

## Hospital Provides New Option in Hip Replacement

Hip resurfacing preserves bone and joint stability for young, active patients



**John Rogerson, M.D.**  
Orthopaedic Surgeon

Stoughton Hospital now offers a surgical alternative to hip replacement for active patients who suffer from hip pain due to arthritis. This procedure is hip resurfacing using the BIRMINGHAM HIP Resurfacing System (BHR™ Hip).

BHR Hip resurfaces the hip rather than replacing the end of the femur (thighbone) so patients may return to an increased activity level. The bone-conserving approach preserves more of the patient's natural bone structures and stability, covering the joint's surfaces with an all-metal implant

that more closely resembles a tooth cap than a hip implant. This approach reduces the post-operative risks of dislocation and inaccurate leg length, and because the all-metal implant is made from tough, smooth cobalt chrome, it has the potential to last longer than traditional hip implants.

"I see hip resurfacing as the ideal solution for many of my young, active patients who suffer from hip pain," explains Dr. John S Rogerson, Stoughton Hospital orthopaedic surgeon. "As my patients are getting younger, and are staying physically active much later in life, I've needed an alternative to total hip replacement that accommodates their age and lifestyle. The BHR Hip is that alternative."

The BHR Hip implant is intended for patients suffering from hip pain due to osteoarthritis and for whom total hip replacement may not be appropriate due to their increased level of physical activity. For this reason, most surgeons feel it is best suited for patients under age 60 who live non-sedentary lifestyles.

BHR Hip was approved for use in the United States by the Food and Drug Administration in 2006, but has been implanted around the world more than 125,000 times since 1997. Dr. Rogerson is one of approximately 300 surgeons in the United States that has undergone intense specialized training and now actively offers this implant to patients. He alone has performed over 700 hip resurfacing procedures.



BHR component



### BHR Patient Success Story: Ironman Scott Tinley

On December 13, 2007, Dr. John Rogerson of Madison, Wisconsin shaved the top of my right femur, drilled a hole and placed a cobalt chromium cap where there used to be bone. And then he cleaned out the scarred and burred acetabulum and placed a perfectly reciprocal cup. Where there had been several centimeters of synovial filled uh...padding, there is now a BHR ball-and-socket. It works perfectly. And I only think about it at airport security.

During those six years under the advice of Dr. Rogerson I placed no personal limits. Every action and endurance sport became easier for me after the surgery as the great majority of my diminished pre-op range of motion was recaptured. No limits. Only the TSA agents make me think about it.

Over six years later, without a word from my BHR hip, not a tweak or twist or anything untoward, my choice of surgeons was correct. At some point it may wear out and I'll need to have it replaced. But then again I may carry it all the way. And in the meantime I have no limits and have become a fan of the doc who placed it perfectly.

Scott Tinley, Ph.D.  
San Diego, CA

Editor's Note: Scott Tinley's procedure did not occur at Stoughton Hospital. Dr. Rogerson is now performing BHR exclusively at Stoughton Hospital.

**For more information about BHR Hip please visit Dr. Rogerson's website [orthoteam.com](http://orthoteam.com). To schedule an appointment to see Dr. Rogerson in Stoughton, please call his office at (608) 231-3410.**

# Hospital Recognized for Patient Satisfaction & Quality Initiatives



Amy Hermes (Associate VP of Inpatient Services)  
Terry Brenny (President/CEO) accepting the  
Top 20 Critical Access Award from Alan Morgan  
(CEO, NRHA)

Stoughton Hospital provides excellent care for its patients and that is reward enough for its staff, physicians and volunteers. We are grateful however to be recognized as a national leader in patient satisfaction and quality initiatives.



**National Rural Health Association** recognized Stoughton Hospital as a 'Top 20 Critical Access Hospital in the Nation' for patient satisfaction.



**The Joint Commission** recognized Stoughton Hospital for being a top performer in key quality indicators.



**Press Ganey** awarded Stoughton Hospital with the '2013 Guardian of Excellence Award' for reaching the 95th percentile for patient satisfaction in the Emergency Department for each reporting period for the year.

## Be a Part of the Stoughton Hospital Story



Every donation made to the Stoughton Hospital Foundation is a story about a visit or stay at Stoughton Hospital that exceeded someone's expectations. It is especially heartwarming during the holiday season to hear about how Stoughton Hospital has impacted patients and their families.

Whether you have had a personal experience at Stoughton Hospital or would like to help be a part of ensuring that care is available close to home when you or your family needs it, please consider making a tax deductible donation. The Stoughton Hospital Foundation celebrates your donation through recognizing you as a member of our Circle of Friends, in our annual giving report, and donations of \$100 or more are commemorated on the donor wall in the hospital lobby. Donations can be made at [stoughtonhospital.com/foundation](http://stoughtonhospital.com/foundation)

Be a part of the Stoughton Hospital story by giving the gift of local health care.

