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From high-performance athletes to high-performance fans, the new Orthopedic Institute at Southwest Health is dedicated to getting you — and keeping you — in game shape.

Orthopedic surgeon Joshua Lindsey, MD, offers the most advanced orthopedic care in the region, including the latest techniques in surgery, in rehab therapy and in activity-specific training for every age and ability. Dr. Lindsey is a Harvard-trained expert whose world-class credentials include double board certification in sports medicine and joint replacement. So whether you're a champion on the field, on the court or in your own backyard, you'll always be treated like a star.

To schedule an appointment or to learn more about Dr. Lindsey, call 608-342-5060 today. Or visit southwesthealth.org/orthopedics.

GET BACK
in the Game



HEART HEART

SUMMER 2014

Close-to-home care gives a busy mom a reason to smile.

Minimally invasive surgical options are just around the corner.



INSIDE

Immunizing Children
Helping Area Athletes
Coming Soon ... More



Southwest
— HEALTH —

With us, it's always personal



Dan Rohrbach, CEO

More of the Right Stuff, Right Here

I'm proud to live in southwest Wisconsin where people are strong, independent, and resourceful. But you shouldn't have to rely on those qualities when it comes to your health. At Southwest Health, we believe the people of our region should have the same access to outstanding local healthcare as those in large cities, including Dubuque and Madison. In fact, that belief drives much of what we're doing today.

More Experience and Expertise

That's why our Board of Directors made a decision two years ago to change the way we staff our Emergency and Urgent Care physicians. We left behind our former contracted service to recruit and directly employ our own staff of four very highly experienced, very highly skilled, board certified physicians. We're proud to offer the area's only team of full-time, dedicated ER physicians.

And they're making a big difference. Our patients are telling us so. In the past six months, Southwest Health has climbed into the top 10 percent of the nation's Emergency Departments in patient satisfaction. That means you're getting a superior level of emergency and urgent care that's among the country's best hospitals.

More Insurance Coverage

Providing great local healthcare is one thing. Making sure you have access to it is another. We recently purchased the Dean Clinic in Platteville to accomplish exactly that. We are now one with a team of providers many of you

have come to know and trust. Our new Platteville Clinic at Southwest Health makes it possible for families with insurance coverage from, for example, Blue Cross and United Healthcare and other companies, to now access the care they need.

The clinic is also just steps down the hall from all our now fully integrated local hospital services, making health care more convenient for you and making your life a little easier. That saves you time, money, and hassles.

So if insurance issues have previously prevented you from using our clinic's outstanding team of local family physicians and obstetrics providers, physician assistants, and nurse practitioners, give us a call at (608) 348-4330 to ask how your options have changed for the better.

More for Athletes

Our growing team of athletic trainers will now be on hand at practices and games at high schools in Belmont, Benton, Cuba City, Darlington, Hazel Green, Platteville, and Shullsburg (Find out more on page 7).

Futhermore, we are proud to welcome specialist Joshua Lindsey, MD, as we open the new Orthopedic Institute at Southwest Health, offering the area's most advanced orthopedic and sports medicine care. A homegrown Mineral Point native with Harvard training and dual fellowship experience, Dr. Lindsey provides championship caliber sports medicine care.

More for Women

We're also extremely proud to be opening our new Women's Center under the direction of one of America's brightest women's health specialists, Kim Christopher Mackey, MD, OB/GYN.

You can learn more about Dr. Mackey and Dr. Lindsey in two new videos on our website: southwesthealth.org. As always, it's a tremendous honor for us to serve you.

— Dan Rohrbach, CEO



"Dr. Mackey's an awesome doctor ... He made sure I understood everything and felt comfortable before he did the surgery."

EXPLORATORY SURGERY ENDS PAIN FOR LOCAL MOTHER OF TWO

As a mother of two active little girls, stay-at-home mom Mercedes Canon's days are busy, and she rarely has time for herself. Her priorities are evident in the tiny footprint tattoos she has of her daughters, Livianna, almost 2, and Vayah, 8 months, and it's not uncommon for Mercedes to set her own needs aside as she puts her daughters first. But when Mercedes' developed pelvic pain that continued to worsen after delivering Vayah, Mercedes knew she had to see a doctor.

"I knew something was wrong because the pain wasn't going away after I had my second daughter," Mercedes said. "I was really hurting."

Mercedes called to make an appointment to see Dr. Kim Christopher Mackey, an OB/GYN at Southwest Health, and was relieved when she was able to see him in town within days. During a pelvic exam, Dr. Mackey located the potential culprit of Mercedes' pain.

