June 2018

Freedom 55/65 News, Spring 1995

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Welcome Aurora Health Center in Waukesha County

The new Aurora Health Center in Waukesha County is now open and accepting new patients.

Conveniently located at Interstate 94 and Highway 164, the health center offers a comprehensive range of medical services to the community.

Services offered include Walk-in Family Health Care. Under the direction of Michael C. Mather, MD, walk-in services provide treatment for unscheduled medical needs such as coughs, colds, minor sprains and cuts. Current hours are Monday through Friday, 9 a.m. to 6 p.m. Additional evening and weekend hours will be added.

The health center also has primary care physicians on staff who are accepting new patients. They include pediatricians Joy Rynda, MD and Scott Zahn, MD; family practitioner David Misorski, MD; and allergist Muriel Langouet, MD. Family practitioners Steven
Life Check 4  
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calendar sticker on the fourth day of each month as a reminder to do a self-exam each month and to call their partners about doing the same. Should women have any questions about breast health or self-exams, the Aurora Health Line is conveniently printed on each sticker for quick reference.

During regular business hours, women can speak to a breast health specialist from Aurora Health Care about their questions and concerns.

Additionally, each month TMJ4 Anchor and Medical Reporter Carole Meekins will feature a special segment on breast health or breast cancer to help heighten awareness of this important subject.

Aurora Health Care and TMJ4 hope Life Check 4 helps women make breast self-exams a simple habit every month. Attention to breast health and regular self-exams can save lives.

For your free Life Check 4 kit or for more information about breast health or self-exams, call 649-5853 or 1-800-973-7600 outside Milwaukee.

Outpatient Health Center of Sinai Samaritan Medical Center Opens

The new five-story Outpatient Health Center of Sinai Samaritan Medical Center, located at 1020 North 12th Street, is now open. To serve you better, a number of clinics and services have been combined in this modern facility with easy access that includes a skywalk for easy connection to the medical center.

In the Outpatient Health Center, you’ll find the Primary Care Clinic, the Geriatrics Institute, the Geriatric Psychiatry Clinic, the Medical Oncology Clinic, the Ear, Nose and Throat Clinic, and the Pediatric Clinic.

Specialty services include audiology, rheumatology, orthopedics, podiatry, dermatology, general and plastic surgery. For added convenience, you’ll also find pharmacy, radiology and laboratory services on-site.

More than 66,000 patients are expected to be treated at the Outpatient Health Center annually. “As always, we will continue to meet health care needs in our tradition of excellence,” said V. S. Murthy, MD, director of the Outpatient Health Center.

William I. Jenkins, president and CEO of Sinai Samaritan said, “We are committed to providing access to high-quality, comprehensive health care services. The most cost-effective way to provide access is through primary care services delivered in an ambulatory setting such as this new clinic facility.”

Parking is convenient for people who use the services of the Outpatient Health Center. The parking entrance is on 12th Street, 1/2 block north of State Street.

For more information or to arrange for a personal tour of the new Outpatient Health Center, call 283-7254 or 283-3951.

Freedom 55/65 members are reminded that they will receive a $1 discount on prescriptions and refills at the Outpatient Health Center pharmacy. Be sure to show your card at the time of purchase.
More Common Than You Think

Part 2

Dianne L. Zwicke, MD

In Part 1 of Women and Heart Disease, you read Dr. Zwicke's personal perspective on women and heart disease and learned about the symptoms of heart disease. The final part of this series brings you the ways in which heart disease is diagnosed and treated and a "word to the wise."

Diagnosing the cause

If you have intermittent chest pain, sweating, nausea, palpitations, dizziness or fainting, you should see a doctor who has a strong background in evaluating heart disorders. The following tests may be in order:

- Chest X-ray.
- Lab work to evaluate kidney, thyroid and liver function; to rule out anemia; and to measure cholesterol and triglyceride levels.
- Echocardiogram to study the valves and chambers of the heart.
- Stress testing to help pinpoint the cause of chest pain. The most effective stress tests include imaging to assess circulation and pumping function of the heart muscle. For example, the stress cardiolite test, stress thallium test and the dobutamine echocardiogram are more than 90 percent accurate in evaluating chest pain in women, compared to 63 percent accuracy for a plain treadmill test.

