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# HEART HEART

SPRING 2014

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— Incisions  
as small  
as a



Minimally invasive  
procedures provide comfort  
and *faster* healing for patients.



**Less pain. More gain.**

**Getting you better, happier, faster.**

The experienced surgeons at Southwest Health will have you back in action in no time. All with the incredible convenience of taking care of everything right here in Platteville. Most importantly, you get back to life much happier, much faster.



*With us, it's always personal*

## INSIDE

Simple Tests  
Save Lives

The Art of Giving  
Seeing the Light



*With us, it's always personal*



Dan Rohrbach,  
CEO

## On Physician Partnerships

Today's changing healthcare industry is regularly in the news, and the outlook can be confusing. For example, within the healthcare industry, there are varying business relationships among hospitals, physicians and insurance carriers. These relationships are an important part of the industry's efforts to provide you with high-quality care at an affordable cost.

One way physicians and hospitals work together to offer excellent patient care while also controlling costs is through a relationship in which the hospital employs physicians. In fact, more than half of practicing U.S. physicians are now employed by hospitals or healthcare delivery systems. Southwest Health is one example of a hospital that embraces this trend, which positions us to be successful under the new Affordable Care Act. The end result of our proactive approach to employing physicians is that all parties involved, most importantly, you, our patient, benefits from strong hospital-physician partnerships.

Our patients benefit from these partnerships for two important reasons. First, coming together provides us a better ability to negotiate with insurance carriers, and second, this coordinated approach leads to better care for patients, because more providers are on the same team, focusing on the patient.

Southwest Health uses a variety of partnership arrangements to build a strong continuum of care for our patients and fulfill the specialty medicine needs of our community. In addition to partnering with independent physician practices, Southwest Health also currently employs 10 physicians directly, to better serve the healthcare needs of our region.

Another advantage of direct employment is that it aligns physicians and hospitals when it comes to important matters, such as developing new services, coordinating patient care or meeting community health needs. Aligned decision-making is especially important during times of rapid change, and it makes us a more responsive organization. Partnering closely with physicians helps us allocate healthcare resources to best meet the needs of the populations we serve, while allowing physicians more time to concentrate on their No. 1 priority – their patients.

Southwest Health's leadership team is working hard to position our hospital as a regional healthcare leader. We offer specialists in the following areas:

- OB/GYN
- Orthopedics
- General Surgery
- Audiology (hearing)
- Cardiology
- Pediatric Cardiology
- Gastroenterology
- Neurology
- Pediatric Neurology
- Neurosurgery
- Pain Management
- Urology

Our commitment to provide our community with high-quality, specialized care continues to grow with the anticipated August 2014 addition of our Orthopedic and Sports Medicine Center.

We are continually working to adapt to the changing healthcare landscape while maintaining our mission to provide an excellent patient experience and high-quality care.

It is our honor to serve our community.