"When he was doing my exam, he found a bump, about the size of a jelly bean, and when he touched it, I just about jumped off the table because it was so painful," Mercedes said.

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Mercedes Canon with daughters, Vayah and Livianna

“I put it off because I thought it would heal, but it didn’t and it wouldn’t have. And now the pain is gone. Thanks to Dr. Mackey.”

Dr. Mackey ordered an ultrasound of the area to learn more. Because the ultrasound was inconclusive, Dr. Mackey suggested Mercedes undergo exploratory surgery, during which he could further examine the bump. Mercedes was hopeful this approach would be productive, although the wide range of potential outcomes made her nervous.

“When Dr. Mackey first said he felt the bump, but didn’t know what it was, there were a hundred things running through my mind of what it could be,” Mercedes said. “He said that during the surgery, if he could remove the bump, he would.”

Dr. Mackey was able to schedule Mercedes’ surgery within days and explained the surgery to her in great detail, which helped her to feel less anxious about the procedure. “He’s an awesome doctor. While he was telling me about the surgery, he sat down next to me and answered all of the questions I had. He made sure I understood everything and felt comfortable before he did the surgery.”

Thankfully, the procedure was successful, as Dr. Mackey located and removed the bump, which was determined to be endometriosis, an often painful disorder in which tissue that normally lines the inside of the uterus – the endometrium – grows outside the uterus. This condition can be effectively treated by laparoscopy, the minimally invasive surgical technique that Dr. Mackey performed on Mercedes.

“I was so relieved that it was just endometriosis,” Mercedes said. “And after my recovery, the pain I had felt was gone and has not come back.”

Because Dr. Mackey performed the exploratory surgery with minimally invasive techniques, he made very small incisions in Mercedes’ abdominal area. These tiny incisions heal quicker than larger incisions and require less recovery time with a lower risk of infection. All of this was good news to Mercedes, who has little time to rest while caring for her daughters. About one week after her surgery, Mercedes was back to doing most things in her life, and already noticed a big decrease in her pelvic pain.

The fact that Mercedes had the surgery done in Platteville, where she lived, also made the process much easier and more convenient. “With two kids, finding a babysitter and driving somewhere else, like Madison, is just not easy,” Mercedes said.

Mercedes is so pleased with the excellent care she received from Dr. Mackey, and she is “absolutely” planning to continue to see him for routine exams. She offers the following advice to women who may be struggling with pelvic pain, “If it hurts, go get it checked out. I put it off because I thought it would heal, but it didn’t and it wouldn’t have. And now the pain is gone. Thanks to Dr. Mackey.”

To make an appointment with Dr. Mackey, please call 608-342-5060.

ASK THE DOC



Back-to-school time is the right time to be thinking about your child’s immunizations. And with vaccines often in the news, there’s more to the topic than just painful pricks or when to get them. That’s why **Dr. Aditya Sukhwal** (Family Practice &

Obstetrics Physician at the Platteville Clinic at Southwest Health) takes the time below to answer some common questions about immunizations and the importance of a well-child exam.

Why is it important that children get immunized?

The development of vaccinations has made a huge difference in reducing the incidence of diseases such as polio, TB, and measles. Many parents today have merely heard of these diseases and their destructive effects, but these diseases still exist today. In fact, outbreaks of these illnesses are most likely to occur in areas where vaccination rates are low. Keeping your child up-to-date with immunizations will help protect his or her health for a lifetime.

Are vaccines safe?

Before any vaccines are given to anyone in the United States, they are rigorously tested to ensure they are safe, with as few side affects as possible. It is true that vaccines can cause tenderness near the injection site, but that is temporary and minor when compared to the lasting health impact of a serious disease.

What additional steps help keep kids healthy?

Bring your child to see his or her doctor annually for a well-child exam, which consists of more than just vaccinations. Pediatricians and family practice physicians will check your child’s height and weight to ensure he or she is growing appropriately, and will also talk with your child to monitor cognitive development. Well-child exams are an excellent chance for parents to ask their physician any questions they may have about the child’s development or other health concerns.

Please contact your family physician to schedule a well-child exam and/or vaccinations.

Some parents are worried about immunizations, but the reality is vaccines are safe and necessary for good health. Below are some common myths.

Myth: Vaccines can make you sick.

Fact: A low fever, soreness around the injection and aches are common. Those mild side effects show that our body is getting ready to fight the disease.

Myth: Vaccinations can cause autism.

Fact: No credible scientific study has ever linked autism to immunizations.

Myth: Vaccines can cause the disease they are supposed to prevent.

