

New Breast Care Program

Providing Services from Early Detection to Post-Surgical Care



Aaron Schwaab, M.D.
Breast & General
Surgeon

A diagnosis of breast cancer is very frightening for anyone. There are so many unknowns about what lies ahead. Stoughton Hospital hopes to ease some anxiety by offering breast care services from mammogram to post-surgical care in Stoughton.

New Breast Care Program

General Surgeon, Dr. Aaron Schwaab and his team have created a new Breast Care Program which enhances the hospital's services of

screening, biopsy and diagnosis. As an experienced general surgeon, Dr. Schwaab treated hundreds of breast cancer patients during his eight years as Medical Director of the Centegra Breast Program in Crystal Lake, Illinois.

Schwaab is collaborating with a team of plastic surgeons to offer full service plastic and reconstructive surgery along with tumor removal. Post-surgical care includes lymphedema (swelling) monitoring and physical therapy as needed.

Surgical Options

Sentinel Lymph Node Biopsy - removal of the first lymph node to which cancer cells are most likely to spread from a primary tumor.

Lumpectomy - the removal of a tumor and surrounding breast tissue.

Lumpectomy & Breast Lift - while performing a lumpectomy, the surgeon also performs a minor breast lift with hidden or small scars.

Lumpectomy & Breast Reduction - while performing a lumpectomy, the surgeon also performs breast reduction surgery.

Mastectomy - the total removal of the breast and possibly lymph nodes for examination.

Mastectomy & Breast Reconstruction - while performing a mastectomy, a surgeon also performs breast reconstruction surgery.

Monitoring & Treating Lymphedema

Lymphedema is swelling caused by an excess of lymph fluid and is common after breast surgery. Fortunately, lymphedema starts gradually and when detected early is easier to treat. For this reason, lymphedema monitoring is an important part of

Breast Care Services

Stoughton Hospital offers a full continuum of Breast Care Services from screening to post-surgical care. Those services include:

- Digital Mammography
- Breast MRI
- Breast Ultrasound
- Stereotactic Core Breast Biopsy
- Sentinel Lymph Node Biopsy
- Surgery
- Lymphedema Monitoring & Treatment
- Post-surgical Physical Therapy

the Breast Care Program. Prior to surgery, Dr. Schwaab sends all of his patients to be evaluated by a Certified Lymphedema Therapist who uses state of the art L-Dex technology to provide a pre-surgical baseline assessment for lymphedema. The same technology will be used to monitor for lymphedema in the postoperative period so therapy can be initiated if needed.

If post-surgical swelling is detected, Dr. Schwaab will send his patients back to the Lymphedema Therapist for treatment.

Treating Pain and Loss of Mobility

From Dr. Schwaab's experience, most women are not sent to physical therapy after breast surgery. They are expected to live with the discomfort caused by scarring and may not realize there is a better way. "Women don't need to live in pain after breast surgery; it's important to refer them to physical therapy and improve a patient's quality of life," Dr. Schwaab emphasizes.

Breast Cancer is Personal

Dr. Schwaab takes breast cancer personally. His mom died of an especially aggressive form of breast cancer when he was a surgical resident. "I didn't think I would want to be involved with breast cancer but as it turns out, I have an emotional connection to my patients."

For More Information

Medical Imaging Services (608) 873-2299

Stoughton Hospital General Surgery Clinic (608) 873-2266

Thank You for Another Successful Golf Outing!

Thanks to the generous support of sponsors, volunteers, silent auction and raffle donors, golfers and card players, almost \$15,000 was raised at the 13th Annual Swinging for Health Golf Outing and Card Party. The proceeds from the event will be used to purchase new treadmills for the Electrophysiology and Cardiac/Pulmonary Rehabilitation areas. The Foundation especially acknowledges the following sponsors for their support:

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Dr. Aaron Schwaab, Landon Quick, Jake Dunn & Jeff Moyer



Paul Speth, Christina Smith-Wilke & Paul Merline



Bob Coon, Jodi Coon, Jodi Hanson & Dan Hanson



Sarah Nichols, Kris Krentz, Ryan Tesch & Ron Larson

What's Next? Future Plans



Mary Link
Foundation Director

Plans are underway for the creation of a Healing Garden adjacent to the ambulance garage. This Healing Garden will connect with the new trails that were completed last fall thanks to a gift from the Partners of Stoughton Hospital. These trails allow access to the edge of the Yahara River and afford great views of the river and marsh areas. Eventually, we are hoping to connect the Yahara Bike Trail with the Stoughton Hospital Trail to increase access for bikers and include Stoughton as a destination on the trail. More information on the Healing Garden and Trails will be available on the Stoughton Hospital website.

