

# HealthWire

## Hometown Heroes Meet your CMH surgical team

- GENERAL SURGERY
- JOINT REPLACEMENT
- WOMEN'S SURGERY
- SPORTS MEDICINE
- PAIN MANAGEMENT



**CMH SURGICAL TEAM (L to R)** Dr. Paul Vollmar, Dr. Joseph Lemker, Dr. Timothy McLeod, Dr. Steven Vopat, Dr. Mark Gergerson, Dr. Skott Nielsen, Dr. James Ryan, and Dr. Brance Modin. Not pictured, Dr. Clint Moen.

**T**HOSE OF US WHO LIVE HERE KNOW we're fortunate to reside in such a friendly, small-town community. There's another reason to be happy about our situation—a remarkable group of surgeons see patients right here in Cloquet. It's great to know their expertise is nearby, no matter when you or your loved one might need them—and to know that your medical team is minutes away during your recovery and rehabilitation.

The next time you or a loved one needs surgery, let us show you how a surgical procedure at our regional hospital can be a more reassuring and healing experience. Unlike big-city hospitals, your surgeon can more closely follow your case and get to know you on a personal basis, from pre-surgery through your recovery.

Every member of our accomplished medical team is focused on exceeding your expectations for personal, professional attention. It's all part of our commitment to help you get back to your life.

CMH offers a comprehensive range of surgical services, including:

■ **GENERAL SURGERY** General surgery includes consultation, day surgery and surgery for hernia, gallbladder, pancreas, stomach, small intestine, colon, lung, thyroid, parathyroid, breast diseases, endoscopy services (EGD), and colonoscopy. CMH General Surgeons are Dr. Brance Modin, Dr. James Ryan and Dr. Steven Vopat.

■ **ORTHOPEDICS** With four board-certified, orthopedic surgeons on staff, CMH makes orthopedic surgery as convenient for you as possible. Dr. Timothy McLeod, Dr. Mark Gergerson, Dr. Clint Moen, and Dr. Joseph Lemker provide total joint replacement surgery; shoulder, arm, hand, hip, knee, ankle, and foot surgery; arthroscopic knee surgery; sports medicine; and conservative treatment for arthritis care.

■ **WOMEN'S SURGERY** Dr. Skott Nielsen, OB/GYN, offers treatment for bladder, pelvic and reproductive health issues, including laparoscopic hysterectomy, and other minimally invasive procedures when applicable.

■ **PAIN MANAGEMENT** Dr. Paul Vollmar, Director of the CMH Pain Management Clinic and anesthesiol-

Story continued on next page →

## Diabetes Health Fair

TUESDAY, NOV. 1  
9:00 am to 1:00 pm  
CMH Main Lobby

**free and open to the public — Giveaways and door prizes!**

- Diabetes risk assessment screenings
- Blood glucose screenings
- Blood pressure checks
- Info on the latest technology and medications, including
  - Insulin pumps
  - Insulin pen devices
  - Blood glucose meters
- Diabetes management information about:
  - Nutrition
  - Hypoglycemia
  - Driving with diabetes
  - Diabetes foot care
  - Eye care
  - Proper disposal of medications & needles

Questions? Call 218-878-7661 for more info

## ■ SURGICAL SERVICES, cont'd.

ogist, provides surgical solutions as well as nonsurgical treatment for pain, including steroid injections, nerve blocks, trigger point injections, fluoroscopically guided procedures, spinal injections, radiofrequency neuroablation, and implantable pain control devices. No referral is needed.

Appointments with CMH surgeons for general surgery, orthopedics, and women's surgery require a referral; please check to see if your insurance requires a referral. For more information about surgery at CMH, please call 218-879-4641. [CMH](#)



### The CMH Pain Management Clinic offers surgical and non-surgical solutions for chronic pain

A few years ago, Katherine Neumann's quality of life was poor—and was becoming more so. She suffers from fibromyalgia and arthritis, and after a car accident, she couldn't sit, drive, or stand without experiencing leg and back pain. Even driving was difficult as she had lost feeling in her feet and therefore couldn't gauge how hard she was pressing on the accelerator or brake.

