rossi, MD

"There was something unusual about the swelling in Joe's arm," Dr. Maskala said. "We could find only five other cases in the medical literature of spontaneous blood clots from minimal trauma, and in a healthy young

athlete. We put our heads together and Dr. Manz asked 'Do you think it could be a blood clot?' Then, educated instincts took over. I said, 'Yes.'"

Dr. Maskala placed an urgent late-night call to Joe's mom, Melody Narr, and Joe was driven to St. Joseph's Emergency Care Center (ECC), where an ultrasound revealed an unusually large clot in Joe's arm. Medical College of Wisconsin vascular specialists Peter Rossi, MD, and James Gosset, MD, were brought into the case and examined Joe at Froedtert Hospital.

"Joe's a tough kid," Dr. Rossi said. "He had a significant amount of bleeding into the biceps muscle which made his arm very large. We also found that he had a couple of clotting abnormalities that required treatment."

During the next few days, Joe was given high doses of blood thinners. His blood would be tested often and he would take the anticoagulant Coumadin for six months, until Feb. 9 when doctors determined the clot was stable.

"Joe's a lot more mature than an average 17-year-old. He was very patient with this, and was always very aware of what was happening," Dr. Rossi said. Now Joe takes a folate (B Vitamin) supplement for the clotting disorder, has no restrictions and is able to have his condition managed by his primary care physician, internist Donald Muth, MD, at West Bend Clinic.

"I want to thank all the doctors and nurses. I could not have asked for a better team," said Joe, who is heading to the University of Wisconsin-Whitewater this fall, and credits his friends and family for keeping his spirits high.

"It was just so reassuring to know that West Bend Clinic, St. Joseph's Hospital and Froedtert & The Medical College of Wisconsin have the training and staff and are all working together."

Melody Narr

It's difficult for Melody to talk about Joe's experience without tears in her eyes, and a lot of thankfulness. "I'm just a weepy mom who is thankful that you stayed up all night long to figure out what was happening with Joe," she wrote to Dr. Maskala.

"It was just so reassuring to know that West Bend Clinic, St. Joseph's Hospital and Froedtert & The Medical College of Wisconsin have the training and staff and are all working together," Melody said. "We're so lucky to have that here."

To make an appointment with Dr. Maskala or Dr. Manz, call Forward Orthopedics West Bend Clinic at 262-334-3451.

Electronic records help ensure continuity of care

It takes a team of caregivers – working together – to provide the highest quality patient care. Depending on individual circumstances, the care team may include primary care physicians and specialists, surgeons, nurses, physical therapists, athletic trainers, nurse practitioners, physician assistants, dietitians, social workers, pharmacists and others.

With our 2008 affiliation with Froedtert & Community Health, area patients and families have access to more physicians and more choices, including the world-class resources of Froedtert & The Medical College of Wisconsin.

Electronic medical records (EMR) are a critical tool to ensure the quality and continuity of care for patients no matter where they receive care in the system – Froedtert Hospital, Community Memorial Hospital, St. Joseph's Hospital or West Bend Clinic. With EMR, caregivers have up-to-date information about a patient's health accessible at the bedside, the physician's office or anywhere in the system.

Affiliation creates more choices for patients

The affiliation of St. Joseph's Hospital and West Bend Clinic with Froedtert & Community Health in July 2008 is opening up new avenues for high-quality, locally delivered health care.

The hospital and clinic became partners with Froedtert Hospital and Community Memorial Hospital in a strong regional system with the resources of an academic medical center. With the affiliation, St. Joseph's was able to recruit Medical College of Wisconsin faculty physicians to a new clinic at the hospital in 2009. They include experts in cardiology, electrophysiology, urology, plastic and reconstructive surgery, infectious disease, urologic oncology, gynecologic oncology and radiation oncology.

"Patients can not only see these experts here, but also have advanced tests and procedures performed right here at our hospital, including cardiology testing and implantable defibrillators," said Michael Laird, president and CEO of St. Joseph's Hospital. "The affiliation has enhanced the capabilities of St. Joseph's and West Bend Clinic."

"It's an integrated system that is really good for our community," said Michael Bloedorn, hospital board member and deputy director of the Washington County Human Services Department. "One of the major advantages of the affiliation is that now there are more choices for our patients and residents of our service area."

"The Froedtert & Community Health partnership has had a significant positive impact. The opportunity for the community to have direct access, in their home community, to the region's top specialists is a significant step in providing the highest quality, most accessible health care," said Ric Leitheiser, hospital board member and community bank president for M&I Bank, West Bend/North Suburban.