If no cardiac problems are identified through testing, you will probably be referred to a gastroenterologist for evaluation of noncardiac chest pain.

Treating the problem

If it is determined that you have heart disease, your doctor may be able to prescribe effective medication. Existing cardiac medications appear to work as well in women as in men.

"...don't think that being a woman means you're not at risk for a heart attack."

Further testing, such as cardiac catheterization, may also be recommended for you. Catheterization is a relatively safe and painless procedure often done on an outpatient basis. It tells your doctor whether or not you have blockages in the coronary arteries feeding the heart muscle, where the blockages are and how severe they are.

If blockages are found, your doctor will recommend treatment options. These may include medication therapy, angioplasty (a nonsurgical means of opening a blocked artery) or bypass surgery.

Women have a slightly lower success rate with the angioplasty procedure, but when it works, their blood vessels usually remain open longer than men's. If angioplasty is not successful or is ruled out by the number and critical location of blockages, bypass surgery is usually recommended.

A word to the wise

In dealing with heart disease, your prognosis will greatly improve if you seek help for symptoms without delay. Don't wait to see if they'll go away; don't put off calling the doctor because you're afraid you might be wrong; and don't think that being a woman means you're not at risk for a heart attack.

Finally, remember that an ounce of prevention is still worth a pound of cure. You have the capacity to care for yourself and reduce your risk of developing heart disease. Future articles in this newsletter can help steer you in the right direction.

If you need more information about women and heart disease, call the Milwaukee Heart Institute of Sinai Samaritan Medical Center at 282-7400.
Swallowing Disorders

Most people take swallowing for granted. However, for some people, swallowing may cause significant problems.

What is a swallowing disorder?
A swallowing disorder is an abnormal swallowing function that may create difficulty in swallowing liquids, solids or pills. Some signs that a person may have a swallowing disorder include:

- Coughing or choking when eating or drinking.
- A “wet” or “gurgly” voice.
- Drooling.
- Food left in the mouth after meals.
- Complaints of having a “lump in the throat”.
- Taking a long time to chew, swallow and eat.

Who is at risk for developing a swallowing disorder?
Individuals who suffer from a stroke, dementia, brain injuries, Parkinson’s disease or Amyotrophic Lateral Sclerosis experience higher risk for developing swallowing disorders.

Is a swallowing disorder serious?
Swallowing disorders may be serious enough to affect nutrition and hydration. If the disorder is severe, pneumonia may result from food or liquid entering the lungs or choking may occur if food gets caught in the airway. Therefore, some swallowing disorders can be life threatening.

What should I do if I suspect I have a swallowing disorder?
It is best to notify your doctor or nurse. Your doctor may then suggest having a swallowing evaluation completed by a speech pathologist.

What is a swallowing evaluation?
A swallowing evaluation is an x-ray procedure that a radiologist and speech pathologist perform together. The video swallow study is actually a “moving” x-ray of the swallow. Different food and liquid consistencies are mixed with barium, which allows the examiner to view as it passes from the mouth to the stomach.

The video swallow study helps the speech pathologist to determine what food or liquid consistencies are difficult to swallow and what can be done to reduce the risk of aspiration and choking.

What is a videofluoroscopic swallow evaluation?
A videofluoroscopic swallow evaluation is an x-ray procedure that a radiologist and speech pathologist perform together. The video swallow study is actually a “moving” x-ray of the swallow. Different food and liquid consistencies are mixed with barium, which allows the examiner to view as it passes from the mouth to the stomach.

The video swallow study helps the speech pathologist to determine what food or liquid consistencies are difficult to swallow and what can be done to reduce the risk of aspiration and choking.

Can a swallowing disorder be treated?
Treatment may include recommendations from a speech pathologist to help make swallowing safer. For example, a change in the consistency of food or liquids may be recommended or you may be instructed in the use of specific head and/or body positions while swallowing.

Therapy may improve the strength and coordination of the swallow or improve your swallowing technique that may reduce the risk of aspiration.

For more information about swallowing disorders, call the Physical Medicine and Rehabilitation Services of Sinai Samaritan Medical Center at 937-5241 or the speech pathology manager of St. Luke’s Medical Center at 649-7647.

