

Mercy brings state-of-the-art 3-D mammography to the area



State-of-the-art 3-D mammography is now available at Mercy Hospital. Mercy registered technologists trained to use the new technology include (from left) Diane Lundborg, Julie Gustafson, Lisa Gassert, Erika Sandstrom and Linda Staebler. All are certified in mammography screening.

A woman's chance of developing breast cancer in her lifetime is 1 in 8. That's why Mercy is pleased to bring the latest advance in breast cancer screening to our patients: 3-D mammography.

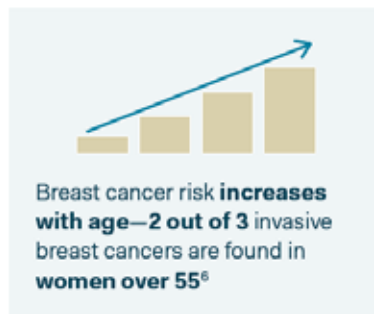
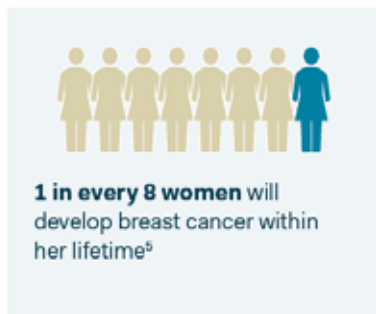
Utilizing advanced breast tomosynthesis technology, 3-D mammography exams are clinically proven to significantly increase the detection of breast cancers, while simultaneously decreasing the number of women asked to return for additional testing.

Research has found that 3-D mammography:

- ▶ Detects 41% more invasive breast cancers.
- ▶ Detects cancer 15 months earlier.
- ▶ Reduces false-positive recalls by up to 40%.

Recommended for women of all ages and breast densities, the 3-D exam allows radiologists to more effectively pinpoint the size, shape and location of

3-D MAMMOGRAPHY CONTINUED ON PAGE 2



Breast cancer screening is vital for all women, **especially those at higher risk** due to⁶:

- Age
- Genetics
- Personal history
- Chest radiation treatment
- Certain breast changes
- Race/ethnicity
- Body weight
- Reproductive history
- Hormone replacement therapy
- Breast density

Graphic provided by Hologic

3-D MAMMOGRAPHY FROM PAGE I

abnormalities. This leads to better detection and greater peace of mind for patients. The Hologic system used by Mercy is the first breast tomosynthesis system approved by the FDA.

“We are very pleased to offer this latest advance in breast cancer screening to our patients,” said Mike Delfs, Mercy CEO. “This is another example of our commitment to bring superior care close to home.”

A 3-D exam is very similar to having a conventional 2-D mammogram. During the 3-D exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time. A 3-D exam requires no additional compression and takes just a few seconds longer than a conventional 2-D breast cancer screening exam.

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- ▶ **Detects cancer 15 months earlier.**
- ▶ **Reduces false-positive recalls by up to 40%.**

Medicare and a growing number of private insurers cover 3-D mammograms. Patients should check with their insurance provider regarding coverage. Mercy

continues to provide 2-D mammography as well.

To schedule a 3-D mammography exam or for more information, please call **218.485.5578**. Mercy also offers evening mammography appointments, making it convenient for women to schedule this important screening. Please call for available dates.

STEREOTACTIC BREAST BIOPSY

For women who need a breast biopsy to determine the diagnosis of a suspicious lump or abnormality, stereotactic breast biopsy is now available at Mercy Hospital, eliminating the need to travel elsewhere for this procedure.

Unlike a surgical biopsy that requires a general anesthetic, stereotactic breast biopsy is a less invasive procedure performed by a radiologist using an image-guided needle biopsy. Prior to this, patients had to go elsewhere for this procedure or undergo a surgical biopsy.

“Having the technology to provide this procedure close to home is important for our patients,” said Mike Delfs, Mercy CEO. “We are pleased that we are able to expand our services to offer women the care they need right here.”

