

HealthWire

Dr. Stacey Gutman Brings Passion for General Surgery to CMH



The CMH Specialty Clinic is thrilled to welcome board certified general surgeon Dr. Stacey Gutman to our team.

Dr. Gutman became a general surgeon with the goal of helping people. She has found fulfillment in forming a trusting relationship with her patients and supporting them in their time of need. She believes that listening to and understanding each patient allows her to assess their situation as a whole and determine the best solution.

What Does a General Surgeon Do?

General surgery might not always grab the spotlight like heart or spine surgery, but it plays a vital role in treating a range of conditions that can significantly impact a person's health and quality of life.

Let's take a closer look at the most common procedures performed by a general surgeon:

- *Appendectomy* to remove an inflamed appendix
- *Breast surgery*, which includes
 - Breast biopsies to remove a small sample of breast tissue to see if cancer is present
 - Lumpectomy to remove a tumor from the breast
 - Mastectomy to remove one or both breasts
- *Hernia repair* to correct a weak spot in the abdominal wall, where tissue or an organ can protrude



When she's not operating, CMH General Surgeon Dr. Stacey Gutman enjoys spending time outside, including hiking in Jay Cooke State Park. (pictured on right).

- *Colon and rectal surgery* to treat a wide variety of conditions including cancer, Crohn's disease, diverticulitis, and hemorrhoids
- *Gallbladder removal* to treat complications from gallstones
- *Skin excision* to remove moles, warts, cysts, and skin cancers

Life Outside the Operating Room

When she's not consulting with patients or performing surgery, Dr. Gutman keeps busy with her husband and two young children. They enjoy exploring the great outdoors of Northern Minnesota, including hiking, swimming, and camping in the summer, and sledding, snowshoeing, and skiing in the winter.



Dr. Gutman is now accepting appointments at the CMH Specialty Clinic in Cloquet. No referral is required. Call 218-878-7626 to schedule an appointment.

Don't Skip the Tune-Up: Schedule Your Annual Physical Today

You wouldn't drive your car without regular oil changes, so why risk your health by skipping your annual check-up? Just like a well-maintained vehicle, your body performs at its best when given regular attention and care.

What are the benefits of an annual physical?

- **Early Detection of Health Issues:**
Many health conditions, such as high blood pressure, diabetes, or heart disease, can develop without noticeable symptoms. Regular check-ups help catch these conditions early, increasing the chances of successful treatment.
- **Vaccinations and Preventative Care:**
Annual visits are a great time to update vaccinations or other preventative screenings such as a pap smear or prostate exam.
- **Personalized Health Guidance:**
Your provider will offer personalized advice based on your unique individual and family health history. This may include recommendations for nutrition, exercise, or other lifestyle habits.
- **Referrals for Specialized Care:**
Your annual physical is a great first step toward more advanced care. Based on your needs, your provider may refer you to a specialist.

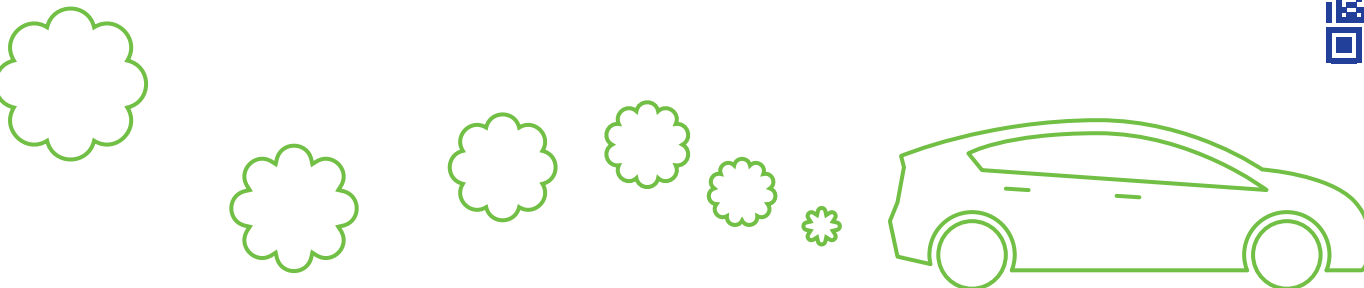
How should I prepare for my annual physical?