In conjunction with the affiliation, in 2008 Froedtert & Community Health made substantial donations to community schools and organizations for health and fitness facilities. The partnership also led to the formation of the Healthy Community Fund, a resource for continuing support of community-wide health initiatives. And the system is working with Washington County employers to develop strategies to improve the health status of the workforce and, through a collaborative effort, reduce healthcare costs through its Workforce Health program.

"I think we've developed a very constructive relationship with the community and its leaders over the past couple of years," according to Peter Pruessing, senior vice president of external affairs for Froedtert & Community Health. "Over the next few years, we anticipate bringing more resources to the West Bend area in cancer, cardiology and other specialty areas."



West Bend Clinic surgeon Eric Soneson, MD; Medical College of Wisconsin cardiologist K. Afzal Ammar, MD; and St. Joseph's Hospital registered nurse Patricia Weissner are local partner providers in the Froedtert & Community Health system.

Patient gives Medical College cardiologist and “cath crew” high marks



James Kleczka, MD

Earl Sessions enjoys piloting the two-seater plane that he built himself and hangs at the West Bend Airport. But he wasn't happy about being a “frequent flier” when it came to being hospitalized for heart problems.

“I've had a long history of cardiac problems since age 54,” said Earl, 70, who is retired from a career in the Air Force and the aviation industry.

It wasn't until Earl began seeing Medical College of Wisconsin cardiologist James Kleczka, MD, at the Froedtert & The Medical College of Wisconsin Cardiology Clinic at St. Joseph's Hospital that Earl felt he was getting closer to an answer to his heart problems. Earl had experienced another episode of difficulty breathing, and his primary care physician, West Bend Clinic internist Andrew Pahl, MD, recommended that Earl see Dr. Kleczka.

“Dr. Kleczka is terrific. He looks like a football player and has a great sense of humor. And he understood my desire for information,” Earl said.

The day after Earl met with Dr. Kleczka, Dr. Kleczka performed a cardiac catheterization – a special study of the heart – at Froedtert & The Medical College of Wisconsin's cardiac catheterization lab.

“I thought the catheter crew at Froedtert & The Medical College of Wisconsin was the best I've ever had. I really appreciated Froedtert's organization, efficiency and friendly professionals. Cherri was a delightful nurse and made everything easy for me. Dr. Kleczka was terrific.”

“Trouble breathing is a common symptom for a lot of medical conditions, including heart disease. I thought we were going to find more blockages in Earl's arteries, but there weren't any. We knew

then that something else was going on and that Earl's breathing difficulties may be caused by narrowing in some very small blood vessels. While we can't physically go into those vessels, we can give Earl medication to make his heart work more efficiently,” said Dr. Kleczka, who also made a healthy weight and exercise part of Earl's prescription.



Earl Sessions

“The news was very good for me. Now we can get to the bottom of the problem,” said Earl. “I really appreciate the kind of service I got. I can tell you there are differences in treatment and this was the best by a considerable margin – I've been in enough hospitals to tell the difference.”

Dr. Kleczka said that breathing difficulties, like chest pains, may be indicative of heart disease but could also be symptoms of a number of other illnesses. He said it's important for patients to report their symptoms to their doctors so they can get the help they need.

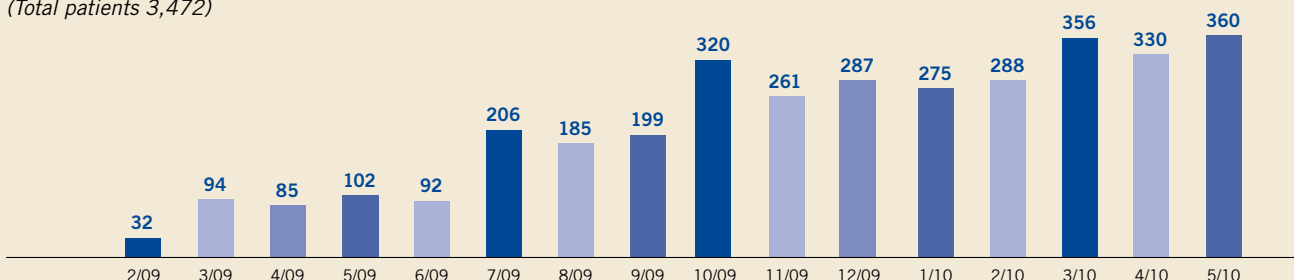
“There are a lot of patients in this area who have heart problems,” said Dr. Kleczka. “There is definitely a need for comprehensive cardiac care.”