Mercy seeks community members for Patient & Family Advisory Council

Mercy Hospital invites patients, their families and community members to join us for a learning session about forming a new Patient & Family Engagement Council (PFAC) at the hospital.

“The Patient & Family Advisory Council will give our patients and community members a voice and an ear within our organization,” said Katie Olson, RN, Manager of Inpatient Services. “The Council will bring together our patients and their families with members from our health care team to provide guidance on how to improve the patient and family experience. Through their unique perspectives, we hope that they will provide us input on issues that impact their care, ensuring that the next patient or family member’s journey is easier.”

Gateway Family Health Clinic and Augustana Care will also join the collaboration to form a strong, supportive committee for our patient, family and health care team members.

Minnesota Hospital Association (MHA) encourages all hospitals to join this initiative. They believe a council like this is paramount to providing high quality, safe-patient centered care, stating “We believe that if we invite our patients, families and community members while providing patient centered care that we will inevitably increase our patient’s satisfaction along with improving the quality and safety of our care.”

LUNCH & LEARN

To help interested people find out more about the Council, Mercy will host a Lunch & Learn session at the hospital at 11 a.m. on Wednesday, March 29. Please RSVP to Katie Olson at **218.485.5834** for this exciting new opportunity!

During this session you will learn what our objectives and goals are, how you can help us achieve them, what the monthly time commitment will be, and when and where the Council meetings will be held.

If you are interested in more information about the Council, but are unable to attend the Lunch & Learn session, please contact Katie Olson at **218.485.5834**.

Specialized care, right here

When you need specialized care, our board-certified physicians are ready to provide expert care right here, close to home.



Dr. Thomas M. Nelson
General/Colorectal Surgeon



Dr. Mark Gregerson
Orthopedic Surgeon



Dr. John E. Schmitt
ENT

Foundation News & Events

THE MERCY FOUNDATION BOARD

We are grateful each year to our Foundation Board Members for their dedication and donation of their time, knowledge and expertise. We warmly welcome Ron Luoma as he joins the Foundation Board as a Director.

PIZZA “FUNRAISER”

It’s time for The Mercy Foundation Annual Kettle River Pizza FunRaiser! Pizzas are \$9 each or 3 for \$26. Please call the Foundation office before March 30 if you’d like to order pizza. Pizzas will be ready for pick up on Friday, April 7, 2-4 p.m. at the Mercy Courtyard Café. Thanks for your support!

MIDSUMMER GOLF BENEFIT

Mark your calendar now for the 16th Annual Mercy Foundation Midsummer Golf Benefit coming up on Friday, June 23, 2017. We hope you can join us at the Moose Lake Golf Club.



The 18-hole scramble-style golf tourney is usually a sell-out, so think ahead about organizing your teams now! We are currently and gratefully accepting donations for Hole sponsors, Green sponsors, and in-kind donations for our raffle prizes. We always have fun contests at each golf hole, plus an amazing Grand Prize!

This special golf event supports the mission of The Mercy Foundation which is to inspire giving that supports Mercy Hospital’s ability to respond to the changing healthcare needs of our community. Thanks to your support, we raised nearly \$13,000 last year! Let’s keep the ball rolling!

FOUNDATION GIFTS

I am often asked, “How can I help The Mercy Foundation”? If you have a loved one you would like to recognize in a meaningful way, consider an honor or memorial gift. This gift is a thoughtful way to honor your loved one, or celebrate a special occasion, such as an anniversary or birthday while supporting the Mercy Foundation.



We have many gift options; from a monetary donation of any amount or have you thought about a donation to sponsor a dedicated piece of art on display in the hospital or a patient room at Mercy? Please contact Michelle at The Mercy Foundation and let her know that you’d like to make a gift in honor of a special person or family. Your honored person will receive a special card from The Mercy Foundation, notifying them of your gift on their behalf, you will receive tax deductible credit for your gift, and your gift will be listed in the next issue of Mercy’s Lifeline.

On behalf of The Mercy Foundation Board of Directors, we want to tell you once again how much your support and good will means to us.