"I thought my life was over," Katherine said. "I was sure I was headed to a nursing home."

All the physicians she saw told her she would need surgery eventually and recommended medications. Although she preferred not to use these drugs, she agreed to try them, but found that they didn't work. Finally, a friend told her to see Dr. Paul Vollmar, Director of the CMH Pain Management Clinic. Dr. Vollmar recommended steroid injections for Katherine's back and hip pain, and she experienced immediate relief. She now receives alternating steroid injections every three to four months either in her hip and her back.

"Dr. Vollmar gave me my life back. He's awesome," Katherine said. The injections made a huge difference in her life. She now initiates activities with her friends and her kids have even had to ask her to slow down! Those close to her have noticed a positive change in her outlook, Katherine added. "I don't know what I would have done without Dr. Vollmar."

## 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**  
**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**

**\$30 registration fee**

Classes held in **CMH Ground Floor Classroom**

#### 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

### Check out our construction progress!

There's a new website where you can follow the progress of our CMH construction project, and you can even leave a comment or ask a question. The website was created as a joint effort between CMH and Boldt construction and includes photos and updates.



## ■ CMH FOUNDATION

Join us for a fabulous '50's evening of food, fun and entertainment!

# At the Hop

## CCMH FOUNDATION'S "FUN" RAISER



### RAFFLES + LIVE AUCTION + DESSERT AUCTION

**Saturday, October 8, 2011 ■ 5 pm to Midnight**  
**Otter Creek Event Center, Black Bear Casino, Cloquet**

Enjoy a delicious 50's themed buffet dinner, silent, live and dessert auctions, and dancing to the music of Sh-Boom. Casual or 1950's attire.

5:00 to 6:30 pm	Reception
6:30 to 7:00 pm	Dessert Auction
7:00 to 8:00 pm	Dinner
8:00 to 8:30 pm	Live Auction
8:30 to 9:00 pm	Entertainment
9:00 to midnight	Dance to Sh-Boom

### ■ RAFFLE ITEMS

Please contact Barb Schaak to purchase raffle tickets, 218-878-7652.

*Donated by Barbara Little and Marilyn Nelson:*

- Hand-crafted 80 x 91 Quilt created by Barbara Little & Marilyn Nelson, (value \$700), raffle tickets \$2 or 3 for \$5

*Sponsored by Cloquet Ford & Raiter Clinic:*

- White 18 Karat Gold Diamond Ring w/Red Garnet (value \$2,300), raffle tickets \$10 each or 3 for \$20 (first name drawn may choose between ring and TV).

- 42" Vizio Theater 3D-LCD-HDTV w/Internet Apps (value \$750), raffle tickets \$10 each or 3 for \$20 (first name drawn may choose between ring and TV).

Proceeds will go to the CCMH Foundation to fund technology and healthcare initiatives at the hospital and Sunnyside Health Care Center.

### ■ TICKETS \$30

Call 218-878-7652 or go online to [www.cloquethospital.com](http://www.cloquethospital.com)  
RSVP by Friday, September 30

## ■ THE BIRTHING CENTER

Learn the A-B-C's of childbirth and newborn care  
**Saturday, November 5, 2011 • 9am to 5pm at CMH**

Prepare for a safe, healthy and joyous childbirth experience at CMH—in just one day. Bring your partner or labor coach, and you'll receive a handbook, additional resources for new parents, a tour of the CMH Birthing Center, lunch and snacks. **\$30/couple. Call 218-879-3187 for information or 218-879-4641 to register.**

For patients and their doctors:  
**HOME RESPIRATORY CARE**

- Oxygen Therapy
- CPAP
- Medication Nebulizers

**T**he CMH Home Respiratory Care program provides support and equipment for respiratory patients. Our skilled personnel instruct and assist you in the use of respiratory equipment, as well as monitor patients who are using respiratory equipment.

Services for respiratory patients can be provided on an outpatient basis at the hospital or arrangements can also be made for Home Respiratory Care personnel to meet with patients in their homes. Patients only need a prescription from their doctor to receive Home Respiratory Care services. Staff is available 24/7 to assist patients and their doctors.

