



Amery Regional
Medical Center

Health HAPPENINGS

Volume 9 • number 4
fall 2009



THE CDC SAYS

“Take 3”

STEPS TO FIGHT THE FLU

#1 Vaccinate

- Take time to get a flu vaccination. CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season. The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccination is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 years of age and older. People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.

(Continued on Page 4)

INFLUENZA swine flu
pneumonia flu H1N1
respiratory illness

The headlines scream so many messages to us these days. How is one to know what to do and who is right? The Infection Prevention Coordinator at Amery Regional Medical Center frequently researches various websites and Irene has come to rely on just a few. For the most accurate, current, and concise information regarding influenza, Irene suggests that you please check out these sites:

- Centers for Disease Control and Prevention: www.cdc.gov/h1n1flu
- US Department of Health and Human Services: www.flu.gov
- Wisconsin Department of Health: www.pandemic.wisconsin.gov

The following information is a good example of the helpful facts and statistics provided by the Centers for Disease Control and Prevention (CDC). As always, if you have questions or concerns, please talk to your provider at Amery Regional Medical Center (715-268-8000), Clear Lake Clinic (715-263-3100), Luck Medical Clinic (715-472-2177), or Turtle Lake Medical Clinic (715-986-4101).

FLU IS A SERIOUS CONTAGIOUS DISEASE.

Each year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- 20,000 of those hospitalized are children younger than 5 years old.
- 36,000 people die from flu.



what's
INSIDE

- LETTER TO THE COMMUNITY
- QUALITY IMPROVEMENT
- BEHAVIORAL HEALTH
- WOUND HEALING CENTER
- SWEET, SUITE BABIES



Mike Karuschak,
ARMC Chief
Executive Officer

CEO LETTER TO THE COMMUNITY

Fitness Center Pool Update

During the spring of this year, the Medical Center began working on plans to make some improvements in the pool at the Fitness Center due to a new federal law, the Virginia Graham Baker Act. During the process of determining the required changes needed to meet this new law, we discovered that our initial pool plans approved by the state did not meet the standards set by the Department of Commerce when our Fitness Center first opened in 2005.

Since March, we have been working with MBA Architects and the Derrick Construction company to have state approved plans prepared and submitted to the Department of Commerce. These revised plans were accepted and approved by the Department in early September. Recently, we received construction bids for the changes that we need to make in order to continue to utilize the pool as part of our Fitness Center.

The projected cost to make all of the required changes is \$235,000.

Due to this projected cost the Medical Center is considering three different options for the Fitness Center pool.

OPTION 1 – Make all of the required changes per State code so the pool can

be used as part of the Fitness Center and for patients being treated on an out-patient basis for physical rehab services. Projected cost: \$235,000

OPTION 2 – Make changes in the pool that would allow the Medical Center to only use the pool for physical therapy out-patients. Under this option, the pool would not be available to be used by members of the Fitness Center. Projected cost: \$43,000

OPTION 3 – Close the pool completely and remodel this space so it could be used for Fitness Center services. Under this option, we would no longer have a pool at the Fitness Center. Projected cost: \$26,000

I anticipate that the Board of Directors for the Medical Center will make a decision regarding which option to choose by the end of October. When a decision is made, we will let our members know what we will be doing regarding the pool.

We have developed a survey asking for your input regarding the pool. This survey is located at the Fitness Center desk. Please complete one, as your opinion matters.

In the meantime, if you have any questions or comments regarding this topic, please write or call me at the Medical Center to let me know how you feel about this issue.



EXTENDED Urgent Care Hours

- For your convenience, we
- have extended Urgent Care
- hours. ARMC's Urgent Care is
- now open Monday through
- Friday, Saturday and Sunday.
- Appointments are strongly
- suggested, but walk-ins are
- welcomed.
- **WHAT IS URGENT CARE?**
- Urgent Care is dedicated
- to caring for patients who
- have an injury or illness
- that requires immediate
- attention, but is not serious
- enough to warrant a visit to
- the ER.