**Dan Rohrbach, CEO**

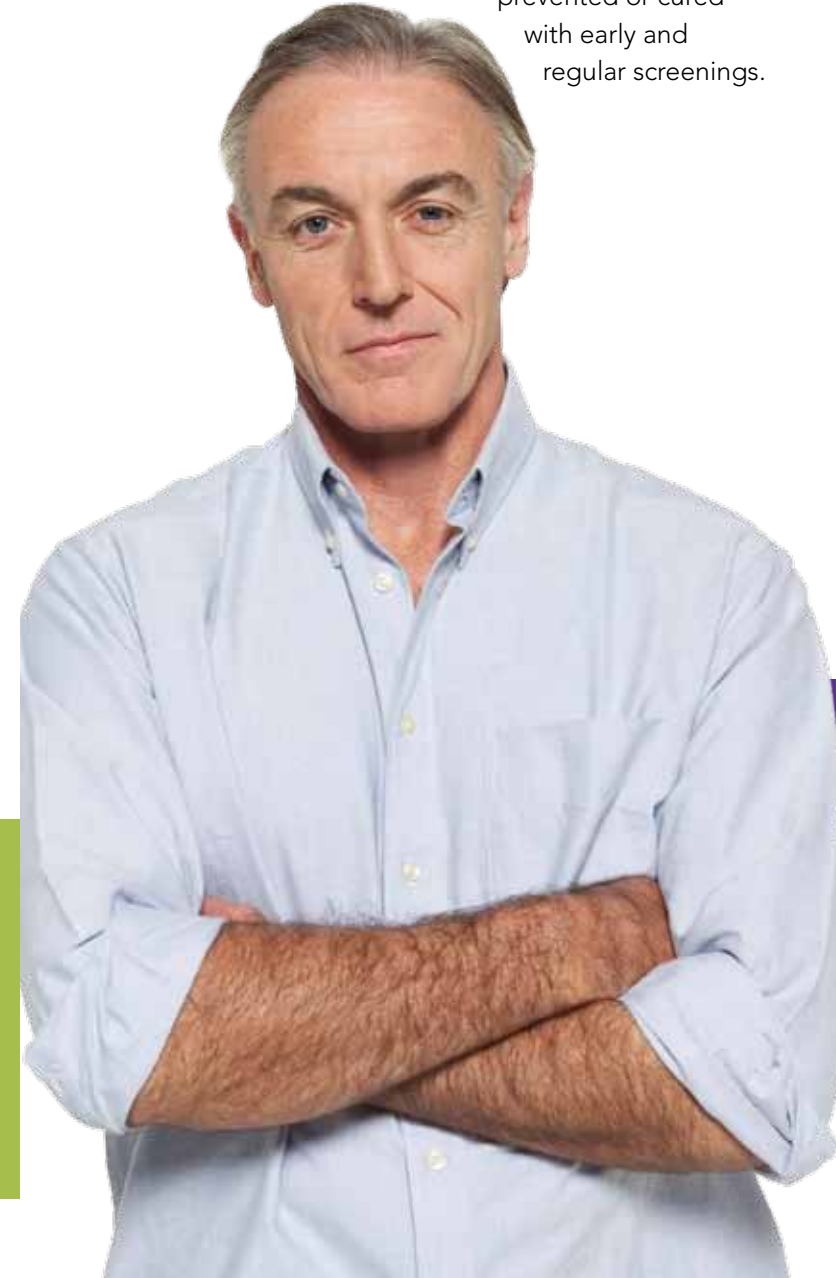
# COLON CANCER KILLS 50,000 AMERICANS ANNUALLY, SECOND AMONG ALL CANCERS.

**A colonoscopy is a simple test that can catch cancer and remove it early.**

March is Colorectal Cancer Awareness Month, and Southwest Health wants to remind you now is the time to schedule your colonoscopy.

Colonoscopies are the most effective tool for preventing colorectal cancer or finding it early, when it's treatable and beatable. That's powerful protection. Luckily, the

odds are on your side, since 90 percent of cases can be prevented or cured with early and regular screenings.



### Who should get a colonoscopy?

Colonoscopies are recommended for everyone age 50 and older, or for anyone with bloody stool, persistent diarrhea, anemia, abdominal pain or changes in bowel habits.

### What are the risk factors for colon cancer?

Risk factors for colon cancer include age, family history of colon cancer or polyps, diabetes, low-fiber and high-fat diet, obesity, smoking and alcohol use. Additionally, people who have had ulcerative colitis for many years may need to have a colonoscopy as often as every year.

### What is a colonoscopy?

A colonoscopy uses a flexible tube and a small camera for a visual examination of the colon. When we perform a colonoscopy, using a colonoscope, we may find polyps, which are abnormal tissue growths. While these polyps may not be cancerous yet, they can grow into cancer, which is why we need to remove them with a polypectomy. Fortunately, we can perform the polypectomy during the same procedure. We do this by passing a wire loop through the colonoscope and removing the polyps from the intestinal wall using an electric current.

## Age 50? Get screened.

If you're 50 or older, or at risk for colon cancer, ask your doctor about a colonoscopy at Southwest Health. Or, visit [southwesthealth.org/colon](http://southwesthealth.org/colon).