- Michelle R. Anderson, Foundation Director

2017 SAVE THE DATES

- ▶ **Saturday, April 22:** Business Expo at Riverside Arena, stop by and visit The Mercy Foundation and Mercy Hospital booths.
- ▶ **Saturday, May 6:** Moose Run, sponsored by The Mercy Foundation at Moose Lake City Park.
- ▶ **Friday, June 23:** The Mercy Foundation Midsummer Golf Tournament at Moose Lake Golf Club.
- ▶ **Saturday, October 7:** The Mercy Foundation Autumn Gala.

Memorials & Tributes

The Mercy Foundation receives gifts from those who wish to honor the memory of their friends and family as well as those who wish to pay tribute to others or to celebrate happy occasions, great or small. Following is a list of tributes and memorials received by The Mercy Foundation between December 14, 2016, and February 22, 2017.

MEMORIALS

In Remembrance of a Grateful Patient
Anonymous

In Memory of Sue Arnold
Ms. Shelly Arnold

In Memory of Don Bean
Mr. and Mrs. Maurice Coughlin

In Memory of Don Benrud
Mr. and Mrs. Edwin Lund

In Memory of Mary Bothwell
Ms. Melinda R. Ninesfeldt & Mr. Gene A. Dutkin

In Memory of the Danelski Family
Mrs. Marie A. Danelski

In Memory of Tom Hammitt
Mr. and Mrs. Maurice Coughlin

In Memory of Norma Hancock
Mr. and Mrs. William Wassweiler

In Memory of Vera Hayes
Mr. and Mrs. Maurice Coughlin

In Memory of Jeanette Koeck
Mr. and Mrs. Dennis Arnold

In Memory of Rolph Lattu
Mrs. Joyce Lattu

In Memory of Carol Luoma
Mr. Ronald Luoma

In Memory of Doug Mackey
Mr. and Mrs. Roger Anderson

In Memory of Lorna Ohlgren
Mr. and Mrs. Edwin Lund

In Memory of John Pace
Mr. and Mrs. Dean Hovey

In Memory of Rick Peterson
Mr. and Mrs. Maurice Coughlin
Dr. and Mrs. Kenneth E. Etterman
Mr. and Mrs. Edwin Lund
Mrs. Darlene Peterson
Mr. Darrell Ruhland

In Memory of Ted Pihlman
Mr. and Mrs. Edwin Lund

In Memory of Gayl Skelton
Mr. and Mrs. Maurice Coughlin
Mr. Darrell Ruhland
Mr. and Mrs. Gary Skelton

In Memory of Rhonda Skelton
Drs. Dan and Sue Benzie
Ms. Lee Ann Bowman
Mr. and Mrs. Keith Carlson
Mr. and Mrs. Maurice Coughlin
Mr. and Mrs. James W. Eckman
Mr. and Mrs. Gordon Forbort
Mr. and Mrs. Edwin Lund
Mercy Hospital
Mr. and Mrs. Craig Peterson
Mr. and Mrs. Ronald E. Peterson
Mr. and Mrs. Doug Probst
Mr. and Mrs. Gary Skelton
Ms. Eleanor Waha

In Memory of Ilene Staberg
Mr. and Mrs. Edwin Lund

In Memory of Lois Stacy
Mr. Byron Kuster & Ms. Becky Lief-Kuster

In Memory of Art Swanson
Mr. and Mrs. Edwin Lund

COMPLETE, CLIP & MAIL

NAME _____ PHONE _____

DELIVERY ADDRESS: _____

E-MAIL ADDRESS: _____

I WISH TO MAKE THE FOLLOWING:

- GIFT
- PLEDGE
- I'D LIKE TO DISCUSS PAYMENT OPTIONS, please call me.