Fact: There are no vaccines that contain the exact live germ that can cause that disease. Most vaccines contain only a copy of part of the germ, which helps the body make antibodies that fight the disease.

Talk with your doctor or nurse if you have concerns.

Immunizations required in the state of Wisconsin for school-aged children:

- For children in pre-K (2-4 years old):
 - 4 doses of the DTP/DTaP/DT (Diphtheria, Tetanus, Pertussis) vaccine
 - 3 doses of the Polio vaccine
 - 3 doses of the Hepatitis B vaccine
 - 1 dose of the MMR (Measles, Mumps, Rubella) vaccine
 - 1 dose of the Varicella (Chickenpox) vaccine
- For children in grades kindergarten through 5:
 - 4 doses of the DTP/DTaP/DT (Diphtheria, Tetanus, Pertussis) vaccine
 - 4 doses of the Polio vaccine
 - 3 doses of the Hepatitis B vaccine
- For children in grades 6 through 12:
 - 2 doses of the MMR (Measles, Mumps, Rubella) vaccine
 - 2 doses of the Varicella (Chickenpox) vaccine
 - 1 dose of the Tdap (Diphtheria, Tetanus, Pertussis Adolescent booster)
 - 4 doses of the DTP/DTaP/DT (Diphtheria, Tetanus, Pertussis) vaccine
 - 3 doses of the Polio vaccine
 - 3 doses of the Hepatitis B vaccine
 - 2 doses of the MMR (Measles, Mumps, Rubella) vaccine
 - 2 doses of the Varicella (Chickenpox) vaccine

SOUTHWEST HEALTH WELCOMES PLATTEVILLE CLINIC PROVIDERS

We're delighted to announce that after working closely together for years, Southwest Health has purchased Dean Clinic-Platteville to bring you improved access to care. Patients will continue to receive the same great care from their providers of choice because all physicians and advanced practice providers are now officially members of the Southwest Health team. And, since our Platteville Clinic providers are directly employed by Southwest Health, they now also accept a wider variety of insurance plans, too.

"We know our patients benefit from Southwest Health partnering more closely with our local providers," says CEO Dan Rohrbach. "It allows us to coordinate services, and that results in better care for patients because everyone is on the same team, focusing on our patients." Dan says direct employment of providers also helps control costs, and closer partnerships allow hospitals and doctors to better coordinate care to be more responsive to patients' needs.

We understand hassle-free care is important to you. Being here with the care you need means you not only save time and money but also receive your care right where you want it—close to home near family and friends, without all the hassles of traveling to Dubuque or Madison. Now, our providers also accept a wider range of insurances (including Blue Cross and United Healthcare), thanks to the becoming part of our growing network of care. It all means more doctors, more care, and more convenience for you and your family.

The hours of the Platteville Clinic at Southwest Health will remain the same: Monday from 7 am - 6 pm; Tuesday through Friday from 7 am - 5 pm. To schedule an appointment, call 608-348-4330.

The future of amazing healthcare is now under the same roof—and the same name. We are pleased to welcome these outstanding providers to the Southwest Health team:



Amanda Addison, APNP



Vanessa Berg, MD



Kevin Carr, MD



Craig Homan, PA-C



Jerome Huebner, MD



Andrew Klann, DO



Jason Klovning, MD



Wendy Molaska, MD



Brian Sachs, MD



Aditya Sukhwai, MD



Nancy Swailes, APNP



James Yurcek, MD

HELPING AREA ATHLETES

At Southwest Health, we love sports and we love athletes. That's why we're opening the Orthopedic Institute in August, and that's why we've expanded our Athletic Training outreach to area schools. Helping athletes at all levels stay healthy, get back in the game and achieve their best performances is our expertise and our passion.



And that's also why The Orthopedic Institute at Southwest Health is thrilled to welcome orthopedic surgeon and sports medicine specialist **Joshua Lindsey, MD**, to our team.

Success is where preparation and opportunity meet

Dr. Lindsey grew up in Mineral Point and is excited to be back in southwest Wisconsin. He brings with him tremendous advances in care acquired through his extensive additional training that includes not one, but two high-level fellowships at prestigious medical schools. He's the son of prominent local surgeon Everett Lindsey, MD, and credits his parents with instilling him with a passion for caring, healing and bringing people back to health.

After earning his medical degree at UW Madison and furthering his training in Seattle, Dr. Lindsey went on to complete additional higher level training. This includes a fellowship specializing in hip and knee reconstruction at Harvard Medical School's Brigham and Women's Hospital as well as a separate second fellowship in shoulder and sports medicine at the University of Rochester in upstate New York. Through those fellowships, he handled tough cases, gaining tremendous experience working alongside many of the nation's premier orthopedic specialists.

