

The **HEARTBEAT**

SIBLEY
MEDICAL
CENTER *Heartfelt Care*

Arlington Hospital • Arlington Clinic
Gaylord Clinic • Henderson Clinic
Winthrop Clinic • Home Health Care

FROM OUR ADMINISTRATOR - Douglas J. Reker, CHE



Through much discussion it has been decided to rename this newsletter "The Heartbeat". Along with this is a new header. Our goal is to publish this quarterly and include general information, introduce you to our staff and services, as well as health education. You can expect each newsletter to focus on specific departments and/or medical providers. We wish to announce the Ear, Nose and Throat (ENT) services started on February 13th. Dr. Fina is at our Arlington Clinic every other Tuesday. Watch the local papers for her welcoming ad. We hope you will enjoy this newsletter.

HEART HEALTH MONTH

Fred Weckwerth was going about his usual day as a plumber, this day repairs at Lakeview Home in Gaylord. He put his arms above his head and experienced pain down his right arm. This scared him and with difficulty drove to SMC clinic in Gaylord. By this time the pain had gone to his chest, and jaw. After a B/P reading the medical staff called the Gaylord ambulance. By this time Fred was having severe chest pain. He arrived at SMC in Arlington and Barb Haefs, LPN, and Dr. Dean Bergersen admitted him thrashing on the stretcher from pain and appearing very gray. Quickly from his EKG it was clear Fred was having a heart attack. With collaboration with cardiologists at Abbott Northwestern Fred received a clott busting medication through an IV and was helicoptered to Abbott Northwestern (ANW) in Minneapolis for further treatment. Fred's wife Joyce, who had seen him at SMC hospital, drove with their daughters to ANW realizing the seriousness of the event when told not to delay in arriving. This happened in July of 2003. Each year, about 1.1 million Americans suffer a heart attack. About 460,000 of those heart attacks are fatal. About 1/2 of those deaths occur within 1 hour of the start of symptoms and before the person reaches the hospital. Most heart attack victims wait 2 hours or more after their symptoms begin before they seek medical help. DELAY CAN BE DEADLY.



L to R: Dr. Dean Bergersen, Connie Eckberg, RN, Fred & Joyce Weckwerth, Barb Haefs, LPN, and Dr. Assen Chekerdjiev

Fred did not delay and survived his heart attack. He and Joyce were told by the experts in heart disease at ANW, because of the immediate care he received they could do their job in saving his life. Fred sustained some damage to his heart muscle. He was told he had to stop smoking immediately. Fred also was given a treatment plan for high cholesterol and high blood pressure. He attended Cardiac Rehab at SMC to start an exercise program and receive education on lifestyle management. Fred had further interventions with his heart; stenting in 9/04 and Coronary Artery Bypass Grafting in 12/2006. He is actively involved in the treatment plan Dr. Chekerdjiev and Dr. Bernhardson have devised. Fred, with Joyce's support, has changed how he eats, remained smoke free, lost 40 pounds and exercises regularly. He states he does not feel deprived. Fred is successfully living with heart disease because he acted in time and without delay. A big SMC thanks to Fred and his family for sharing this story with us!

SMC EMPLOYEES KNIT FOR CHARITY!



SMC Employees knitting on their break.

During the holiday season several SMC employees from all of our locations donated their time and materials (some yarn was donated by Mary Lou's) to knit baby hats for Warm Up America. Approximately 4 million newborns die

annually in underdeveloped countries within the first month of life, one of the simple ways to prevent this is a hat to keep in body heat. Answering a call for help in the Henderson Independent, SMC employees sent off 160 hand knit hats!



SMC AUXILIARY EVENT

“Spring Fashion Purse Suit” Luncheon & Style Show

A fun event you don't want to miss!

Arlington Community Center

Saturday, March 24th

11:30 a.m.

Adults - \$7 Under 10 - \$3.50

Tickets available at all clinic locations!

DEPARTMENT PROFILE: DIETARY CONSULTATION



Charla Spitzak, RLD and Emily Rand, CDM

Our dining program offers a warm, homelike atmosphere with appetizing home style cooking (just like Mom use to make!). Our goal is to please our patients and make their stay as comfortable as possible. Therefore, we seek their input in making modifications to our menus. Our Dietary staff pays close attention to our patients/clients individual preferences. We also provide between meal snacks and nutritional supplements when needed.

Approximately 1,170 meals are served each month to patients hospitalized, to their guests, clients on our Meals and Wheels Program, and hospital employees. Special attention is given to those who have special dietary needs through the services of a dietary consultant. Medical Nutrition Therapy is provided for both in-patient or out-patient status, for conditions diagnosed or referred by their physician, for the following: Diabetic care, Weight loss, Cholesterol control, Cardiac care, Prenatal care, Pediatric care, and Nutrition support. Making dining fun and enjoyable for the patients/clients is one of our goals, along with meeting therapeutic and nutritional needs.

MEET OUR PROVIDERS



Amy Vint, PA-C Family Practice

Amy Vint, PA-C received her Masters of Physician Assistant Studies at the University of Iowa College of Medicine and her bachelor's degree with a major in biology at Bethel University, St. Paul, MN.