URGENT CARE HOURS:

Monday - Friday:
9:00 am to 7:30 pm

Saturday & Sunday:
8:00 am to 1:30 pm



The Quality Improvement Corner

DIABETES

Diabetes is a national health issue affecting all walks of life. The prevalence of diabetes has exploded over the last decade. ARMC is making efforts to improve the health and well-being of every person with diabetes. We collect data and compile results quarterly related to 5 parameters.

THE PARAMETERS INCLUDE:

1. A₁C – a blood test that indicates a weighted average of blood glucose over the last 2-3 months. Goal – less than 7
2. LDL - part of cholesterol break down known as the "bad" cholesterol. Goal – less than 100
3. Blood pressure – Goal – less than 130/80
4. If you are older than 40 and are not allergic to aspirin – Goal – take an aspirin every day
5. Goal – non-smoker

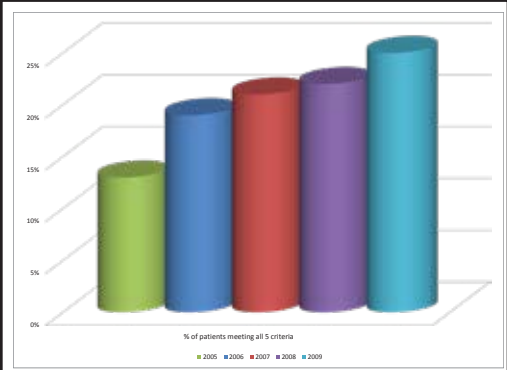
CORONARY ARTERY DISEASE

Coronary Artery Disease is another community-wide initiative where we are focused. The parameters for this initiative are similar to the diabetes audit, but eliminate the A₁C. We have measured this initiative since 2006. As you can see below, we are consistently improving year after year.

We encourage all patients with diabetes and coronary artery disease to schedule visits with their physician or provider on a regular basis. We know that if we work together, we can improve the health and wellness of our community – one person at a time.

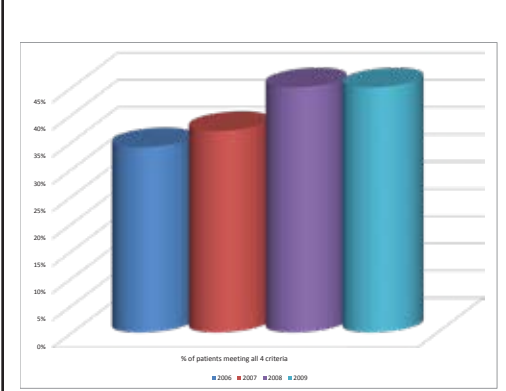
PERCENTAGE SHOWN REFLECTS THOSE MEETING ALL 5 CRITERIA

Year	% of patients meeting all 5 criteria
2005	13%
2006	19%
2007	21%
2008	22%
2009	25%



PERCENTAGE SHOWN REFLECTS THOSE MEETING ALL 4 CRITERIA

Year	% of patients meeting all 4 criteria
2006	34%
2007	37%
2008	45%
2009	45%



DIABETES CORNER

Helpful insights to help you manage your Diabetes

METER TIPS:

- If you are having a problem with your meter, you may call the 800 number on the back of your meter for 24 hour assistance.
- Be sure to change your needle after every 3-4 blood glucose tests to prevent the needle from becoming dull.
- Wash your hands with warm soapy water or hand sanitizer before testing your blood sugar. Handling food or other items can affect your result.
- Replace your meter every 4-5 years for accurate blood glucose results.
- If your meter requires coding, be sure to check the code number on the bottle of strips and change if needed after opening each new bottle of strips.



Q & A with the... BEHAVIORAL HEALTH CENTER

Q: What types of services are provided by the Behavioral Health Center?

