

# HealthSmart

Surprising Signs of  
an Unhealthy Heart

Prevention Tools  
to Stay Healthy

Navigating the  
Nervous System



**DEAR FRIENDS,**

The next time I write to you, we will be celebrating the opening of Monroe Clinic's new hospital. This comes at a time of nationwide focus on health care.

While the Affordable Healthcare Act deals with insurance issues, it also includes incentives and penalties for healthcare providers to encourage efficient, effective delivery of care, such as meeting quality care standards and transitioning to electronic medical records.

Before this act, Monroe Clinic was already scrutinizing daily operations and future plans to ensure resources went where the community most benefited: diagnostic technologies to pinpoint health threats in early stages, up-to-date medical records that go where you go, minimally invasive treatments just minutes from home, an ongoing commitment to strong primary care relationships and responsible stewardship of our planet's resources.

And while federal accountability certainly has its place, offering quality, compassionate care has always been our goal as mission-driven caregivers.

Take good care,

Mike Sanders

**PRESIDENT AND CEO**

## Surprising Signs of an *Unhealthy* Heart

A recent caring.com article caused Internet buzz when it outlined warning signs of heart problems that were anything but typical:

**UNEXPECTED PAIN:** Though best known for causing chest pain, nerves from damaged heart tissue can route pain signals through the spinal cord to other areas of the body, including the abdomen (causing heartburn or nausea), neck, shoulders, ears and jaw.

**ERECTILE DYSFUNCTION (ED):** As arteries harden and narrow, smaller nerves may exhibit problems earlier, causing a decreased blood supply and resulting in ED.

**DIZZINESS, FAINTNESS AND SHORTNESS OF BREATH:** Heart-related shortness of breath caused by a shortage of oxygen rich blood is often triggered by exertion which comes on suddenly, unlike the gradual on-set of symptoms caused by lung disease.

If you experience any of these signs, don't put off seeking medical attention. Call your healthcare provider today.

# Happy Heart News

Quality is a moving target in cardiovascular medicine, so Monroe Clinic is hard at work to offer the best in heart care close to home.

HEART SERVICE	WHAT'S HAPPENING AT MONROE CLINIC	PATIENT BENEFIT
<b>LOW-DOSE CT IMAGING</b>	New software reduces radiation by 80% during a 64-slice CT heart scan	Decreased radiation offers a safer option for patients while enhancing image quality
<b>ECHOCARDIOGRAM</b>	A service available in Freeport and Monroe, allowing physicians to see the heart beating, valves and other connected structures	Convenience and accessibility of quality heart care, from diagnosis to health maintenance
<b>SPECIALIZED CARE AT MULTIPLE LOCATIONS</b>	Four cardiologists in four locations: Brodhead, Freeport, Monroe and New Glarus	A closer relationship with your heart specialist, less travel time and easier access to appointments. Visit <a href="http://monroeclinic.org/cardiology">monroeclinic.org/cardiology</a> for more details



## Join Us in a Brisk Run for Arthritis

### Jingle Bell Run/Walk

Saturday, Dec 3 at 8:30 am

Family YMCA of Northwest IL/Highland College, Freeport, IL

Register at [jinglebellfreeport.kintera.org](http://jinglebellfreeport.kintera.org)

# Navigating the Nervous System

From carpal tunnel syndrome to seizures, the field of neurology explores a diverse range of complex disorders. Monroe Clinic's neurologists offer electrical studies to help uncover the cause behind their patients' symptoms.

**EMG** (electromyography): Evaluates nerve and muscle function to detect if nerves are pinched or compromised in the arms or legs, such as with carpal tunnel, polyneuropathy or ALS (Lou Gehrig's disease).

"An EMG often helps pinpoint the problem, so we can offer the most effective treatment or recommend further tests if needed," said Joshua Morrison, MD, neurology. "At the very least, it helps us rule out other conditions."

**EEG** (electroencephalography): Evaluates the brain's electrical activity; often used when there's a suspicion of seizures or other unexplained symptoms, such as fainting.

