

## Nothing to Sneeze at: Treating Sinusitis



**Steven Lyon, M.D.**  
Otolaryngologist

Spring will soon be in full bloom, and for many area residents, so will sinus problems. From lingering colds to allergies the root cause of sinusitis can abound as the weather warms.

### What is Sinusitis?

Sinusitis is swelling of the tissue lining the sinuses. Under normal circumstances, sinuses are filled with air. When the sinus cavities become blocked and fill with fluid, germs including bacteria and viruses can grow, causing an infection.

Sinusitis can occur in one of a few different variations:

- **Acute Sinusitis:** a sudden onset of cold-like symptoms like a runny, stuffy nose and facial pain that doesn't go away after ten to 14 days. Acute sinusitis usually lasts about four weeks or less.
- **Subacute Sinusitis:** An inflammation of the sinuses lasting four to eight weeks.
- **Chronic Sinusitis:** Sinus inflammation symptoms lasting eight weeks or longer.
- **Recurrent Sinusitis:** When several sinusitis attacks occur within one year.

### How is Sinusitis Diagnosed?

"The key to proper, effective treatment really is accurate diagnosis," says Dr. Lyon. "Because lots of different nasal and sinus problems can have similar symptoms, diagnosis can be difficult and so treatment can be misdirected. If your nose is blocked up, and you can't get relief, it may be that you are treating the wrong problem and you may need help in identifying the real cause before you can get relief. It may be allergies, sinus infection, polyps, deviated septum, or dried mucous and each might require a different treatment."

"Nasal complaints can also commonly occur as side effects of common medications and the treatment might be as simple as changing the medication or the dose," says Dr. Lyon. "So talking with your doctor about any potential underlying cause can help clear up issues without the need for additional medications and treatments."

To diagnose sinusitis, your doctor will review your symptoms and give you a physical exam that should include looking carefully in your nose and throat, and sometimes feeling and pressing your sinuses for signs of tenderness. Your doctor may also tap your teeth to check for an inflamed paranasal sinus.

Additionally, diagnostic tests for the cause of sinusitis can include a mucus culture, nasal endoscopy, x-rays, allergy testing, CT scan of the sinuses or blood work.

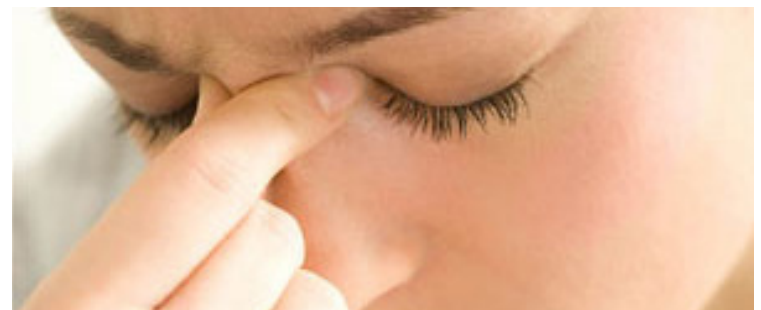
### Can I Manage My Symptoms at Home?

Sinusitis sufferers can do a lot to start treating their symptoms with over-the-counter medications to relieve pain and congestion.

"The most important thing to do when choosing a medication would be select the one to treat your specific symptoms that are bothering you the most, so read the label carefully: for a stuffy nose, get a decongestant. If you're coughing, find a cough suppressant. If pain and pressure are your most significant symptom, choose a pain reliever," says Dr. Lyon.

For colds and acute sinusitis with bothersome nasal stuffiness, Dr. Lyon recommends topical decongestant nasal sprays (look for the ingredient oxymetazoline). Decongestant nasal sprays deliver a directed dose of medication to your mucous membranes and relieve the miserable nasal stuffiness, so you can work and sleep better while your body works on overcoming your infection. Unfortunately, because excessive continuous use of nasal spray can sometimes cause severe "rebound congestion," these medications are not recommended for use longer than about three or four consecutive days.