Earl's care continues to be a team effort by Dr. Kleczka and Earl's physicians at West Bend Clinic, including pulmonologist Jeffery Smale, MD, and Dr. Pahl.

To make an appointment with Dr. Kleczka, call the Froedtert & The Medical College of Wisconsin Cardiology Clinic at 262-836-7300.

Froedtert & The Medical College of Wisconsin Specialty Clinics at St. Joseph's Hospital

Patient Visits, Feb. 2009 – May 2010
(Total patients 3,472)



Concussion awareness important for children, adults



Stacy Lynch, MD

“A concussion does not mean loss of consciousness,” explains Stacy Lynch, MD, sports medicine physician with Forward Orthopedics, West Bend Clinic. “In the vast majority of concussions, the child or adult does not lose consciousness.” Symptoms can include headache, dizziness, feeling nauseous or throwing up, confusion and memory problems. Even after the injury, the person might feel sluggish, irritable, have trouble sleeping or struggle in school.

Dr. Lynch advises athletes to wear the right safety equipment and know their limits.

“When most people get hurt, they’re doing things above and beyond their skill level or they’re not using the proper safety equipment, like helmets,” she said.

Dr. Lynch is part of West Bend Clinic’s Concussion Management team, together with neurologist Lawrence Sullivan, MD, and athletic trainers from the West Bend Clinic Rehabilitation Center.

So how is a concussion treated? “Time and total brain rest,” Dr. Lynch said. “That means rest from video games and other sound and visual stimulation. You want that person to have mental rest as well as physical rest. The brain, just like an ankle sprain, needs time to heal.”

Most often, concussions resolve within days, but some can last weeks or months. If you or someone you know may have suffered a concussion, contact your doctor. West Bend Clinic’s ImPACT cognitive testing can be valuable even if the patient has not taken a baseline test before the injury.

To make an appointment with Dr. Lynch, call West Bend Clinic at 262-334-3451.

Special concussion testing helps doctors determine athlete’s readiness to play



Lawrence Sullivan, MD

Erik Barber’s collision with another player during a football game last September gave him his first concussion. Fortunately, the Hartford Union senior had taken a baseline ImPACT test to evaluate his neurocognitive state at the start of the season. West Bend Clinic’s Concussion Management Program uses innovative pre- and post-injury tests to help doctors more accurately

diagnose and treat sports-related concussions.

With the ImPACT program, which is widely used by professional and college teams, athletes take a pre-season computer test to evaluate their brain processing speed, memory, and visual motor skills. After a suspected concussion, the athlete is re-tested and the results compared.

“In the past, we haven’t had good tools for determining how brain injuries are affecting kids,” explained neurologist Lawrence Sullivan, MD.



Erik Barber

“ImPACT provides an objective measure of the effect on processing speed and memory that we can use as a way of assessing whether the child is ready to go back to contact sports.”

Hundreds of athletes at Hartford Union and Hustisford High Schools took the pre-season ImPACT test. Dr. Sullivan estimates he’s seen 20 to 25 of them back with suspected concussions.

Erik missed one week of play. “That really is a lot of the reason I got back so fast. That baseline testing just puts it there right in front of you. Either you’re good to go or you’re not,” Erik said.

The ImPACT concussion program is being offered to area high schools and sports clubs. For more information, contact Dr. Sullivan at 262-334-3451.



Eat to compete: Bikers, runners need energy for the long haul

Competitive athletics like biking, running or swimming require more than just physical endurance during an event – they involve eating right, both before and after an event. “Healthy adults without underlying medical conditions need to balance their input and output,” said Stacy Lynch, MD, sports medicine physician with Forward Orthopedics, West Bend Clinic. “If you don’t take in as many calories as you’re using, you’re robbing your muscles.”

It is important to load up on carbohydrates and complex sugars two to six hours before you plan on competing, Lynch said. If your event is early in the morning, eat a carb-heavy meal such as pasta the night before, but don’t forget to eat at least a little bit of healthy food, such as a bagel, right before the event.

At St. Joseph’s, a group of staff members from surgical services regularly cycle together. They all understand the importance of fueling their bodies. “If we go early in the morning, we tell everybody they have to have a good breakfast,” said Barb Sayre, RN, a recovery room nurse. “We all usually pack power bars and energy drinks on our bikes.”

“It is just as important to load up on the right kinds of foods after an athletic event as it is before,” Dr. Lynch said. “During a workout, you damage some of your muscle fibers. Your muscles require protein in order to repair themselves.”

To make an appointment with Dr. Lynch, call West Bend Clinic at 262-334-3451.