"If the patient has a seizure, we recommend an EEG followed by a neurology consultation. Otherwise we recommend a consultation before ordering an EEG test to see if it's appropriate," said Dr. Morrison.

To learn more visit  
[monroeclinic.org/neurology](http://monroeclinic.org/neurology)  
or call 608-324-2148.

Read about our new neurologist,  
Dr. Tower on page 10

## Touching a *Workplace* Nerve

According to the National Center for Health Statistics, carpal tunnel syndrome results in the highest number of days lost among work related injuries.

**SYMPTOMS:** Pain, numbness and stiffness in hands and wrists, often worse at night. Left untreated, can result in the loss of motor skills.

**CAUSE:** The median nerve, which runs from the forearm into the hand, becomes compressed or pinched.

**WHO'S AT RISK:** Adults, women, people with diabetes, assembly line workers.

**WHAT TO DO:** Discuss symptoms with your primary care provider, who can recommend testing, treatment or specialized care.

## Speaking Your Language

A new service featuring live, video interpreters helps Monroe Clinic ensure language is never a barrier to quality care. The service is currently offered in the emergency department, women's health and family birth center to provide live interpreters in 27 languages. Monroe Clinic

also offers on-site interpreters for Spanish and American Sign Language, as well as a phone interpretation service in 170 languages. Patients should request an interpreter while scheduling their appointment, as some services require prior notice.

## Chuck Bernhagen

### PROJECT MANAGER FOR THE NEW HOSPITAL

**Job duties:** I am a partner with the organization for the design and construction of Monroe Clinic's new hospital. It is the 13th healthcare facility I have worked on—part of a 25-year career.

**My town:** Monona, WI

**My family:** Two step-sons. Conor, 17, and Zachary, 19. Conor plays high school hockey for Culver Academy in Indianapolis, a feeder team to Team USA. Zachary is attending college in Eau Claire, WI.

**In my spare time:** I love to go boating with my chocolate lab, Katie. I am a Master Scuba Diver and did professional underwater photography for a number of years, and I still enjoy it in my spare time.

**What motivates me:** A challenge! This job presented a special challenge by providing the newest technologies to a mid-size hospital with a relatively modest budget.



# Health Maintenance Guidelines



## PNEUMONIA Prevention

The CDC also recommends the pneumococcal vaccine for adults under age 65 who:

- have chronic illnesses, such as lung, heart, liver or kidney disease, asthma, diabetes or alcoholism
- have conditions that weaken the immune system, such as HIV/AIDS, cancer, damaged/absent spleen or rheumatoid arthritis
- have cochlear implants or cerebrospinal fluid leaks
- smoke

You can also decrease your chances of getting pneumonia by getting a flu shot.

**Note:** All recommendations assume an adult female/male at average risk. If you have a family history or other increased risk, screenings should commence at an earlier age or occur more frequently. Even though these are recommended screenings, not all insurance companies may cover them. Please review your benefits policy for details.

PROCEDURE	FREQUENCY
<b>WOMEN</b>	
Pneumococcal Vaccine	Once
Height/Weight Measurement	Every visit
Blood Pressure	Every visit
Complete Physical	Every year
Breast Exam by Clinician	Every year
Flu Vaccine	Every year
Bone Density	Every year
Mammogram	Every 1-2 years
Pap Smear	Every 1-3 years
Lipid Panel/Cholesterol	Every 3-5 years
Colonoscopy	Every 10 years
Tetanus Booster	Every 10 years

PROCEDURE	FREQUENCY
<b>MEN</b>	
Pneumococcal Vaccine	Once
Height/Weight Measurement	Every visit
Blood Pressure	Every visit
Complete Physical	Every year
Flu Vaccine	Every year
Lipid Panel/Cholesterol	Every 3-5 years
Colonoscopy	Every 10 years
Tetanus Booster	Every 10 years
PSA	If indicated by your healthcare provider
Prostate Exam	





## Patients are Talking

Here's what one of our patients thought of Monroe Clinic's hospitality:

*"I have used the valet service, and it is a real blessing. All the employees are so cheerful."*

# The *Cranberry* Craze

With the Warrens' Cranberry Festival behind us and the holidays approaching, it's the perfect time to celebrate this little red fruit, which is an excellent source of powerful phytochemicals.