(Article continued on inside)



### Propel Stent Delivers Medication Where You Need It

New technologies are creating breakthrough treatments for chronic sinusitis sufferers. The Propel Stent is a new procedure that uses a stent implant to deliver targeted medication directly to inflamed areas of a patient's sinus cavities.

The stent is a method of holding the inflamed areas open and providing a sustained delivery of an immunosuppressant steroid directly to the mucous membranes.

The Propel Stent procedure is currently being performed at Stoughton Hospital.

# Quality Scores Top State & National Averages

Patient satisfaction is a cornerstone of quality patient care at Stoughton Hospital. Recent survey results show Stoughton Hospital continues to lead the way in patient satisfaction. HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) is a national survey that asks patients about their experiences during a recent hospital stay. Patients are asked 10 important hospital quality questions. With the latest survey results, Stoughton Hospital exceeded state and national averages in all areas. For more information or to compare hospitals, please go to [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov).

## HCAHPS 7-1-12 to 6-30-13 Quality Care Scores

Measure Description	Stoughton Hospital	Wisconsin Average	National Average
Patients who reported that their nurses “Always” communicated well	90%	82%	79%
Patients who reported that their doctors “Always” communicated well	88%	83%	82%
Patients who reported that they “Always” received help as soon as they wanted	82%	72%	67%
Patients who reported that their pain was “Always” well controlled	83%	72%	71%
Patients who reported that staff “Always” explained about medications before giving it to them	72%	68%	64%
Patients who reported that their room and bathroom were “Always” clean	92%	79%	73%
Patients who reported the area around their room was “Always” quiet at night	68%	63%	61%
Patients who reported that YES, they were given information about what to do during their recovery at home	91%	89%	85%
Patients who gave their hospital a rating of 9 or 10 on a scale from 0 (lowest) to 10 (highest)	88%	74%	70%
Patients who reported YES, they would definitely recommend the hospital	85%	74%	71%

## Hospital Maintains Joint Commission Accreditation



Continuing the journey of quality, Stoughton Hospital and its home health care service have again earned The Joint Commission’s Gold Seal of Approval® for accreditation. This award is for demonstrating compliance with The Joint Commission’s national standards for

health care quality and safety in hospitals and home care agencies. These accreditation awards recognize Stoughton Hospital’s dedication to continuous compliance with The Joint Commission’s state-of-the-art standards.



Back row left to right—Dwayne Strandlie, Nancy Moskal, Beth Johnson, Terry Brenny & Christopher Schmitz  
Front row: Amy Hermes, Julie Stenbrotten & Rhonda Tesmer

## Teen Volunteer Opportunity

S.T.A.T. (Stoughton Hospital Teen Activities Team) is a volunteer program designed for teens ages 14 to 18 to engage them in healthcare and working with our patients in a supervised, supportive environment.



### Volunteers Wanted!

The S.T.A.T. Program is offered four times a year in eight week sessions. The commitment includes volunteering one two-hour session each week between the times of 3:30 to 6:30 p.m. Monday through Friday on our inpatient floors.

Activities may include visiting with patients, playing cards and games, Wii games, making crafts, and assisting staff with serving snacks and meal trays.

Ten “volunteers” are chosen through an interview process looking for individuals that are interested and enthusiastic about making a difference in the lives of our patients. It creates an opportunity for teenagers to become empowered with leadership and communication skills while being exposed to the hospital environment and community. It may also help fulfill education requirements, build a resume for college, and learn new skills while helping others.

To apply for or learn more information, please contact Stoughton Hospital Human Resources at 873-2213 or 873-2296.

# Treating Sinusitis (Con't)

Other over-the-counter treatments for sinusitis may include oral decongestants that contain phenylephrine or pseudoephedrine. These don't cause rebound congestion and can be taken for longer time periods than nasal sprays, but can cause elevated blood pressure, difficulty sleeping, or urination problems in some patients. Medications that thin mucous and improve sinus drainage like guaifenesin are also helpful. These medications are often combined with other medications like cough suppressants.