Astym Treatment: Helping Your Body Heal Itself



Carin Johns
Physical Therapist
& Certified Astym
Provider

Astym treatment is a highly effective therapy that regenerates healthy soft tissues and eliminates or reduces unwanted scar tissue that may be causing pain or movement restrictions... even when other approaches have failed.

What Exactly Is Astym?

Astym is non-invasive regenerative medicine that jump starts the healing process of your body. “You’re treating the true, underlying cause of dysfunction, not just symptoms, which gives you a better, longer-lasting result,” says Carin

Johns, Physical Therapist at Stoughton Hospital and Certified Provider of Astym. “Astym cleans out excessive or disorganized tissue. It produces a new, high-quality collagen and aligns fibers, which ultimately fosters high-quality results.”

This healing process restores movement and reduces pain.

The treatment involves three basic tools gliding along the patient’s skin as the therapist feels for tissue dysfunction, bumpiness, or tightness.

How Is Scar Tissue Formed?

After surgery or an injury, bleeding and swelling will often “sit” in areas, making tissue thick and fibrotic. That fibrotic tissue is essentially an overproduction of collagen. If you have to immobilize an area (e.g. with a cast) and you’re not moving a limb, that collagen may not set nicely.

Fibrotic tissue can limit motion and function and cause pain, because it’s clinging to structures where it doesn’t belong. Astym breaks up that dysfunctional tissue. Then, your body lays down new tissue over the next few days.

What Conditions Can Astym Help?

This treatment addresses tissue conditions across the board, but especially anything scar tissue-related, such as a result of knee replacement surgery’s large incision.

“The other issue Astym can help is long-standing musculoskeletal issues. Tendinitis can manifest in the Achilles, shoulder, patella, IT band, as plantar fasciitis, or even low back pain that’s not radicular,” explains Johns. “Astym does very well with low back pain, because everything is tied together through this fascia and the muscular system in the body. If you can loosen up something that’s tight in the leg, it can directly affect pain in the lower back.”

Listen to an interview with Carin Johns on Stoughton Hospital Health Talk. Go to stoughtonhospital.com and click on “Health Talk” to learn more!



Stoughton Hospital Rehab at Two Convenient Locations!

Stoughton

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

Oregon

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

What Should You Expect?

Some pain typically occurs during the treatment, because the therapist is hitting those fibrotic bumps; particularly in the first few sessions. As the treatment progresses, pain lessens with each successive treatment. Some people (around 20%) may experience slight bruising at first.

When Will You Notice a Difference?

“Patients should notice some difference right away,” explains Johns. “Two or three days post-treatment is when your body is going to lay down this new tissue, so it’s very important to follow the exercise routine your therapist provides you so you can keep the length. You want your body to lay down that collagen in a nice, elongated fashion; the way it was before it was injured.”

After eight to ten sessions you should notice an increase in mobility with range of motion and improved strength. At that point, you’ll be prescribed an exercise program of posture-related stretching and strengthening exercises.

Johns has seen positive results with Astym. “Clinical research over the last 20 years has shown improvements in terms of improving people’s range of motion, pain, and mobility.”

Hospital Receives Patient Experience Award



2017
WOMEN'S CHOICE AWARD®
AMERICA'S 100 BEST HOSPITALS
FOR PATIENT EXPERIENCE

Stoughton Hospital has been named one of America's 100 Best Hospitals for Patient Experience by the Women's Choice Award®, America's trusted referral source for the best in healthcare. The award signifies that Stoughton Hospital has been ranked within the top 100 hospitals of similar size based on number of beds. For more information on America's 100 Best Hospitals for Patient Experience, please visit womenschoiceaward.com/best-hospitals/.

Exceptional Staff, Exceptional Care



Naomi Shep, RN
Home Health
Coordinator

Home Care Nurse of the Year!

Stoughton Hospital's Naomi Shep, RN, Home Health Coordinator, was named the Wisconsin Home Care Nurse of the Year by the Wisconsin Association of Home Health Care, Inc.

The award recognizes the accomplishments of an individual nurse and provides a way to celebrate the work of home care nurses in Wisconsin. Shep has worked at Stoughton Hospital in Home Health since 2001.

