

For the

Life of You

Winter 2018



Partnering with Women on Life Transitions From Pre-Conception Counseling to Post-Menopausal Care



Rebecca Faber, MD
Obstetrics/Gynecology

Dr. Rebecca Faber is excited about having clinic hours at the SSM Health Dean Medical Group - Stoughton. Dr. Faber grew up in Two Rivers, Wisconsin, a community similar in size to Stoughton. After attending the University of St. Thomas in St. Paul, Minnesota and Medical School at UW Wisconsin-Madison, she joined SSM Health Dean Medical group to practice Obstetrics/Gynecology.

A Partner for Life

Dr. Faber was attracted to Obstetrics/Gynecology because she can build life time partnerships with women. From family planning to post-menopausal care, Dr. Faber stresses "this isn't something you have to do alone, we can be a team." She is thrilled to have Cynthia Edwards, PA-C and Stoughton native, as part of that team.

Contraception & More

Women usually see an OB/GYN for the first time to talk

about contraception and pre-conception counseling. For pre-conception counseling, Dr. Faber will make sure you are in good health and begin taking prenatal vitamins. She also sees younger women for fertility concerns and menstrual irregularities.

The Convenience of Local OB Appointments

Dr. Faber is pleased to be able to offer OB office visits in Stoughton for her pregnant patients. She delivers babies at SSM Health St. Mary's Hospital - Madison.

Mid-Life Changes

In a woman's late forties, perimenopause, the transitional time before menopause, can begin. At this time a woman gradually begins producing less estrogen and the drop in estrogen production speeds up closer to menopause. A woman's perimenopause experience can last a few months or up to 12 years. Some women experience very few symptoms while others have many. Dr. Faber encourages women to come in to see her about options to make perimenopause and menopause more comfortable. "Women should not have to suffer in silence," she explains. "Or feel like they have to 'tough' it out." There are some very safe and effective options for hot flashes and other symptoms including low dose hormone pills or vaginal estrogen creams/pills. The key is to talk to your doctor to see what is right for you. *(continued)*



Coping & Thriving with Women's Life Transitions

Dr. Rebecca Faber will talk about women's life transitions and how to not only cope, but thrive at any age.

Wednesday, February 28th at 5:30 p.m.

Stoughton Hospital

Bryant Health Education Center

To register for Dr. Faber's free talk, please go to stoughtonhospital.com and click on "Classes & Events."

The Healing Effects of Nature



Mary Link
Stoughton Hospital
Foundation Director

Research has shown the therapeutic benefit of gardens. Patients recovering from surgery with views of nature had shorter post-operative stays, took less pain medication and experienced fewer complications. Clinical studies have also found viewing nature produces positive changes in a patient's blood pressure, heart rate, muscle tension and the production of stress hormones.

At Stoughton Hospital, we strongly believe hospital surroundings can positively affect the mood, stress-level and over all well-being of our patients and their families.

That's why with your help, we will be creating a Wellness Garden.

The Wellness Garden will be located on the west side of the hospital campus next to the ambulance garage and will have a view of the Yahara River. We envision the Wellness Garden as a quiet oasis, a respite and place of solitude; a place where the community can gather to revitalize their mind, body and spirit.

The Wellness Garden will feature open areas for wellness activities such as yoga, Tai Chi, physical therapy and rehabilitation. It will also be a space for community-centered events such as the Partners of Stoughton Hospital flower sales.

Future considerations include connecting the Wellness Garden with the Yahara River Bike Trail, allowing trail access from Madison to Stoughton.

The Partners of Stoughton Hospital donated \$25,000 to complete the first phase of the project by having two paths cleared and mulched, stretching from the top portion future Wellness Garden to the hospital all the way to the Yahara River.

Moyer's Inc., Landscape Services & Hometown Nurseries, donated services to create a design for the remaining areas of the garden.

We hope to begin construction in the spring and complete before Labor Day 2018. The estimated cost to build the Wellness Garden is \$100,000. With donations from the Stoughton Hospital Foundation, the Partners of Stoughton Hospital and Love Light Celebrations, over half has been raised.

I hope you will consider making a gift in support of the Wellness Garden to help us grow!

Happy holidays and the best in 2018!
Mary Link

Future Wellness Garden



Astym Treatment Gaining Popularity

At both the Stoughton and Oregon Rehab & Sports Medicine Clinics, our certified Astym therapists are using this highly effective treatment. Astym has the ability to resolve tendinopathies, scar tissue problems, and other soft tissue dysfunctions. The Astym process stimulates the body to regenerate and remodel tissues. Response rates to Astym therapy are high, and most patients experience improvement quickly.



