

# Getting Your Life Back

## Birmingham Hip Resurfacing Allows Patients to Lead Active Lives Again

Imagine being an active person your entire life, someone who runs, bikes, swims, skis and participates in endurance events like triathlons. Imagine the devastation when the hip pain from osteoarthritis limits your ability to walk.

Jamie Arnold was always very athletic and active and not one to slow down despite any aches and pains in his hips. Then after running a great race, he was unable to stand the next day - it was time to do something. He learned he had osteoarthritis and was potentially facing a hip replacement which would not allow him to ever go back to doing all of the physical activity he loved.

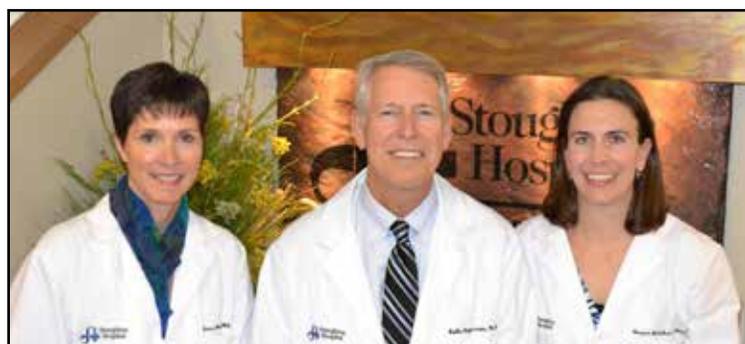
After much research, Arnold met with Dr. John S. Rogerson, orthopaedic surgeon and a renowned Birmingham Hip Resurfacing surgeon. Fortunately, Arnold was a great candidate for Birmingham Hip Resurfacing (BHR). It was likely Arnold would be able to go back to doing all of the activity he loved to do. With Dr. Rogerson's experience and success record, Arnold underwent the surgery.

### BHR vs. Hip Replacement

BHR resurfaces the hip rather than replacing the end of the femur (thighbone). 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.



With a hip replacement, the damaged bone and cartilage is removed and replaced with prosthetic components. A hip replacement is an excellent option for older and less active patients. Recreational activities such as bicycling, swimming and golf are likely to be possible. More strenuous sports such as jogging, tennis and skiing could damage the artificial hip and are not recommended.



**Dr. John Rogerson and his team - Renee Burke, PA-C (left) and Joanna Hutchins, PA-C, MPAS (right)**

"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 male 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.

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 800 hip resurfacing procedures.

### Jamie Arnold's Story

To learn more about how BHR changed the life of Jamie Arnold, please go to our website: [stoughtonhospital.com](http://stoughtonhospital.com) and click on "patient stories."

### Office & Insurance Information

Insurances Accepted: WPS, WEA (through Alliance), GHC (limited: call our office for clarification), Worker's Compensation, Medicare, Medicaid, the Alliance and Physicians Plus.

For more information about BHR, to schedule an appointment with Dr. Rogerson or insurance questions, please go to [orthoteam.com](http://orthoteam.com) or call his office at (608) 231-3410.

# Being "That Person"



Mary Link  
Stoughton Hospital  
Foundation Director

You never know when you'll be "that person" said long-time community member and honorary Life.Giving.Care. Campaign Co-chair, Jerry Gryttenholm.

It was a day like any other when Jerry began experiencing pain so significant that he asked his wife, Judy, to call 911. That call resulted in a trip to the Stoughton Hospital Emergency Room followed by a three-day stay.

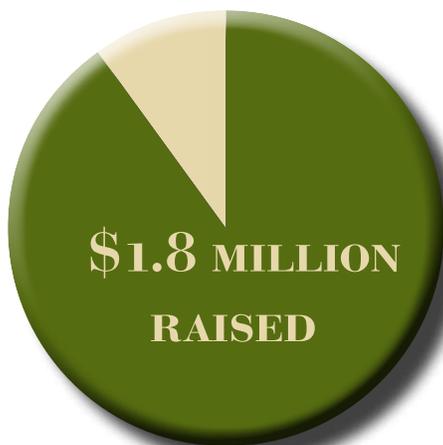
Stoughton Hospital is committed to being there for "that person" -- for Jerry, for you, for your family and friends, for the next emergency. Not only are we committed to being here, we want to offer the very best emergency services right here in our own community, especially when minutes matter.

