Here for you. Every step of the way.

THE pulse

Spring 2017

SPEECH THERAPY IN ADULTS

KNOW YOUR NUMBERS HEALTH FAIR

cumberlandhealthcare.com
My technician, Barb, was absolutely excellent. After many years of mammography I rank her as the best. She was so thorough — explaining the new machine & so enthused; she LOVES her job!"
— Mary Modjeski

“Dr. Ankarlo is one of the best care givers anyone could ask for. Her care is what anyone would want. She is very caring and she treats her patients like one of her own family.”
— Sharon Selle

Q: How are our patients rating our overall Emergency Department care?
A: We are in the 96th percentile for the overall patient satisfaction.

* Source: Press Ganey Survey Results, October-December 2016.
A Message from CEO Mike Gutsch

I want to thank you all for supporting Cumberland Healthcare. We are a small not-for-profit hospital committed to providing our patients with compassionate, professional healthcare in a warm and friendly environment.

Our patient satisfaction scores continue to be well above the national average. Starting with your first phone call answered by our highly trained staff, you will realize that serving our patients is our top priority. We are proud to hear our patients consistently tell us they feel like family. Take comfort in knowing we are here for you, every step of the way. We pride ourselves on the quality of care that we deliver and we continue to explore new services that we can offer to the community.

Our annual Know Your Numbers event is taking place May 9-11. We will be offering free health screenings, including blood pressure, total cholesterol, triglycerides, glucose, body mass index and more. All community members are invited to attend. For more information, see the back page of this issue of The Pulse and visit our website at www.cumberlandhealthcare.com.

Have a safe and enjoyable spring season.

Sincerely,

Mike Gutsch
CEO, Cumberland Healthcare

WHAT OUR PATIENTS ARE SAYING ABOUT US

“Personnel upbeat, helpful, pleasant. Respected privacy.” (Outpatient Therapy)

“Excellent nurses! Remembered me from previous procedure.” (Surgery)

“Cumberland Healthcare is my favorite place when I need care. Thank you!” (Clinic)

“Cumberland Healthcare has been my care clinic & hospital for years. ALWAYS VERY GOOD. Dr. Lingen is the best.” (Clinic)

“Dr. Carlson always listens and answers my questions and concerns both in the office and over the phone.”
Most women in their reproductive years find menstruation troublesome enough when it’s predictable. But many women experience heavy bleeding, called abnormal uterine bleeding, at some point in their lives, usually during the first years after the onset of menstruation and at perimenopause.

WHAT IS NORMAL?
The lining of the uterus — the endometrium — builds up during your monthly cycle, then sheds during menstruation, when women lose from two tablespoons to one cup of blood. Bleeding that soaks more than one tampon or pad every hour for several hours or a period that lasts longer than eight to 10 days is usually diagnosed as abnormal uterine bleeding. Keep in mind, though, that what is “abnormal” for one woman may be perfectly normal for another. Every woman knows how heavy her flow typically is and for how many days she usually bleeds. If you bleed considerably more heavily than normal or two or more days longer than usual, tell your doctor.

THE SOURCE OF THE OVERFLOW
Possible abnormal uterine bleeding causes can include a hormone imbalance, noncancerous growths in the uterus (fibroids or polyps), cervical disorders, pregnancy complications, a blood-clotting disorder or a thyroid disorder. Heavy bleeding may also be a sign of cancer of the uterus, ovary or cervix. Although it’s fairly rare for bleeding to be caused by cancer in women younger than 35, it’s important not to ignore your symptoms. For instance, endometrial cancer, a cause of heavy bleeding, can be treated successfully 90 percent of the time — as long as it’s caught early.

TREATMENTS FOR HEAVY BLEEDING
Treatment options depend on the cause of the problem. They can include:

➤ Medications. Certain hormone medications are often the first line of intervention.

➤ Hysteroscopic guided dilation and curettage (D&C). Performed under local or general anesthesia, the doctor expands the cervix, then scrapes or suctions the lining of the uterus. At times, small polyps are removed as well, and cells are collected that can be tested further for abnormalities.

➤ Endometrial ablation. Effective for women whose condition has not responded to drugs, endometrial ablation surgically removes or destroys the endometrium (lining of the uterus). It does not require overnight hospitalization, and most women return to normal activities in a day or two. Ablation is a solution for women who wish to avoid major surgery, but this procedure leaves a woman infertile.

➤ Hysterectomy. Hysterectomy — removal of the uterus — is recommended if cancer or a precancerous condition is involved and is considered as a last resort because this, too, leaves a woman infertile.

If your periods are problematic, don’t despair. Most menstrual irregularities can be corrected.

If you are experiencing heavy menstrual bleeding, contact Cumberland Healthcare at (715) 822-7500 and schedule an appointment today.
When an adult needs speech therapy, it’s usually because they have suffered a stroke or brain injury that has impaired the part of the brain responsible for language. Conditions such as Parkinson’s disease, Alzheimer’s disease, Huntington’s disease, multiple sclerosis, hearing impairment and stuttering may also warrant speech therapy in adults. These individuals may have difficulty speaking, communicating non-verbally or remembering how to talk, read or write. They may also have difficulty swallowing, which would also require therapy.

