

HealthWire

Expert care right here in your community

- HEMATOLOGY/ONCOLOGY
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Specialty Care Clinic at CMH

Did you know that many medical services you might associate with a big-city hospital are available right here in Cloquet? CMH offers these professional medical services and procedures at our growing Specialty Care Clinic. Our ability to provide specialty medical treatments at the Clinic, such as out-patient infusions or ongoing wound care, helps our patients by allowing them to receive important treatments close to home, while saving time and travel expenses.

Watch for more news about our Specialty Care Clinic in 2011. Part of the new CMH expansion project—which breaks ground this year—is a plan for a new facility to house the CMH Specialty Care Clinic.

■ **HEMATOLOGY/ONCOLOGY** In 2010, CMH partnered with SMDC to bring these services to the Cloquet area. Four times a month, Dr. John Sande, Oncologist or a nurse practitioner is available at the Specialty Care Clinic to see patients who have any type of cancer or blood disorder. Treatments may include providing out-patient infusions or chemotherapy, fluids for hydration, antibiotics, and blood products for anemia, immune diseases or blood disorders. Hematology/Oncology staff provide central intravenous lines and line maintenance,

and dressing changes and wound care Monday-Friday, 7 am-3:30 pm. Care is provided by a registered nursing staff certified in infusion therapy. A referral from your doctor is necessary. For more information or to schedule an appointment, call 218-878-7609.

■ **ORTHOPEDICS** Dr. Timothy McLeod, Dr. Mark Gregerson, and Dr. Clint Moen are board-certified Orthopedic Surgeons who provide diagnostic arthroscopies, fracture repair, dislocations, bunionectomies, carpal tunnel release (open and endoscopic), rotator cuff repair, ACL repair/reconstruction, bone spur removal/debridement, hip and knee arthroplasties (total joint replacement), and trigger finger release. For more information or to make an appointment with Dr. Gregerson or Dr. Moen, call 218-655-1587; Dr. McLeod, call 218-878-7660.

■ **PAIN MANAGEMENT** Dr. Paul Vollmar, Anesthesiologist, treats individuals with many kinds of chronic pain, such as chronic headaches, back pain and many other pain issues. Pain treatment methods include steroid injection; nerve blocks, including facial nerve blocks; trigger point injections; radio frequency ablation; and implantable spinal cord stimulators. No referral is necessary; please call 218-878-7677 for more information or to schedule an appointment.

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HEMATOLOGY/
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CMH
Specialty
Care Clinic

■ SPECIALTY CARE CLINIC, cont'd.

■ **UROLOGY** Dr. Roger Miller, Urologist at St. Luke's Urology Associates, provides consultative services to area physicians and patients twice a month at CMH. Dr. Miller specializes in the diagnosis and treatment of diseases of the urinary tract, bladder, and male prostate gland. A referral from your physician is necessary. For more information or to schedule an appointment, call 218-878-7677.

■ **WOMEN'S HEALTH** Dr. Skott Nielsen, OB/GYN, provides OB/GYN consultative services at CMH to area family practice physicians, as well as consultative services for patients with premenstrual disorders, infertility, menopause, urinary incontinence, abnormal bleeding and other women's health issues. Dr. Nielsen also provides surgical services for women, including laparoscopic hysterectomy. No referral is necessary. For more information or to schedule an appointment, call 218-655-1587. **CMH**

CMH welcomes new orthopedic surgeon

Community Memorial Hospital is proud to welcome Dr. Joseph Lemker to our Orthopedic Surgery staff. Dr. Lemker is an Orthopedic Surgeon who specializes in sports medicine, shoulder/elbow surgery, general knee surgery, trauma care, all types of fracture care, total joint replacement and conservative treatment for arthritis care.



He is a graduate of UMD and St. Louis University School of Medicine. He completed a residency in orthopedic surgery at St. Louis University Hospital and Clinic. His previous employment includes SMDC and Virginia Regional Medical Center. If you would like more information or to schedule an appointment with Dr. Lemker, call 218-655-1587. **CMH**

2nd Annual Lumberjack Lap Fun Run at Cloquet HS track Saturday, May 21, 2011

Get in shape this spring—this family event has fun for everyone. Whether under four or over 60, there'll be a walk or run for you. **Pre-registration in March; call 218-878-3369 for info.**

Have you been diagnosed with pre-diabetes?

Take steps to prevent or delay type 2 diabetes in your future



Living on the Border with Pre-Diabetes

WORKSHOP DATES

TUESDAY
JANUARY 25, 2011
9:00 am to 12:00 pm

TUESDAY
APRIL 5, 2011
9:00 am to 12:00 pm

TUESDAY
JUNE 14, 2011
1:00 pm to 4:00 pm

TUESDAY
SEPT. 13, 2011
1:00 pm to 4:00 pm

TUESDAY
DEC. 13, 2011
9:00 am to 12:00 pm

To register for a session, please call 218-878-7661

LIVING ON THE BORDER WITH PRE-DIABETES

Before someone develops type 2 diabetes, it almost always begins with a diagnosis of "pre-diabetes"—a condition where blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. It's important to know that diabetes doesn't have to be inevitable or can be delayed, if you learn how to take charge of your pre-diabetes now.