## Life.Giving.Care Close to Goal

A little more than a year ago, we launched Life.Giving.Care, a \$2 million capital campaign to assist with the \$13 million cost of renovating and expanding the emergency department. It is with profound gratitude that we can announce being on the brink of achieving that goal having raised \$1.8 million.

As we push to the finish line, we invite your participation in this special effort. If you've ever been "that person" and even if you don't receive your medical care locally, we know everyone is invested in having a strong local emergency option.

You can make a pledge to the campaign by contacting Mary Link in the Foundation Office at 873-2328 or [mink@stohosp.com](mailto:mink@stohosp.com). Pledges are payable over a 3-5 year period and naming opportunities are still available.



Jerry & Judy Gryttenholm with Stoughton Hospital President Terry Brenny at the Life.Giving.Care. Kick-off.

## Charitable Giving: Three Easy Ways

### Cash

Making a cash gift by check or credit card is the simplest and fastest way of supporting Stoughton Hospital. Your gift immediately goes to work helping us grow and improve the hospital. Cash gifts also have the tax advantages of giving you an immediate charitable deduction that may reduce your income tax and may also reduce your estate tax by removing the asset from your estate.

### Securities

There may be significant tax advantages to you when you donate appreciated stocks, bonds or mutual fund shares that you've held for more than one year. It is possible to reduce your income tax by taking a charitable deduction for the full appreciated value of the security. You may also avoid all of the capital gains tax on the appreciated security. Finally, you may reduce your estate tax by removing the asset from your estate. It's a simple process to transfer appreciated securities and we will provide instructions to your broker at your request.

### Bequest

Another option for giving to the hospital that has virtually no effect on your current standard of living and may offer significant tax benefits is to include a bequest for the Hospital in your will or living trust. It could be something as simple as "I bequeath \$\_\_\_\_\_ to the Stoughton Hospital Foundation, Inc." The only cost you may incur is the cost to amend your will or trust to include the hospital as a beneficiary. Note that should you seek Named Gift recognition in the new facility, a binding pledge is customary.

### For More Information

To learn more about these or other gift options, please contact Mary Link, Foundation Director, at 873-2328 or [mink@stohosp.com](mailto:mink@stohosp.com).

Life. Giving. Care.



Building on a Tradition of Compassion  
& Trust for Generations to Come

# New Heart, New Hope

In 2014, Mary Beaver learned she was in heart failure. The news was devastating to the 52 year old. Mary was the Director of Evansville EMS and had a busy and fulfilling life. She and her husband Tom have two children and two grandchildren.

By 2015, Mary needed a heart transplant. Her family's prayers were answered when after only 24 days, UW Hospital had a heart for Mary. Her heart transplant was a success and after 21 days in the hospital, she returned home.

## Road to Recovery

Mary began her cardiac rehab while still in the hospital and once discharged, she began outpatient or Phase 2 Cardiac Rehab at Stoughton Hospital. Mary chose to do cardiac rehab at Stoughton Hospital because it was close to home and she knew it was a great program.

When Mary started cardiac rehab, any walking was very difficult and she couldn't pick up her grandchildren. Through cardiac rehab Mary was able to build up her endurance and rebuild the muscle she had lost.

Mary "graduated" from the Stoughton Hospital Cardiac Rehab program this past December. The change has been remarkable for her. She can now participate more fully in daily life including grocery shopping and more importantly, picking up her grandkids.

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*"This is the place to come  
for cardiac rehab."*

-Mary Beaver

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What impressed Mary and her husband, Tom, was the cardiac rehab staff. They are genuinely concerned about their patients. As Tom said, "They bring it to a personal level of care. You can't buy that." Mary agreed stating, "this is the place to come for cardiac rehab. The staff is very caring and professional."



Mary Beaver with Cardiac Rehab Staff Melissa, Jen & Betsy

Mary was also pleased with the level of education she received on nutrition, weight, blood pressure and more.

When unable to attend cardiac rehab due to illness, the staff always called to check up on her and make sure she was alright. "Your program is awesome," Mary shared.

## Moving Forward

Mary continues to exercise in the hospital's Wellness Program or Phase 3 Cardiac Rehab. She acknowledges she still has a long way to go and just feels better after exercise. Rather than going to a health club, Mary prefers the atmosphere of cardiac rehab and the support of the other patients and staff.

Mary and her family are optimistic about the future and she's excited about being able to volunteer in the schools.

## Contact Us

For more information on Stoughton Hospital's Cardiac Rehab Program, please call 873-2314.