Speech-language pathologists (SLPs) are the professionals who work with these individuals. Their expertise is invaluable to patients and other staff in managing problems that affect a patient’s overall health and well-being.

The following are some of the common treatment areas that speech-language pathologists treat:

**FLUENCY**
- Stuttering

**SPEECH PRODUCTION**
- How speech sounds are made

**LANGUAGE**
- Spoken and written language (listening, processing, speaking, reading, writing speaking in a social setting)

**COGNITION**
- Thinking skills, such as attention, memory, problem-solving, reasoning/judgment (often impaired after a stroke), head injury and dementia/Alzheimer’s disease

**VOICE**
- Characteristics of how your voice sounds (hoarse, too soft/loud, vocal nodules, etc.)
- Often seen in patients with Parkinson’s disease or in patients who use their voice a lot, such as cheerleaders, teachers, motivational speakers, etc.

**RESONANCE**
- Patients who struggle with hypernasality sound as though they are speaking through their nose or they have a bad cold
- Hypernasality is treated when the voice has these characteristics all the time and it affects a person’s ability to communicate effectively with others

**FEEDING AND SWALLOWING**
- Any difficulty chewing/swallowing food, resulting in choking or change in ability to tolerate certain foods resulting in a restrictive diet
- Can occur following stroke, head injury or certain diseases

**AUDITORY HABILITATION/REHABILITATION**
- Changes in hearing ability, which impairs a person’s ability to understand what is being said and communicate accurately

A variety of diseases can cause speech, language, swallowing and cognitive disorders, including head and neck cancer, Parkinson’s disease, stroke, traumatic brain injury, tumors, dementia and Alzheimer’s disease. The symptoms displayed by a patient with these conditions will vary, making it important for each patient to have a comprehensive evaluation and set up a plan of care that addresses specific areas of concern.

Cumberland Healthcare Rehabilitation Services offers comprehensive speech-language therapy services. To make an appointment, please call Cumberland Healthcare Rehabilitation Services at (715) 822-7300.

Source: American Speech-Language-Hearing Association
“Time is muscle.” This saying was coined about 35 years ago, but rings every bit as true today as it did then. When thinking about heart attacks, or acute myocardial infarctions, every second counts as the heart fights to stay alive.

A heart attack occurs when part of the heart’s blood supply is blocked. A STEMI (ST-segment elevation myocardial infarction) has been described as the most deadly type of heart attack, but early detection and aggressive treatment can restore normal blood flow to the heart, minimizing damage.

SIGNS OF A HEART ATTACK
Detection begins when a person has signs or symptoms develop that indicate a heart attack. These can include:
- Chest discomfort
- Shortness of breath
- Pain radiating from the chest to the neck, arm, jaw or back
- Breaking out into a cold sweat
- Nausea
- Lightheadedness

If a person is experiencing any of these symptoms, contact 911 right away.

EMERGENCY CARE
When emergency medical services, or EMS, makes contact with a patient who may be having a heart attack, obtaining a 12-lead electrocardiogram (ECG) is a priority in their assessment of the patient. Since March 2016, Cumberland EMS service has had the capability to transmit this cardiac reading directly to the emergency department. This allows medical providers in the emergency department to assess the patient’s cardiac function before they arrive at the hospital.

Once at the hospital, things happen very quickly when treating a STEMI patient. One of the priorities is arranging patient transport to a facility with a cardiac catheterization lab. Cumberland Healthcare has formed a valuable relationship with Sacred Heart Hospital in Eau Claire to streamline the process of transferring cardiac patients to their catheterization lab.

With this coordinated cardiac care in place, critical time — and lives — can be saved.

RICHARD PHILLIPS’ STORY
On November 17, 2016, shortly before noon, Richard Phillips was working at the RV Park in Turtle Lake, Wisconsin, moving some brick. He finished the work and noticed he couldn’t carry as much weight as usual, and that his gums hurt. He began to feel weak and sweaty. Then the chest pain set in. He sat down, and when the feeling didn’t get any better, he called 911 at 11:53 am.

Local first responders and EMS were paged at 11:56 am, and immediately responded. Cumberland AEMT Steve Saldana recalls, “When I saw him, I immediately had a concern that he was suffering from a heart attack. His skin was ashen, he was sweating and he was holding his chest. We quickly assisted him to our cot and took him to the ambulance.” Once in the ambulance, the EMS crew checked his vital signs, obtained a 12-lead ECG and transmitted it to the Emergency Department at Cumberland Healthcare at 12:20 pm. Phillips was given aspirin and nitroglycerine by the EMTs while the ambulance was en route to the emergency department.