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The Adams family



“One thing I will always remember is that before I went into surgery, Dr. Mackey said to me, ‘I’m going to take care of you.’ And he really did.”

## MINIMALLY INVASIVE SURGERY

### Making its Mark by Barely Making a Mark at All

“I just knew something wasn’t right, but I kept putting it off.”

As a wife and mother of two kids, Sandy Adams has a full plate. Avid campers, both Sandy and her husband lead active lifestyles, work full-time jobs and keep up with hustling the kids around to multiple after-school activities.

For months, Sandy had been experiencing minor pain in her abdominal area and the nagging feeling that something just wasn’t right. As Sandy says, “After procrastinating a little too long, I knew I needed to get in for a quick check, just to see if something was wrong.”

“I didn’t expect it to be anything major; it was definitely a surprise.”

Referred to Dr. Kim Christopher Mackey, an OB/GYN at Southwest, by Nancy Swailes, APNP, Sandy’s examination immediately indicated something was wrong. At that moment, the doctor’s office sent Sandy to receive multiple blood tests. The tests showed that Sandy was anemic and had to be admitted to the hospital for a blood transfusion.

“I was so anemic that the staff was surprised that I was still able to move,” Sandy said.

After further examination, Dr. Mackey diagnosed Sandy with an enlarged uterus, a diagnosis that can cause irregular bleeding, heavy cramping, and, as in Sandy’s case, anemia. Once Sandy’s blood count was under control, she and Dr. Mackey reviewed her options.

“He explained all my options, and through our discussions it became clear that minimally invasive surgery to remove my uterus was the best option for me.”

Sandy was able to schedule the surgery before the holidays, giving her plenty of time to heal and get back to her normal routine before the hustle rolled in. Additionally, she and her husband had a vacation scheduled, and her goal was to be 100 percent for the trip.

The day of the surgery came and went, and Sandy’s procedure lasted approximately two hours. Sandy spent the night in the hospital and was simply touched by

all the attention given to her during her pre- and post-operative care. The next day, she woke up a little sore, but in minimal pain.

“They gave me prescription pain killers, but I only needed to take one,” she says. “After that, I was fine.”

Now, Sandy is back to keeping up with the kids and is looking forward to better weather so she and her family can get back to camping.

“The decision to have this surgery was a great decision,” Sandy adds. “There were only three small incisions, leaving barely any scars.”

“One thing I will always remember is that before I went into surgery, Dr. Mackey said to me, ‘I’m going to take care of you.’ And he really did.”

## ABOUT DR. MACKEY

Dr. Mackey is an expert in laparoscopic (keyhole) surgery, including the da Vinci robotic-assisted surgery system.



### Some of our BIGGEST advancements are also the smallest.

Tiny incisions are making a big difference in surgery by speeding recovery and leaving patients with less pain, fewer complications and less scarring.

Minimally invasive surgery allows the surgeon to make small incisions but accomplish the same surgical result as traditional, large-incision surgery. Through the use of high-definition cameras, surgeons can navigate the smallest spaces with unparalleled precision.

Benefits of minimally invasive surgery include:

- Reduced pain and discomfort due to smaller incisions
- Reduced risk of infection
- Less blood loss and a decreased need for blood transfusions
- Shorter hospital stay
- Greater surgical precision
- Less trauma
- Minimal scarring
- Fewer complications
- Quick return to daily activities
- Less recovery time
- Fewer side effects

As with any surgery, there are risks to be considered with minimally invasive procedures. It is important to talk to your doctor to find out if you are a good candidate for such surgery.



## GROUNDBREAKING NEW CARE

The rolling hills and valleys of southwest Wisconsin are home to good people. We are hardworking and down-to-earth. This is a place where it means something to be neighbors, and where we understand how to look out for others.

So, it's natural for us at Southwest Health to work exceptionally hard to bring you the best possible healthcare, right to your own backyard. To bring you important new services in a comfortable, healing environment, we recently broke ground on three new floors of modern medical facilities.