Athletic recovery snack

1 whole wheat bagel, spread with either peanut butter or 1 tbs. pizza sauce with low-fat mozzarella cheese on top

Glass of milk

Eating right for your sport

BEFORE: Load up on carbohydrates such as pasta and other whole grains two to six hours before an event.

DURING: Stay hydrated.

AFTER: Take in as many calories as you expended; load up on proteins such as meat and eggs, and replace fluids. Milk makes a great recovery drink.



Helping cancer patients maintain quality of life



Mark Macedon, MD

The cancer care team at St. Joseph’s Hospital and its affiliates knows that it is possible for their patients to have cancer and still maintain and enjoy a certain quality of life. At the Alyce and Elmore Kraemer Cancer Care Center, a growing list of services is offered to improve day-to-day living. “We’ve always believed that cancer patients should be enabled to lead as normal a life as possible,” said Nancy Roecker, BSN, OCN, certified oncology nurse.

Good nutrition is essential for cancer patients, so the hospital recently added to its staff a registered, certified dietitian dedicated to cancer care. “Over the past 10 years we’ve found more ways that nutrition can improve the quality of life while going through treatments,” said Kara Sonntag, RD, CD. She helps patients plan nourishing meals to maintain strength and weight.

Controlling nausea, a potential side-effect of treatment, is another important issue. “We have so many drugs available to us that nausea control has become very efficient,” said Ijaz Arshad, MD, medical oncologist.

And treatments themselves are more precise to minimize possible side-effects. “Image-guided radiation therapy allows us to avoid healthy tissue, providing a better patient experience,” said Mark Macedon, MD, Medical College of Wisconsin radiation oncologist at the center.

Counseling can enhance quality of life for patients too. Mary Jo Burgoyne, a clinical nurse specialist in psych-oncology, talks with patients and families about everything from emotional to financial concerns, and may prescribe medication to control depression and anxiety. “It’s hard enough to have cancer, but we can create the systems to support people through it,” she said.

For more information on cancer care services, visit stjosephswb.com.

Patients have a range of provider options



Jess Diermeier, CNM



Liz Malecha, CNM

The doctor will see you now. So will the nurse practitioner. Or the physician assistant. Or the nurse midwife. As a patient at the West Bend Clinic and its affiliates, you have more choices than ever

for primary care. Midwives, nurse practitioners and physician assistants are trained to diagnose and treat a range of conditions and can prescribe medications.

“We see all women, at all stages of life,” said Jess Diermeier, a certified nurse midwife (CNM) at West Bend Clinic – South. In addition to care during pregnancy and childbirth, midwives counsel adolescent women on their menstrual cycles, provide annual gynecological exams and address menopausal issues.

Liz Malecha, CNM, West Bend Clinic – South, Hartford and Kewaskum Clinics, emphasizes the safety and personalization. “We follow the same standards of care as an OB/GYN, and also provide a more one-on-one, individualized approach to labor and delivery,”

she said. Unlike “lay” midwives, both Diermeier and Malecha have a bachelor’s degree in nursing, master’s in nurse midwifery and board certification. They refer high-risk pregnancies to clinic physicians.

Physician assistants (PA) are also available in the OB/GYN department to provide primary care for women, focusing on preventive health and education. They perform annual exams and also assist physicians with highly technical specialty procedures, including surgery. Educational requirements include completion of a PA program as part of a bachelor’s or master’s degree, and national certification. PAs include Stephanie Weiss, PA-C, Shawn Hake, PA-C, and Joelle Jroff, PA-C.

Julie Parve, family practice nurse practitioner who sees patients of all ages at Kewaskum Clinic, provides another option for ongoing care. She holds both a master's degree and a doctorate in nursing practice. “Our training is pretty complete across the lifespan; we can be a patient’s primary care provider,” she said.

To schedule a free, ten-minute “Get Acquainted” visit with any West Bend Clinic provider, call 262-334-3451.

Kidney stone removal doesn't delay man's long-awaited vacation



John Lacey, MD

When Wayne Bohlmann discovered he had a kidney stone in fall 2009, his biggest fear was that he wouldn't be able to leave on a trip to go trekking in Nepal. After waiting several days for the stone to pass, the 63-year-old West Bend resident called John Lacey, MD, urologist at West Bend Clinic and St. Joseph's Hospital, hoping Dr. Lacey could see him before he left in eight days.

What happened over the next few hours was so quick, Wayne was amazed. The nurse returned his early morning message right away and made room for him to see the doctor within the next hour. Dr. Lacey confirmed Wayne had a kidney stone and said he could remove it using a minimally invasive procedure called ureteroscopy. During a ureteroscopy, a doctor inserts a small scope through the penis and bladder to remove the stone from the ureter. Dr. Lacey told Wayne he could remove the stone that day in between his other surgeries and Wayne would be able to go home right away.