Each *Living on the Border With Pre-Diabetes* workshop is designed for individuals diagnosed with pre-diabetes, as well as anyone who would like to learn more about pre-diabetes and diabetes.

YOU'LL LEARN:

- What pre-diabetes means for your health
- Risk factors
- Diet, exercise and other lifestyle changes

YOU'LL RECEIVE:

- A helpful book about pre-diabetes
- Informational handouts
- Pedometer
- Blood glucose meter

To register for a session, please call 218-878-7661. There is a \$30 registration fee; classes are held in the CMH Ground Floor Classroom.

CMH Support Groups help those who are hurting

If you or someone you know is coping with a serious illness or have suffered a loss, a support group can offer a real lifeline. CMH Support Groups offer an important place to talk about your experiences and listen to others' stories in a safe and supportive atmosphere.

Stroke Support Group

Meets 2nd Wednesday of each month, 3 to 4 pm
Facilitated by Maren Berquist and Jodi Noble

When a person has a life-changing event such as a stroke, they can often feel self-conscious and isolated. Their loved ones need support also, as they may be new to the role of caregiver and don't have a lot of information on how best to help. The Stroke Support Group offers a wonderful array of resources, guest speakers, and opportunities to interact with other people in the same situation who are uniquely qualified to understand their struggles and challenges. For stroke survivors and family or caregivers of survivors; for more information, call 218-878-7040. Everyone is welcome; meets in the ground floor classroom.

Grief Support Group

Meets 2nd Tuesday of each month, 7 to 8:30 pm
Facilitated by Peggy Maki, Grief Counselor

Grief is a very painful, often lonely time to go through in one's life. One can feel lost, confused, numb, as well as have overwhelming feelings of guilt, anger, sorrow, panic, along with intense pain. A grieving person may struggle with terrifying

thoughts, such as "Will I ever get over this? Am I the only person who feels the way I do? Will life ever be normal again?" It is important for a grieving person to receive information that is beneficial and supportive, and that comes from someone who is knowledgeable about grief. For more information, call Peggy Maki at 218-879-4976. Everyone is welcome; when you arrive at the main entrance of the hospital, follow the signs to our meeting area.

Cancer Support Group

Meets 3rd Tuesday of each month, 2 to 3:30 pm
Facilitated by Rev. Dennis Morreim, Chaplain

The first time a doctor uses the "C" word, it can change your whole world. This is true not only for the person who is told that he or she has cancer but for family members as well. The cancer journey is a journey that many walk, and at times one can feel very alone and fearful. A support group brings a person with cancer into contact with others on this journey. Everyone is welcome; when you arrive at the main entrance of the hospital, simply follow the signs. If you have any questions, please call Rev. Morreim at 218-878-7664.

■ CMH FOUNDATION



APRIL 15, 2011 | 6:00 P.M.

DRY DOCK BAR & RESTAURANT

2820 MIDWAY ROAD

No reservations required

Foundation Gala raises \$15k

Saturday Night at the Speakeasy, the CMH Foundation Gala, was held on October 9th at Black Bear Casino in the Otter Creek Event Center. \$15,000 was raised for the CMH Foundation, and we wish to thank everyone who made this important event such a success. The 2011 Gala is scheduled for October 8; watch for more about that event in an upcoming HealthWire! [CMH](#)

Staff dress code changes at Sunnyside Health Care Center

Sunnyside Health Care Center has been making some changes that are creating a friendlier, more homelike atmosphere for our residents. In 2010, our staff, including nursing assistants, RNs and LPNs began wearing street clothes instead of uniforms. Staff follows a few guidelines about appropriate clothes for work, but we've adopted a decidedly less institutional look, and residents and staff are enjoying the change.

Work is also underway to freshen up rooms with paint, and as the painting proceeds, SHCC is installing new curtains, thanks to funds from the CMH Foundation. Residents are always encouraged to bring items from home to make their living spaces comfortable and to reflect their personality and interests. After all, SHCC is home for our residents! [CMH](#)

■ 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**

2011 Session Dates

Saturday, April 9, 2011

Saturday, July 16, 2011

Saturday, November 5, 2011

All sessions are held from 9:00 am to 5:00 pm in the CMH Lower Level Classroom. \$30 per couple.

Taught by Stef Gunelson, RN

To register call 218-879-4641

For more information, call Stef at 218-879-3187

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