Astym Treatment of the Calf Muscle

Certified Providers

Only certified Astym clinicians offer this therapy. Clinicians undergo intensive training and testing to obtain certification and provide the results people have come to expect from Astym treatment.



Taylor Borgrud, DPT
Physical Therapist
Astym Certified



Carin Johns, DPT
Physical Therapist
Astym Certified



Melissa Monte, OT
Occupational Therapist
Astym Certified



Elizabeth Weihert, DPT
Physical Therapist
Astym Certified

Welcome Dr. Jeffrey Larson Plastic, Reconstructive & Hand Surgeon



Dr. Jeffrey Larson
Plastic, Reconstructive &
Hand Surgeon

We are pleased to welcome board certified plastic, reconstructive and hand surgeon, Dr. Jeffrey Larson to Stoughton Hospital. Dr. Larson performs the full spectrum of plastic surgery and has additional training in reconstructive microsurgery and aesthetic surgery. He specializes in face lifts, Botox, skin grafts, melanoma removals, breast reconstruction/implants, nerve and vessel reconstruction.

Insurance Accepted: Physicians Plus, Quartz, Unity, Medicare, Medicaid, private pay and more. Please check with your individual plan regarding coverage of services at Stoughton Hospital.

Appointment Information: Please call (608) 417-6175 to schedule an appointment with Dr. Larson.

Plastic Surgery: It Offers More Than You Think

Plastic surgery is much more than cosmetic and non-surgical procedures. It includes reconstructive (helping those who suffer from cancer, traumatic injuries or birth defects) to hand surgery (carpal tunnel syndrome, trigger finger and tendon injuries). Join Dr. Jeffrey Larson in March to learn more about the benefits of plastic surgery. This presentation is open to everyone, regardless of insurance.

Tuesday, March 13th at 6 p.m.
Stoughton Hospital
Bryant Health Education Center

To register for Dr. Larson's free talk, please go to stoughtonhospital.com and click on "Classes & Events."

Stoughton Rehab & Sports Medicine Clinic

Located at the Stoughton Wellness and Athletic Center
2300 US Highway 51-138
Stoughton, WI 53589
Phone: (608) 873-2292

Oregon Rehab & Sports Medicine Clinic

990 Janesville Street
Oregon, WI 53575
Phone: (608) 835-5373

Stoughton Hospital President/CEO Terry Brenny Announces Retirement



Terry Brenny
Stoughton Hospital
President & CEO

After 27 plus years of dedicated service to Stoughton Hospital and the community, President/CEO Terry Brenny, has announced his planned retirement from Stoughton Hospital effective June 1, 2018.

Under Brenny's leadership, Stoughton Hospital experienced significant growth and success. Brenny guided the hospital through many major changes including: conversion to

electronic health records, opening two satellite clinics, starting Stoughton Hospital Home Health Program, developing a hospitalist program, and initiating the first Dane County valet and room service for patients and visitors. Beginning in 1995 the hospital implemented its first major construction and renovation project and followed with three more - the most recent being a \$13.2M project completed in April 2017.

Brenny's tenure at the hospital has been recognized with multiple awards and accolades which he attributes to the hospital's Excellence Together Program initiated in 2006. Stoughton Hospital consistently leads the industry with exceptionally high patient, physician and employee satisfaction and engagement scores monitored through Press Ganey. Brenny has been a champion in creating a culture where patients, employees and physicians are engaged, fulfilled and focused on the mission of Stoughton Hospital to "provide safe, quality healthcare with exceptional personalized service" to their patients and families.

Is a Breast MRI Right for You?

You may have heard of breast MRIs and wonder if you should have one. A breast MRI is most often used to screen for breast cancer in women thought to have a high risk of the disease. A breast MRI may also be used to assess the extent of breast cancer.

Your doctor may recommend a breast MRI if:

- You've been diagnosed with breast cancer and your doctor wants to determine the extent of the cancer and for treatment planning purposes
- You have a suspected leak or rupture of a breast implant
- You're at high risk for breast cancer
- You have a strong family history of breast cancer or ovarian cancer
- You have very dense breast tissue
- You have a hereditary breast cancer gene mutation (e.g., BRCA1 or BRCA2)

Benefits of an MRI:

- No radiation
- Both breasts performed at same time in order to diagnose cancer and/or provide peace of mind for patients at high risk.

Scheduling an Appointment

If you and your doctor think a breast MRI is the right choice for you, contact Stoughton Hospital Medical Imaging at (608) 873-2299 to schedule an appointment.