"I thought it was amazing that everything went so quickly," Wayne said. "My wife and I had planned this trip for a while and it was in jeopardy. I didn't even have an appointment that morning, and by late afternoon everything was fine."

"I didn't feel bad at all after the procedure," Wayne continued, "and I had no problems trekking in Nepal. Not only was I able to see the doctor right away, but the recovery was incredibly quick."

To make an appointment with Dr. Lacey, call the West Bend Clinic at 262-334-3451.



Wayne Bohlmann in Nepal



Minimally invasive surgeries offer quick recovery

St. Joseph's Hospital offers many types of minimally invasive surgeries, including ureteroscopy for urologic conditions, arthroscopy for joint problems, endoscopy for a variety of conditions, and laparoscopy to diagnose and treat abdominal conditions including some cancers.

With laparoscopy, the doctor makes a tiny incision in the abdominal wall and inserts a tiny camera and surgical instruments through that incision. Many procedures that previously required open or invasive surgery, which uses large incisions, are now performed laparoscopically.

St. Joseph's offers more than 50 different types of laparoscopic surgeries, including:

- hysterectomy
- appendectomy
- gall bladder removal
- colon resection
- kidney removal

"I've heard laparoscopy referred to as the 'Band-Aid surgery' because you can walk out with one or two Band-Aids on your abdomen," said Michael Kenney, RN, MBA, manager of surgical services at St. Joseph's. "There is less pain because the incisions are much smaller, and the recovery time is far shorter than open surgery."

For more information on surgical services at St. Joseph's Hospital and West Bend Clinic, go to stjosephswb.com.

St. Joseph's Hospital

Excellence in Nursing



Patricia Weisser, BSN, RN, has been recognized by her peers at St. Joseph's Hospital with the 2010 Excellence in Nursing award, a high honor that annually celebrates the professional accomplishments of an individual registered nurse.

"Patti exemplifies nursing excellence. She is dedicated and committed not only to her patients and her peers at St. Joseph's Hospital, but also to her profession," said Mary Martin, BSN, RN, director of patient care services.

A graduate of Marian College, Weisser works in the hospital's intensive care unit (ICU) and has been with St. Joseph's Hospital for over nine years.

Weisser is a mentor for new staff RNs and students, and is active as a member of the Professional Practice Coordinating Council and as the voice for nurses in her work with the Quality/Joint Commission Council and Policies and Procedures Committee.

Top 100 Workplace

The Milwaukee Journal Sentinel has named Froedtert & Community Health one of the "Top 100 Workplaces" in southeast Wisconsin. As a member of the health system, St. Joseph's Hospital shares in that honor as an organization that provides a positive environment to engage and retain staff. The selection was based on the results of a survey completed by a random sample of the staff and administered by an outside employee research firm.

Hospital Recognized for Flu Vaccine Participation

St. Joseph's Hospital has received the Gold Tier Award from The Joint Commission for achieving a 90 percent rate of seasonal flu vaccine participation among its staff. The hospital achieved 100 percent staff compliance in the 2009-2010 seasonal flu program including those who received or formally declined the vaccine. The Joint Commission is an independent organization that evaluates and accredits healthcare organizations and programs in the U.S.

Partners Award Scholarships

Partners of St. Joseph's Hospital has awarded scholarships to two graduating high school seniors who are pursuing careers in health care. Hilary Blommel of West Bend East and Emily Goetz of West Bend West were each awarded \$5,000 Partners Scholarships.

West Bend Clinic

New Providers on Staff



Julie Parve, DNP, FNP-BC, certified family practice nurse practitioner, has joined Kewaskum Clinic. She provides primary care for patients of all ages and has a special interest in childhood obesity, women's health and travel medicine. Her care for patients includes education, preventive care and disease management.

West Bend Clinic Presents Scholarships

West Bend Clinic has presented Eli Towle of West Bend West High School with the \$25,000 Norbert J. Fahey Memorial Scholarship, and Hannah Benton of West Bend East High School with the \$25,000 West Bend Clinic Scholarship. West Bend Clinic Scholarships of \$4,000 each were also awarded to graduates Erika Heberer of Kewaskum High School, Alyssa Larson of Hartford High School and Rebecca Hollett of Slinger High School. The scholarships are awarded annually.