A: The Behavioral Health Center (BHC) has three separate but related programs. First, the inpatient geriatric psychiatric unit opened in December and was certified for 10 beds as of May 1st. The focus is on individuals 55 or older. In the inpatient unit, we treat individuals having a serious behavioral health crisis. Some patients feel suicidal or have actually made suicide attempts. Many BHC patients are unable to care for themselves because of their mental health issues or dementia. Some have become aggressive in their homes or nursing homes. Patients come to the inpatient unit for a full evaluation, behavioral therapy, and adjustment of their medications. Once they are stable, they can return to their home or facility.

The second program is the Structured Outpatient Program for Older Adults. In this program, we treat individuals 55 and older who are experiencing significant mental health concerns but are able to remain in their homes. This intensive outpatient program treats mental health issues such as depression, anxiety, grief and loss, and trauma utilizing a group therapy approach. Groups are held five days weekly and individuals can attend from one to five days per week depending on their needs. Individual and family therapy, along with psychiatric care, are available as part of the program. Currently, we have over a dozen people enrolled in this program.

Finally, we operate a small mental health counseling clinic. Our two licensed professional counselors see clients of all ages dealing with issues such as ADHD, disruptive behavior, depression, anxiety, and other behavioral issues. Patients in this program must be referred by their Amery Regional Medical Center primary care provider or physician.

Q: When you say “behavioral health services” what does that mean?

A: Behavioral health services focus on meeting the mental and physical needs of patients. In addition to treating traditional mental health concerns like depression, anxiety and psychotic disorders, a behavioral health unit also treats other medical issues that have behavioral symptoms such as delirium and dementia. A behavioral health program may also address life habits or behaviors that affect compliance with medical treatment and may interfere with treatment or worsen medical conditions.

Q: How are these services paid for?

A: Behavioral health services are paid for the same way other health services are paid for. We accept Medicare, Medicaid, most private insurances and private pay. Patients may have a co-pay just as they do with their other medical services. We also offer assistance through our financial services office. Like other services, patients need to check their coverage with their insurance carrier and we will assist them in doing so.

Q: How can someone access ARMC’s behavioral health services?

A: To access any of our services, simply call our outreach coordinator, Cindy O’Keefe, at 715-268-0069.

Q: What are some of the typical behavioral health issues older adults face?

A: Older adults face most of the behavioral health concerns that younger adults face including depression, anxiety, and post traumatic stress disorder. The most common diagnosis among older adults is Generalized Anxiety Disorder. Older adults also have a number of other medical issues that can cause behavioral symptoms. These medical issues can make their treatment more complex. In addition, older adults may experience delirium, an acute confusional state, or dementia. These conditions can cause behavioral problems for the older adult.

Continued from Page 1...

INFLUENZA swine flu
pneumonia flu H1N1
respiratory illness

#2 Stop Germs

- Take everyday preventive actions. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth. Germs spread this way. Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

#3 Antiviral Drugs

- Take flu antiviral drugs if your doctor recommends them. If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.) Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle ache.

It’s not too late! **Seasonal flu vaccinations are available by making an appointment.** The vaccination is specially priced at \$25 or it can be submitted to insurance. Please call the location nearest you:

- AMERY REGIONAL MEDICAL CENTER:
(715) 268-8000
- CLEAR LAKE CLINIC: (715) 263-3100
- LUCK MEDICAL CLINIC: (715) 472-2177
- TURTLE LAKE MEDICAL CLINIC:
(715) 986-4101



Be Healthier, Be Stronger... Start Exercising Today

Have you ever thought you would like to be healthier and more productive? Fortunately you have the opportunity to take control and improve your health. Your fitness level has an enormous impact on your body's ability to resist heart disease, diabetes, and improve joint health. You cannot prevent all health problems, so you need to focus on what you can do. Each of us owes it to ourselves to maintain a basic fitness level that allows us to live independent, functional, and healthy lives.

As the old saying goes, "a journey of 1000 miles begins with a single step". That first step can be the step off the couch, walking or jogging down the block to initiate your fitness program. Or you could contact your local gym to see what they offer to help you improve your fitness level. Once you take that first step, you'll be ready for subsequent steps that will continually improve your quality of living and generate a healthier, stronger body to live your life to the fullest.