## Hospital Receives Guardian of Excellence Award



Late last year, Stoughton Hospital was named a 2015 Guardian of Excellence Award® winner by Press Ganey Associates, Inc. The Guardian of Excellence Award recognizes top-performing health care organizations that have consistently achieved the 95th percentile or above in patient experience.

The Press Ganey Guardian of Excellence Award is a nationally-recognized symbol of achievement in health care. Presented annually, the award honors hospitals who consistently sustained performance in the top 5% of all Press Ganey hospitals for each reporting period during the course of one year.

Press Ganey Holdings is a leading provider of patient experience measurement, performance analytics and strategic advisory solutions for health care organizations across the continuum of care.

"We appreciate the recognition from Press Ganey. While it's always nice to receive awards, the service to our patients is our greatest achievement," states Terry Brenny, Stoughton Hospital President & CEO. Brenny also credits the hospital's Excellence Together Program for the outstanding levels of patient satisfaction. "Our staff and physicians are always working together to achieve better outcomes and higher patient satisfaction. We're never done trying to exceed expectations."

# Adding Convenience & Compassion to Treatment

Suzanne Ampe had a hard November ending up at a Madison hospital with pneumonia for one week. Shortly after being discharged she was readmitted for another week. To combat this tough case of pneumonia, Ampe needed a daily course of IV antibiotics. Fortunately for the Stoughton resident, there was a closer option for her ongoing treatment. The Stoughton Hospital Ambulatory Infusion Center offers a convenient option for patients requiring infusion therapies or treatments for a variety of conditions.

“The nurses were great, I can’t say enough good things about them,” shared Ampe when discussing her nine weeks of IV treatment at the Stoughton Hospital Ambulatory Infusion Center (AIC). Ampe was thankful the staff was able to get her in and out as efficiently as possible, never keeping her waiting. She adds, “the nurses were compassionate. They talk to you like they know you.”

The Ambulatory Infusion Center specializes in intravenous (IV) treatments. Services and treatments include:

- Administration of intravenous medications such as anti-infective medication, solumedrol and other specialty medications
- Administration of hydration and antiemetics
- Administration of blood and blood component therapy
- Placement of vascular access devices such as peripheral catheters, midlines, groshong’s and non-groshong PICC lines
- Care and maintenance of implanted chest ports
- Administration of intra muscular and/or subcutaneous injections
- Patient and family education

Ampe is done with treatment but continues to come in weekly to have her PICC line bandage changed to prevent infection. When asked if she would recommend Stoughton Hospital, Ampe didn’t hesitate to say “yes, absolutely.”



Stoughton Hospital Ambulatory Infusion Center Nurses  
Becky, Jessica & Kathy with patient Suzanne Ampe.

## Ambulatory Infusion Center (AIC)

The AIC is open seven days a week and located on the hospital’s second floor Ambulatory Center.

Weekdays: 7:00 a.m. – 5:00 p.m.

Weekends and Holidays: 8:00 a.m. – 8:00 p.m.

The AIC is able to accommodate patients outside of its normally scheduled hours.

## Physician Referral Process

To receive care at the AIC, your physician must send a treatment order to the AIC. Your physician’s office can call the AIC at 873-2324 for standing orders.

## Breathe Easy with Surgical Options for Sinusitis



Steven Lyon, MD  
Otolaryngology  
Stoughton Dean Clinic

Spring is approaching and it can be a hard time for those with sinusitis. There are many over the counter and home care options for sinus issues. Unfortunately not everyone responds to these treatments. 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.



Lauren Duerst, PA-C  
Otolaryngology  
Stoughton Dean Clinic

## Welcome Lauren Duerst, PA-C

Stoughton Hospital welcomes Lauren Duerst, PA-C to Stoughton Hospital. Duerst will work with Dr. Steven Lyon, Otolaryngologist at the Stoughton Dean Clinic.

## Office & Insurance Information

To make an appointment to learn more about how to alleviate your sinus symptoms, please call the Stoughton Dean Clinic at 877-2777.

Accepted Insurances include: Dean Health Plan products, various commercial health insurances, Medicare Part B, Wisconsin Medicaid and others. Please call your insurance carrier for coverage details.

# Calendar of Events

**New online registration for all classes! Please go to [stoughtonhospital.com](http://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.

### 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. Registration is required.

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

*Feb 16th through March 22nd (six Tuesdays) 3 to 5:30 p.m.*

### Understanding Alzheimer's & Dementia

The number of people living with memory loss is growing. Many are confused about the terms and about what is normal as we age. Some questions that are frequently asked are: What is Alzheimer's and how is that different from dementia? What can I do to reduce my risk? Dane County Dementia Care Specialist, Joy Schmidt, will answer these questions and give practical guidance about how to support those in your life who are living with cognitive challenges.