Froedtert & The Medical College of Wisconsin Specialty Clinics at St. Joseph's Hospital

New Physicians on Staff

Iram Nadeem, MD, Medical College of Wisconsin infectious diseases specialist, is now seeing adult patients at the Froedtert & The Medical College of Wisconsin Infectious Disease Clinic at St. Joseph's Hospital.

She provides evaluation and treatment for all communicable or transmissible diseases.

Dr. Nadeem is board-certified in both internal medicine and infectious diseases. Her patient care focus is on general infectious diseases, hospital-related infections, HIV/AIDS, sexually transmitted diseases, skin and soft tissue infections, abdominal infections, flu and pneumonia. She also provides inpatient consultations.

Need a Speaker?

Need a speaker for your event? Professionals from St. Joseph's Hospital and West Bend Clinic will provide health-related presentations to community groups as a free public service.

Call 262-334-8576 for information.

What is Lyme disease and how can people protect themselves?



Iram Nadeem, MD
 Medical College of Wisconsin
 Infectious Diseases Specialist
 Froedtert & The Medical College of Wisconsin
 Infectious Disease Clinic at St. Joseph's Hospital

Lyme disease is an infection caused by the bite of a deer tick, a very small mite about the size of a poppy seed. The prevalence of Lyme disease in our area is not as high as in northern Wisconsin, Minnesota and the northeast coastal states. However, we do see a lot of people who are afraid they have it, but actually don't.

If you've been in an area of long grasses or piles of leaves or wood, be sure to do a "tick check" when you come indoors. Lyme disease initially appears as a rash – the typical way of describing it is a bull's eye – with a central clear area surrounded by redness. Symptoms are flu-like – joint and muscle pain, low-grade temperature, and not feeling well in general. A blood test in the first few weeks may be negative, so a second test is needed to confirm the diagnosis.

Antibiotics are effective in treating Lyme disease. It is not a deadly disease, but it can affect the joints, nervous system and heart if not treated quickly. One misconception is that people who have been diagnosed and treated for Lyme disease can get a chronic condition with ongoing symptoms, and may need repeated or prolonged treatment. There is currently no scientific evidence to support this.

To protect yourself from Lyme disease, wear long sleeves, long pants, and use a repellent containing DEET.

Dr. Nadeem provides evaluation and treatment for communicable or transmissible diseases and sees patients at the Froedtert & The Medical College of Wisconsin Infectious Disease Clinic at St. Joseph's Hospital, 262-836-7300.

▶ PREVENTION, DETECTION, DIAGNOSIS

In Wisconsin woods, be alert for deer ticks

Wisconsin is one of the areas where Lyme disease is concentrated, so residents should take precautions. The deer ticks that carry it can be present in woods and nearby grasslands, and also suburban yards where deer roam. Deer ticks are hard to spot – they are light in color and look like shiny freckles. Remove them with a tweezers, not by crushing between the fingers. A red, circular "bull's eye" rash is a telltale sign of a tick bite.

WHO?	WHAT?	WHEN?	WHERE?
Both children and adults can contract Lyme disease. After being in wooded areas, look for ticks; check especially under arms, the groin and neck. Ticks can creep up tucked-in pants and nestle in clothing folds. Don't forget to examine pets as they can get Lyme disease too.	In addition to the rash, which may not always be present, flu-like symptoms may occur: fever, headache, fatigue, chills, muscle aches, joint pain. Left untreated, Lyme disease can cause arthritis, nervous system abnormalities and heart problems. These can arise long after exposure.	Remove deer ticks as soon as possible; the longer they stay on, the greater the risk. See your doctor right away if you experience any symptoms, spot the characteristic rash or suspect Lyme disease.	Your primary care doctor should be your first resource for diagnosing and treating Lyme disease.

To make an appointment with Dr. Nadeem, call the Froedtert & The Medical College of Wisconsin Infectious Disease Clinic at 262-836-7300.

Promoting a Healthy Lifestyle

St. Joseph's Hospital and West Bend Clinic offer programs, support groups and classes designed to help you enrich your life through health maintenance and wellness education. Please visit stjosephswb.com for more information.

Community Events

American Cancer Society Relay For Life

Relay For Life honors cancer survivors, pays tribute to lives lost to the disease and raises funds for the fight against cancer. Join St. Joseph's Hospital, West Bend Clinic and the Alyce and Elmore Kraemer Cancer Care Center in supporting this inspiring and exciting fundraising event.

Friday and Saturday, August 6-7
West Bend High Schools, West Bend

To get involved, contact Erin Kegler Starck at 262-312-4358 or visit relayforlife.org/westbendwi.