A consistent fitness routine will produce a healthy body that will be more resistant to the various preventable medical problems that plague our society. Through

exercise you have the opportunity to improve the health of your hips and knees by strengthening the tendons, ligaments, and the muscles that support them through one of the most functional exercises, the squat. By performing the squat with correct form, you can avoid becoming one of the million people who have hip and knee replacement surgeries each year, according to the Midwest Orthopedic Center.

In addition to improving your knee and hip health, the squat is the most effective exercise to shed extra pounds because it burns a high amount of calories. According to a study by the American Diabetes Association, "Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produce a 58% reduction in diabetes."

After you've begun doing squats, the next step is to continue toning up your body by doing exercises for your back and chest. By doing one exercise each for your legs, back, and chest, you will be efficiently burning calories along with stored fat to repair and rebuild muscle tissue. By following this type of routine, your body will

become more lean and healthy. Performing a consistent exercise program can also lower high blood pressure, drop cholesterol, and make diabetes control more manageable.

So as politicians argue over health care issues, take the initiative and take control of your health by exercising today. Tomorrow it will not be any easier to begin. Turn the TV off, or do squats from your chair as you watch TV. Go for that walk or run, or call the Fitness Center (715-268-1008) and let us help you make your fitness goals a reality. Take back control of your health and life.



FITNESS Tips

by Aaron Johnson of
the Fitness Center

Aaron Johnson is a Certified Personal Trainer & Fitness Assistant at the Fitness Center. He is also a Certified Strength and Conditioning Specialist. He graduated from the University of Wisconsin-Stout Cum Laud with a Early Childhood major and General Business Administration minor. Aaron is a 4-year letterman in football at Stout and was voted most valuable freshman, most valuable offensive back, team MVP, and awarded for outstanding strength and conditioning performance.



A major goal of WIPHL (Wisconsin Initiative to Promote Healthy Lifestyles) is to inform and support healthcare entities in their efforts to make alcohol and drug screening become a routine part of health care. At ARMC, patients

Say YES to a New Life

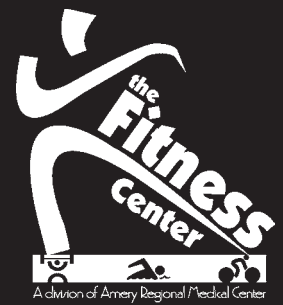
are very appreciative of the services offered through WIPHL. One patient recently stated, "I am really impressed that a program such as WIPHL exists outside of primary care." Whether patients want to make a big change or a small change in regards to their substance use – the services offered through WIPHL is a great place to start.

Why does WIPHL work? Mary Boe, Health Educator at ARMC said, "I

am here to help facilitate any change a patient wants to make around their substance use – not judge them or tell them what to do. The end result being, that patients are able to stick with their plan because they are in charge of creating it." A patient's family agreed "In the end, all of your hard work did pay off for our family. We are proud to say our dad kept his promise. He did listen to everyone and did follow through on his promise

of living a better life. He made us all very proud of him."

The good news is that early intervention often works. Numerous studies have shown that simple screening and intervention programs can help people make desired changes. If you are contemplating, or are determined to make a change, please feel free to contact Mary Boe at ARMC with any questions by calling (715) 268-8000.



Open to the Public

FITNESS CLASSES AT
AMERY LOCATION

- 30/30
- BODY TONING
- BOOT CAMP WORKOUT
- COFFEE & WEIGHTS & BALANCE
- SILVERSNEAKERS®
CARDIO CIRCUIT
- SILVERSNEAKERS®
MSROM
- SILVERSNEAKERS®
YOGA STRETCH
TRAINING GROUP
- WOMEN ON WEIGHTS
(WOW)

STAFFED HOURS

MONDAY – THURSDAY:

5:00AM – 7:00PM

FRIDAY:

5:00AM – 6:00PM

SATURDAY & SUNDAY:

8:00AM – 12:00PM

NOW OPEN

24/7



November is...
**NATIONAL
 CAREGIVER
 MONTH**

TIPS FOR CAREGIVERS

According to government statistics collected by the National Family Caregivers Association, more than 50 million people in the United States care for an elderly, disabled or chronically ill family member or friend. The association estimates that services provided by family caregivers represent 80 percent of all home care services and are conservatively valued at more than twice the amount spent on paid home care and nursing home services combined.

