

HealthWire



Enjoy freedom from
back pain...any pain
Pain Management Clinic

CMH
Community
Memorial Hospital

New CMH clinic offers relief for chronic pain

Do you suffer from chronic pain? You may be one of the many individuals with chronic pain who can be helped at CMH's new Pain Management Clinic, conveniently located on the first floor. The CMH Pain Management Clinic can offer relief for many kinds of chronic pain, such as chronic headaches, back pain as well as other pain issues.



Pain treatment methods include:

- Steroid injection
- Nerve blocks
- Trigger point injections
- Radio frequency ablation
- Implantable spinal cord stimulators

Nationwide, chronic pain is on the increase, especially among workers, due to an aging population that leads a more sedentary lifestyle than in years past. Estimates put the number of chronic pain sufferers at 50 million with 800,000 more people being added to that number each year.

If you would like to learn more about treatment for your chronic pain, please call 218-878-7677. You do not need a referral. 

■ PAIN MANAGEMENT CLINIC

Introducing Dr. Paul Vollmar, Director of the Pain Management Clinic

DR. PAUL VOLLMAR received his MD from the University of Minnesota Medical



School and also holds an MBA from Mankato State University. Dr. Vollmar is an Anesthesiologist, and completed a fellowship in pain management at the University of Nebraska.

New personnel in CMH Hematology/Oncology outreach program

■ CMH SPECIALTY CARE CLINICS



DR. JOHN SANDE
Hematology/
Oncology



DEB ADAMS
Nurse Oncology

We're pleased to announce that with the start of the new year, a new relationship has been established with SMDC for Hematology/Oncology services. Four times a month, Dr. John Sande, Oncologist, and Debrah Adams, Certified Nurse Practitioner, will be available at the hospital to see patients.

Dr. Sande is a graduate of Mayo Medical School and has been a staff physician in the Hematology/Oncology department at SMDC since 1998. He is board certified in Medical Oncology/Hematology. Debrah Adams is a Certified Nurse Practitioner, who also has an advanced Nurse Oncology certification. She is a graduate of St. Olaf College and the University of Wisconsin-Milwaukee, and has been with SMDC since 2001.

Both individuals are available to see patients at Community Memorial Hospital who have any type of cancer or blood disorder. CMH has been providing these services for the past several years with Dr. Tanya Repka, an Oncologist with St. Luke's. Dr. Repka will no longer provide outreach services in Cloquet, but will continue to see her patients in Duluth, if desired. The staff of the Chemotherapy/Infusion department at CMH will assist any patient of Dr. Repka who wishes to continue their medical relationship with her.

If you are interested in more information about Dr. Sande or Deb Adams and their outreach program at CMH or would like to schedule an appointment, please call one of the hospital's certified oncology nurses at 218-878-7609. [CMH](#)

Raiter Clinic physicians receive awards from the Lake Superior Medical Society

CONGRATULATIONS

to Dr. Vicki Anderson and Dr. Ken Ripp who recently received awards from the Lake Superior Medical Society.

Dr. Vicki Anderson received the Physician of the Year award for "consistently demonstrating qualities recognized as defining excellence in medical care delivery." Prior to joining Raiter Clinic, Dr. Anderson practiced at the Puumala Clinic in Cloquet.

Dr. Ken Ripp received the Elizabeth C. Bagley Merit Award for "Commitment to the medical profession and the Lake Superior Medical Society." He has been a Family Practice physician at Raiter since 1995.

■ CMH IMAGING SERVICES

Digital mammography offers a better diagnostic tool



Area residents are now able to receive digital mammography at CMH. A new digital mammography unit is available at the hospital through a joint program of CMH and Raiter Clinic.

"I am pleased to be a part of this joint effort that provides cutting-edge technology to our region," said John Turonie, Raiter Clinic Administrator.

A partnership between these two healthcare organizations also makes economic sense, according to Rick Breuer, Community Memorial Hospital CEO/Administrator. "In this era of rising healthcare costs, it is important to collaborate whenever possible and we look forward to more opportunities in the future."

Digital mammography has many advantages over traditional film mammography. It provides a sharper image and can be adjusted to enhance the contrast, creating an improved picture that makes it easier to identify any abnormalities within the breast. Another advantage is that appointment times are shorter because digital mammography produces an immediate image and there is no longer any processing of film.

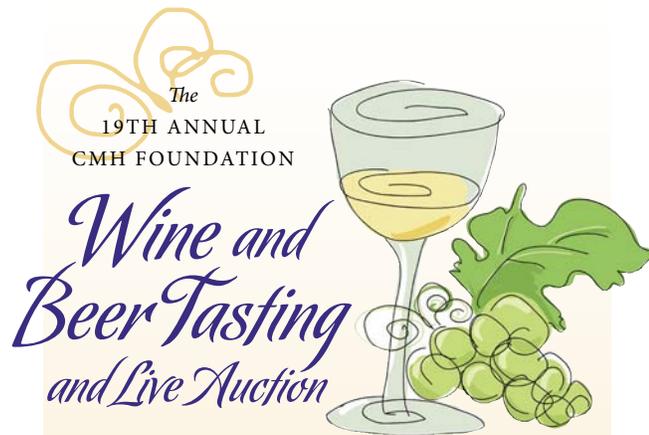
Both healthcare organizations have retained patient mammograms and are available if the doctor recommends comparing the new image with a previous one.

