Welcoming Our New Providers

- Ed Jedlicka, PhD, LPC
  Psychotherapy
  Treffert Center, Doll & Associates,
  Ripon Medical Center
  (920) 907-8201

- Ilya Khotimsky, MD
  Anesthesiology
  St. Agnes Hospital
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- Chris Majors, PsyD
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- Emily Strahota, PA-C
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  (920) 929-2300

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Charting Your Wellness Adventure

When a chef prepares that perfect meal, much work goes into planning and preparation to ensure the ultimate experience.

When we look at our own health journey, the same can be said. Plan and prepare.

In this issue of Living In Good Health, it’s exciting to read about people who have taken the right steps to ensure their futures are filled with good health.

Start your personal journey to good health today!
- For children, it’s seeing positive role models when selecting snack and meal options, being active and enjoying the outdoors.
- For young adults starting out on their own, it’s understanding when you should start visiting your personal health care provider for annual checkups.
- For those thinking about starting a family, it’s knowing how to prepare to welcome a newborn baby and the many joys, as well as questions, that follow.
- For those nearing retirement, it’s about preparing yourself to stay active, and continue screenings to catch illnesses and diseases early when they are most preventable.

Agnesian HealthCare is proud to offer many programs and services that are designed to enhance the overall health and wellness of the people we serve. These include things like our integrative health offerings (acupuncture, chiropractic and massage therapy), and community education programs, including our successful Walk with a Doc program in Fond du Lac and Ripon.

At Agnesian HealthCare, we’re here to help guide, direct and encourage you along your journey to good health!
Health needs are community needs.

Agnesian HealthCare’s commitment to health and community extends beyond the physical walls of any Agnesian HealthCare facility. Like our new sponsor - SSM Health - we are proud to support many organizations throughout our service area - that share our mission of improving the health and quality of life in our communities.

You’ll see our certified athletic trainers on the sidelines of area football games, and our school nurses offering support to our children. Our parish nurses guide congregations through the health journey, and our cooking demonstrations enrich understanding about food choices and portion sizes.

And, we don’t stop there. Collaborations with the Fond du Lac Family YMCA are opening up resources to patients who are looking to make dramatic changes in their lives to ensure they are here for future generations. Working with the Children’s Museum of Fond du Lac, the new BrainMatters exhibit educates children and their caregivers about factors that impact the development of a child’s brain and the lasting implications on lifelong health. The list goes on.

We live in tightly knit, family-oriented communities. We are inspired to take extreme pride in our work, and our friends and neighbors are in better health because of this commitment.

Through SSM Health, this dedication and giving will continue. Each year, SSM Health reinvests in our communities through charity care and contributions to community programs and services.
“After a couple of ACL repairs, it was time for a knee replacement.”

- Signe Schecher
ACTIVE IN LIFE

For Signe Schecher, 56, of Juneau, slowing down is not an option. As a previous athletic director and current physical education teacher, Signe has always been very active and loves being on the move. But, like all of us, time is catching up with her.

“I was a three-sport athlete in college, and I put a lot of wear and tear on my body over the years,” says Signe. “I got to the point in my 40s where I developed bone-on-bone in my knees, and the pain prevented me from doing the activities I enjoyed, including golf or even walking. After a couple of ACL repairs, it was time for a knee replacement.”

Knee replacements reduce pain and improve function, and allow people to maintain a level of activity for as long as their overall health allows, according to Bert Callahan, MD, orthopedic surgeon, who has performed Signe’s knee replacement surgeries. “Patients who take good care of their new knees - avoid running, jumping, heavy physical activity and have a well-aligned, flexible knee - should enjoy 20 or more years of reliable service,” according to Dr. Callahan.

“The surgery was very successful and I really enjoyed working with him,” according to Signe. “He’s just an all-around good guy.”

Before leaving Ripon Medical Center, Signe benefited from both physical and occupational therapy sessions at the hospital.

After returning home, Signe didn’t stop there. She took advantage of outpatient physical therapy with Lisa Traughber, PT, at the Sports & Spine Center at Mayville.

“When you have total knee replacement surgery, the recovery and rehabilitation process plays a crucial role in helping you get back on your feet and resume an active lifestyle,” says Traughber.

Signe is back working full time as a physical education teacher at Mayville High School, where she has worked for 28 years. While her days of running and skiing are probably over, she is feeling great and looks forward to getting back to golfing, biking and walking her two dogs.

Take a virtual tour of Ripon Medical Center at agnesian.com/RMC-tour.
Rachelle Wuest has a lot of ambition and a lot on her plate.