One type of over-the-counter medication to avoid when you are suffering from sinusitis is antihistamines. Antihistamines and several other common medications can dry out the mucous membranes. A dry nose does not work well. Your nose and sinuses simply can't do their job effectively when they are dry. It slows or stops the movement of cilia and mucous, which remove irritants from your airways. This can make mucus dry and thick and build up in the nose, adding to drainage and stuffiness problems. In spite of this, it is important to remember that antihistamines can be great for sneezy, itchy, watery/runny nose symptoms, like those related to allergies. If you're not sure about taking an antihistamine, check with your doctor.



Many times proper self-care and the right medication can curb a sinusitis episode without further medical intervention.

When it comes to both treating sinusitis and preventing sinus troubles, Dr. Lyon says the single best thing you can do is routine nasal saline irrigation. He says it's one of the best ways to care for your respiratory system.

Saline irrigation can help your nasal passages in several ways. They wash out the tiny irritants that we breathe in all day long and that are irritating to the nose and sinuses. Irrigations also rinse out the abnormal mucus that accumulates in the nose and damages the cilia that we need to help keep our nose and sinuses clean. The irrigations help infected or inflamed nasal and sinus linings and cilia to recover, function normally, and stay healthy. Washes can also help prevent the spread of infection and reduce postnasal drip. Especially in our dry Wisconsin winters, keeping the mucous membranes moist is vital to keeping you and your nose happy and healthy. You can find many nasal irrigators and nasal saline solutions, including

Dr. Lyon's personal favorite the Nasaline Irrigator, at many local pharmacies.

To schedule an appointment with Dr. Lyon, please call the Stoughton Dean Clinic at 877-2777.

## Vertigo Relief Found at Stoughton Hospital Rehab



Virginia Schenk found relief from vertigo with Stoughton Hospital's Physical Therapy

Virginia Schenk was looking forward to celebrating Christmas with her family, until a severe bout of vertigo hit on Christmas Eve morning. Diagnosed by the local ER with a virus, Virginia struggled with the debilitating effects of vertigo for the next nine months. Without success, Virginia tried many different avenues to find relief: her family physician, medications, chiropractor, acupuncture and physical therapy.

Then some friends saw the article "Patients Find Relief From Dizziness" in the summer 2013 edition of Stoughton Hospital's "For the Life of You." Armed with new hope, Virginia called the Stoughton Hospital's Oregon Physical Therapy Clinic and made an appointment.

After working with the physical therapist who has a special certification in vestibular rehabilitation, Virginia has her life back. To learn more about her story, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on 'patient stories.'

### About Vestibular Rehabilitation

A common cause of dizziness and balance problems is from the vestibular system. The vestibular system is the balance system in the inner ear. Balance is maintained through a combination of body systems including the vestibular system in the inner ear, vision and receptors in our joints.

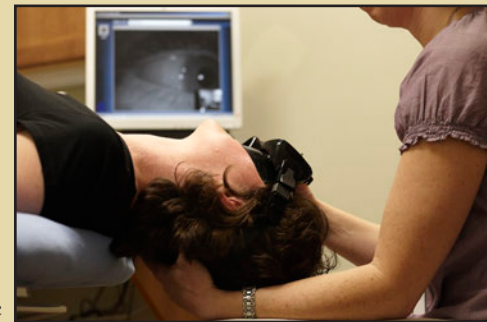
### Treatment may include

- Balance training: exercises to increase your balance
- Eye reflex training: specific eye and body exercises
- Motion tolerance exercises
- Epley maneuver: in the case of BPPV a repositioning maneuver allows the dislodged particles in the inner ear to return to the correct position which is 85-95% effective
- Home Program: if indicated a home exercise will be prescribed for strength, flexibility and endurance training

### Benefits of Choosing Stoughton Hospital

Stoughton Hospital has therapists trained and certified in the treatment of vestibular disorders. Stoughton Hospital also has specialized diagnosis abilities with the use of video infrared goggles. These goggles make clinical positional testing more sensitive in patients with vestibular disorders allowing more accurate diagnosis and treatment for improved patient outcomes.