To schedule a mammogram, call the Imaging Services department at CMH at 218-878-7015. [CMH](#)

CMH Foundation made a difference in 2009

Thanks to generous donations from the community, our patients and their families, \$155,236 in funds raised by the CMH Foundation made the following purchases possible in 2009: two rocker/recliners for The Birthing Center; new curtains for all Sunnyside Health Care Center resident rooms; a Respirator Fit Tester; 5 automatic external defibrillators; 6 computers for the Computer Lab; an anesthesia machine; and equipment and supplies for Sunnyside Health Care Center meals. Since 1996, when the Foundation was founded, the CMH Foundation has raised almost \$750,000 for a variety of needs for the hospital and Sunnyside Health Care Center. Thank you to everyone who contributed, donated items or services, and volunteered their time for our fundraising activities!

Watch for the next CMH Foundation fundraiser this spring—our Annual Wine and Beer Tasting. Save the date to sample an intriguing variety of wines and beers donated by local distributors and participate in a live wine and beer auction. All proceeds will benefit the CMH Foundation. **CMH**



APRIL 30, 2010 | 6:00 P.M.

DRY DOCK BAR & RESTAURANT

2820 MIDWAY ROAD

No reservations required

New Year, New CMH Board of Directors

At their December meeting, the CMH Board of Directors said farewell to two dedicated individuals who have faithfully served on the board. Many thanks to Marshall Johnson, who has served on the Board for a total of 22 years and began his first stint on the board in 1985; and Jody Watt, who served on the Board for 5 years.

Welcome to new CMH Board members Pam Grover, Members Cooperative Credit Union, Kelly Johnson, and Kevin Toboleski, retired Cloquet firefighter. **CMH**



THANKS FOR YOUR SERVICE, JODY AND MARSHALL!
Left to right: Former CMH Board Chair Dave Hall, outgoing Board members Jody Watt and Marshall Johnson, and CMH CEO Rick Breuer.

CMH Board of Directors 2010

Steven Vopat, MD
CHAIR

Nate Sandman
VICE CHAIR

Kelly Johnson
TREASURER

Dave Hall
SECRETARY

David Luehr, MD

Bob Fulghum

Pam Grover

Rob Nelson

Kevin Toboleski

Home Respiratory Care earns accreditation

THE CMH HOME RESPIRATORY CARE PROGRAM

has earned accreditation from the Healthcare Quality Association on Accreditation. The Home Respiratory Care program provides support and equipment for respiratory patients. Skilled personnel instruct and assist with the use of respiratory equipment, as well as monitor patients who are using respiratory equipment. The three main areas in Home Respiratory Care are oxygen, Continuous Positive Airway Pressure (CPAPS) for sleep apnea, and nebulizers.

Services for respiratory patients can be provided on an outpatient basis at the hospital or arrangements can also be made for Respiratory personnel to meet with patients in their homes. You only need a prescription from your doctor to receive Home Respiratory Care services. For more information, call 218-878-7043 or email blarsen@cloquethospital.com. **CMH**

New Young Person's Grief & Loss Support Group

Do you have a youth in your life who is struggling with a loss? CMH recently launched a Young Person's Grief & Loss Support Group, facilitated by Peggy Maki and Kathryn Kuhlmeier, experienced bereavement support group facilitators. It is open to youth ages 14 to 18. For more information or to register for this free program, contact Peggy Maki at 218-879-4966.



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■ THE BIRTHING CENTER

Learn the A-B-C's of childbirth and newborn care CMH One-Day Childbirth Education Seminar



AT THE BIRTHING CENTER, we want to make sure you're completely prepared for your family's big event. We offer childbirth education specifically designed for moms-to-be and their coaches.

Comprehensive and convenient, friendly and fun — this is a day that you and your spouse or birth partner

won't want to miss. Ask your questions. Meet our experienced Obstetric nursing staff. Tour the CMH Birthing Center. Meet other expectant parents. In one day, you'll gain the information you will need to help you prepare for a safe, healthy

and joyous childbirth experience at Community Memorial Hospital.

Bring your partner or labor coach and two pillows. Wear comfortable clothes.

The \$30 fee includes an indispensable handbook that includes much of the information covered in the seminar, a folder containing additional resources for new parents, a tour of the CMH Birthing Center and lunch and snacks for both you and your partner. **CMH**

2010 SESSION DATES

SATURDAY, APRIL 10, 9AM TO 5PM

SATURDAY, JULY 17, 9AM TO 5PM

SATURDAY, OCTOBER 23, 9AM TO 5PM

All sessions are held in the Community Memorial Hospital lower level classroom. \$30 per couple.

Taught by Stef Gunelson, RN

To register call 879-4641

For more info, call Stef at 879-3187

Your day will include important information for moms and coaches:

- When to come to the hospital
- The labor and birth processes
- Natural childbirth
- Labor complications
- C-sections
- Medication options during labor
- Epidurals
- Breast feeding
- Post-partum and newborn care