A junior at Marian University majoring in radiologic technology, she works part time at three different jobs. And, she was just crowned the 2018 Miss Fond du Lac, sharing an educational platform near and dear to her.

On top of all of her activities, Rachelle has a health history that includes Postural Orthostatic Tachycardia Syndrome (POTS). POTS is a relatively rare syndrome (there are fewer than 500,000 U.S. cases per year) that typically affects women ages 15 to 50. The syndrome is usually triggered when a person stands up after lying down; symptoms include lightheadedness, fainting and rapid heartbeat which can be treated by resting.

Rachelle first started having symptoms when she was in eighth grade.

“It was during a vacation to New York, when I started feeling dizzy in Times Square,” Rachelle recalls. “I remember telling my mother that I felt like I was going to faint and I couldn’t stand up. We went to a restaurant where I had to lay down in a booth and rest until I felt better.”

Her symptoms through high school were erratic, and it was during a consultation with her internal medicine physician, Oliver Clements, MD, that ran a variety of tests, including an EKG. Rachelle was then referred to Juan Diaz, MD, FACC, interventional cardiology.

Dr. Diaz discovered an arrhythmia (irregular heartbeat) and ordered a tilt table test. This test secures a patient on a level table, slowly moving the patient to 30 degree, 45 degree and finally 90 degree angles while monitoring the patient’s vital signs.

“Some patients have fairly mild symptoms and can continue with normal activities,” says Dr. Diaz. “For others, symptoms may be so severe that normal life activities, such as bathing, housework, eating, sitting upright, walking or standing can be significantly limited. In Rachelle’s case, we have been able to find the right treatment plan to help her live a balanced life.”

After the diagnosis, Rachelle was referred to James Roth, MD, an electrophysiologist with Froedtert & the Medical College of Wisconsin that practices at Agnesian HealthCare, who put her on a medication regimen. She also sees Kimberly Udlis, APNP, electrophysiology, for regular checkups.

“While there is no cure for POTS, some patients will see an improvement in symptoms over time,” according to Dr. Roth. “With proper lifestyle adjustments, exercise, diet and medical treatments, many patients see an improvement in their quality of life - Rachelle is the perfect example.”

Learn more about POTS, its diagnosis and symptoms. agnesian.com/POTS
“Listen to your body and take action when you think something is wrong.”

- Rachelle Wuest
Life is busy for most 19 year olds. Madison St. Lawrence, of Malone, is no exception. Attending college full time and working as a phlebotomist with Consultants Laboratory, Madison had no time for illness. An active person, she loves to hike, bike and eat healthy.

So, when she started to experience a dull stomach ache that would keep her up at night, she knew something wasn't right. “The pain would start when I ate so I would avoid eating,” Madison recalls. “It was so bad that I made an appointment with my primary care provider, Dr. Brenda Grass, who referred me to Dr. Jerry Evans, a gastroenterologist, who ordered an upper and lower GI exam.”

“Often times, finding nothing wrong is part of a diagnosis,” according to Dr. Evans. “We are ruling out any specific conditions and diseases.”

An ultrasound did not show any gallstones, which would be the most common and obvious cause for her pain.

During this process, Madison’s mother was participating in the Walk with a Doc program, chatting with Joanne Pasiuk, MD, general surgeon, about her daughter’s condition. “Dr. Pasiuk encouraged me to have Madison visit her as she works collaboratively with Dr. Evans.”

Both providers reviewed previous tests, and a nuclear medicine scan. “Madison is a healthy young woman and we wanted to get to the ultimate reason behind her pain,” according to Dr. Pasiuk.

Testing indicated that her gallbladder was functioning at a lower percentage than normal for a healthy teenager. A normal gallbladder ejection fraction is above 35 percent and Madison’s was 18 percent, according to Dr. Pasiuk.

“When this test is abnormal, eight times out of 10, removing the gallbladder will resolve the pain. We can do this through a minimally invasive procedure using either laparoscopy or the da Vinci surgical robot.” There is no need to stay overnight and scarring is minimal.

This was good news. Surgery was scheduled first thing the morning of December 22. “I remember Dr. Jo talking with me and showing me the robot,” Madison recalls. “It was very impressive.”

Surgery took less than two hours, and Madison was home in time for dinner.

“I don’t have any more stomach pain,” Madison says. I am glad because I am back to school and back to work.”

What are gallstones? Visit our health library at agnesian.com/gallstones to learn more.
“I am glad that I am back to school and back to work.”

- Madison St. Lawrence
“I recommend this screening to anyone who has been a heavy smoker.”