The area's first comprehensive women's center as well as its first orthopedic and sports medicine center are major parts of the plan. Our new spaces will also provide expanded rehabilitation services and physician specialist clinics – all designed to help us deliver exceptional care, helping you get better faster, so you can live your life well.

### Project Details

**Groundbreaking:** October, 2013

**Construction complete:** August, 2014

**New square feet:** 20,000

**Cost:** Approximately \$7 million funded through bonds, and as a private, not-for-profit healthcare organization, no tax dollars are used.

**Location:** Attached to the west side of our hospital campus in Platteville, immediately off Highways 151 and 80/81, with direct access from our main hospital entrance.

**Renovations:** Third floor office spaces will be reconfigured and the main entrance area will be redesigned for better comfort and improved patient privacy during registration.

Leading the new women's health center is Kim Christopher Mackey, MD, OB/GYN, a highly experienced specialist who is among our nation's foremost experts in gynecological surgery (see article on page 4).

Orthopedic surgeon Joshua Lindsey, MD, will lead the orthopedic and sports medicine programs. Originally from Mineral Point, Wis., Dr. Lindsey is a homegrown and Harvard-trained specialist who will have rare dual fellowship training in joint replacement and sports medicine (see article on page 10). He will also oversee a new medically supervised sports performance training studio that will be the only one of its kind between the Quad Cities and Madison.

We're expanding your access to physician specialists, too. From Audiology to Urology, you can expect your access to care to grow, including full-time local access to two excellent general surgeons, Jason Klovning, MD, and James Yurcek, MD. Because Drs. Klovning and Yurcek are now Southwest Health-employed physicians, they accept all insurances and can see all patients.

Despite this winter's frigid temperatures, crews are moving swiftly and construction is on schedule.

But, with us, it's not really about great facilities. Our No. 1 priority is always you. What the new spaces allow us to do is improve the health and quality of life in southwest Wisconsin. 20,000 additional square feet means more services, more physicians, more specialists, more access to care without the cost and hassle of traveling, more comfort, more innovation, and more dedication to personal care than ever before. Because, with us, it's always personal.



Lori Bahr (front), Foundation Board Member, VP Trust Officer, CSOP & CTFA, at Mound City Bank

## THE ART OF GIVING

Avid artists, humble community members and committed parishioners are a few ways friends describe Carmen and Eva Beining. Married for 36 years, Carmen and Eva found great joy in being active members of their community, from teaching Sunday school to working in the business office at University of Wisconsin-Platteville. Carmen and Eva gave through their art; in fact, Carmen's oil painting of the original Mound City Bank still hangs in the building's new lobby. Carmen and Eva gave throughout their lives. Through an impactful estate gift to the Southwest Health Foundation, their legacy of giving will live on, impacting lives far into the future.

Managed professionally through Lori Bahr at Mound City Bank Trust Department, the Beining's estate called for a large gift to be made to the hospital.

"Eva was 96 when she passed," said Lori, "but she was extremely well-reasoned throughout her life. She was very involved and decisive on what her legacy would be. With no children of their own, this couple wanted to make their community a better place and have a legacy of influence that would bring great things to the community."

The gifts from Carmen and Eva will help make it possible for Southwest Health to bring important cancer care

services to southwest Wisconsin. Together with Mound City Bank, Lori Bahr and the Southwest Health Foundation, the estate-planning process was seamless.

Gifts to the Foundation help provide financial support for expanding services to the community, and through gifts, donors take an active role in shaping the future of health care in our region.

Carmen and Eva wanted to make their community a better place and establish a legacy of giving.

In addition to their donation to Southwest Health, Carmen and Eva contributed funds to more than 25 local, national and international charities and missions.

To learn more about Southwest Health, the Southwest Health Foundation and creation of the oncology program made possible by the Beining's, contact us at 608-342-4704.

# SEEING THE LIGHT WITH ICL



Dr. Brian Sachs

## What is ICL?

ICL stands for implantable collamer lens. It is a revolutionary solution for people suffering from nearsightedness. The ICL is placed within the eye during a brief, outpatient surgical procedure, providing excellent quality of vision for many patients who cannot safely have LASIK or other laser vision correction.