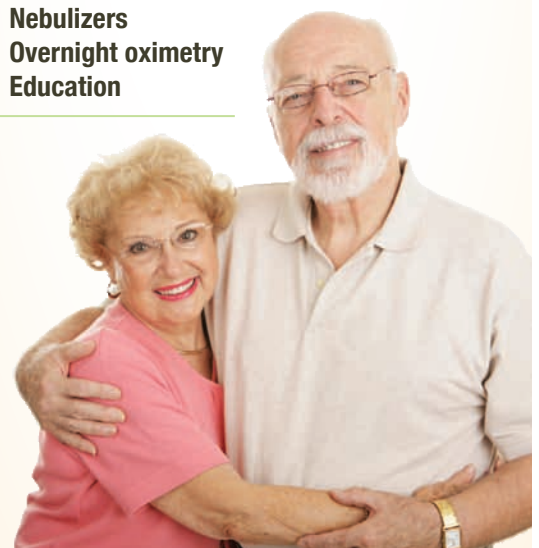
For more information or to schedule an appointment, call 218-878-7043 or email [blarsen@cloquethospital.com](mailto:blarsen@cloquethospital.com).

### HOME OXYGEN SERVICES

- Concentrators
- Portable systems
- HomeFill systems
- Portable concentrators
- Immediate oxygen setups
- 24-hour staff

### ADDITIONAL SERVICES

- BiPAP
- CPAP
- Nebulizers
- Overnight oximetry
- Education



■ SUNNYSIDE HEALTH CARE CENTER

## What's on the menu? Food Club chooses new items for SHCC menu

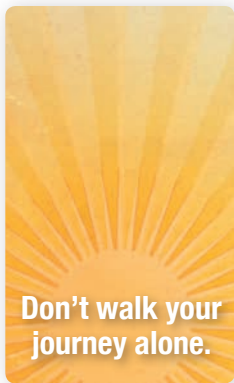


**D**id you ever wonder how a hospital or long term care facility decides what will be on the food menu? Sunnyside Health Care Center tries out new menu items with the Food Club, a group of SHCC residents before including them on the menu.

Each month, the Food Club meets and tries out one or two new food items and based on their reaction, the item may or may not be included on the menu. The Food Club includes residents, family members and staff and they all voice their opinions about the potential new menu item.

“We want to make sure there’s a variety of menu items our residents like and that they have a choice,” said Jan Baumgartner, Director of Nutrition Services at CMH/SHCC. Recently, she offered samples of Pork Chow Mein and Lemon Parfait, a new dessert, to Food Club members for a taste test which both received unanimous approval.

The Food Club also helps decide what will be on the holiday menus. This inclusion of residents and family members is part of an overall effort at SHCC to create a more home-like atmosphere and allow individuals to make choices in their day to day living. [CMH](#)



## CMH Support Groups help those who are hurting

**I**f 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 other’s stories in a safe and supportive atmosphere.

■ **PAIN SUPPORT GROUP Meets first Friday of each month, 12:30 to 2 pm.** The topic for the October 7 meeting is fibromyalgia and will include presentations by Dr. Paul Vollmar and Dave Tedlund from Pfizer pharmaceutical company. For more information, call 218-878-7677.

■ **STROKE SUPPORT GROUP Meets second Wednesday of each month, 3 to 4 pm.** Facilitated by Maren Berquist and Jodi Noble. For stroke survivors and family or caregivers of survivors; for more information, call 218-878-7040. Everyone is welcome.

■ **GRIEF SUPPORT GROUP Meets second 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. 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 third Tuesday of each month, 2 to 3:30 pm.** Facilitated by Rev. Dennis Morreim, CMH 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. 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](#)



### Now you can pay your CMH bill online!

[www.cloquethospital.com](http://www.cloquethospital.com)

We’re pleased to announce that CMH now offers a safe and secure online bill payment portal through our website. Simply click on “Pay your bill” and follow the instructions for paying your bill online. All you need is your statement with your account number and VISA, MasterCard or Discover.