"The challenges of caring for others and coping with the ups and downs of everyday life can often seem overwhelming," says Katherine J. Rowland, Chief Clinical Officer for National Healing Corporation (NHC), a national leader in treating chronic non-healing wounds and a partner with Amery Regional Medical Center. "The important thing to remember," Rowland continues, "is that catching small things early can prevent larger issues down the line and there are some easy things that can be done to make daily care less taxing."

**THE WOUND HEALING
 CENTER OFFERS THE
 FOLLOWING TIPS:**

- **Inspect:** Better known as bed sores, pressure ulcers can be life-threatening if left untreated. In light skinned individuals, the first visible sign of a pressure ulcer is a red area on the skin that doesn't fade. Dark skinned persons may first notice persistent areas of red, blue or purple with a different skin temperature or texture and which are often accompanied by pain or itching.
- **On Your Toes:** In caring for diabetics, check the feet and between toes for blisters, cuts and scratches.
- **Don't Use Donuts:** Use commercially available pressure reducing cushions and mattresses, but avoid those that resemble egg crate foam. Place a pillow under the calves to prevent heels from touching the bed and use pillows and foam wedges to keep ankles and knees apart.
- **Stay Dry:** In treating incontinence, cleanse skin, use a topical moisture barrier and select absorbent briefs or under pads that provide a quick drying surface to the skin.
- **Easy Does It:** Use mild soaps and water when bathing and apply skin moisturizers to prevent dryness.
- **Sit Properly:** Conditions that prevent blood flow contribute to chronic wounds and sitting with crossed legs can cause pressure on the nerves and blood vessels.
- **Keep Moving:** Those with immobility challenges should change position every 15 minutes when sitting and at least every two hours in bed. Be gentle and avoid friction which could damage the skin.
- **Take Care of Yourself:** Watch out for signs of depression and seek support from others. The Internet and most communities offer support groups that can provide advice from people who are facing the same challenges.

The Wound Healing Center is located at ARMC's West Campus on 230 Deronda Street in Amery. A National Healing Corporation Wound Healing Center, it specializes in the treatment of chronic wounds and non-responsive conditions and offers hospital-based outpatient wound care and hyperbaric oxygen therapy. National Healing Corporation has earned The Joint Commission's Disease-Specific Care Certification for wound care. For more information, call (715) 268-0175.



WELCOME

CLINT SEMRAU, D.O.



Dr. Clint Semrau, a general surgeon at Baldwin Area Medical Center, joined the medical panel at the Wound Healing Center in August.

Dr. Semrau is a recent graduate of the National Healing Institute course taught at Ohio State University. The course is dedicated to educating and improving the knowledge of participants in the areas of hyperbaric medicine, wound therapy and healing.

Dr. Semrau received his medical degree from Des Moines University in Iowa and his bachelor's degree from Cardinal Stritch University in Wisconsin. He completed his General Surgery residency at Pontiac Osteopathic Hospital in Pontiac, Michigan.

SHERYL D. SCHULTE, CFNP



Family Nurse Practitioner, Sheryl Schulte, joined the ARMC medical staff in August and is a new provider caring for Urgent Care

patients. Sheryl is a Certified Family Nurse Practitioner and a Certified Orthopaedic Nurse. She is licensed in the state of Wisconsin and Minnesota and belongs to several professional associations within her field.

Sheryl received her bachelor's in nursing from Metropolitan State University in St. Paul in 1998. She obtained certification as a Family Nurse Practitioner from Concordia University of Wisconsin in Mequon, where she graduated cum laude.