I'D LIKE MY GIFT TO BE LISTED AS:

- ANNUAL CAMPAIGN _____
- MEMORIAL _____
- TRIBUTE _____



THE MERCY FOUNDATION

4572 County Road 61 • Moose Lake, MN 55767 • 218.485.5586 • FAX 218.485.5855

HUSH

(Help Us Support Healing)



HUSH is part of Mercy's efforts to promote a quiet environment for patients while they are in the hospital. This designated "quiet time" on the nursing unit, held from 12:30 to 2 p.m. daily, began on March 1.

"During this time, we encourage patients to rest and keep our interruptions to a minimum," said Katie Olson, RN, Manager of Inpatient Services. "Our goal is to support and promote healing and to ensure patient satisfaction. We ask all staff, family and visitors to respect the quiet zone when on the nursing unit during the designated time."

Sleep promotes health and a feeling of well-being. Studies document the healing effects of sleep for health maintenance, growth and restorative functions. While patients are in the hospital they may be exposed to lack of or poor quality sleep due to environmental noise, bright lights, staff interruptions, medications, stress anxiety, delirium or depression.

During quiet time staff will:

- ▶ Dim the hallway lights
- ▶ Offer to lower shades and close doors
- ▶ Reduce patient stimuli (bundle our services around this 90-minute quiet time in effort to minimize interruptions)
- ▶ Use softer tones when speaking with colleagues or others
- ▶ Ask guests and visitors to help maintain a peaceful environment
- ▶ Minimize overhead paging and not perform practice/test drills
- ▶ Address pain, positioning, toileting, and personal items prior to quiet time.

MERCY TO OFFER SHOE CLINICS FOR PEOPLE WITH DIABETES

The Diabetes Education Program at Mercy Hospital is sponsoring a Shoe Clinic in May in both Moose Lake and Hinckley.

"It is estimated that 25 percent of the 20 million Americans with diabetes will develop foot problems related to the disease," said Allicen Waxlax, RN, BAN, CDE, Diabetes Educator at Mercy. "Taking care of your feet includes proper fitting shoes and inserts."

The Shoe Clinic will be offered by appointment:

- ▶ **Tuesday, May 9**
Mercy Wellness Center
30 Arrowhead Lane,
Moose Lake
- ▶ **Tuesday, May 9**
Gateway Clinic – Hinckley
45 Lady Luck Drive

A Certified Pedorthist from Diabetic and Comfort Shoes in Duluth will be available for fittings by appointment that day. If you are interested in a fitting, please call **218.625.2095** to make an appointment.

Please specify that you are interested in the Shoe Clinic sponsored by Mercy Hospital. A prescription from your physician is also necessary.

Mercy to host severe weather spotter training program

Do you always keep an eye on the sky, looking for the next change in weather? Well, you can make it official by becoming a Skywarn spotter for the National Weather Service. Mercy Hospital will be hosting two free trainings for interested volunteers and/or weather enthusiasts.

The 90-minute program will be held at 9 a.m. on Thursday, March 30 or at 6:30 p.m. on Wednesday, April 5, in Mercy's Education Classroom. Anyone can become a Skywarn spotter for the National Weather Service. No special equipment is needed.

The National Weather Service's Skywarn program provides training to volunteers in the detection and reporting of life-



threatening thunderstorms--those that contain large hail, damaging winds, and tornadoes. There are about 2,000 Skywarn spotters across northeastern Minnesota and northwestern Wisconsin reporting to the Duluth National Weather Service.

The Skywarn training course covers the following topics:

- ▶ The mission of the National Weather Service and how Skywarn spotters play an important role in the warning process.

- ▶ Thunderstorm formation and the types of thunderstorms. We'll study the meteorological dynamics involved in thunderstorm production and what it takes for a storm to produce damaging winds, large hail, and tornadoes.
- ▶ Thunderstorm detection--signs that spotters can look for in spotting severe weather. This includes types of clouds associated with severe weather, funnels, rotation.
- ▶ Procedures for reporting information to the National Weather Service.
- ▶ Thunderstorm and tornado safety.

To pre-register for the program, call Mercy at **218.485.5618** or email Laura Majcin, Education Manager, at lmajcin@mercymooselake.org.