Creating a Champion Team

Dr. Lindsey's expertise pairs perfectly with a second-to-none team of rehabilitation experts at the new Orthopedic Institute. Our team of highly trained professionals helps athletes and nonathletes alike recover from injury and surgery as quickly as possible to get them back to doing what they love. In addition, our athletic trainers help athletes of all ages excel at their given sports. In fact, this fall, the Orthopedic Institute at Southwest Health will introduce a very special new sports performance



Pictured from left are Athletic Trainers Joe Freichs, ATC, LAT; Benton Rose, ACT, LAT: AMS-PES; and Brian Regan, MS, ATC, LAT.

center for athletes who dream of truly excelling at their sports. Designed to turn athletes' hard work into their best performances, **The Edge** will feature masters-level experts armed with scientifically proven and sport-specific methods, personalized for you to optimize your results. **The Edge** will be the first of its kind anywhere in the area.

We're also very proud to have created a team of outstanding athletic trainers who provide essential outreach to area high schools. They are certified, licensed healthcare professionals who work directly on-site at Belmont, Benton, Cuba City, Darlington, Platteville, Shullsburg, and Southwestern high schools. Our trainers are there to keep student athletes going strong and healthy, to stay injury free and to assist them in coming back from injuries.

For more information about The Orthopedic Institute at Southwest Health, about our sports medicine services or to schedule an appointment to see Dr. Lindsey, call 608-342-5060. Or visit southwesthealth.org/orthopedics.



— COMING SOON ... MORE

Through our long winter and into this hot summer – dodging disaster at the hands of an F2 tornado – we made tremendous progress at Southwest Health that continues even now as this *Heart 2 Heart* arrives in your home.

And today, with 20,000 additional square feet of modern new medical facility nearly complete, we stand prepared to do more, to be more and to deliver more care to you than ever before.

More for Women

The new Women's Center at Southwest Health will be home to the advanced expertise and remarkable approach to caring that is the trademark of OB/GYN specialist Dr. Kim Christopher Mackey and his team. The Women's Center offers the full range of obstetrical and reproductive services, from fertility care to delivery. Gynecological services include all aspects of women's health from adolescent issues to menopause, including problem periods, contraception, ovarian cysts, fibroids, incontinence and more.

More Bone, Joint, and Shoulder Care

With the arrival of our Harvard-trained orthopedic specialist Joshua Lindsey, MD, also comes the opening of our new Orthopedic Institute at Southwest Health. Together, they'll offer the most advanced orthopedic care in the region, including the latest techniques in surgery, rehab therapy and more.

More for Athletes

Dr. Lindsey and the staff at the Orthopedics Institute believe an athlete's hard work should not go unrewarded. That's why they offer advanced sports performance services including activity-specific training and rehab services dedicated to getting you, and keeping you, in game shape. Plus, later this fall, the Institute will be unveiling an especially exciting new sports performance service – The Edge – designed to turn athletes' hard work into their best performances. The Edge will optimize results with masters-level experts delivering scientifically-proven, sport-specific techniques personalized to our clients' needs.

More Physicians and More Access to Care

Our new spaces will also be home to our outpatient physician specialist clinics, featuring audiology, cardiology, gastroenterology, neurology, otolaryngology (ENT), pain management, pediatric neurology, and urology. And of course, with the Platteville Clinic joining our organization recently, you also now get more access to more physicians than ever. As part of Southwest Health, clinic providers can accept a wider range of insurances (including now Blue Cross and United Healthcare among others), giving you and everyone in southwest Wisconsin greatly improved access to care.

More Technology, More Capabilities and More Personalized Care

This project comes on the heels of major recent investments in advanced CT and MRI technologies, providing your doctors unprecedented abilities to diagnose illness and help you get better faster. You'll also experience more comfort throughout our facility and enjoy more privacy while registering.

More Jobs and a Better Local Economy

Importantly, by investing in healthcare, we're also investing in our local communities. When we create better care for you and your family, we're also creating more jobs and keeping tens of millions more healthcare dollars in our communities every year. And that means our families as well as our local economy both get healthier and thrive.

Southwest Health is on the move, offering you more of everything you need to get better faster ... without all the added costs and hassles of traveling to Dubuque or Madison. More doctors, more services, and more technology than ever before, more specialists, more comfort, more privacy and more access to great medical care, all while creating more high-quality jobs to fuel our local economy.

We're doing more for you to make life easier and get you better faster. Keeping you happier and healthier is our No. 1 goal.

