Here for you. Every step of the way.

WOUND CARE 101

NEW FAMILY MEDICINE PHYSICIAN

CUMBERLAND HEALTHCARE
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Do you have muscle knots, trigger points or myofascial pain? Cumberland Healthcare offers dry needling as a part of an overall physical therapy plan to help you get back to what you love. Dry needling uses small needles to release pain and tension in muscles that are “knotted” or “caught” in tension. To learn if dry needling could be a part of your road to recovery, contact Cumberland Healthcare Rehabilitation Services at (715) 822-7300 to schedule a consult.

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**Cumberland Healthcare Welcomes New Family Medicine Physician**

We are pleased to welcome John Cochran, MD, to our medical staff.

Dr. Cochran recently completed a family medicine residency in Des Moines, Iowa. He received his Doctorate Degree from Ross University and a Bachelor’s Degree in Biochemistry from Utah State University.

Dr. Cochran is excited to get settled in the community. His personal interests includes fishing, playing board games and spending time with his family. He and his wife, Tracy, have three children: Daphne (5 years old), Quentin (3 years old) and Finn (1 year old).

Dr. Cochran will be seeing patients at the Cumberland Healthcare Medical Clinic. To make an appointment, please call (715) 822-7500.

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**OUR PATIENTS SAY IT BEST**

_I went to the Cumberland Healthcare Healing Center for an issue with my leg. The staff was incredibly friendly and helpful. During my visits to Cumberland Healthcare, I received care from Candy Nelson, Wound Care Assistant, RA, CNA; Sarah Mann, RN; Cassie Moore, NP; and Dr. Brian Pauley. All of the staff explained everything to me. They were always doing what was best for me and explored all options. At Cumberland Healthcare, staff members made me feel like it wasn’t their job to care for me; they were genuinely concerned about my well-being. They are a great team and I would highly recommend Cumberland Healthcare to anyone._

— Millie Hiemstra, Comstock, WI
A Message from CEO Mike Gutsch

At Cumberland Healthcare we are committed to providing you and your loved ones with the highest quality of personalized care using the latest technology and procedures.

Thank you to everyone who attended our 11th Annual Know Your Numbers Health Fair. We had a great turnout, with 388 community members in attendance. Participants received free health screenings, including blood pressure, total cholesterol, triglycerides, LDL, HDL, glucose, diabetic foot screenings, body composition and body mass index (BMI). We are proud to offer this service to the community every year.

In order to meet the needs of our patients and the community, we have added a new family medicine physician, Dr. John Cochran, to our medical staff. Dr. Cochran and his family will be an excellent addition to the community and Cumberland Healthcare.

We continue to make changes to ensure we meet your healthcare needs. Have a safe and enjoyable summer season.

Sincerely,

Mike Gutsch
CEO, Cumberland Healthcare

WHAT OUR PATIENTS ARE SAYING ABOUT US

“Everyone was very kind and respectful. I had a wonderful experience. I won’t go to any other hospital or clinic.”

“All of the nurses could not have been better!”

“The staff is always cheerful and treats each patient like a special person; I could never be more satisfied.”

“Love our clinic and hospital. We are very fortunate to have our providers.”
Wound Care 101
By Sarah Mann, Wound Care Clinical Coordinator & Registered Nurse at Cumberland Healthcare

From playground scrapes and paper cuts to animal bites and scratches, wounds are a fact of life. Thankfully, most wounds heal quickly with a few simple first aid techniques.

1. Stop the bleeding. If bleeding does not stop on its own, apply pressure with a clean, dry cloth for 20 to 30 minutes. Elevate the wound if possible. If blood soaks the cloth, add a new cloth on top rather than replace the soaked one.

2. Clean it. Rinse the wound with cool, clear water. Use soap only around the edges, as it may irritate the wound. Hydrogen peroxide and iodine may also cause irritation. Remove any remaining debris using tweezers cleaned with alcohol.

3. Apply an antibiotic. Although not necessary, an antibiotic ointment such as Neosporin® or Polysporin may help prevent infection, encourage faster healing and reduce scarring.

4. Cover it. A bandage can help keep a wound clean and protected from chafing. Be sure to change the dressing daily, or whenever it becomes wet or dirty. Once the wound has begun to close up, removing the bandage and allowing air to reach it can help speed healing.

5. Beware of infection. Call your healthcare provider if you notice any of these signs of infection: redness, increasing pain, drainage, warmth, swelling or if the wound is not healing.

Not all wounds will heal with at-home care alone. Stitches or other medical measures may help promote healing of certain types of injuries, as well as reduce scarring and the risk of infection. See your healthcare provider if:

➤ The wound is jagged.
➤ You are unable to keep the edges of the wound together.
➤ Blood soaks through the bandage or spurts, or if bleeding continues after 20 minutes of pressure.