For physician referral, please call St. Luke’s Doctor Referral Service at 649-6565 in Milwaukee or 1-800-782-9797 outside Milwaukee, or Sinai Samaritan’s Call-A-Nurse at 342-7676 in Milwaukee or 1-800-342-7676 outside Milwaukee.
Rapid Recovery Helps Heart Patients

Genevieve McCrillis, 63, had five-bypass heart surgery on a Friday morning. She was out of intensive care that evening and walking the halls of St. Luke’s Medical Center on Saturday. She went home on Tuesday; returned to her part-time job in three weeks; and just four weeks after her surgery, she was back to her favorite pastime - square dancing.

“I’ve never felt better in my life,” Genevieve said. She credits her quick rebound to her basic good health and motivation and the Rapid Recovery Program offered at St. Luke’s Medical Center in cooperation with the Visiting Nurse Association (VNA). Rapid Recovery offers select patients the opportunity to leave the hospital several days after cardiac surgery and continue their recovery in the comfort of their own homes.

Rapid Recovery patients go through an accelerated recovery program after surgery, gearing for a discharge in four to five days after surgery. Patient and family education decreases anxiety, helping the recovery period to go much more smoothly.

There are many benefits for patients who qualify for Rapid Recovery according to Lynn Fischer, RN, BSN, cardiac surgical care coordinator at St. Luke’s. “Most patients will be much more comfortable, sleep better and recover more quickly at home. Another benefit is a decreased rate of infection.”

The VNA’s highly-skilled registered nurses are a key component of Rapid Recovery. They insure a safe recovery by following a specific protocol for diet, exercise, medications and breathing exercises.

St. Luke’s is the only hospital in the Milwaukee area currently offering a cardiac surgical recovery program like Rapid Recovery. “Both patients and their surgeons are very pleased with the results we’re seeing,” said Fischer.

Participation in the Rapid Recovery Program requires physician’s referral and preauthorization for home care services from your insurance company.

For more information about St. Luke’s Rapid Recovery Program, please consult your cardiac surgeon.

Aurora Health Center
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Vacek, MD and Patrick Krismer, MD, will be opening new practices this summer.

The facility also has an ambulatory and diagnostic treatment center providing diagnostic imaging including basic radiology, fluoroscopy, CT scans, ultrasound, mammography and cardiac diagnostic services. A full service laboratory is located on-site for added convenience. A surgery center will be available early summer to provide outpatient surgical procedures.

Located off the main lobby is the Aurora Pharmacy offering a complete selection of over-the-counter medications and health products in addition to filling prescriptions. Pharmacy hours are Monday through Friday from 9 a.m. to 5:30 p.m. Hours of operation will also be extended in the future.

Freedom 55/65 members are reminded that they will receive a $1 discount on prescriptions and refills at the Aurora Pharmacy. Be sure to show your card at the time of purchase.

If you would like more information or to arrange for a personal tour, please call the Aurora Health Center at 896-6100.

National Volunteer Recognition Week is April 23-29

A sincere and heartfelt “thank you” to all volunteers from the Freedom 55/65 Staff.
Urinary Incontinence Support Group

Many myths surround urinary incontinence. Some people believe urinary incontinence is part of the aging process. Others believe that help is not available. Still others believe urinary incontinence is too embarrassing to talk about and therefore, do not seek professional help.

The fact is urinary incontinence can happen at any age and may be caused by many physical conditions. Whether the cause is temporary or not, almost every case of urinary incontinence can be treated.

St. Luke’s Medical Center offers a urinary incontinence informational support group in an effort to address the issue of urinary incontinence. Any person who suffers from urinary incontinence is invited to attend.

Is Your Financial Legacy Due for a Checkup?

When was the last time you reviewed your estate plan - particularly your will? Changes in your family or financial status may require adjustments.

The Geriatrics Institute of Sinai Samaritan Medical Center is offering The Will Review, a free checklist that will help in the review of your will. The format of The Will Review provides space for noting changes, allowing you to be fully prepared when you meet with your estate advisor to discuss modifications to your will.