For more information or to schedule an appointment, please call the Stoughton Rehab Clinic at 873-2292 or Oregon Rehab Clinic at 835-5373.



Patient wearing video infrared goggles.

# Keep Elbow Pain Away This Spring



**Melissa Monte**  
Occupational  
Therapist

As winter shoveling comes to an end and spring and summer digging begins, most of us are getting excited. Unfortunately the same can't always be said for our elbows. Repetitive tasks, both strenuous and simple, place stress on our bodies. While some people may know exactly what triggered their elbow pain, others will simply wake up one morning and wonder what they did wrong.

Elbow pain is one of the top concerns seen by Occupational Therapy in our outpatient clinic at Stoughton Hospital. Tennis elbow and golfer's elbow are recognized terms by many individuals, but they typically don't realize that pain at the elbow is often caused by the muscles that move the wrist. The muscles that bend our wrists forward and back originate at the elbow. The flexors attach to one side of the elbow, the medial aspect, while the extensors attach to the other, the lateral aspect.

Individuals sometimes live with pain for months before seeking help, but it's best to seek help immediately to take advantage of the inflammation that is occurring. Inflammation is an important part of the healing process. If you wait several months before beginning treatment, it's typically necessary to initiate an inflammatory response to help promote healing. Pain management can also be addressed immediately. This can include icing and orthotic management, where a counter-force brace is used to help decrease the amount of stress that is placed on the elbow with gripping and lifting. Decreasing stress and pain are the first steps to recovery.

Hopefully you are not experiencing elbow pain. If so, here are some tips to keep it that way!

**Stretching.** Before getting out into that garden make sure you do some light stretching to get your body ready. I recommend holding your stretches for 30-40 seconds. Here is a stretch for your wrist flexors and extensors:



**Strengthening.** These specific exercises will keep your forearms strong and healthy. I recommend squeezing a ball 5-10 times in each position on a daily basis. To make the exercise more challenging, keep your elbows straight.



Good luck! Hopefully this will help keep your elbows feeling well. Please don't hesitate to contact your doctor and get an order for occupational therapy if you are experiencing problems. Happy gardening!

# Welcome New Providers



**Kaye McGrath,**  
APNP Family  
Medicine Nurse

**Kaye McGrath, APNP**  
Family Medicine  
Nurse Practitioner  
Stoughton Dean Clinic  
(608) 877-2777

**Accepted Insurances:** Dean Health Plan products, various commercial health insurances, Medicare Part B, Wisconsin Medicaid, and others.



**Sigurdur**  
Einarsson, M.D.  
Gastroenterology

**Sigurdur Einarsson, M.D.**  
Gastroenterology  
Stoughton Dean Clinic  
(608) 877-2777

**Accepted Insurances:** Dean Health Plan products, various commercial health insurances, Medicare Part B, Wisconsin Medicaid, and others.



**Matthew Wolff, M.D.**  
Cardiologist

**Matthew Wolff, M.D.**  
Cardiologist  
Stoughton Hospital  
Specialty Clinic  
(608) 873-2266

**Accepted Insurances:** Physicians Plus, The Alliance, Blue Cross, Humana, WPS, WEA Trust, Medicare, Medicaid and most commercial insurance plans.

# Swinging For Health

The Stoughton Hospital Foundation is hosting its annual "Swinging for Health" golf event on Tuesday, June 17th at Stoughton Country Club.

The cost is \$95 per person which includes golf, cart and food. After the golf, the participants can relax during a short program.

Again this year is a golf ball drop 50/50 raffle. Purchase a ticket to have your numbered golf ball dropped from a helicopter. If your ball is closest to the pin, you win half the pot. The raffle is open to golfers and non-golfers and you need not be present to win. Tickets will be available for purchase in the Stoughton Hospital gift shop Monday through Friday 8:00 a.m. to 4:00 p.m. or by contacting the Stoughton Foundation office at 873-2328 or [sjohnson2@stohosp.com](mailto:sjohnson2@stohosp.com).



