TAKE A STAND
How to beat sitting disease

GIVE YOURSELF A HAND
Minimally invasive carpal tunnel surgery

DISCONNECT & RECHARGE
Sleeping without your cell

JIM WENDLING
feels great again after pain-free vein treatment
Mission to Haiti

Sewage stagnates in open pits. The intense heat makes the dreadful smell stronger. People who are sick wait for hours to see a doctor.

Pediatrician Leah Willson, MD, traveled to Haiti last fall where she and two other physicians treated 750 children and adults. Malnutrition, malaria, scabies and skin infection were commonplace.

Dr. Willson was thrilled to meet Lenise, a 12-year-old girl she sponsors through Mission to Haiti. “You could see a difference in the children with sponsors. They go to school, receive medical care, and get regular meals of rice and beans.”

TRAVEL CLINIC

So how do you prepare for a visit to the poorest country in the Western Hemisphere?

“I packed six suitcases full of medicine for my patients and visited the Travel Clinic,” Dr. Willson said. “Dr. Lira made sure I had the right immunizations and provided lots of information to keep me healthy on my trip.”

Call Hutchinson Health Clinic at (320) 234-3290 to make a Travel Clinic appointment.

Read more:

WANT TO HELP?
Visit www.missiontohaiti.org

TRAVELING?

The Therapist Becomes the Patient

TALK ABOUT TIMING.

Three months after physical therapist Sue Ellenson was certified in lymphedema therapy, she was diagnosed with melanoma. After having multiple lymph nodes removed during her cancer treatment, Sue developed lymphedema in her left leg and hip. “The drive and passion I bring to my work is so personal now,” says Sue.

WHAT IS LYMPHEDEMA ANYWAY?
Lymphedema is abnormal swelling, typically of the arms or legs. It is often caused by the removal of or damage to your lymph nodes as a part of cancer treatment. There is no cure for lymphedema, but Sue teaches her patients to manage swelling through massage, bandaging, light exercise and good skin care.

If you have questions, call Sue at the Orthopaedic & Rehab Clinic (320) 484-4400.
Do You (or your Kids) Have Sitting Disease?  
Why the Sedentary Life is Killing us

YOU MIGHT NOT WANT TO TAKE THIS INFORMATION SITTING DOWN.

Most of us spend **56 hours a week sitting!** We’re glued to our desks at work or school. We spend our evenings cuddled up with Netflix, Facebook, or a favorite video game.

“Our bodies are designed to move,” says Dr. Dean Nissen, family medicine physician at Hutchinson Health. “If we don’t make changes, the current generation of children will have a shorter life expectancy than their parents.”

Our couch potato lifestyles are increasing our risk for heart disease, obesity, osteoporosis, diabetes, depression, and certain cancers (breast and colon). Too much sitting is hurting our kids too. The average U.S. student sits 4.5 hours per day just in school. That’s before they rack up 3.5 hours of daily screen time.

**WHAT’S A DESK JOCKEY TO DO?**

We’re so sedentary that even regular exercise may not be enough to counteract the detrimental effects of sitting.

- **Try the 60:3 Plan.**
  For every hour you sit, move for three minutes. Hit the stairwell and walk a few flights. Do that seven times a day and you will add 21 minutes of activity.

- **Stand on the phone.**
  An added benefit: You’ll sound more energetic and confident.

- **Move during TV time.**
  Get up to change channels. Dance, exercise or tidy up the room during commercials.

- **Be far-out.** Park in the farthest spot. Send your printout to the farthest printer.

- **Stand up while gaming.**
  Take a stretch break between video game sessions and during screen loads.

**WANT TO AVOID SITTING DISEASE?**

**JUST STAND UP!**
Like a top NFL receiver, Dr. Mike Remucal has “good hands.”

Advanced techniques and technology give the surgeon “eyes” and “hands” inside the body without making any major incisions. “Minimally invasive techniques are leading to better outcomes,” says Dr. Remucal. “People are recovering faster.”

Dr. Remucal offers a minimally invasive, endoscopic procedure to treat carpal tunnel syndrome.

The condition is characterized by:

- **TINGLING OR NUMBNESS** when holding a phone, steering wheel, or upon awakening.
- **PAIN RADIATING** from your wrist up your arm or down into your palm.
- **A SENSE OF WEAKNESS** in your hands and a tendency to drop things.

Nonsurgical treatments, like reducing repetitive motion, wearing wrist splints, and anti-inflammatory medications work for many people. If surgery is needed, there are two common treatments:

**Open Surgery** (traditional surgery)
An incision is made from the wrist to the center of the palm, through layers of skin, fat and connective tissue. The procedure is effective, but may not be the best option for many patients.
- Leaves a scar from the wrist to the center of the palm.
- Recovery can take several weeks.

**Endoscopic Surgery** (minimally invasive)
An endoscope, a thin tube with a built in camera, gives the surgeon a sufficient view to release pressure on the nerve. It involves a small incision at the base of the wrist in non-tensed tissue. Highly effective, endoscopic surgery results in:
- Less post-operative pain.
- Minimal scar is concealed by wrist crease.
- Decreased return-to-work time.

To learn more, visit www.mycarpaltunnel.org
For an appointment with Dr. Remucal, call (320) 234-3290.
Minimally invasive treatment for bothersome leg veins

Jim Wendling has the zip back in his step. A business owner, Rotarian and Ridgewater Foundation board member, Jim suffered from varicose veins and achy legs. “My legs hurt so much, I had trouble sleeping.”

