

HealthWire



Expert Specialty Care Close to Home

Myth: Rural hospitals like CMH provide only basic healthcare services.

Fact: Community Memorial Hospital provides a wide scope of specialty services if/when you require more complex care. Read on to learn more about the specialty services offered at CMH!

Dermatology

Twin Ports Dermatology providers Kaitlyn Bhoopal, APRN and Amy Larson, APRN help patients achieve optimal skin health. *A physician's referral is not required.* **To schedule an appointment please call 218-302-1000.**

Hematology/Oncology

Hematology/Oncology services at CMH are provided by Dr. Homam Alkaied, a member of St. Luke's Regional Cancer Center. Hematology and Oncology physicians specialize in the diagnosis, treatment, and management of blood diseases and cancers. *A physician's referral is required.* **For appointments, please call 218-249-3081.**

Nephrology

Nephrology services at CMH are provided by Dr. Sandy Popham and Dr. Prince Singh. Nephrology focuses on the treatment of kidney conditions and treatments may include medication, diet changes, dialysis, and surgery. *A physician's referral is required.* **For appointments, please call 218-249-6230.**

Plastic Surgery

Aesthetic and reconstructive plastic surgery services for children and adults are provided by Dr. Edgar Saldana, FACS, a board-certified plastic surgeon with Plastic Surgery Center of Duluth. **For appointments, please call 218-215-8990.** *Referral requirements are based on your insurance company.*

story continues on next page →

In August, Director of Cardiopulmonary Rehabilitation Azur Coleman brought her daughters and their horses to visit Sunnyside Health Care Center residents! Residents enjoyed watching the girls on their horses and even got to feed the horses carrots! Thank you to SHCC's Life Engagement Department for planning unique, fun activities for our residents. [CMH](#)

CMH is now on Instagram! Come follow along @ccmhmn to stay up to date on CMH happenings!



Mark your calendars! Fall Diabetes programming at CMH

Mark your calendars! Fall diabetes programming at CMH from our popular Living on the Border with Prediabetes workshops to our annual Diabetes Health Fair on October 25, Community Memorial Hospital is offering tons of diabetes resources these next few months—including our Diabetes Prevention Program.

Diabetes Prevention Program

1 in 3 American adults has prediabetes, yet you can make changes now to improve your health and prevent the onset of type 2 diabetes.

Join CMH's Diabetes Prevention Program, and learn how to reduce your risk of developing type 2 diabetes—one step at a time. Groups meet for 26 sessions over the course of a year. Facilitated by trained Lifestyle Coaches, classes focus on making small changes such as improving food choices, increasing physical activity, and managing stress—all designed to help you lose weight and prevent the onset of type 2 diabetes.

There will be an informational meeting on Wednesday, November 2 at 3pm in the Diabetes classroom at CMH.

For more information about the program and how to enroll, contact Mary Kay Marciniak at 218-878-7661 or via email at mmarciniak@cmhmn.org.

The next Living on the Border with Pre-Diabetes workshop is Tuesday, November 8 from 1-4pm in the Diabetes Classroom. Call 218-878-7661 to register. [CMH](#)

Diabetes Health Fair

Tues Oct 25, 2022
9am–1pm

FREE and open to the public

FREE HEALTH SCREENINGS:

- Blood pressure
- Blood glucose
- Body Mass Index (BMI)
- Vision
- Foot exams

TOPICS COVERED:

- Healthy eating
- Blood glucose meters
- Diabetes medications
- Insulin pumps
- Continuous glucose monitors
- Complications of diabetes
- Diabetic foot care & shoes
- Diabetes prevention
- Community resources

Get the latest information about diabetes management, prevention, and resources; receive free screenings and hear from diabetes experts.