## Welcome New Physicians



**Stephen Boorstein, M.D.**  
Ophthalmologist  
Stoughton Dean Clinic  
(608) 282-2020

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

Stephen Boorstein, M.D.  
Ophthalmologist



**David Melnick, M.D.**  
General Surgeon  
Stoughton General Surgery Clinic  
(608) 873-2266

**Accepted Insurances:** Unity, Physicians Plus, GHC, Medicare and Medical Assistance

David Melnick, M.D.  
General Surgeon

## Community Supported Agriculture

### Eating Local, Healthy Foods

Winter is when many of us miss our local farmers markets and gardens. Farm fresh produce is one of the great joys of summer.

A growing local trend is joining a local Community Supported Agriculture Farm or CSA. When people become members of a CSA, they purchase a share in advance, committing to the farm for the season and helping cover the initial annual costs of the farm operation. In return, members receive boxes of the farm's produce or products throughout the growing season, as well as satisfaction gained from reconnecting to the land and being more knowledgeable of local food production.

Interested in learning more? Watch for a local Healthy Eating Fair this March, sponsored by the Stoughton Wellness Coalition.

For additional resources, please visit the FairShare CSA Coalition at [csacoalition.org](http://csacoalition.org).



# Patient Letter to Stoughton Hospital's President/CEO

September 15, 2013

Dear Terry Brenny,

Since my second or third day as a patient in the Swing Bed rehab program, on the 3rd floor of the Stoughton Hospital for rehab and PT Rx for a right knee replacement, I have been dreading writing this note to the 'boss' of this organization, a chore I realized I absolutely had to do. Being a long-time perceptive and critical evaluator of health care quality, I began noting and evaluating every aspect---and person----of the therapy and care I received, all through the 20 + days of my stay in my 'home' at Rm 363.

By the third day of my stay I began to arrive at the realization that there was something very strange going on here at the Stoughton Hospital- rehab facility, something the likes of which I had not experienced in any medical facility in the past. It was then that I realized that everyone here has already bought what my Daughter, Bridget Duffy, MD, former Chief Experience Officer at the Cleveland Clinic, has been trying to 'sell' to various health care institutions throughout the country/world: "Putting the CARE back into health care," and improving patient satisfaction ..... and involving EVERYONE in the whole organization. I called Bridget from my bed and told her this Stoughton Hospital would amaze you, and that they were already applying your whole regimen. Because of that I gave a copy of the FORBES article about Bridget's endeavors and successes to several of the 3rd floor nurses and PT staff, and also to Wendy Statz.----with a "Hey, you guys are already doing this stuff, in spades."

What made my getting to writing this note so difficult is the fact that I couldn't possibly list every one of the hospital staff who really went out of their way, went the 'extra mile' to make sure I was being well cared for, and indeed, each one deserves to be mentioned: each RN, PT, CNA, MD, OT, custodial associates, social workers, kitchen staff, cooks and young kids in the 'meals-on-wheels' department. As I mentally review my stay I can recall no one who did not reflect a high level of competence and compassion uncommonly found in any health care institution. Upon leaving my room after completing their task, each person---every last one of them----would say with such sincerity and genuine meaning, " .... Now, is there anything else I could do for/get for of you ... ?" that I really felt I would be disappointing that particular 'care-giver' (which each one truly is) if I couldn't come up with something she/he could do to improve my life even further. Like, they really really mean it. Truly a unique phenomenon! True, I could not mention each one in this note, but I can still picture each of my 'angels' there and I remember each with a great deal of gratitude.

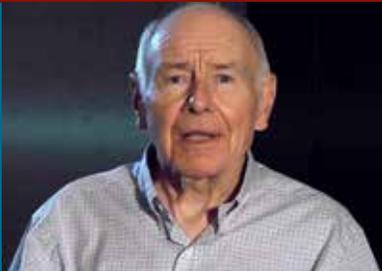
In the case of your establishment I find I am again in agreement with my old mentor, Dr. W. Edwards Deming who would oppose the idea of the "Employee of the Month" award. If I had to make such a choice based on my 20 or so days at the Stoughton Hospital Rehab Center, I would line up all the 25-30 people who had some hand in my care, take a big photograph, put it in a huge frame marked "EMPLOYEE OF THE YEAR" and hang it in a well-lit, conspicuous public location in the hospital.

I will be forever grateful to my Doc, George Gay, one of those rare, 'wisdom-filled old doctors' who directed me to go to the Swing Bed program at your hospital for my post-op rehab. And as I continue with my PT rehab program at the Stoughton Hospital Rehab shop I become keenly aware that I could be going to a PT center of much less quality, and I know my therapists there are so thorough and effective and concerned about my healing in a manner uncommonly found in similar health care facilities. I am so fortunate to be under their efficient and demanding care. When I go to my surgeon at 1 South Park for follow-up, I tell him, and his staff---and likewise all my friends of 'knee replacement age' ---- that they ought to consider your swing bed and rehab program before any other place in the area. They couldn't find a better one. Please share my appreciation and gratitude with all the good folks on your team. I will always remember them fondly and daily pray blessings on all.