So, what are phytochemicals? Compounds that occur naturally in many plants. And research suggests the particular grouping of phytochemicals contained in cranberries not only suppresses cancer growth but also fights hardening of the arteries. To get the most benefit, opt for recipes that use whole cranberries.

## A *Healthier* Holiday Cranberry Sauce

Can the canned sauce! Wow your friends and family with this tasty alternative.

### INGREDIENTS:

1 cup orange juice	12 oz bag of fresh or frozen cranberries
1 tsp minced fresh ginger	1/2 cup crushed pineapple
1 tsp orange zest	1/2 cup honey
1/4 tsp cinnamon	

### DIRECTIONS:

**BOIL** juice, ginger, zest and cinnamon over high heat.

**ADD** rinsed cranberries, reduce heat to medium and cook uncovered for about 10 minutes.

**ADD** crushed pineapple and honey. Remove from heat. Serve fresh or chilled.

Yields 2 cups.





## Preserving a *Colorful* Heritage

As Monroe Clinic prepares to open the doors to a new chapel, we're finding ways to celebrate the current chapel's history, which extends 60 years into our past. While the older chapel is not original to St. Clare hospital, it was part of the 1951 addition, where it fittingly linked the building's older and newer sections.

When it opened, an article in the Monroe Evening Times noted, "Light filters into the room through 10 beautiful stained glass windows." Donated by the George Hutter family of Fond du Lac, who owned the construction company that oversaw the addition, two windows are dedicated to

his sisters—Sister M. Clarissa and Sister M. Acqualine and another to his parents.

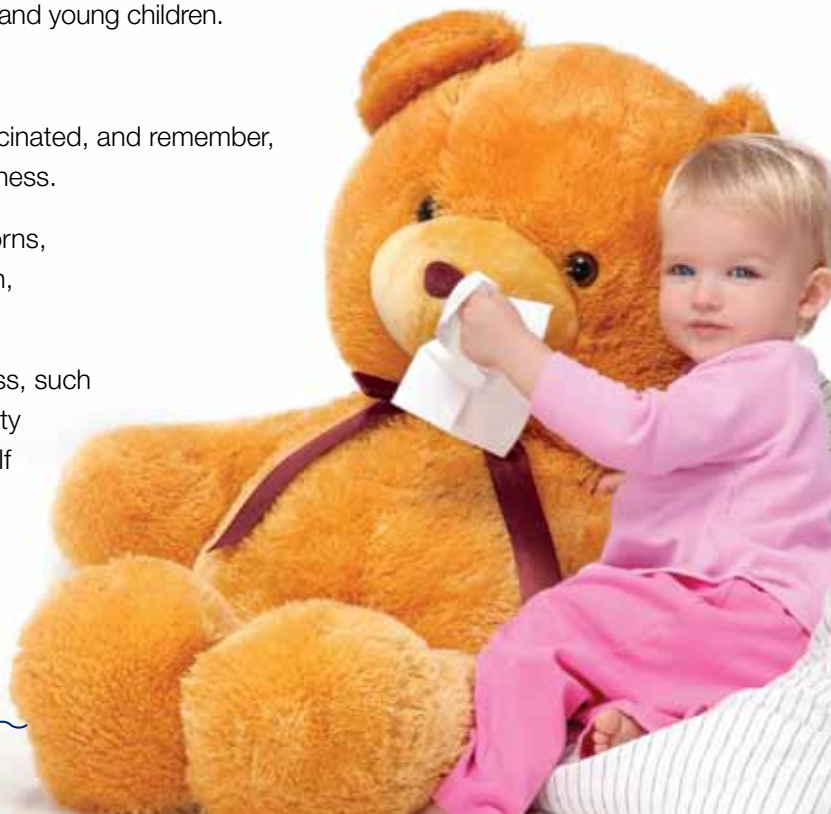
"These windows are not only beautiful but also steeped in our heritage. We hope to bring them into the new hospital where they can be displayed in natural light, and our employees, patients, and guests can appreciate their true artistry," said Jane Weldon, Vice President of Mission Integration & Clinic Operations. "We understand this chapel belongs to everyone who has sought meditation and spiritual nourishment within its doors, and we are taking care to respect its heritage as we transition to the new chapel."