Sweet Suite Babies

JULY
AUGUST
SEPTEMBER



TAEVION TRAVIS ALLEN
JULY 2, 2009



JULIANNE LAURA MEYER
JULY 2, 2009



MAKENNA ANN RAFFESBERGER
JULY 4, 2009



RIAN GRACE WALLBERG
JULY 6, 2009



HUNTER DAVID BEESTMAN
JULY 7, 2009



CLINT JOHN RAY STREAM
JULY 7, 2009



MALLORY LOUISE WADE
JULY 7, 2009



ELLIE RAE BENSON
JULY 8, 2009



BENNETT JAMESON FULLER
JULY 8, 2009



KEMPER RAY LUNDGREN
JULY 11, 2009



ROBERT WARREN MERRILL
JULY 15, 2009



EMELIA ROSE YESKE
JULY 15, 2009



MYLEE MARIE PITTMAN
JULY 21, 2009



ISABELLA ROSE WRIGHT
JULY 21, 2009



OWEN MICHAEL LARRY GOULD
JULY 25, 2009



DARIUS LLOYD FREITAG
JULY 27, 2009



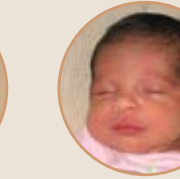
ELLAINA YVONNE KUHN
JULY 27, 2009



KATELYN MAXINE OSERO
JULY 29, 2009



AVERY NORMAN SWANSON
JULY 29, 2009



HAILEY NICOLE RAE DOZOIS
JULY 30, 2009



HEATHER CARMELLE COCKERHAM
AUGUST 8, 2009



KIYANNA JANE LINDNER
AUGUST 10, 2009



TY MICHAEL OXENDALE
AUGUST 12, 2009



KAYLEE JO MACKENZIE KOZIOL
AUGUST 13, 2009



JADAN EUGENE-JOSEPH POTTER
AUGUST 17, 2009



NORA MAE BUHR
AUGUST 18, 2009



AMELIA RUTH KIRK
AUGUST 20, 2009



KIRA MARIE DUNN
AUGUST 21, 2009



CAIN HENRY CASAREZ
AUGUST 22, 2009



CONNOR JAYDAN ANKRUM
AUGUST 24, 2009



MARKUS DAVID MAJESKE
AUGUST 24, 2009



LUCAS WAYNE JOHNSON
AUGUST 25, 2009



ISAAC MICHAEL THAYER
AUGUST 25, 2009



JOHNNIE LEE ETHAN SEVERSON GREER
AUGUST 26, 2009



TOBY ALLEN ADAMS
AUGUST 28, 2009



DYMION LEE CHERRY
AUGUST 28, 2009



KRISTA MARIE MARKEE
AUGUST 29, 2009



HAYDEN LOIS ANDERSEN
SEPTEMBER 2, 2009



KYLIE RAE LYNN HANSEN
SEPTEMBER 2, 2009



DAVID GLENN MORK
SEPTEMBER 2, 2009



ETHAN HERBERT CARLSON
SEPTEMBER 4, 2009



ASHTON DAVID RUDEEN
SEPTEMBER 5, 2009



MADELYN ROXANNE SCHLEUSNER
SEPTEMBER 9, 2009



LIAM JAMES SWANEPOEL
SEPTEMBER 10, 2009



MAXWELL ARDEN JOHN LINDAHL
SEPTEMBER 15, 2009



ZACHARY CHRISTOPHER RUD
SEPTEMBER 16, 2009



MASON ALLAN SCHERFF
SEPTEMBER 16, 2009



RYKER LEE STELSEL
SEPTEMBER 17, 2009



JESSE JAY HUMPHREY
SEPTEMBER 20, 2009



MADELINE JEAN JICINSKY
SEPTEMBER 21, 2009



ISAAC JEFFREY HARMON
SEPTEMBER 23, 2009



MADELYN JEAN STEEBER
SEPTEMBER 25, 2009



FAITH ELAYNE HALVERSON
SEPTEMBER 28, 2009



GRACE MARY OLSON
SEPTEMBER 30, 2009

Check us out online at ARMC
Birth Day Suites Nursery:
www.amerymedicalcenter.org

Please note: Every effort has been made to assure the accuracy of all babies information on this page. We deeply apologize if a mistake has been made.