Very sincerely and gratefully,

John H. Duffy, DDS

P.S. To illustrate my point, the real kicker is that before I could write a note of thanks and praise to you and the staff, I received a thank you note from the whole third floor staff telling me how grateful they were to have me as a patient. Wow!!



To hear more about Mr. Duffy's experience at Stoughton Hospital, please go to our website at [stoughtonhospital.com](http://stoughtonhospital.com) and click on 'patient stories'.

## Inpatient Rehabilitative Care or 'Swing Bed'

Stoughton Hospital's Inpatient Rehabilitative Care, also known as Swing Bed (a Medicare term), is for patients that need additional therapies or nursing care to fully recover following a hospitalization. Typically, patients stay for two weeks or less. The personalized services provided during inpatient rehabilitation are based on individual needs and preferences, enabling you to return home or to work as soon as possible.

Medicare will cover the cost for these services when specific criteria are met. In addition, private insurance may also pay for these services.

An inpatient rehabilitation stay at Stoughton Hospital includes 24-hour access to medical care and pharmacy services. Staff from several departments including nursing, rehab, recreational and social services will work with you to establish goals for your recovery. Throughout your stay, your progress will be evaluated to ensure you are meeting your rehabilitation goals.

The nursing staff will encourage you to do as much as you can for yourself to improve your strength, endurance and independence. It is important for you to regain the level of activity and confidence you need to manage safely at home.

To learn more about our Inpatient Rehabilitative Care Program, please call (608) 873-2217.

# Need Help Signing Up for Health Insurance? We're Here to Help.



Stoughton Hospital Certified Application Counselors:  
Kristine, Michelle & Bev

The new Health Insurance Marketplace allows people to sign up for health insurance, including those previously uninsured. Stoughton Hospital is proud to support our patients and our community by becoming a Certified Application Counselor Organization. This means that anyone who would like assistance applying for health insurance in the Marketplace can come to Stoughton Hospital and receive free assistance from any of our Certified Application Counselors (CAC).

To schedule a free appointment with a Stoughton Hospital Certified Application Counselor, please call 873-6611. Appointments are currently being scheduled 7:00 a.m. to 5:00 p.m. Monday through Friday. Evening and weekend appointments are also available.

For more information about the Health Insurance Marketplace, please go to [healthcare.gov](http://healthcare.gov) or call 1-800-318-2596.

## Exercise in the Cold Weather: Tips to Stay Safe When the Temperatures Drop

Along with the excitement of winter, we are seeing the steady drop of the thermometer outside... yes, Old Man Winter is here to stay for a few months.

You don't have to let cold weather end your exercise program. However, there are some important considerations for exercising in the cold, especially if you have a health condition such as heart or lung disease. It is always a good idea to check with your doctor before exercising in cold temps.

The following tips can also help you to stay safe and warm:

- Dress in multiple thin layers that you can remove or put back on as needed. Avoid cotton, which will stay wet next to your skin. Your top layer should be a waterproof, breathable material. Consider using a face mask or scarf to help warm the air as you breathe it in, especially if you have a history of heart disease.
- Watch the weather conditions and wind chill closely—when temperatures are extremely cold (< 0 degrees Fahrenheit) or the wind chill is extreme, it may be best to choose an indoor option! Extra layers will not be enough if the weather is that cold.
- Wear the right gear—be sure to cover your hands, head and feet. Wear reflective gear if it is dark outside. Choose footwear that have some traction.
- Know the signs of frostbite and hypothermia—early warning signs of frostbite include numbness or stinging in the area affected. Hypothermia symptoms include intense shivering, slurred speech and loss of coordination. Seek emergency help right away.



### What about shoveling?

Shoveling snow, especially if it is heavy and wet, can be a very demanding task. For those in poor physical condition, or with a history of heart disease or stroke, it can also be a dangerous one. The combination of cold weather and exercise increases the demands on the heart.

Here are some tips to consider:

- Pay close attention to your body and take frequent rest breaks.
- Learn the warning signs for a heart attack which may include chest pain or pressure, radiating discomfort into the arm, back or jaw, shortness of breath, sweating, nausea, and/or vomiting. If you are not sure it's a heart attack, have it checked out. Call 911- fast action can save a life.
- Use a small shovel or snow thrower—take more frequent and smaller loads.
- Don't eat a heavy meal or drink alcohol prior to or right after shoveling.

# Calendar of Events



## Health Education & Wellness Classes at Stoughton Hospital

Unless otherwise noted, all 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.