– Tim Bachhuber
Early Detection Saves Lives

Tim Bachhuber, 70, a Mayville resident, is grateful to his primary care physician - Alisha Ketterer, MD. She recommended a screening that saved his life.

In Tim’s case, Dr. Ketterer recommended a lung cancer screening knowing his long-term history of smoking, even after quitting three years ago. Tim smoked for more than 35 years and met criteria for the low-dose CT scan screening.

“One reason why lung cancer is so serious is that, by the time you have symptoms, it has often already spread and has become more difficult to treat,” according to Dr. Ketterer. “Screening is looking for cancer before you have any symptoms, which can help find cancer at an early stage when it may be easier to treat.”

The screening showed that Tim had lung cancer in his left upper lobe. “While I didn’t anticipate receiving this news from Dr. Ketterer, I’m glad that it came when it did,” Tim says. “I would not have even known this if it were not for her recommendations and actions.”

From there, Tim was referred to R. Eric Lilly, MD, a cardiothoracic surgeon with Froedtert & the Medical College of Wisconsin who practices full time at Agnesian HealthCare. A successful surgical procedure in December 2016 removed the cancerous tumor from Tim’s lung.

“Lung cancer surgery is an option for some patients depending on the type, location, and stage of their cancer and other medical conditions,” according to Dr. Lilly. “For Tim, it was the best option. Attempts to cure lung cancer with surgery will remove the tumor along with some surrounding lung tissue. Removing the tumor with surgery is considered the best option when the cancer is localized and unlikely to have spread.”

Tim is back to enjoying life. He just completed directing “Gladys in Wonderland,” in which he also played a small role. In addition, he enjoys painting, reading mystery books and spending time with his wife of 13 years, Gen.

“After going through this, I recommend to anyone who has been a heavy smoker - have this screening done. And, if you are still smoking - quit today!”

Are you a candidate for a lung cancer screen? Visit agnesian.com/lungsreen to learn more.
“I have my dad’s smile and petite features,” says Lauren Herlache, 29, a Fond du Lac resident. “There is no denying that we are related.”

So when she watched her dad suffer from an abdominal aortic aneurysm years back, she thought to herself, “Could that happen to me?”

“I was born and raised in Waupun,” Lauren says. “We weren’t the healthiest eaters. My dad was a smoker for most of his life. We enjoyed Friday fish fries and large food portions. Even though we were relatively fit, exercise wasn’t a daily routine.”

After Lauren’s dad had his health concerns, she knew she wanted to be as proactive and preventive with her health as possible.

“My wellness journey with my husband, Tom, doesn’t focus on a number on the scale or a size on the label. We want to feel good because we love life. We work hard and play hard.”

A recent checkup with Sara Riegert, MD, obstetrics/gynecology, brought a referral to Health Resource Center classes at St. Agnes Hospital. “I attended cooking classes and a mindfulness seminar where I learned about the wellness wheel. It’s been helpful to learn to be healthy in all aspects of life. We want whole health.”

The Health Resource Center offers classes all year long that range from yoga, cooking, baby care basics and art therapy. A complete listing is available at agnesian.com/kan-and-go-classes.

How do you stay heart healthy? For tips and recipes visit agnesian.com/livinghearthealthy.
“My wellness journey with my husband, Tom, doesn’t focus on a number on the scale or a size on the label.”

- Lauren Herlache
Can Your Attitude Really Be Contagious?

Did you know you can catch an attitude from your co-worker, just as easily as their cold? That is great, but only if you surround yourself with positive people.

Unfortunately, that’s not always in our control. We are actually “hard-wired” to see the negative, so let’s work to fix that.

- Recognize emotions of love, joy, hope and amusement. The most powerful emotion of all - gratitude.
- The negative is constantly yelling at us. It is hard to hear the whispers of positive. Take time to reflect on the good in your day.
- Write three good thoughts in a journal each day. This encourages your brain to remember and retain the positive.
- After 21 days you will establish a habit of positivity that can “re-wire” your brain for good.
- There are even apps that can help you do this daily. My favorite is “3 Good Things.”
- Be the type of person with an “attitude of gratitude” and I guarantee people will want to catch what you have!

Heather Schmidt, DO
Family Medicine
(920) 929-7490

Download “3 Good Things” at agnesian.com/3goodthings.
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DID YOU KNOW?

The Samaritan Health Clinic

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Helps an average of 750 people annually.

Funded by donations through the Agnesian HealthCare Foundation & Samaritan Cash Raffle proceeds.