EDITORS:
Ronda Knutson
Joanne Jackson

©Amery Regional Medical Center, 2009
Information may be reprinted
with written consent.



Health Happenings is published quarterly
for the patients and friends of Amery
Regional Medical Center. Information in
this publication is not meant to replace the
advice of your personal healthcare provider.

paperworx design • amery, wi

Visit our website! www.amerymedicalcenter.org

CARRIER ROUTE
PRE-SORT
NON-PROFIT ORG.
PAID
AMERY, WI
PERMIT NO. 17

POSTAL PATRON



265 Griffin Street E.
Amery, WI 54001
www.amerymedicalcenter.org
715-268-8000

DIGITAL MAMMOGRAPHY NOW AVAILABLE AT ARMC



The latest digital technology in breast cancer screening

ARMC is pleased to announce that the latest in digital mammography technology is now available. With the installation of Fuji's Computed Radiography for Mammography (FCRm) system, ARMC is now one of the growing numbers of local providers offering digital mammography capabilities.

"Screening mammography is still recognized as the most effective tool available for the early detection of breast cancer," said Mike Hedges, Director of Diagnostic Imaging. "And according to a recent landmark study, digital mammography offers significant benefits to certain groups of women. We're proud to provide our community with the most advanced screening technology available to identify cancers early when they are most treatable."

Digital mammography, a mammogram that uses new detection technologies and computers instead of film, was found in a landmark clinical study of more than 42,000 women to be better than film-screen mammography in detecting breast cancer in three groups: women under 50, pre- and perimenopausal women, and women with dense breasts. Digital mammograms are 15 percent more accurate among women under age 50 or not yet in menopause, and 11 percent more

accurate among women with dense breasts.

From the patient's perspective, the procedure for a digital mammogram is the same as for a conventional film mammogram; however, since the images are available almost immediately and no film development time is necessary, the wait time for the patient is less. Clearer images without delay—a major advancement for the radiologist and patient – and with this new clarity, it also reduces the need for callbacks.

We want our patients to have every possible advantage in early detection. Therefore, we've made a major investment in this advanced technology. Because of the unique design of Fuji's digital mammography solution, ARMC is able to ensure that every woman scheduled for breast screening receives a digital mammogram. "The benefits we are experiencing with Fuji's digital mammography are not only allowing us to do our jobs more effectively and efficiently but, more importantly, they are enabling us to provide the top level of care for our breast imaging patients," said Mike Hedges.

According to the American Cancer Society, breast cancer is the leading cause of cancer death in women between the ages of 15 and 54, and the second cause of cancer death in women 55 to 74. Fortunately, 96 percent of women who find and treat breast cancer early will be cancer-free after five years. A breast exam by your provider should also be part of a periodic health exam every year for women 40 and above. Most importantly, ARMC encourages women to make breast cancer screening an annual commitment. Clearly, early detection is everything. Call (715) 268-8000 for an appointment.

To make an appointment with your healthcare provider call
715-268-8000

23RD ANNUAL LOVE LIGHT TREE CEREMONY

DATE: Thursday, December 10, 2009 • Time: 6:00 p.m.

LOCATION: Amery Regional Medical Center ~ Main Entrance

ENTERTAINMENT & CHRISTMAS SING-A-LONG: Led by the Apple River Ensemble

REFRESHMENTS & APPETIZERS: Served in the lobby immediately following the ceremony.

A minimum donation of \$5.00 per light/bow is requested. If you would like to purchase a love light or red bow, please fill out the form below and return, along with your donation, to: Chez Brevold, 215 Central Street, Amery, WI 54001. (Deadline is 12/07/09)

Love Lights (a loved one)

Name: _____

In Honor In Memory

Red Bows (those who serve or have served in the armed forces)

Name: _____

In Honor In Memory

Donated By: _____

Address: _____ City: _____ State: _____ Zip: _____

Donation Total: \$ _____ (Checks payable to ARMC Volunteer Partners)