*Thurs, March 10th at 10 a.m. FREE*

### I'm Not Sure if My Hands Can Handle This

Let Dr. Tom McCoy, a Mayo Clinic-trained physician and ergonomist, help you find answers to the three most common questions about aged and arthritic hand use. They are: can I do this? Is it safe for me? What choices do I have? In his presentation you'll learn some simple, proven ways to answer those questions and find ways to do more, hurt less, and perform better naturally.

*Thurs, March 31st at 4 p.m. FREE*

### Understanding Advance Directives

If you had a medical emergency, would you be prepared? Would the person you trust have the authority to make decisions for you? Join our social workers to learn about health care power of attorney.

Immediately after the presentation, we will offer free confidential assistance in completing an advance directive. Please bring addresses and phone numbers of your potential decision makers.

*Tues, April 12th at 5:30 p.m. FREE*

### Freedom Through Forgiveness

Not being able to forgive can lead to pain in many areas of our lives. We know we should forgive, we want to, but how? Join instructor Tim Markle, to learn methods of working toward forgiveness and learning to live a forgiving life.

*April 12 through May 17 FREE  
Tues evenings from 6:30 to 8 p.m. in the Board Room (six Tuesdays)*

### Refreshing Spring Detox

Join Anne Adametz, Stoughton Hospital Acupuncturist, to learn how to sustainably detox and take a holistic approach to cleansing our bodies, mind and spirit. Anne will incorporate ancient fasting techniques with essential oils and explore ways to feel refreshed.

*Thurs, April 14th at 6 p.m. FREE*

### “Portion Control – Don't Go Overboard”

Join Registered Dietitian Autumn Kumlien, to learn the basics of portion control, including why serving size matters, why you shouldn't eat out of the bag, and other portion control tips. Food logs will also be discussed.

*Tues, May 10th at 5:30 p.m. 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.

*Sat, Feb 27th from 9 a.m. to 1:30 p.m. \$50*

## 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.**

### Diabetes Management

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

*Wed, Feb 24th and April 20th at 9 a.m. or 2 p.m.*

### Exercise Guidelines

How does exercise benefit my heart and prevent chronic disease?

*Wed, March 30th at 9 a.m. or 2 p.m.*

### Heart Healthy Nutrition

Focus on the Mediterranean Diet

*Wed, April 6th 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?

*Wed, April 13th 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.

*Wed, March 9th and May 4th at 9:15 a.m.*

### Understanding Cholesterol

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

*Wed, March 16th at 9 a.m. or 2 p.m.*

### Understanding Heart Disease

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

*Wed, March 23rd 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](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 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

#### Healthy Living Expo

Free health screenings, healthy cooking demonstrations, live entertainment, interactive fitness classes, and more.

*Sun, March 6th from 10 a.m. to 3 p.m.*  
*Marriott Madison West*

#### Week of the Young Child

##### Family Fun Night

An evening of fun for the whole family.

*Friday, April 15th from 5:30-7:30 p.m.*  
*Grove Campus Fieldhouse, Fair Street, Evansville*

#### Virtual Dementia Tour

The Virtual Dementia Tour uses 20 years of research to create educational resources and sensory stimulation that provides family and professional caregivers with an easy way to experience the challenges faced by those living with dementia and memory loss.

To register, please call Sonja at 873-2356 for a personal 12 minute tour.

*April 17th, 6 – 8:30 pm*  
*United Methodist Church*  
*525 Lincoln Ave, Stoughton*

#### Medication Disposal & Sharps Collection

Free Drive Through Service!

*Sat, April 30th from 8 to 11 a.m.*  
*Evansville Police Department*  
*10 W 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). Sponsored by Building a Safer Evansville (BASE)

#### Medication Disposal & Sharps Collection

Free Drive Through Service!

*Sat, April 30th from 9 a.m. to noon*  
*Stoughton Fire Department*  
*401 E Main St, Stoughton*

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

### Support Groups

#### Crohn's, Colitis & IBD Support Group

Meets 3rd Wednesday of the month at 5:30 p.m.  
Stoughton Hospital Board Room  
Contact: Marilyn at (608) 873-7928

#### Diabetes Support Group

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

#### Hope Chest

##### Breast Cancer Support

For individual support please call 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.