CMH
Community
Memorial Hospital

Held in CMH ground floor classrooms: 512 Skyline Boulevard, Cloquet

■ EXPERT SPECIALTY CARE, continued

Podiatry

Podiatry services at CMH include foot care, exams, and more, and are offered by Dr. Stacy Nipp. *A physician's referral is required.* **To make an appointment, please call 218-879-1271.**

Urology

Dr. Elizabeth Johnson diagnoses and treats diseases of the urinary tract, bladder, and male prostate gland. *A physician's referral is required.* **For appointments, please call 218-249-7980.**

Spine Surgery

This fall, CMH has expanded our surgical services with the addition of neurosurgeon Dr. Jared Broadway of Northern Neurosurgery and Spine. Dr. Broadway's minimally invasive spinal surgery on the neck, back and SI joint (the triangle shaped bone just above your tailbone) allows patients who have exhausted non-surgical pain management options to find relief. **CMH patients can schedule a consult with Dr. Broadway by calling 218-878-7626.** [CMH](#)



30th Annual CCMH Gala

"Roses and Pearls" is the theme of this year's CCMH Foundation Gala, which will be held on Saturday, October 15 at CMH. All funds raised from the Gala support critical programs and medical equipment. It will be an evening of dinner, live and silent auctions, capped off by entertainment from Divas Through the Decades.

For more information contact Executive Director Laurie Korby at 218-878-7652 or lkorby@cmhmn.org.

[CMH](#)

Advanced Wound Clinic CMH Advanced Wound Clinic receives two national awards

For the fourth year in a row, our Advanced Wound Clinic received Healogics' Center of Distinction Award, with patient satisfaction and wound healing rates of over 92%. We also received the Robert A. Warriner III, M.D., Clinical Excellence Award, which means we are performing in the top 10% of clinics nationwide.

“I couldn't be prouder,” said Betsy Johnson, RN, Clinical Program Director at the Advanced Wound Clinic. “Our team rises above every challenge.”

The Advanced Wound Clinic at CMH delivers specialized wound care to patients suffering from diabetic foot ulcers, pressure ulcers, infections, and other chronic wounds. **Call 218-878-7601 for appointments or more information.** *No referral needed.* [CMH](#)

URGENT CARE HOURS EXPANDED

Our Urgent Care department is now open 7 days a week.

Our new hours are:

**Monday-Friday
5:00-9:00pm**

**Saturday and Sunday
9:00am-4:00pm**



Vendor and Craft Fair at CMH

The Vendor & Craft Fair, sponsored by the Volunteer Services Organization, will be held on Friday October 21 from 9am-3pm and again on Saturday, October 22 from 9am-1pm.

The fair features local artists and will be held on the ground floor at CMH. Everyone is invited to this free event. [CMH](#)

*****ECRWSS EDDM***
Postal Customer**

Who is the CMH Pain Clinic for?

Q&A with CMH Pain Clinic provider Bryan Hunter, DNP,CRNA, NSPM-C



■ **When should someone come to the Pain Clinic?**

The clinic is primarily for evaluating and treating chronic pain conditions; pain that has persisted for greater than 3-6 months without improvement from normal healing or conservative therapies. Conservative therapy includes rest, ice/heat, massage, chiropractic, physical therapy and anti-inflammatory medications (Ibuprofen). The good news is 90% of acute pain will improve using conservative therapy in 3-6 months.

■ **What types of pain are treated at the Pain Clinic?**

We treat the other 10% of cases that do not improve with conservative therapies. We treat spine related pain of the low back and neck, as well as major joint pain like hips, shoulders and knees. We also treat pain conditions like migraine headaches, bursitis, post herpetic neuralgia and complex regional pain syndrome.

■ **Is there a most common type of pain that brings someone to the Pain Clinic?**

The most common patient has a complaint of low back pain, which occurs in 1 in 4 adults on a yearly basis. It can occur from spine issues like disc herniations, spinal stenosis and facet joint arthritis. Low back pain is the leading cause of work loss days in the United States.

■ **What is your philosophy of treating pain?**

We want to provide a multidisciplinary approach, involving other complimentary services to optimize health and pain reduction. This may involve physical therapy, occupational therapy, weight loss programs and mental health services to assist with treatment of the patient's chronic pain. We look at the whole patient and not only treat their pain issue, but help with lifelong changes in their physical and mental health to promote function and reduce the chance of their pain returning to debilitating levels. **CMH**

**For more information on the
CMH Pain Clinic, call 218-878-7626.**

CMH Pain Management Clinic
Community Memorial Hospital