The golf ball 50/50 raffle returns this year.

# Calendar of Events

## Health Education & Wellness Classes at Stoughton Hospital

Unless otherwise noted, all health education and wellness classes are held in the Bryant Health Education Center. To register, please contact Sonja at 873-2356 or [pr3@stohosp.com](mailto:pr3@stohosp.com). Please register early, space is limited.

### Hernia Relief

Join Dr. David Melnick, General Surgeon, to learn about hernias, associated problems and surgical solutions.

Thur, April 24th at noon FREE

### Cooking for One to Two People

Susan Mawst, Clinical Dietitian, will help with tips, tricks and recipes for preparing healthy meals for one or two.

Wed, May 7th at 10 a.m. FREE

### Breathe Easier with Age: COPD & How it Affects You

Please join Dr. Kat Egressy, Hospitalist, to learn about COPD and strategies for coping.

Thur, May 15th at noon FREE

### Container Gardening

Learn how to make beautiful and thriving container gardens. Register to win the container made during the class!

Fri, May 30th at 10 a.m. FREE

### Essential Oils and Aromatherapy



In this workshop series learn about essential oils and the seven most universally healing oils. Information provided about safety, usage and application techniques. Participants will test different oils.

Mondays at 6:15 p.m. starting June 2nd through July 7th. \$60 for the entire 6 weeks or \$ 15 per class.

To register contact Anne at 608-577-yoga (9642), [anneadamez@gmail.com](mailto:anneadamez@gmail.com) or visit [adametzorganichealthcare.com](http://adametzorganichealthcare.com)

## StrongWomen

The StrongWomen Program is a national community-based exercise program targeted to midlife and older women. The eight week class helps women maintain muscle mass, strength, and function as they age. To learn more about the StrongWomen Program, visit [StrongWomen.com](http://StrongWomen.com)

The cost is \$35 for the entire series. Payment is non-refundable and registration is required by June 13th.

June 17th to Aug 7th (Tue & Thur) from 5:45 to 6:45 a.m. at Netberwood Knoll Elementary School, Big Gym, 276 Soden Dr, Oregon

## Super Foods, Whole Foods, Organic Foods & You

Do you ever wonder what the difference is? This course will give you the facts and help you make wise food choices. Natural foods and whole foods will also be discussed.

Wed, July 16th at 5:30 p.m. FREE

## What You Need to Know About Lyme Disease

Join Nurse Practitioner Kaye McGrath to learn about Lyme Disease and self-care for checking for ticks.

Thur, July 24th at 1 p.m. FREE

## Classes for Kids

To register for classes for kids, please call Trish at (608) 277-8810.

### Caring for Kids - Babysitting

Boys and girls ages eleven and up learn babysitting skills. Please bring a sack lunch.

Sat, June 7th from 9 a.m. to 1:30 p.m. \$40  
Stoughton Hospital Bryant Health Education Center

### Home on Your Own

For children ages nine and older who may be home for a few hours without an adult.

Sat, May 10th from 9 to 11 a.m. \$25  
Creekside Place, 102 Maple St, Evansville

Mon, Aug 18th from 9 to 11 a.m. \$25  
Stoughton Hospital Bryant Health Education Center

## Healthy Heart Classes

Our healthy heart classes are held on Wednesdays, are FREE and open to the public. To register, please call our Cardiac Rehab Department at 873-2314. Please check in at the hospital main lobby information desk prior to all heart healthy classes.

### Diabetes Management

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

April 9th or June 4th at 9 a.m. or 2 p.m.

### Exercise Guidelines

How does exercise benefit my heart and prevent chronic disease?

May 21st or July 16th at 9 a.m. or 2 p.m.