➤ It is a deep wound and you have not had a tetanus shot in the past five years.
➤ You are unable to remove all of the dirt from within the wound.
➤ The wound becomes tender or inflamed.
➤ The wound drains a thick fluid.
➤ Your temperature exceeds 100 degrees F.
➤ The wound and surrounding area feel numb.
➤ It is uncomfortable to move.
➤ The wound affects your face.

Have Diabetes? Mind Your Feet

Individuals with diabetes have an increased risk of developing foot ulcers, or an open sore on the bottom of the foot. Poor circulation, lack of feeling in the feet and high blood glucose levels can compromise the body’s ability to heal and fight infection, so it’s important for those with diabetes to protect their feet.

The following tips can help prevent foot ulcers:

➤ Control other risk factors, including smoking, drinking alcohol, high cholesterol and high blood glucose levels.
➤ Wear appropriate shoes and socks. A podiatrist can help guide your choices.
➤ Inspect your feet daily. Look for cuts, bruises, cracks, blisters, redness, ulcers or any other abnormality, especially between the toes and on the sole.
➤ Remove your shoes and socks during every doctor visit so he or she can examine your feet.

Here for You

For stubborn wounds that won’t heal on their own, the Cumberland Healthcare Healing Center can help. For patients with chronic conditions that have not responded to other therapies, as well as those with burns, pressure ulcers, venous insufficiency, diabetes or arterial disease, the Cumberland Healthcare Healing Center offers hope. For more information, call (715) 822-7306.
At Cumberland Healthcare, we are committed to providing our patients with the highest quality of care in a convenient and caring environment. We are pleased to offer comprehensive clinic and rehabilitation services in the Turtle Lake community at the Cumberland Healthcare Turtle Lake Center.

The Cumberland Healthcare Turtle Lake Center is open full-time and accepting new patients. Our spacious clinic offers family medicine, laboratory, radiology and rehabilitation services. Hours of operation are Monday through Friday from 8 am – 5 pm.

Healthcare providers who regularly see patients at the Cumberland Healthcare Turtle Lake Center include:

- **Mary Beth Waldo**, Doctor of Nursing Practice
- **Merilee LaPoint**, Women’s Health Nurse Practitioner
- **Dr. Christopher Tornell**, Urologist
- **Katie Jensen**, Licensed Athletic Trainer
- **Kate Keck**, Doctor of Physical Therapy
- **Annie Lexen**, Occupational Therapist
- **Drew Revak**, Doctor of Physical Therapy
- **Lucretia Waldbuesser**, Speech Language Pathologist

To make an appointment at the Cumberland Healthcare Turtle Lake Center with one of our dedicated and skilled healthcare providers, call (715) 986-2022.

Cumberland Healthcare is pleased to offer a free five-week smoking cessation program to community members entitled Kickin’ Butts. Kickin’ Butts is a program that incorporates smoking cessation techniques from the American Cancer Society and American Lung Association to help participants quit smoking by providing information and support. A quit plan is designed specifically for each individual participant to ensure a successful outcome.

The first Kickin’ Butts class is Thursday, September 7, 2017, at 6 pm in the Cumberland Healthcare Administrative Board Room, located at 1110 Seventh Avenue in Cumberland. Additional classes will be held the following four Thursdays at the same time and location. To register for the Kickin’ Butts program, or if you have questions, please contact Ann Bergmann at (715) 822-7264. Walk-ins are welcome. Join us for this great opportunity to kick the habit for good.
Neil Postman, the prominent author, educator and media theorist, once said, “Technology giveth and technology taketh away.” In other words, technology offers many obvious benefits, but it can also have a downside. And what technology appears to be taking away is our kids’ ability to get a good night’s sleep. From not being able to fall asleep to shorter sleep times and poorer sleep quality, using electronic devices at night can cause significant sleep problems.

A GROWING ISSUE
Children and teenagers spend a lot of time looking at screens. According to the American Academy of Pediatrics (AAP), today’s kids spend an average of seven hours a day on electronic media such as computers, TVs, phones and tablets. The Pew Research Center found that approximately half of children ages 12 to 17 send and receive 60 or more text messages a day.

Why should parents be worried? Studies have shown that excessive use of electronic media can cause significant negative effects and may lead to attention problems, neck and wrist pain, obesity and sleep problems in children and teenagers. In addition, texting and driving is a serious safety problem with often deadly consequences.