26 YEARS
The Samaritan Health Clinic was established in 1992.

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It’s been more than 26 years in the making. And, the dividends of the Samaritan Health Clinic are enormous.

The Samaritan Health Clinic’s journey first began when a philanthropic group of physicians set out to serve the most vulnerable in our community. They volunteered countless hours to provide necessary health care, at no cost to the patient. Today, the Samaritan Health Clinic works with Agnesian HealthCare providers not only to provide access to the care that patients need, but also the guidance patients need for moving forward.

Individuals facing medical concerns and financial limitations can walk into a welcoming environment at St. Agnes Hospital and encounter a kind-hearted team who provides comfort during difficult times. The Samaritan Health Clinic’s team includes: Laura Vadnais, Megan Siedschlag and Heidi Mansini, medical support specialists; and Terry Mabee, CSW, and Kathy Donahue, CSW, community care specialists.

Vadnais and Mansini assist each patient through the application process and help to determine eligibility. People seeking care from the Samaritan Health Clinic must fall within the following guidelines:

- Resident of Fond du Lac County or Northern Dodge County (Waupun)
- No insurance (including Medicaid, Medicare or BadgerCare)
- Between the ages of 19 to 64
- At or below 165 percent of the federal poverty level

“Our role is to provide compassionate and unbiased guidance to all who walk through our doors,” explains Vadnais. “We work hand-in-hand with providers and other community resources. There are very few situations where we can’t find some type of assistance for our patients.”

Mabee and Donahue both look for opportunities and resources available to patients, and, if need be, to enroll them with an insurance plan. Siedschlag works with pharmacies to help with any prescription needs.

Currently, the Samaritan Health Clinic sees an average of 30 people a day. Thanks to the work of the Agnesian HealthCare Foundation, which provides funding for this service, this team is able to continue to serve the mission set forth by Agnesian HealthCare.
Home care and hospice care helps families when end of life is near.

CARE AT HOME
“Living next door to my father was very special,” recalls Randy Vande Slunt, of Waupun. “So when he was diagnosed in May 2017 with myeloproliferative syndrome (a bone marrow condition), I was not only his son and neighbor, I was his caregiver, as well.”

Howard Vande Slunt, 89, of Waupun, was experiencing fatigue, loss of balance and just not feeling himself. A strong man who was the head of a family business for many years, and an experienced farmer and carpenter, sought care from his primary care provider Richard Parish, PA-C, family medicine in Waupun.

“I saw Howard in early 2017 as he was experiencing initial symptoms,” according to Parish. “We had some early suspicions on what Howard might be facing, but my first step was to refer him to Dr. Joel Lundberg, one of our medical oncologists.”

When Howard and Dr. Lundberg met, they discussed the option of performing a bone marrow aspiration and biopsy to establish a diagnosis. “We reviewed all alternatives together,” says Dr. Lundberg, “I suspected a disease of the bone marrow impairing production of blood cells. Subsequently Howard decided against having the bone marrow biopsy.”

At that point, home care and hospice care were recommended.

Home care serves patients and families throughout the greater Fond du Lac area for a variety of health concerns and conditions. A home care nurse assesses weight, blood pressure and reviews medication. They can help with fall prevention, therapy, nutrition and other concerns. Susie Lackey, RN, a registered nurse, served as Howard’s home care nurse.

“As my father continued to decline, it was reassuring that he could transition from Agnesian Home Care to Agnesian Hospice Care,” Randy says. “All services were provided in dad’s home. All the care he needed was right within Agnesian HealthCare.”

“I worked with Howard in his home as his hospice nurse,” says Athanasia (Kay) Knutson, RN, a registered nurse with Agnesian Hospice Hope. “As a case manager, I would oversee Howard’s care and comfort measures all in his home, allowing him to be in a familiar setting and near his son. Patients often feel better when they are at home with family.”

Howard was transferred to the Hospice Home of Hope on June 17 and his care continued around the clock until he passed away on June 24, 2017.

“Our family will be forever grateful for the care given to our father,” says Randy. “In his last days, home care and hospice offered us the time needed to say good-bye. We remember him as a strong man and the patriarch of our family.”

Safe at Home
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- Home access items, such as stair lifts, lift chairs, grab bars, mobility devices, mobile lifts and more
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Visit our showroom at 307 Camelot Drive in Fond du Lac. Learn more at agnesianhealthshoppe.com or call (920) 926-5277.

Hospice is offered in home or at the Hospice Home of Hope, located at 400 County Road K, Fond du Lac. To view a 360 degree tour, visit agnesian.com/HHHTour.
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