To make the most of your annual physical, preparation is key:

- **Keep a Record of Your Medical History:**
Update your doctor on any changes in your health, medications, allergies, or family history of medical conditions.
- **Write Down Questions or Concerns:**
Bring a list of questions or health concerns you want to address during the appointment.
- **Bring a List of Current Medications or Supplements**
- **Follow Pre-Visit Instructions:**
If your doctor recommends fasting or special preparation for lab tests, be sure to follow those instructions for accurate results.

Just as regular car maintenance ensures smooth performance, an annual check-up helps your body run at its best.

Call 218-879-1271 or scan the code with your smartphone to schedule your annual physical online today.





Finding Healing Through Lymphedema Therapy: Linda's Story

When Linda broke her wrist, she never imagined that years later, the pain and swelling in her arm would still be affecting her daily life. After numerous treatments, surgeries, and endless frustration, Linda had resigned herself to the belief that this was just the way it would always be.

Last fall, Linda was referred to CMH Occupational Therapy in a last-ditch effort to improve her symptoms. There, she met Maren Curtiss, an occupational therapist who had recently completed her Certification in Lymphedema Therapy (CLT)—a specialized treatment for managing the swelling Linda had been living with for so long.

What is lymphedema?

Lymphedema is a condition caused by a buildup of lymph fluid in the body following a traumatic injury. It often leads to swelling in the arms or legs, but it can affect any part of the body. When swelling occurs, it compresses nerves and tissues, leading to:

- Weakness, numbness, or tingling in extremities
- Limited range of motion
- Difficulty performing daily activities
- Challenges with finding or wearing clothing
- Leathery or tightened skin

A typical treatment session includes:

- Education on lymphedema and how to manage it at home
- Manual lymph drainage to reroute the lymph fluid to healthier parts of the lymphatic system
- Compression wrapping to preserve the lymph drainage
- Tailored exercise and activities to improve the lymphatic system's efficiency

For Linda, lymphedema therapy was the key to unlocking lasting relief from her symptoms and regaining function of her arm and hand. One of the highlights of Linda's treatment journey came when she was able to slip her wedding band back on her finger for the first time in over a decade. That simple act, which most people take for granted, was a powerful reminder of how far she had come.



If you are interested in receiving lymphedema therapy, talk to your primary care provider about a referral to Occupational Therapy at CMH.

cloquethospital.com



Orthopedics & Sports Medicine Welcomes Ava Gonsorowski, PA-C

Ava Gonsorowski, PA-C has joined CMH's Orthopedics & Sports Medicine team to provide comprehensive treatment for conditions of the musculoskeletal system, including:

- Sports related injuries (torn meniscus or ACL injury)
- Hip, shoulder, or knee pain
- Arthritis
- Fractures
- Joint Replacement
- Rotator cuff tear
- Other muscle sprains and strains

As a physician assistant, Ava applies her extensive training, curiosity, and compassion to provide personalized care for every patient.



To schedule an appointment with Orthopedics & Sports Medicine, please call the CMH Specialty Clinic at 218-878-7626

Save the Date



Thursday April 3:

The Toddler Takeover

Join us for toddler friendly activities and parent/caregiver connection and conversation. Every other Thursday beginning April 3rd, 5-6 PM at CMH.

Tuesday, April 8:

Advance Care Planning Workshop

Learn more about the purpose of health care directives and create your own. 10:30 AM-noon at Cloquet Public Library. Free and open to all.

Thursday, May 8:

Mocktails & Medicine

Join us for mocktails, appetizers, and educational presentations focused on strategies for managing perimenopause/menopause.

Thursday, June 12:

Wines, Brews, & Community Too

Save the Date for the CCMH Foundation's annual fundraiser at Sitio Events in Esko.

Learn more about each event and RSVP by scanning the code with your smartphone or visiting cloquethospital.com/happenings/