While our EMS crew was transporting Phillips from Turtle Lake to Cumberland Healthcare, the emergency department staff were preparing for his arrival; the medical team was briefed on his condition; the cardiac catheterization lab team at Sacred Heart Hospital in Eau Claire was activated; and a helicopter was launched from Rice Lake to transport him in the fastest way possible. Phillips arrived at Cumberland’s emergency room (ER) at 12:35 pm.

ER staff stayed in contact with Sacred Heart Hospital until the Life Link III helicopter crew left Cumberland at 12:55 pm. At 1:30 pm, Phillips entered the catheterization lab at Sacred Heart Hospital. Just 18 minutes later, the blocked vessels were cleared and oxygen-rich blood was again flowing to his heart. He had suffered a 100% blockage in one major cardiac vessel and an 80% blockage in another. Consequently, from the time of EMS contact to the time of cardiac catheterization was merely 108 minutes.

A LIFESAVING TEAM
Phillips’ success story relied on collaboration and effective communication between many organizations to provide the fastest and most effective treatments. In his case, the healthcare providers who touched his life included: Cumberland EMS, Cumberland Healthcare Emergency Department staff, Life Link III dispatch and flight crews, and Sacred Heart Hospital’s cardiac cath lab staff; worked together to ensure Mr. Phillips would return home to his family and continue living a healthy, successful life.
Cumberland Healthcare Welcomes New Licensed Psychologist

We are pleased to welcome Travis Hinze, Ph.D. – Licensed Psychologist, to our staff.

Dr. Hinze brings nearly 20 years of experience to Cumberland Healthcare. Dr. Hinze received his Doctorate Degree at the University of North Texas, a Master’s Degree at Idaho State University and a Bachelor’s Degree at University of Wisconsin – Eau Claire. He has been in private practice in Northwest Wisconsin since 2005.

His professional interests include neurocognitive evaluations, testing for dementia in the elderly, ADHD evaluations and behavioral medicine. His personal interests include spending time with his family, drive-in movies and music.

Dr. Hinze is seeing clients at the Cumberland Healthcare Medical Clinic in the newly remodeled Behavioral Health Department. To schedule an appointment, call (715) 822-7530.

5th Annual Golf Classic Scramble Is June 20

Cumberland Healthcare is hosting our 5th Annual Golf Classic Scramble on June 20, 2017.

Cumberland Healthcare’s Foundation is an extension of Cumberland Healthcare, a not for profit, independent healthcare facility. The Foundation was formed in 2013 and our mission is to enhance and ensure continued healthcare excellence for our community through generosity.

Some projects the Foundation has contributed to include:
- Adding a comprehensive cancer center (oncology/infusion) program to Cumberland Healthcare, bringing an unprecedented level of medical staff, facilities and services closer to home
- Healing Center
- Wound care
- Improving aesthetics of our OB department
- 3D mammography machine

A gift to the Foundation can provide substantial current and future benefits. There are numerous ways to make a gift to the Cumberland Healthcare Foundation. Contributions can be made directly to the Cumberland Healthcare Foundation in the following ways:
- Cash, check, credit card
- Estate planning
- Memorials
- Stock
- Trusts
- Wills

For more information, please contact Angie at amartens@cumberlandhealthcare.com or visit www.cumberlandhealthcare.com. All proceeds from the 2017 Golf Classic will benefit Cumberland Healthcare.
YOU’RE INVITED!

Annual Know Your Numbers Health Fair

We are pleased to offer the 11th Annual Know Your Numbers Health Fair from May 9–11, 2017. This event is completely free and is open to all community members; health insurance is not required. Participants will receive free health screenings, including blood pressure, total cholesterol, triglycerides, LDL, HDL, glucose, body fat (must wear shorts for this test) and body mass index (BMI).

Come find out what these numbers mean to your health and determine if you are at risk for developing diabetes or other diseases. Resources will be available for you once you receive your results to help you better understand the potential impact they may have on you. Times and locations for the Know Your Numbers Health Fair include:

Tuesday, May 9, 2017
6:00 am–9:00 am
Cumberland Healthcare
1110 Seventh Avenue
Cumberland, WI
(Walk-ins only; no appointment necessary)

Wednesday, May 10, 2017
6:00 am–9:00 am
Cumberland Healthcare
1110 Seventh Avenue
Cumberland, WI
(Walk-ins only; no appointment necessary)

Thursday, May 11, 2017
6:00 am–9:00 am
Cumberland Healthcare
Turtle Lake Center
632 US Highway 8
Turtle Lake, WI
(Walk-ins only; no appointment necessary)

For best results, do not eat or drink anything 12 hours prior to testing. A free breakfast will be provided, along with healthcare displays, giveaways and much more. Don’t miss out on the Know Your Numbers Health Fair and get on track towards better health.

This event is in partnership with Thrive Barron County, which is a result of Community Health Needs Assessments that were performed in 2012 and 2015. Thrive Barron County includes local area health systems, Barron County Public Health and community agencies. Chronic diseases, alcohol and other drugs and mental health were chosen as the top three health priorities for Barron County. The Know Your Numbers Health Fair is an effort to combat chronic disease issues in Barron County.