Satisfied Home Health Patients

Patients are very satisfied with the care they are receiving from Stoughton Hospital's Home Health.

According to a national survey that asks patients about their recent experiences with a home health agency, Stoughton Hospital Home Health rates above both the state and national averages.

Home Health Consumer Assessment of Healthcare Providers and Systems (HHCAHPS)

These results are from patients who received home health services between January 1, 2016 to December 31, 2016

	Stoughton Hospital	Wisconsin Average	National Average
Patient survey summary star rating	5 out of 5		
How often the home health team gave care in a professional way	93%	88%	88%
How well did the home health team communicate with patients	91%	86%	85%
Did the home health team discuss medicines, pain, and home safety with patients	89%	84%	83%
How do patients rate the overall care from the home health agency	93%	83%	84%
Would patients recommend the home health agency to friends and family	89%	78%	78%

Dementia Education

What I Wish I Had Known Sooner
Presentation by Martin J. Schreiber, Former Governor of the State of Wisconsin and Family Caregiver

Please join us in welcoming Mr. Schreiber to Stoughton as he shares lessons from his more than 10-year journey as a caregiver to his wife Elaine. His raw honesty and practical advice will inspire other caregivers to find patience, courage and love as they climb the Alzheimer's mountain.

This presentation is sponsored by Stoughton Hospital and Azura Memory Care.

Tues, Sept 19th 5:30 to 7 p.m.
Stoughton Hospital

To register for this free presentation, please go to stoughtonhospital.com and click on "classes and events."

Questions? Please contact Sonja at 873-2356.

The following programs are sponsored by the Stoughton Dementia Friendly Coalition.

SPARK! Program

The SPARK! program offers free arts programming for adults with memory loss.

Tue, Aug 29th
10 a.m. Stoughton Hospital
6:30 p.m. Stoughton Public Library

Share the Care

Share the Care is a community care support model.

Wed, Sept 27th
10 a.m. Stoughton Hospital
6:30 p.m. Stoughton Public Library

Movie Night "Still Alice"

Wed, Oct 25th
6:30 p.m. Stoughton Public Library

Navigating the Holiday Season with Loved Ones Challenged by Dementia

Wed, Nov 22nd
10 a.m. Stoughton Hospital
6:30 p.m. Stoughton Public Library

Additional details can be found on the Stoughton Dementia Friendly Community Facebook page or at stoughtonhospital.com/about-us/dementia-friendly/.

Health & Wellness Classes

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 classes and events are held in the Bryant Health Education Center.

Getting To Know Medicare

This class is designed to educate current and future Medicare beneficiaries about the four parts of Medicare as well as equip them to navigate through the various insurance options. This will be presented by The Retirement Classroom.

Wed, Aug 23rd at 5:30 p.m. FREE

Healthy Living With Diabetes

Workshop for adults of all ages who have type 2 diabetes, pre-diabetes or who live with someone that does. The program focuses on helping you feel better, have more control and do things you want to do. The cost is \$20 unless you have the book then it is free. Call Sonja at 873-2356 to register.

Tuesday Afternoons (six weeks)

Tues, Aug 29th through Oct 3rd 2:30 to 5 p.m.

Natural Anxiety and Stress Relief

Join Anne Adametz, Acupuncturist and Yoga Specialist, to learn how acupuncture, aromatherapy and mindfulness can create a foundation of health for you to move through life with less anxiety and stress.

Thurs, Sept 14th at 6 p.m. FREE

Freedom Through Forgiveness

Join instructor Tim Markle, to learn methods of working toward forgiveness and learning to live a forgiving life.

Wednesday Evenings (six weeks) FREE

Sept 20th through Oct 25th at 6:30 p.m.

Central Conference Room

LSVT BIG - Help for Parkinson's

Learn about the LSVT BIG program which is specific to Parkinson's disease and works on "bigness" of movement with patients, which addresses overall mobility and function. The talk will be offered by physical therapist, Rachel Peerenboom, who is certified in this therapy.

Thurs, Sept, 28th at 5:30 p.m. FREE

Seasonal Affective Disorder

As the days of fall get darker, so can our moods. Join Psychiatrist Dr. Ken Robbins, to learn about Seasonal Affective Disorder. Learn how to identify it, how to manage the symptoms if you experience it, and how to best avoid it in the future.