Partnering with Women on Life Transitions (continued)

Endometrial Ablation

When heavy bleeding is affecting a woman's quality of life, Dr. Faber talks to her patients about medical and surgical options such as endometrial ablation. Endometrial ablation removes the endometrium, the lining of the uterus. It is an outpatient procedure performed at Stoughton Hospital.

Urinary Incontinence/Pelvic Prolapse

Dr. Faber has referred many patients struggling with urinary incontinence or pelvic prolapse to physical therapy to strengthen the pelvic floor muscles. A surgical option includes a hysterectomy and re-suspending the bladder. Either of these options has the potential to improve a woman's quality of life.

Insurance Information

Dr. Faber accepts the following Dean Health Plan insurance types:

- Administrative Services/ASO
- BadgerCare Plus/Medicaid
- Commercial HMO/POS Insurance
- Dean Focus
- Medicare Advantage
- Medicare Gold
- Medicare Select
- PPO

Contact Dr. Faber

To make an appointment to see Dr. Faber in Stoughton at the SSM Health Dean Medical Group, please call (608) 877-2777.

Calendar of Events

To register for classes and events, please go to stoughtonhospital.com and click on "classes and events." Questions? Please contact Sonja at 873-2356.

Health Education & Wellness Classes at Stoughton Hospital

Unless otherwise noted, all health education and wellness classes are held in the Bryant Health Education Center.

Making and Using Essential Oils Products

Join Melissa Newton, The Oily RN, and Certified Clinical Aromatherapist Practitioner, to learn how to eliminate harsh, toxic chemicals from your home. A hands-on demonstration will show you how to make quick and easy natural, non-toxic products like deodorant, lip balm and many more. To register go to www.theoilyrn.org then choose Classes then Events to register and pay.

Thurs, Jan 11th at 6 p.m. \$10 per person

Mastering Your Cell Phone

Join us to learn about the features available on your cell phone. Individual instruction from Stoughton High School Key Club members will be offered.

Be sure to bring your phone!

Wed, Jan 17th at 4 p.m.

FREE

Yoga for Menopause

This class will focus on postures to balance mind, body and the hormonal effects of menopause. Provided by Stoughton Yoga. Please bring a yoga mat or large towel. Chairs are available for those who have trouble getting up and down off the floor. This class will be held in the Stoughton Hospital Health Center, 125 Church Street, just south of Stoughton Hospital.

Sat, Jan 27th from 11 a.m. to noon FREE

Yoga for a Healthy Down-town

This class will focus on yoga postures for a strong, stable and open lower body. Provided by Stoughton Yoga. Please bring a yoga mat or large towel. Chairs are available for those who have trouble getting up and down off the floor.

Sat, Feb 10th from 11 a.m. to noon FREE

5 Easy Steps to Creating Inner Peace

Are life's demands leaving you with stress, anxiety or fear? Join Tina Mancusi, MSSW, to learn how to transform your life by using 5 Easy Steps to create greater inner peace and balance. This workshop is open to ages 14 - Adult.

Thurs, Feb 22nd at 6 p.m.

FREE

Coping & Thriving with Women's Life Transitions

Dr. Rebecca Faber will talk about women's life transitions and how to not only cope, but thrive at any age.

Wed, Feb 28th at 5:30 p.m. FREE

Essential Oil Basics

Join Melissa Newton, The Oily RN, and Certified Clinical Aromatherapist Practitioner, to learn the basics of essential oil safety, usage and storage. Melissa will also share how essential oils can be used as a non-toxic way to clean your home and the air within.

Thurs, March 1st at 6 p.m.

FREE

Plastic Surgery:

It Offers More Than You Think

Plastic surgery is much more than cosmetic and non-surgical procedures. It includes reconstructive (helping those who suffer from cancer, traumatic injuries or birth defects) to hand surgery (carpal tunnel syndrome, trigger finger and tendon injuries). Join Dr. Jeffrey Larson to learn more about the benefits of plastic surgery. This presentation is open to everyone, regardless of insurance.

Tues, March 13th at 6 p.m.

FREE

Making a Positive Impact on Your Credit & Credit Score

This class will teach participants the right way to obtain a credit report and how to read those reports. Learn what goes into your credit score, how it's affected and how to establish and maintain a high/positive credit score. Participants will also gain tips on how to effectively pay down debt and maintain a debt free life. This presentation will be offered by Summit Credit Union.

Thur, April 5th at 4:30 p.m.

FREE

Healthy Heart Classes

Our healthy heart classes are held on Wednesdays, are FREE and open to the public. Please check in at the hospital main lobby information desk prior to all heart healthy classes.