## Whooping Cough Warning

During fall and winter months, pertussis reaches higher levels. This extremely contagious bacterial disease is known for the uncontrollable cough and deep "whooping" sound it makes when affected individuals try to inhale. However, the "whooping" sound is rare in newborns under six months of age and adults. While pertussis can infect people of any age, it can be life threatening for babies and young children.

What can you do to protect your community?

- Talk to your child's doctor about getting vaccinated, and remember, repeat vaccinations are needed for effectiveness.
- Avoid contact with infants, especially newborns, if you are experiencing a respiratory infection, even if it seems minor.
- If your infant shows signs of respiratory illness, such as coughing, runny nose, slight fever, difficulty breathing or diarrhea, call your pediatrician. If coughing spells cause vomiting and loss of consciousness, seek immediate care.



## Elisabeth A. Anumu, MD

### FAMILY PRACTICE, LENA



Providing comprehensive care for all members of the family, Dr. Anumu received her medical degree from University Ulm, Germany, and completed her residency at University of Illinois, Rockford. She is a member of the American Academy of Family Physicians, Monroe and American Medical Association. Appointments: 815-369-4541.

## Vincent Lee, MD

### GERIATRIC MEDICINE



Dr. Lee provides comprehensive care focused on the distinct needs of individuals over 55. He received his medical degree from John A. Burns School of Medicine, University of Hawaii, where he also completed his fellowship in geriatric medicine. He completed an internal medicine residency at the Kaiser Foundation Hospitals, San Francisco, CA. Appointments: 608-324-2200.

## Nathan W. Moore, MD

### UROLOGY



Caring for conditions affecting the urinary tract, Dr. Moore has special interests in kidney stones, voiding dysfunction and incontinence. He received his medical degree from University of Wisconsin School of Medicine and Public Health, Madison, completed his residency at the University of Wisconsin Hospital and Clinics, Madison, and is a member of the American Urologic Association. Appointments: 608-324-2300.

## Kamil Sayegh, MD

### ADULT MEDICINE & PEDIATRICS



Dr. Sayegh offers comprehensive primary health services to men, women and children. He received his medical degree from the American University of Beirut, Lebanon. He is board certified in pediatrics and internal medicine and has completed residencies in pediatrics, internal medicine, obstetrics/gynecology, as well as a fellowship in pediatric cardiology at Children's Hospital of Wisconsin/Herma Heart Center, Milwaukee. Appointments: Adult Medicine 608-324-2200; Pediatrics 608-324-2337.

# Meet Our New Providers

## Japs Ann Lee, MD

### ADULT MEDICINE



Dr. Lee offers individualized care for all adults. She received her medical degree from Ross University School of Medicine, Portsmouth, Dominica and completed her residency at the Medical College of Wisconsin, Milwaukee. She holds memberships in the Society of General Internal Medicine, American College of Physicians and American Medical Association. Appointments: 608-324-2204.

## Wissam Mattar, MD

### GASTROENTEROLOGY



Dr. Mattar provides specialized care for acute and chronic digestive illnesses. He completed an internal medicine residency at Indiana University, Indianapolis and a gastroenterology and hepatology fellowship through Georgetown University, Washington, DC. Dr. Mattar is fluent in French and Arabic. His memberships include the American College of Gastroenterology, American Society of Gastrointestinal Endoscopy and American Gastroenterological Association. Appointments: 608-324-2210.