Wed, Sept 27th at 5:30 p.m. FREE

Practices for Happy and Healthy Holidays

Join Anne Adametz, Stoughton Hospital Acupuncturist, to explore individual value systems and take steps to prioritize family health and happiness during the holidays. Enjoy calming aromatherapy, mindful meditation and other practices to make this a peaceful holiday season.

Thurs, Nov 9th at 6 p.m. FREE

Healthier Holiday Eating

Over-indulging during the holidays leaves us with spiked blood sugar, guilt, and a few extra pounds. Dietitian Nutritionist Autumn Kumlien, will talk about lightening up our classic favorite recipes, best choices at the buffet table and what to eat before the gathering.

Tues, Nov 14th at 5:30 p.m. FREE

Yoga Classes

Gentle Slow Flow Yoga

Sat, Sept 23rd, 11 a.m. to noon FREE

Intro to Yoga

Sat, Oct 7th, 11 a.m. to noon FREE

Sat, Oct 14th, 11 a.m. to noon FREE

Classes for Kids

Caring for Kids Babysitting

For children ages 11 and older. They will learn about first aid, safety, infant care, discipline, playing with children, common emergencies, responsibilities of a babysitter, and more. Please bring a sack lunch.

Tue, Aug 22nd from 9 a.m. to 1 p.m. \$50

Home on Your Own

For children ages nine and older who may be home for a few hours without an adult. The focus is on making wise and safe choices on first aid, fire safety and emergency situations.

Sat, Sept 9th from 9 to 11 a.m. \$30

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.

Sept 20th at 9:15 a.m.

Diabetes Management

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

Sept 13th at 9 a.m. or 2 p.m.

Exercise Guidelines

How does exercise benefit my heart and prevent chronic disease?

Aug 16th or Oct 11th at 9 a.m. or 2 p.m.

Heart Healthy Nutrition

Focus on the Mediterranean Diet.

Aug 23rd or Oct 18th 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?

Aug 30th or Oct 25th 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.

Sept 27th at 9 a.m. or 2 p.m.

Understanding Heart Disease

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

Aug 9th or Oct 4th 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:

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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 & Support Groups

Please Join Stoughton Hospital at these Community Events

Coffee Break Festival

Sat, Aug 20th at Mandt Park
811 S 4th St, Stoughton

2017 Rock County Senior Fair

Fri, Sept 15th at Holiday Inn Express
3100 Wellington Place, Janesville

McFarland Family Festival

Sept 15th to 17th at
McFarland Ice Arena Parking Lot
4812 Marsh Rd, McFarland

43rd Annual Shillelagh Open Golf Tournament

Sun, Sept 10th at Stoughton Country Club
3165 Shadyside Dr, Stoughton

2017 Madison Heart Walk

Sat, Sept 16th at Madison Mallards
Baseball Stadium
2920 N Sherman Ave, Madison

Three Gaits Fall Celebration

A day of music, food & fun!
Sat, Oct 7th at Three Gaits Farm
3741 Hwy 138 W, Stoughton

NAMI Walks

Sun, Oct 1st at Olin-Turville Park
1156 Olin-Turville Ct, Madison

Walk to End Alzheimer's

Sun, Oct 8th at Memorial High School
201 S. Gammon Rd, Madison

Fall Business Expo

Tue, Oct 17th at Firefly Coffee House
114 N Main St, Oregon

Paint Nite Fundraiser

Stoughton Hospital Relay for Life Team
Thur, Oct 26th at American Legion 59
803 N Page St, Stoughton
Sign up at: paintnite.com/events/_1207216

Walk-In Flu Clinic

Payment: cash, check, MasterCard or Visa
Insurance: Dean, Physicians Plus, Unity,
Medicare B and Medicaid (must present
card)

Questions? Please contact Sonja at
873-2356.

*Fri, Nov 3rd from 8 a.m. to noon
Stoughton Hospital Lobby Conference Room
900 Ridge St, Stoughton*

Support Groups

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

NEW! Anorexia and Bulimia Support Group

Meets 1st Thurs of the month at 6 p.m.
Contact: Susie at (608) 877-6089 or
ABgroupstoughton@gmail.com

Crohn's, Colitis & IBD Support Group

Meets 3rd Wed of the month at
5:30 p.m.
Contact: Marilyn at (608) 873-7928

Diabetes Support Group

Meets 2nd Monday of the month at
6 p.m.
Contact: Deb at (608) 628-6500

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 or call
1-800-RedCross to make an
appointment.