MERCY'S WOUND CARE CLINIC

A wound that does not heal can be a source of pain, discomfort, potential infection and even embarrassment for people struggling with the problems it can bring. That's where the Wound Care Clinic at Mercy Hospital can help.

Wounds that do not heal are most often linked to vascular issues, diabetes, or other conditions. Sometimes a complicated surgery may need more care at the site of the incision. Patients in need of wound care are referred to Mercy's Wound Care Clinic by their doctor. Mercy's certified wound

care nurse sees patients when they're in the hospital as well as on an outpatient basis, teaching them how to dress and care for their wound, along with how to prevent wounds from developing and how to manage them at home. The nurse works with patients until they are healed.

If you or a family member is dealing with a wound that does not heal, talk to your doctor about Mercy's Wound Care Clinic or call Mercy at **218.485.5896**.



4572 County Road 61
Moose Lake, MN 55767

Caring for **Our Communities, One Person** at a time

Urgent Care

Monday-Friday: 5 p.m. to 9 p.m.
Saturday-Sunday: 9 a.m. to 3 p.m.

Birthing Classes

- ▶ April 22; 9 a.m. to 12 noon
 - ▶ June 6; 6:30 to 9:30 p.m.
 - ▶ July 22; 9 a.m. to 12 noon
- Call **218.485.5572** to register

Caring for Your Newborn

- ▶ March 21; 6:30 to 8:30 p.m.
 - ▶ May 23; 6:30 to 8:30 p.m.
 - ▶ July 18; 6:30 to 8:30 p.m.
- Call **218.485.5572** to register

Breastfeeding Education Class

- ▶ April 5; 6:30 to 8 p.m.
 - ▶ June 7; 6:30 to 8 p.m.
 - ▶ August 9; 6:30 to 8 p.m.
- Call **218.485.5572** to register

Diabetes Education Program

Moose Lake (Mercy):

- ▶ April 4 & 18; July 18; October 10
 - ▶ May 16 & 23; July 18; October 10
 - ▶ June 13 & 27; September 12; December 5
- Call **218.485.5836** to enroll and for additional dates.

Hinckley (Gateway Clinic):

Call **218.485.5836** to set up individualized sessions.

Diabetes Wellness Group

Meets the second Monday of every month; 10 a.m.;
Conference Room, Mercy Wellness Center.

- ▶ March 13 - *The In and Out of Carbohydrate Counting*
- ▶ April 10 - *Driving Safely with Diabetes*
- ▶ May 8 - *Dealing with Diabetes During the Summer Months*

Grief Support

Pre-registration is required: Call 218.485.5508.

- ▶ **Grief Support Group:** Meets the fourth Thursday of every month; 7-8:30 p.m.
- ▶ **Child Loss Grief Support Group:** Meets the first Thursday of each month; 7-8:30 p.m.

Community CPR & First Aid

- ▶ May 18; 6 to 10 p.m.
 - ▶ September 21; 6 to 10 p.m.
- Call **218.485.5572** to register. Cost: \$50.

Cancer Support Group

For those with any type of cancer and their caregivers; meets the second Tuesday of every month; 6:30 p.m.; Patient Education Room 1701. Call **218.485.5599**.

Cardiac Rehabilitation - Phase II

This monitored outpatient program for heart patients is offered on a continuous basis. Call **218.485.5696**.

Pulmonary Rehabilitation Program

An eight-week program of exercise, education, breathing retraining and nutritional counseling. Call **218.485.5677**.

LUNGS R US - A Better Breathers Club

Meets third Wednesday of month; 12:30 p.m. Call **218.485.5677**.

Evening Digital Mammography Screenings

Call **218.485.5578** to schedule an appointment.

Exercise Classes at the Mercy Wellness Center

Check our website for class descriptions and schedules. To register for an exercise class, call **218.485.5557**.

Alzheimer's Group for Family Caregivers

Meets third Thursday of month; 10 a.m.; Hope Lutheran Church.
Sponsored by Carlton County Public Health.

Call 218.485.4481 for more information.

www.mercymooselake.org 