## Kara J. Tower, DO

### NEUROLOGY



Offering specialized care for symptoms and disorders affecting the brain, spinal cord, nerves, and muscle, Dr. Tower received her degree as a Doctor of Osteopathic Medicine from Western University, Pomona, CA. She completed an internal medicine internship, neurology residency and clinical neurophysiology fellowship at the Medical College of Wisconsin, Milwaukee. Appointments: 608-324-2148.

# Quality Matters

## Wisconsin & Illinois Quality Comparison Update

Each quarter, Monroe Clinic compiles and publishes a report card using data from the U.S. Department of Health and Human Services. This information helps us analyze specific measurements of quality—showing us where we are on the right course, and where there

are opportunities for improvement. Our report card also allows us (and you!) to compare our performance with other area healthcare systems. We encourage you to visit [hospitalcompare.hhs.gov](http://hospitalcompare.hhs.gov) and [qualitycheck.org](http://qualitycheck.org) to research specific hospitals and data on individual measures.

### Wisconsin & Illinois Quality Comparison

Category	Number of Criteria	Monroe Clinic	US Average	WI Average	WI Hospital A	WI Hospital B	WI Hospital C	WI Hospital D	IL Average	IL Hospital A	IL Hospital B	IL Hospital C	IL Hospital D
Surgical Care	9	95%	95%	95%	97%	95%	97%	97%	95%	98%	97%	98%	97%
Pneumonia	6	99%	94%	95%	96%	94%	98%	96%	95%	96%	97%	94%	94%
Heart Failure	2	100%	94%	92%	91%	96%	96%	97%	94%	96%	97%	97%	99%
Patient Satisfaction	10	73%	70%	74%	73%	74%	73%	68%	68%	66%	66%	70%	70%
Average Score		92%	88%	89%	89%	90%	91%	90%	88%	89%	89%	90%	90%

Note: Data above is for competitive hospitals located within a 50-mile radius of Monroe, WI and criteria for which Monroe Clinic had 25 or more cases. The data represents the time period October 2009 - September 2010 and is the most recent data available.

## Monroe Clinic & Hospital Foundation:

### 5 REASONS WE GIVE THANKS

By Tracey Pederson, Executive Director, Monroe Clinic and Hospital Foundation

**1** To hear the beat of little hearts. The community came through again for the Foundation Golf Outing, allowing us to buy a fetal telemetry monitoring system for our new hospital's Family Birth and Women's Center.

**2** To know help is available during difficult times. Participation in hospice's "Dinner and a Little Golf" fueled Monroe Clinic's continued support for families dealing with terminal illness, grief and loss.

**3** To promote smart, safe choices for area youth. Volunteers and donors helped

offer our P.A.R.T.Y. program to 10 (a record number!) schools this year.

**4** To be blessed by gifts of all sizes and shapes. From hand-knitted baby booties to financial contributions, being part of a generous and active community is a gift in itself.

**5** To look forward to the future together. Since the Foundation launched in 2006, your support has driven many positive services and programs for all ages and backgrounds. Thank you for all YOU do!



Visit [monroeclinic.org](http://monroeclinic.org) or call 608-324-2868 to learn more about the Foundation's work in furthering Monroe Clinic's healing mission.

LOGO  
FPO



# HOSPITAL WAS TAKEN FROM THE WORD HOSPITALITY.

*We just put it back.*

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The new Monroe Clinic family birth center features private birthing suites with soft lighting, adjustable bed, whirlpool tub, flat screen TV and comfortable sleeping for family members. Get the best in personal care and attention for you and your growing family. Learn more at [monroeclinic.org](http://monroeclinic.org).

**OPENS SPRING 2012**

THE HOSPITAL BUILT AROUND YOU.

Sponsored by the Congregation of Sisters of St. Agnes



**Monroe Clinic**