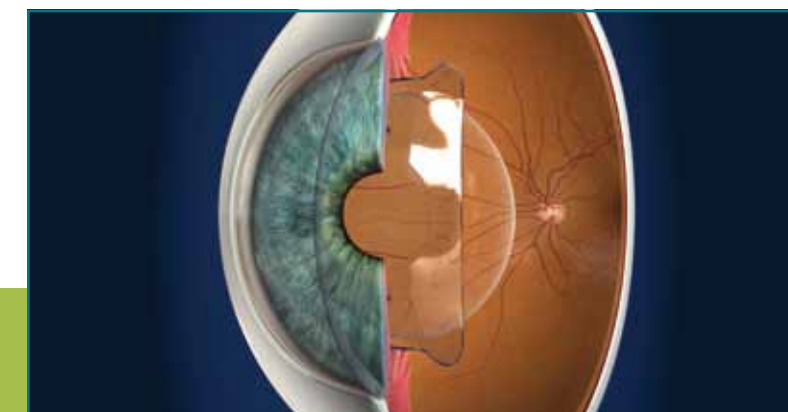
## Are ICL and LASIK the same?

While both are used in vision correction and both are extremely safe and successful procedures, ICL and LASIK are different. The LASIK procedure physically reshapes the eyes. Rather than changing the structural shape of the eye itself, implantable lenses are placed inside the eye to enhance the focusing abilities of the eye's natural lens. The result is ICLs provide excellent quality of vision for a wide range of vision correction. Should your prescription change, the lens is replaceable, so you can maintain excellent vision.

## What is the procedure?



The procedure is performed under local anesthesia with the patient awake throughout the operation. The procedure usually takes less than 30 minutes (Southwest Health's own **Mary Jo Oyen, MD**, is the only physician in the region who performs the ICL procedure). The doctor creates a small opening along the edge of the cornea to insert the lens. The lens is folded and loaded into a small cartridge, and as the lens is injected, it gently unfolds in your eye. Patients then experience an immediate improvement in vision quality and are "wowed" by the results. The full recovery period is typically one to two days with minimal discomfort, and most patients are able to go to work the next day.



## My View

Dr. Brian Sachs, family practice physician, is also an ICL patient.

### How did you make the decision to have ICL?

My vision was poor, and I had to act on it. I did consider LASIK, but ultimately my vision was too poor, and I wasn't a good candidate for it. After speaking with Dr. Oyen, I learned the ICL procedure was just what I needed.

### How was the procedure?

Very smooth. Dr. Oyen and the staff at Southwest Health made me feel so comfortable before and after the procedure. I know the staff here professionally, but being a patient gave me a different perspective. Truth is, I couldn't have been in better hands.

### How is your vision now?

Perfect. No pain, no complications. I am thrilled with my ICL.

### What do you want people to know about this procedure?

This is a well-established, very safe procedure. Dr. Oyen and her staff are incredibly skilled. Those with vision issues who are considering surgery should certainly ask about ICL.

To learn more about the ICL procedure, call 608-348-2020.

# BY THE NUMBERS

## Obstetrics

- Most babies are born with blue eyes because the pigment in the iris hasn't fully developed. By six to 12 months, the baby's genetics activate their true eye color.
- One in every three infants has a birthmark.
- Globally, a baby is born every three seconds.
- In 1970, the average stay in a hospital to give birth was 4.1 days; by 1993, it was 2.6 days; now, it is about 2 days.
- Contrary to the old wives' tale, babies are not color-blind. They prefer strong primary colors – particularly red and blue.
- One in 2,000 babies are born with teeth.
- Each year in the United States, there are approximately six million pregnancies. This means that at any one time, about four percent of women in the U.S. are pregnant.
- While not all pregnant women will crave pickles and ice cream specifically, pregnancy cravings are rooted in the body's extra need for minerals and comfort-inducing serotonin.
- Pregnant women usually experience a heightened sense of smell beginning late in the first trimester. Some experts call this the body's way of protecting a pregnant woman from foods that are unsafe for the fetus.