Men's Night Out

St. Joseph's Hospital and Community Memorial Hospital will join in sponsoring Men's Night Out. Former UW-Madison men's basketball coach Dick Bennett will be the main speaker for the event which includes displays, screenings, speakers and dinner. Watch for registration information.

Tuesday, Sept. 21
Hilton Garden Inn Milwaukee Park Place

Community Education

Allergies and Asthma, in Autumn

Join allergist Daniel Hambrook, MD, as he discusses the different types of fall allergies, treatment options and how to

live with asthma. A free asthma screening will be given to all participants.

Tuesday, Sept. 14, 6:00 – 8:00 pm
Kettle Moraine YMCA
1111 W. Washington Street, West Bend

Please register by calling 800-272-3666.

A Walk Through Joint Replacement

Orthopedic surgeon Timothy Morton, MD, of Forward Orthopedics, will lead a discussion about hip and knee replacement surgery. This open forum provides an opportunity to bring your questions and to learn about the latest technology available for joint replacement.

Wednesday, Sept. 22, 6:00 – 7:00 pm
Hartford Clinic

Please register by calling 800-272-3666.

Understanding Your Thyroid Disorder

Brian Rose, MD, endocrinologist with West Bend Clinic, will present an introduction to the diagnosis and management of thyroid disorders. Learn about the different types of thyroid disorders, prognosis and treatment.

Wednesday, Sept. 29, 6:00 – 7:00 pm
St. Joseph's Hospital

Please register by calling 800-272-3666.

▶ MYCHART® – NOW AVAILABLE AT WEST BEND CLINIC

MyChart®, a program that allows you to view portions of your medical record, is now available to West Bend Clinic patients. MyChart® provides a free, easy and secure way to view your health information online, any time – all you need is your own e-mail address and Internet access.

MyChart® offers several convenient options including the ability to:

- Review your current health issues, medications, immunizations and allergy information
- View your test results
- Renew your prescriptions
- View your medical history
- Request, cancel and view your appointments
- Pay bills online (available this fall)

Enrollment forms for MyChart® are available at West Bend Clinic locations. Or download the form from westbendclinic.com. Once enrolled, you will receive an access code that will allow you to set up your MyChart account.



Community Service

Community Blood Drives at St. Joseph's

St. Joseph's Hospital, in partnership with the Blood Center of Wisconsin, is a designated community blood drive site. Give the gift of life by becoming a regular blood donor!

Blood Drive, 2:00 – 7:00 pm
St. Joseph's Hospital

Thursday, Aug. 26
Thursday, Oct. 28
Thursday, Dec. 30

Please register by calling 1-877-BE A HERO (232-4376)
or online at www.bcw.edu/stjosephswb.

Wellness

Prostate Cancer Screening

Annual screenings are recommended for men age 40 who have a family history of prostate cancer or are of African American heritage; for those without a family history, a baseline screen at age 40 with annual follow-ups starting at 50 and through 80 are recommended. There is no charge for this screening.

Thursday, Sept. 9, 5:00 – 8:00 pm
West Bend Clinic

Please register by calling 262-836-6200.

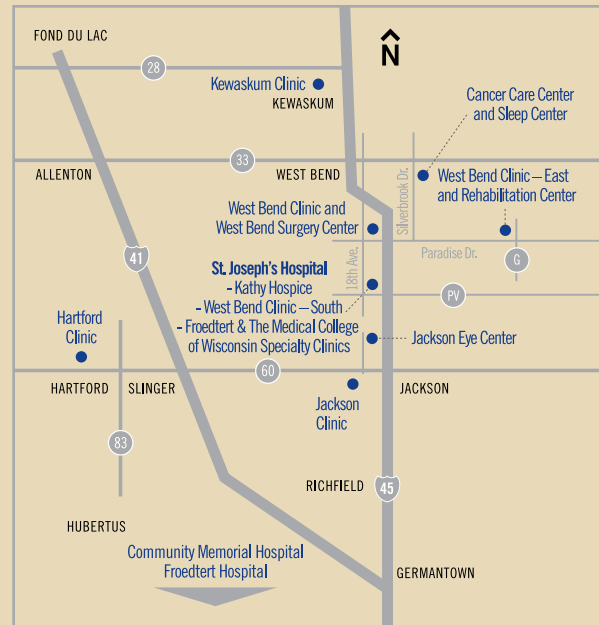
Additional Support Groups and Classes

Breast Cancer Support Group	262-836-7099
<i>BreatheFree</i> Asthma Education	262-836-7007
Diabetes Education and Support	262-365-6100
Diabetes Exercise Class	262-836-7007
"Hearty Bunch" Cardiac Meeting	262-836-7007
Multiple Myeloma Support Group	262-674-1474
New Life Center Classes	262-306-7888
Prostate Cancer Support Group	262-334-3451
Pulmonary Support Group	262-836-7007
Sleep Resources	262-334-8393
Sports Injury Assessments	262-306-6319
Stroke Support Group	262-836-5159

Partner Resources

Froedtert & The Medical College of Wisconsin sponsor more than 40 support groups. For a listing, please visit froedtert.com/classes or call 414-805-3666 or 800-272-3666.