### Heart Healthy Nutrition

Focus on the Mediterranean Diet

May 28th and July 23rd at 9 a.m. or 2 p.m.

### Reducing Your Risk Factors

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

June 4th 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.

May 7th or June 18th at 9 a.m. or 2 p.m.

### Understanding Heart Disease

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

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

## Super Foods, Whole Foods, Organic Foods & You

Do you ever wonder what the difference is? This course will give you the facts and help you make wise food choices. Natural foods and whole foods will also be discussed.

April 30th or June 25th at 9:15 a.m.



For the Life 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](mailto:pr3@stohosp.com) or write to:

Public Relations  
Stoughton Hospital  
900 Ridge Street  
Stoughton, WI 53589

Editor: Laura Mays  
Contributing Writer/Graphics: Linda Schaefer



US POSTAGE PAID  
PERMIT #143  
NON PROFIT  
ORGANIZATION  
STOUGHTON, WI

**Emergency & Urgent Care Services**  
**Stoughton Hospital**  
Emergency 24-7  
Urgent Care Daily 6:00 a.m. to 11:00 p.m.

**Oregon Urgent Care Clinic**  
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

**Oregon Area Walk/Run with a Doc**  
Free event with brief talk with the doctors

*Sat, April 12th at 8:45 a.m.*  
*Check in at Jaycee Park Shelter*  
*(off N. Perry Parkway), Oregon*

Questions? Contact: [alm@oregonsd.net](mailto:alm@oregonsd.net)

**Medication Disposal & Sharps**

**Collection: Stoughton**

*Sat, April 26th from 9 a.m. to noon*  
*FREE drive through service*  
*Stoughton Fire Department*  
*(enter from Main Street)*

For additional information, please contact Stoughton City Hall at 873-6677 or [stoughtonwellness@hotmail.com](mailto:stoughtonwellness@hotmail.com).

**Medication Disposal & Sharps**

**Collection: Evansville**

*Sat, April 26th from 8 to 11 a.m.*  
*FREE drive through service*  
*Evansville Police Department*  
*10 West Church Street, Evansville*

For additional information, please contact the Evansville Police Department at 882-2299 or [s.mcelroy@ci.evansville.wi.gov](mailto:s.mcelroy@ci.evansville.wi.gov).

**Compression Only CPR (CO CPR) Training**

Compression only CPR, also known as Hands Only CPR is similar to CPR but without the mouth-to-mouth rescue breaths. Drop-in to learn in 15 minutes.

*Saturday, May 10th from 9 to 11 a.m. at*  
*Creekside Place, 102 Maple St, Evansville*

**McFarland Community Business Expo**

Free event open to the community.

*Thurs, May 13th from 5 to 7:30 p.m. at the*  
*McFarland High School, 5103 Farwell Street,*  
*McFarland*

**Oregon Safety Day**

Free event open to the community.

*Sat, May 3rd from 9 a.m. to noon at*  
*Prairie View Elementary School, 300 Soden Dr, Oregon*

**Syttende Mai Run/Walk**

Stoughton Hospital is a proud sponsor of the Syttende Mai Run/Walk.

*Sat, May 17th*

For additional information please go to [stoughtonwi.com/syttendemai](http://stoughtonwi.com/syttendemai).

### Support Groups

**Dementia Support Group**

(608) 873-2356  
Meets 1st Wednesday of each month  
5:30 to 6:30 p.m.  
Stoughton Hospital Board Room

**Diabetes Support Group**

(608) 628-6500  
Meets the 2nd Monday of each month  
6:00 to 7:00 p.m.  
Stoughton Hospital Ridge Room

**Hope Chest**

**Breast Cancer Support**

For individual support please call Karleen at (608) 873-6041 or Judy at (608) 770-7829

**Blood Drives**

**American Red Cross Blood Drives**

Stoughton Hospital  
Bryant Health Education Center  
Held 3rd Friday of each month  
8:00 a.m. to 1:00 p.m.  
Visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RedCross to make an appointment.