To learn more about our family birthing center, call 608-348-2331.



## HEART-HEALTHY RECIPE

### Banana Mousse

#### Ingredients:

- 2 tablespoons lowfat milk
- 3 teaspoons sugar substitute
- 1 teaspoon vanilla
- 1 medium banana cut in quarters
- 8 slices (1/4 inch each) of banana
- 1 cup plain, fat free Greek yogurt

#### Directions:

1. Place milk, sugar, vanilla and banana in blender.
2. Process for 15 seconds at high speed until smooth.
3. Pour mixture into small bowl and fold in yogurt. Chill.
4. Spoon into four dessert dishes and garnish each with two banana slices just before serving.

#### Nutritional Analysis:

(per serving/half cup)

- Calories: 80
- Protein: 6 g
- Fat: 0 g
- Carbohydrate: 15 g
- Saturated fat: 0 g
- Sugars: 10 g
- Cholesterol: 0 mg
- Dietary fiber: 1 g
- Sodium: 30 mg
- Potassium: 297 mg

# ADVANCED ORTHOPEDIC CARE COMING TO SOUTHWEST HEALTH



Southwest Health believes "quality care, close to home" goes beyond the brick and mortar of a hospital building or walls of a doctors office. It means filling those buildings with physicians dedicated to providing personalized, compassionate care.

Southwest Health is proud to be welcoming orthopedic surgeon and sports medicine physician **Dr. Joshua Lindsey**, a Mineral Point, Wis., native, to our communities.

"I am excited to provide quality care and the latest orthopedic surgical options to the people of southwest Wisconsin," says Dr. Lindsey. "I grew up here, and have trained with many renowned orthopedic surgeons around the country who are experts in their field. I am looking forward to bringing back my knowledge to Southwest Health."

Dr. Lindsey earned his medical degree at the University of Wisconsin and has completed fellowships at Harvard Medical School's Brigham and Women's Hospital in Boston, Mass. and at the University of Rochester in upstate New York. "I love to talk to people," he continues. "Showing patients exactly what options they

have, educating them about procedures, and helping people make informed decisions about their care are all things I'm passionate about."

His areas of special expertise include utilizing the most up-to-date techniques in hip and knee replacements, including a direct anterior hip replacement using a specialized operating table at Southwest Health. "This new technique," says Dr. Lindsey, "is muscle-sparing, a medical term that translates to fewer days in the hospital and less pain. The biggest advantage to this approach is that patients have less cumbersome restrictions placed on them during their initial recovery period."

Dr. Lindsey's employment allows Southwest Health Center to create a top-level orthopedic and sports medicine program that is available to all southwest Wisconsin residents. Dr. Lindsey anticipates treating a wide range of orthopedic problems and sports injuries at Southwest Health, and we are opening the area's first orthopedic and sports medicine center in August.

Southwest Health is currently scheduling appointments with Dr. Lindsey prior to his arrival in summer of 2014. Please call 608-342-5060 for more information about Southwest Health's orthopedic and sports medicine program or to schedule an appointment with Dr. Lindsey.

## KEEP YOUR MIND BRIGHT

- Make physical activity a priority
- Read a book
- Play a card game such as blackjack
- Learn a new word every day
- Engage in spelling exercises
- Positively manage stress
- Solve puzzles
- Work with your hands
- Pay more attention to your sensory experiences
- Stay curious and involved – commit to lifelong learning
- Attend lectures and plays
- Enroll in courses at the local library or through a community group
- Play games
- Garden
- Try memory exercises
- Stay socially active
- Moderate alcohol-intake
- Keep up-to-date with current events
- Eat a balanced diet with plenty of fruits, vegetables and whole grains
- Make sure to get enough sleep
- Join our free Young At Heart club, designed to help you add years to your life and life to your years. Visit [www.southwesthealth.org/young-at-heart](http://www.southwesthealth.org/young-at-heart) or call Jaime Collins at 608-342-4779 for information.

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