JUST FOR MEN

Summer schedules are notorious for filling-up with vacations, outdoor festivities, and other seasonal fun. It would be easy to get too busy and forget about your health. Instead, take time this summer to get your regular screenings, and keep your health on track. Here's a list of important screening guidelines:

- Blood pressure screenings: Every two years for men age 40-64. If your blood pressure is above 120/80, have it checked every year
- Cholesterol screening for heart disease prevention: Every five years after age 34
- Colon cancer screening: Colonoscopy every 10 years for men ages 50-75; anyone with a family history of the disease or with previous problematic colonoscopies will likely need to be screened more often

- Prostate cancer screening: Men over age 50 should talk with their doctor about undergoing a screening, which will include a Prostate-Specific Antigen (PSA) blood test. African-American men and men with a family history of the disease should discuss the screening at 45 years old.
- Dental exam: Every year
- Eye exam: Every two years
- Immunizations:
 - Flu vaccination: Every year
 - Tetanus-Diphtheria booster vaccination: Every 10 years

VOLUNTEERS HELP MAINTAIN PLATTEVILLE TRAILS



Resources like the Platteville Community Arboretum's (PCA) trails through Platteville are vital to the long-term health and wellness of our community. They're also good fun for everyone who lives nearby and an important draw for local tourism. Anthem Blue Cross & Blue Shield employees help the PCA maintain the trails by picking up trash and debris, keeping the area clean and neat for the many people who use the trails regularly. We thank these volunteers for their work. Southwest Health is also partnering with the PCA to bring a new event to the trail to encourage use of this vital local resource. Unfortunately, the area's recent F2 tornado severely impacted parts of the trail, requiring extensive new cleanup efforts. Look for updates on the trail and the PCA/Southwest Health event at facebook.com/southwesthealth.

HEART-HEALTHY RECIPE

Summertime is a perfect time to grill delicious, fresh and healthy food. Try this recipe from the American Heart Association.

Grilled Lemon-Sage Chicken

Ingredients:

- 1 teaspoon olive oil
- 1 teaspoon grated lemon zest
- 1/4 cup fresh lemon juice
- 1/4 cup chopped fresh sage leaves
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried, crushed
- 2 or 3 medium garlic cloves, minced
- 1 teaspoon black peppercorns, cracked
- 1/2 teaspoon salt
- 6 boneless, skinless chicken breast halves (about 4 ounces each)
- 6 lemon slices, cut in half (optional)
- Fresh sage leaves (optional)

Directions:

1. In a large resealable plastic bag, combine the first eight ingredients (the marinade).
2. Remove all the visible fat from the chicken.
3. Place the chicken between two sheets of plastic wrap. Using the smooth side of a meat mallet, or a rolling pin, lightly flatten the chicken to a thickness of 1/8 inch.
4. Add chicken to the marinade bag. Seal the bag and turn to coat. Refrigerate for 30 minutes to 8 hours, turning occasionally. Discard the marinade.
5. Preheat the grill on medium-high and grill the chicken for 6 to 7 minutes on each side, or until no longer pink in the center (internal temperature should be 165 degrees).
Optional: garnish with the lemon slices and sage leaves.

Nutritional Analysis:

Calories: 125	Protein: 26 g
Fat: 1.5 g	Carbohydrates: 0 g
Saturated fat: .5 g	Sugars: 0 g
Cholesterol: .5 g	Dietary fiber: 0 g
Sodium: 268 mg	

QUICK TIPS



Avoiding BBQ Disaster

Nothing casts a gloom on a summer barbeque like food poisoning. Follow these food safety guidelines from the United States Department of Agriculture, and your family and friends will enjoy every moment of your summer picnics.

- Thaw meat completely before grilling to help it cook more evenly.
- Marinate your meat in the refrigerator, not on the counter, to keep the meat at a safe temperature.
- Pack plenty of ice packs in your cooler if you're transporting raw meat. Keep meat at 40 degrees F, or colder.
- Keep a meat thermometer handy to check as you're grilling to ensure your meat reaches the following minimum internal temperatures (which will kill foodborne pathogens):
 - Poultry (whole chicken, breasts, group chicken): 165 degrees
 - Beef, pork, lamb and veal: 145 degrees
 - Ground meats: 160 degrees
- To avoid cross-contamination, keep dishes and utensils that have handled raw meat separate from those that will be handling cooked meat, or wash them thoroughly between uses.
- Refrigerate leftovers promptly and throw away any food that has been left out longer than two hours (one hour if the temperature is above 90 degrees).