### Basics of Alzheimer's

Learn the basics of dementia, Alzheimer's disease, stages, progression and behaviors.

*Fri, Jan 24th 10 a.m. FREE*

### Depression:

#### When It's More Than Just the Blues

Winter got you down? Is it normal sadness or something more? Join Dr. Daniel Staddler, Family Medicine Physician, to learn about depression including Seasonal Affective Disorder. Learn about the signs and symptoms of depression and what can be done to help you feel better.

*Wed, Jan 29th 6:00 p.m. FREE*

### Healthy Living with Diabetes

This workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes. The workshop meets once a week for six weeks — 2-1/2 hours each session. Healthy Living with Diabetes complements existing treatments a participant receives.

*Registration is required.*

*\$20 per person for the series; cost includes book, snacks and instruction.*

*Tuesdays, Feb 4 – March 11 from 10:00 a.m. – 12:30 p.m.*

### Staying on the Move:

#### Exercise to Manage Diabetes

Exercise has tremendous benefit to control blood sugar levels and reduce diabetic complications. This informative class will offer guidelines and realistic tips for incorporating positive lifestyle changes to prevent or manage diabetes. Area resources for exercise and sample exercise programs will be provided.

*Wed, Feb 12th at 5:30 p.m. FREE*

### Simplify in Spring

The first step to a simpler, easier life with more time and meaning can be a good “spring cleaning”. Simplifying means reducing, not spreading out or organizing. Simple living is not about deprivation but about living an examined life through intentional decision making. Whether you are down-sizing or just want to be more purposeful in your life, this workshop will walk you through the process and decisions to simplify your life.

*Fri, March 7th at noon FREE*

### Healthy Cooking with Beans and Vegetables

Want to learn more about cooking with beans and using less meat? Join Dr. Guirish Agni, Internal Medicine Physician, to learn about fast, easy and healthy cooking using a variety of beans and vegetables. Samples will be served but no actual cooking will take place.

*Thurs, March 13th at 5:30 p.m. FREE*

### What's New for Sinus Sufferers

Join Dr. Steven Lyon, ENT, to learn what's new in helping those who suffer from sinusitis. There is new technology that offers less invasive surgery and allows for quicker recovery time.

*Thurs, April 3rd at 6 p.m. FREE*

### Classes for Kids

To register for classes for kids, please call (608) 277-8810. All classes are held in the 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.

*Mon, Jan 20th from 1 to 3 p.m. \$25*

### Healthy Heart Classes

Our healthy heart classes are FREE and open to the public. To register, please call 873-2314.

#### Diabetes Management

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

*Feb 19th at 9:00 a.m. or 2:00 p.m.*

#### Exercise Guidelines

How does exercise benefit my heart and prevent chronic disease?

*Jan 29th or March 26th at 9 a.m. or 2 p.m.*

#### Heart Healthy Nutrition

Focus on the Mediterranean Diet

*Feb 5th or April 2nd 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 12th 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.

*Jan 15th or March 12th at 9 a.m. or 2:00 p.m.*

#### Understanding Heart Disease

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

*Jan 22nd or March 26th 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.

*March 5th 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:

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## 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 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 Wellness Coalition's Health Trip 2014

Health Trip is a team-based program that rewards you for exercising 2-3 hours each week for 18 weeks. Support from teammates provides a motivational boost for you to stick with the program and meet your goals! Register your team of up to 6 members now! Don't have a team? Individuals can register too, or we can help you find a team!

To register, pick up forms at the Oregon Pool, school offices, or download them from the Community Ed & Rec page at [www.oregonsd.org](http://www.oregonsd.org). Questions? Contact Scott at 608-835-4097 or [srl@oregonsd.net](mailto:srl@oregonsd.net). Registration open until Jan 31st.

Registration Fee: \$12 Adults \$9 Youth  
Jan 1st to May 10th

### Cooking for One or Two

Do you find yourself eating out or preparing ready-made frozen dinners rather than cooking for one or two? You can prepare nutritious, fresh, home-cooked meals, even if you live alone or with one other person. Susan Mawst, Clinical Dietitian from Stoughton Hospital will help with tips, tricks and recipes for preparing healthy meals for one or two.

Mon, Feb 10th at 10 a.m. at the Oregon Senior Center, 219 Park St, Oregon FREE

### Ladies Lunch and Laughter Chase away the winter blues with laughter. Wear blue to receive a little extra prize!

Join us Friday, Feb 28th at noon. Tickets are \$15 in advance (purchase in hospital gift shop by Feb 26) Or \$18 at the door. Immediately after the lunch, speaker Lynda Markut will present "Laugh for the Health of It!" Please call Sonja at 873-2356 for more information.



## 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 Group

(608) 877-2232

Meets 3rd Monday of each month  
6:00 to 7:00 p.m.

Stoughton Hospital Board Room

## 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.