Her certifications include the National Commission on Certification of Physicians Assistants, the State of Minnesota Physician Assistant Registry, Basic Life Support, Advanced Cardiac Life Support as well as Agricultural/Occupational Health. She is a member of the American Academy of Physician Assistants and the Minnesota Academy of Physician Assistants.

Amy enjoys working in all areas of family practice, treating a diverse patient population and is skilled in conversational Spanish. She has experience working with adults, adolescents and children with acute and chronic problems as well as routine medical screening.

In her free time she enjoys spending time with family and friends, the outdoors and traveling.

Amy sees patients at our Arlington, Gaylord and Henderson locations.

ADOPT-A-ROOM

SMC is undertaking the fun challenge of redecorating the hospital patient rooms and hallways. We are requesting that families, service clubs, individuals, businesses consider a donation to assist with the project. Your generosity is appreciated. Please contact Pia, the administrative assistant or Douglas Reker, C.E.O., for more details. Should your service club or group want a speaker on this topic or another please contact Pia or Douglas.

CHOLESTEROL CHECKS

Cholesterol: Blood Fats

To help identify those individuals with high cholesterol and/or triglycerides, SMC is offering testing in order for you to "know your numbers". We are calling this test a lipid profile. This profile will comprise the following: Triglyceride; cholesterol; HDL cholesterol (the good cholesterol); LDL cholesterol (the bad cholesterol). Testing is available according to the following schedule at the following clinics from 8:00 a.m. to noon:

Arlington	March 20th and March 27th
Gaylord	March 21st and March 28th
Henderson	March 21st
Winthrop	March 29th

Medicare and many insurances do not cover prevention or screening blood works. Accordingly the fee for this is \$23.00 for the profile. We will not submit to insurance or Medicare and payment is due at the time of test. You can use your medical reimbursement account, however. For optimal results an 8 to 10 hour fast is best. We will require each participant to provide the name of their physician. SMC is looking forward to doing more health screening in the future. Do you know your number??

VISITING SPECIALIST



Jean Eelma, MD
Orthopedics

We are excited to announce that Dr. Jean Eelma who specializes in Orthopedic Surgery (bone and joint surgery) is coming to Sibley Medical Center. Dr. Eelma has over 23 years experience in surgery and will be seeing patients and doing surgery every Tuesday. She is Board Certified

in Orthopedic Surgery and specializes in arthroscopy, shoulder surgery and joint replacements. Dr. Eelma is a native of Mankato, a graduate of St. Olaf, and the University of Minnesota Medical School.

Surgical procedures being done locally is a top priority for Sibley Medical Center. We are very pleased Dr. Eelma is here weekly.

SMC FOUNDATION BENEFIT

Our famous Benefit & Fun Night is back!

Friday, April 20th

Arlington Community Center

6:00pm Social Hour 6:30pm Dinner

8:00pm The Games Begin!

\$15 per person

"NORTHERN EXPOSURE"

Come dressed for "up north"

Tickets available at all clinic locations!

OUR MEDICAL STAFF & DIVISIONS

Arlington Clinic (507-964-2271)

Dean Bergersen, M.D., Family Practice
Assen Chekerdjiev, M.D., Internal Medicine
John Vener, M.D., Family Practice
Melanee Buckentin, C.N.P., Family Practice
Laura Madson, P.A.-C, Family Practice
Amy Vint, P.A.-C, Family Practice

Gaylord Clinic (507-237-5523)

Dean Bergersen, M.D., Family Practice
Laura Madson, P.A.-C, Family Practice

Henderson Clinic (507-248-3433)

Dean Bergersen, M.D., Family Practice
Amy Vint, P.A.-C, Family Practice

Winthrop Clinic (507-647-5318)

Assen Chekerdjiev, M.D., Internal Medicine
John Vener, M.D., Family Practice
Melanee Buckentin, C.N.P., Family Practice

Primary Care Providers



Dean Bergersen, MD
Family Practice



Assen Chekerdjiev, MD
Internal Medicine



John Vener, MD
Family Practice



Melanee Buckentin, CNP
Family Practice



Laura Madson, PA-C
Family Practice



Amy Vint, PA-C
Family Practice

Specialty Care Providers



Sandford Anderson, MD, FAAPP
Pediatrics



John Bergseng, DO, FACOS
General Surgery



John Bernhardson, MD
Cardiology



Gerard Busch, MD
Podiatry



Jean Eelma, MD
Orthopedics



Manuela Fina, MD
Ear, Nose & Throat



John Mark Johnson, DO
OB/Gyn



Birendra Kumar, MD
Oncology



Chad Robbins, DO
General Surgery



Chase Sovell, MD
Urology

SIBLEY
MEDICAL
CENTER *Heartfelt Care*

601 W Chandler Street • P.O. Box 620 • Arlington, MN 55307

Non Profit Org.
US. POSTAGE
PAID
Arlington, MN 55307
Permit No. 60

POSTAL PATRON