Community Memorial Hospital in Menomonee Falls also offers educational classes and events. For more information, visit communitymemorial.com or call 262-251-1001.



Locations

ST. JOSEPH'S HOSPITAL
3200 Pleasant Valley Road
West Bend, WI 53095
262-334-5533

**Alyce and Elmore Kraemer
Cancer Care Center**
1110 Oak Street
West Bend, WI 53095
262-334-5533

Kathy Hospice
3232 Pleasant Valley Road
West Bend, WI 53095
262-836-7130

St. Joseph's Hospital Sleep Center
1201 Oak Street
West Bend, WI 53095
262-334-8393

WEST BEND CLINIC
1700 W. Paradise Drive
West Bend, WI 53095
262-334-3451

Forward Orthopedics
1700 W. Paradise Drive
West Bend, WI 53095
262-334-3451

W180 N8085 Town Hall Road
Menomonee Falls, WI 53051
262-257-5860

Hartford Clinic
402 W. Sumner Street
Hartford, WI 53027
262-670-4824

Jackson Clinic
W225 N16711 Cedar Park Court
Jackson, WI 53037
262-677-1101

Kewaskum Clinic
1701 Fond du Lac Avenue
Kewaskum, WI 53040
262-626-4616

**FROEDTERT & THE MEDICAL
COLLEGE OF WISCONSIN
SPECIALTY CLINICS**
St. Joseph's Hospital
3200 Pleasant Valley Road
West Bend, WI 53095
262-836-7300

**ST. JOSEPH'S COMMUNITY
FOUNDATION**
3200 Pleasant Valley Road
West Bend, WI 53095
262-836-7828

Jackson Eye Center
N168 W22724 Prairie View Lane
Jackson, WI 53037
262-677-5042

**West Bend Clinic Rehabilitation
Center**
1190 E. Paradise Drive
West Bend, WI 53095
262-306-6319

West Bend Clinic – East
1190 E. Paradise Drive
West Bend, WI 53095
262-365-6047

West Bend Clinic – South
3200 Pleasant Valley Road
West Bend, WI 53095
262-334-3451

West Bend Surgery Center
1710 Vogt Drive
West Bend, WI 53095
262-334-6165

St. Joseph's HOSPITAL

Froedtert & Community Health

3200 Pleasant Valley Road
West Bend, WI 53095

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John Wundrock, Monte Carlo event chair, and his daughters Molly Fies, Susan Haddorff, Jenny Chemer and Amy Dahlberg.



At right, Chris Zwygart from West Bend Mutual Insurance and Janet Roeming from the Kettle Moraine YMCA try their luck at the craps table.



Mark and Cindi Nielsen and Sharon and Dick Scott.

St. Joseph's Community Foundation

Casino Night a success for Cancer Care Center

A delightful and successful Monte Carlo Casino Night 2010, held May 21 at the Prairie Center at West Bend Mutual Insurance Company, drew 245 guests and raised just over \$56,000 for the Alyce and Elmore Kraemer Cancer Care Center of St. Joseph's Hospital. Casino-style play, creative cuisine, music, live and silent auctions, a jackpot raffle and a wish list were featured at the event sponsored by St. Joseph's Community Foundation.

A very special thank you to the many wonderful sponsors, auction donors, individual donors and guests for making the evening a success and for allowing us to continue to provide first-class cancer care to patients and families in and around Washington County.



Debbie and Steve Kilian, Dr. Gary and Pam Herdrich and Steve and Amanda Kilian, Jr.

Kathy Hospice Car Raffle kicks off July 20

St. Joseph's Community Foundation, in partnership with Bob Fish Buick GMC, is rolling out a car raffle to benefit the Kathy Hospice. The grand prize winner will choose from either a brand new GMC Terrain or Buick LaCrosse, or \$20,000 cash. The car raffle kicks off July 20 at the Washington County Fair with tickets available at the Bob Fish Buick GMC tent. For more information on the raffle, or to learn about the Foundation's activities, please call 262-836-7828.