Research suggests that blue light, such as the kind emitted by LEDs, disrupts a person’s natural sleep-wake cycle. When people are exposed to too much light from a tablet or computer screen, their brains don’t get the message that it’s time for sleep. That’s because sleep hormones such as melatonin are suppressed. Electronics usage in children and teens can disrupt their sleep-wake cycle. And when children and teenagers don’t get adequate sleep, they often feel tired and less alert during the day, which can lead to falling asleep in the classroom and poor academic performance. Sleep deprivation can also contribute to moodiness, irritability and even depression, and can lead to serious health problems such as high blood pressure, diabetes and heart disease.

SETTING LIMITS ON SCREEN TIME
Do your kids use electronic devices in their bedrooms at night when they’re supposed to be sleeping? Parents often struggle with how much screen time to allow their children. It may not be easy, but setting strict limits can help your child or teenager get the sleep he or she needs to be healthy. Make kids’ bedrooms technology-free zones. To be sure they don’t bring more than a book to bed, keep charging stations in another room, such as a kitchen or family room, and have your child plug in his or her device before going to bed.

* Source: American Academy of Pediatrics.
** Source: Pew Research Center.
Limiting the amount of sugar your child consumes can be a challenge, especially when it comes to “hidden” sugars in processed foods. But it’s a challenge your family would be wise to undertake. Diets high in sugar have been linked to a variety of health problems — for adults and children — including obesity, diabetes, high blood pressure, unhealthy cholesterol and cavities.*

How much is too much? According to a statement by the American Heart Association (AHA), children and teens should consume less than 6 teaspoons of added sugars a day, and drink no more than 8 ounces of sugary beverages a week. Six teaspoons is equivalent to 100 calories or 25 grams. The AHA also recommends no added sugar for children younger than 2.

A SUGAR BY ANY OTHER NAME ...

So what exactly are added sugars? And how do you find them? Many different foods naturally contain sugar. Added sugars are any sugars that don’t occur naturally in a food. These sugars go by names such as maltose, sucrose, high fructose corn syrup, molasses, cane sugar, syrup or fruit juice concentrate, and can usually be found in high amounts in sodas, sports drinks, cereals, cereal bars, cookies and cakes.

Beginning in July 2018, the Food and Drug Administration (FDA) will require companies to display a new label on their products that shows exactly how much sugar has been added. This added sugar will be expressed in grams and as a “Daily Value” percentage — the amount of sugar that nutritionists recommend not exceeding as part of a 2,000-calorie-a-day diet. Until that time, to find out if a food contains added sugars, you need to do a little digging. On the nutrition facts panel, located on the side or bottom of food packaging, is a line for sugars that contains both the natural and added types as total grams of sugar.

LIMIT ADDED SUGARS FOR HEALTHY HEARTS

Children ages 2 to 18 should consume less than 25 grams (6 teaspoons) of added sugars in a day.

| Age 0 – 2 | Zero added sugars |
| Age 2 – 18 | Less than 6 teaspoons |

Q: How are our patients rating the overall skill of their nurses in an in-patient setting when compared to other healthcare systems in Wisconsin?

A: We are in the 94th percentile for overall patient satisfaction.

* Source: Press Ganey Survey Results, October-December 2016.

Does your child need a checkup? Call Cumberland Healthcare at (715) 822-7500 and make an appointment with one of our skilled and talented healthcare providers today.
Cumberland Healthcare Offers
Diabetes Self-Management Program

Chronic illnesses, like diabetes, require continuous medical care and education to prevent complications and reduce the risk of long-term medical problems. Diabetes is unique among chronic health conditions because treatment depends on the individual’s self-management. The importance of the patient’s participation in a self-management education program is crucial in the treatment of diabetes.

To help individuals learn more about diabetes prevention, control and treatment, Cumberland Healthcare is pleased to offer the Diabetes Self-Management Program, which consists of four classes focused on blood sugar control through self-monitoring, nutrition and exercise habits. The program provides participants with the education and self-management tips needed to empower themselves to be in control of their health. The goal of this program is to provide community members with the tools and skills needed to maintain a healthy life.

**Diabetes Self-Management Program — Summer Series**

**Class Time:** 7 am – 9 am  
**Location:** Cumberland Healthcare Conference Room 1, 1110 Seventh Avenue, Cumberland, WI  
August 2, 2017  
August 9, 2017  
August 23, 2017  
August 30, 2017

**Diabetes Self-Management Program — Fall Series**

**Class Time:** 4 pm – 6 pm  
**Location:** Cumberland Healthcare Conference Room 1, 1110 Seventh Avenue, Cumberland, WI  
October 4, 2017  
October 11, 2017  
October 25, 2017  
November 1, 2017

To register for the Diabetes Self-Management Program, or if you have questions, please contact Sue Rouzer, RDN, CD, at (715) 822-7072, or Jamie McCready, RN, at (715) 822-7182.