Jim was happy to learn about a virtually pain-free treatment called Venefit. The catheter-based procedure uses radiofrequency energy to treat Chronic Venous Insufficiency. Dr. Josh Knudtson performed the treatment right in the clinic.

Jim was pleased how quick and easy the procedure was. “My appointment was at 8 o’clock. I was back at work by 9:30. I had Julene (Dr. Knudtson’s nurse) write a note in case my wife didn’t believe I could go back to work so soon.”

More than a cosmetic issue

Normal functioning veins contain valves that keep blood moving toward the heart. It’s like Highway 494 when traffic is moving. Now imagine if the off ramps are closed. When the valves — or off ramps — don’t work correctly, the veins bulge out of the skin and cause varicose veins.

In the past, many people viewed varicose veins as simply a cosmetic concern. However, if left untreated, they can progress to more serious venous disease. Today, advances in minimally invasive procedures – and coverage by many insurance companies – are encouraging people to seek vein treatment.

Don’t Suffer in Vein

Chronic Venous Insufficiency

Do you experience any of the following symptoms?

- Leg pain, aching or cramping
- Varicose veins
- Leg or ankle swelling, especially at the end of the day
- “Heavy” feeling in legs
- A brownish skin discoloration above the ankle
- Sores on the lower leg or ankle

Minimally Invasive Experts: Dr. Christina Moses and Dr. Josh Knudtson use advanced surgical procedures to treat conditions like vein disease, hernias, gallstones and GERD/reflux disease. Visit www.hutchhealth.com to learn more.
PHYSICIAN FOCUS

Meet Dr. Pam Fisher

When you meet Pam Fisher, MD, you are immediately struck by her contagious enthusiasm. A board-certified Family Medicine physician, Dr. Fisher loves life and taking care of people.

CARING FOR FAMILIES ... I enjoy getting to know the whole family as I care for their health.

PRESCRIBING LAUGHTER ... Laughter is the best medicine. My mom was a clown for many community events. I love to laugh like she did, and I like to see others smile.

THE GREAT OUTDOORS ... When I'm not working, you'll find me outdoors – working, playing with the kids, exploring. I love living in the country and having my horses on my land. Life is good.

For an appointment with Dr. Fisher, call Hutchinson Health Clinic at (320) 234-3290.

Caterer Recovers from Burns

CATERING CAN BE A DANGEROUS JOB.

You’re working with flames, superheated liquids, and sharp objects.

Caterer Joanie Halter was cooking for a party. While removing a tray of food from a commercial oven, a large amount of steam escaped from the tray and scalded her. Joanie sustained burns on 17% of her body. Joanie’s staff jumped into action, cooling her off and rushing her to the Hutchinson Health emergency room. “The ER doctors and nurses were wonderful,” Joanie says. “Plus, Dr. Krenik helped my recovery go really well.”

Joanie’s doing great, and she was pleased the party went on as planned.
NEED HELP CHOOSING DR. RIGHT?

Hutchinson Health patients can choose from 16 Family Medicine physicians and over 50 specialists ranging from Nephrology, Neurology and Urology to Pediatrics, Podiatry and Psychiatry.

Visit www.hutchhealth.com for a complete list and biographies of each provider.

Hutchinson Health is an equal opportunity provider and employer.
Is Your Phone Ruining Your Sleep?

4 out of 5 teens sleep with their phone.

Adults have electronic bedfellows too. In fact, half of Americans sleep with their cell phones within easy reach. Are you too connected?

“Just as you recharge your cell phone, it’s important to disconnect and recharge yourself.” says Dr. Snighda Sagar, Director of Hutchinson Health Sleep Clinic.

SOME IDEAS FOR TECH-FREE ZZZ’S INCLUDE:

• DISCONNECT AN HOUR BEFORE BEDTIME. Staying “plugged in” 24/7 take its toll on your physical and mental well-being.

• FLIP YOUR PHONE SO THAT THE SCREEN IS FACEDOWN. A phone’s backlight disrupts sleep.

• USE THE “DO NOT DISTURB” FUNCTION on the iPhone5 or similar apps for other phones to block calls, texts and emails except for an “approved list.”

• KEEP YOUR PHONE IN ANOTHER ROOM. While your battery is recharging, you’ll get the sleep you need to recharge your own battery.

• INVEST IN A REAL ALARM. Using your cell phone as an alarm gives you an excuse to keep it close. Good sleep is essential to good health. If you need help sleeping better, contact the Sleep Clinic at (320) 484-4695.

“Put on your own oxygen mask first.”

WE HEAR IT ON AIRPLANES.
IT’S A GOOD LESSON FOR WOMEN.
WOMEN ARE SO BUSY TAKING CARE OF OTHERS.
THEY OFTEN NEGLECT THEIR OWN NEEDS.

Diane Muckenhirn, MSN, CNP, encourages women to take care of themselves. Celebrate the joys in life. Get a little exercise. Spend time with friends. What about well-woman exams? “When you’re feeling your best,” Diane says “you’re better able to care for those you love.” Plus, when your health care provider knows you, your family history, and your lifestyle -- it’s easier to detect small problems before they blossom into big ones.

For an appointment, call (320) 234-3290.