To save your family hours of anxiety and expense, The Geriatrics Institute is also offering I Have Put My House In Order, an organized approach to listing where all your personal records are located. When completed, this listing will detail your records without disclosing personal information. The information contained in this booklet will tell where to look for your records, whom to see about details and what you own. It will be useful to the administrator named to handle your personal affairs.

To receive one or both of these booklets at no charge, please call The Geriatrics Institute of Sinai Samaritan Medical Center at 283-7713.

Support groups are small, personal and closed, meaning that once the group meetings begin, no one else is allowed to join that particular group. Groups will meet once a week for 6 weeks from 4:30 - 6 p.m. Meetings begin on Thursday, May 11 and will be held at St. Luke’s Medical Center.

Registration for the 6 week session is required. Please call 649-6719 to register or for more information.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time/Location</th>
<th>Cost/Details</th>
<th>Registration Info</th>
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<tbody>
<tr>
<td><strong>Sleep Disorders Seminar</strong></td>
<td>May 15 at 7 p.m.</td>
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<td>649-6573</td>
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<tr>
<td><strong>Skin Cancer</strong></td>
<td>May 31 at 7 p.m.</td>
<td>Presented by St. Luke's Vince Lombardi Cancer Clinic</td>
<td>649-7200</td>
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<tr>
<td><strong>Summertime Recipe Class</strong></td>
<td>June 8 at 6:30 p.m.</td>
<td>Fee: $15</td>
<td>649-6757</td>
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<td><strong>Simple Stress Management</strong></td>
<td>May 3 at noon or May 31 at 3 p.m.</td>
<td>Cost: $8, includes booklet Stress Survival Kit</td>
<td>283-7400</td>
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<tr>
<td><strong>Heart Healthy Tailgating Cooking Class</strong></td>
<td>June 8 at 4 p.m. or June 13 at noon</td>
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<td>283-7400</td>
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<tr>
<td><strong>Getting Ready to Quit Smoking</strong></td>
<td>July 13 at 4 p.m. or July 18 at noon</td>
<td>Cost: $5</td>
<td>283-7400</td>
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<td><strong>Prostate Cancer Support Group</strong></td>
<td>May 3 and/or June 7 at 7 p.m.</td>
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<td>649-7527</td>
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<td><strong>Heart Healthy Cooking Class</strong></td>
<td>Taught by a registered dietitian. May 8, 15 and 22 at 6 p.m.</td>
<td>Cost: $50 per person; 50% discount for accompanying guest</td>
<td>649-6757</td>
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<td><strong>Aquatic Therapy: It's Much More Than Just Swimming</strong></td>
<td>May 17 at 7 p.m.</td>
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<td>827-2929</td>
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<td><strong>Vegetarian Cooking Class</strong></td>
<td>3 part class, May 23 &amp; 30 and June 6 at 6 p.m.</td>
<td>Cost: $60 per person; $105 for two</td>
<td>649-7111</td>
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<tr>
<td><strong>Summertime Recipe Class</strong></td>
<td>June 15 at 6 p.m.</td>
<td>Cost: $15</td>
<td>649-6757</td>
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<tr>
<td><strong>Radiation Seed Implants for Prostate Cancer</strong></td>
<td>May 2 at 7 p.m.</td>
<td>Presented by St. Luke's Medical Center</td>
<td>649-7200</td>
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Auxiliary's Summer Faire Benefits the VNA

The Milwaukee Auxiliary of the Visiting Nurse Association (VNA) is holding its annual Summer Faire on June 13 at the Ozaukee Country Club, 10823 N. River Road, Mequon, from 10 a.m. - 2 p.m. Summer Faire features a variety of bazaar booths, a $1,000 cash raffle and an elegant spring lunch all included in the $14 admission charge.

Summer Faire is the Auxiliary's annual fundraiser for the benefit of the VNA. Proceeds are used for special projects, education and the Charitable Care Fund.

For more information about the VNA Auxiliary, or to make reservations for the 1995 Summer Faire, please call Deborah Fugenschuh at 328-4463.

1995 Asian Moon Festival
June 16 - 18,
Maier Festival Park
Freedom 55/65 members admitted FREE on Friday, June 16. Show your card.