Clean Start: Eat Clean and Live Well

Do you want to eat healthy but don't know where to start? Are you concerned about the chemicals, additives, GMO's, preservatives and other things you can't pronounce in your food?

Whole, healthy and fresh foods are your ticket to good health and will leave you feeling healthy and energized. Learn how with Clean Start.

March 7th or May 2nd at 9:15 a.m.

Diabetes Management

Diabetes 101: Learn how diet, exercise and medication can work together to control your diabetes.

Feb 28th or April 25th at 9 a.m. or 2 p.m.

Exercise Guidelines

How does exercise benefit my heart and prevent chronic disease?

Jan 31st, March 28th or May 23rd at 9 a.m. or 2 p.m.

Heart Healthy Nutrition

Focus on the Mediterranean Diet

Feb 17th, April 4th or May 30th at 9:15 a.m.

Reducing Your Risk Factors

Why do I have heart disease? How can I prevent another heart attack, stent or surgery?

Feb 14th or April 11th at 9 a.m. or 2 p.m.

Understanding Cholesterol

Learn the goals for cholesterol numbers, and how lifestyle changes and medication can help you reach them.

March 14th or May 9th at 9 a.m. or 2 p.m.

Understanding Heart Disease

How does heart disease happen? How can it be treated?

Jan 24th, March 21st or May 16th at 9 a.m. or 2 p.m.

For the Life of You is published by Stoughton Hospital. If you would like to be removed from this mailing list or receive this publication electronically, please e-mail pr3@stohosp.com or write to:

Public Relations
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900 Ridge Street
Stoughton, WI 53589

Editor: Laura Mays
Contributing Writer/Graphics: Linda Schaefer



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MADISON, WI

Emergency & Urgent Care Services

Stoughton Hospital

900 Ridge Street, Stoughton
Emergency 24-7

Urgent Care Daily 6:00 a.m. to 11:00 p.m.

Oregon Urgent Care Clinic

990 Janesville Street, Oregon
Monday to Friday 5:00 p.m. to 10:00 p.m.
Saturday and Sunday noon to 10:00 p.m.

Calendar of Events

Please Join Stoughton Hospital at these Community Events

Parkinson's Exercise Program

Stoughton Rehab in collaboration with the Stoughton and Oregon Senior Centers offers group exercise classes that focus on increasing the "bigness" of one's movement resulting in improvement in overall function, including walking and balance. The class works on improving function, mobility, quality of life and fall reduction in a fun atmosphere.

All new participants must receive physician's authorization prior to starting the class. A request is made for a \$5 donation per session.

*Oregon Area Senior Center
219 Park Street, Oregon
Tuesdays, Jan 9th to March 20th
10:30 to 11:15 a.m.*

*To register please call the Stoughton Hospital
Oregon Rehab Clinic at (608) 835-5373*

*Stoughton Area Senior Center
248 W Main Street, Stoughton
Fridays, Jan 5th to May 25th
1 to 1:45 p.m.*

*To register please call the Stoughton Hospital
Stoughton Rehab Clinic at (608) 873-2313*

Stepping On Workshop

Stepping On can help you avoid dangerous and costly falls.

*Oregon Area Senior Center
219 Park Street, Oregon
Thursdays, Jan 11th to Feb 22nd
1 to 3 p.m.*

*To register or for more information, contact
Anne Stone
Phone: (608) 835-5801
Email: AStone@vil.oregon.wi.us*

Oregon-Brooklyn Wellness Expo

This is a FREE event with activities for the entire family.

*Sat, Jan 13th from 9 a.m. to noon
Oregon High School
456 N Perry Parkway, Oregon*

2018 Madison Well Expo

Daily admission is just \$5 or free with two nonperishable food items. For details on the event, visit wellexpomadison.com.

*Monona Terrace, One John Nolen Dr, Madison
Fri, Jan 19th 3 to 8 p.m.
Sat, Jan 20th 9 a.m. to 4 p.m.*

Support Groups

All support groups meet in the Stoughton Hospital Lobby Conference Room.

Crohn's, Colitis & IBD Support Group

Meets 3rd Wednesday of the month at 5:30 p.m.

Contact: Marilyn at (608) 873-7928

Diabetes Support Group

Meets the 2nd Monday of the month 6 to 7 p.m.

Contact: Sonja at (608) 873-2356

Blood Drives

American Red Cross Blood Drives

Stoughton Hospital
Bryant Health Education Center
Held 3rd Friday of each month
8 a.m. to 1 p.m.

Visit redcrossblood.org or call 1-800-RedCross to make an appointment.