

# Lakes Regional Healthcare Health Happenings

August 2021



Top Surgical  
Center in  
Northwest  
Iowa and  
Southwest  
Minnesota

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 Lakes Regional  
Healthcare

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# Follow Us on Social Media

Like us on Facebook and follow us on Twitter and Instagram to stay up to date on what's happening at Lakes Regional Healthcare! We also love it when people post messages to us – we're always looking for feedback on how to improve the care experience!

 @lakesreglhealth

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 @lakesregionalhealthcare



## Engraved Pavers Honor Loved Ones

Engraved brick pavers and seat walls at Lakes Regional Healthcare's outdoor garden patio are available for purchase as a gift to Lakes Regional Healthcare Foundation. Your gift would memorialize your loved one, and positively impact others who receive care at Lakes Regional Healthcare.

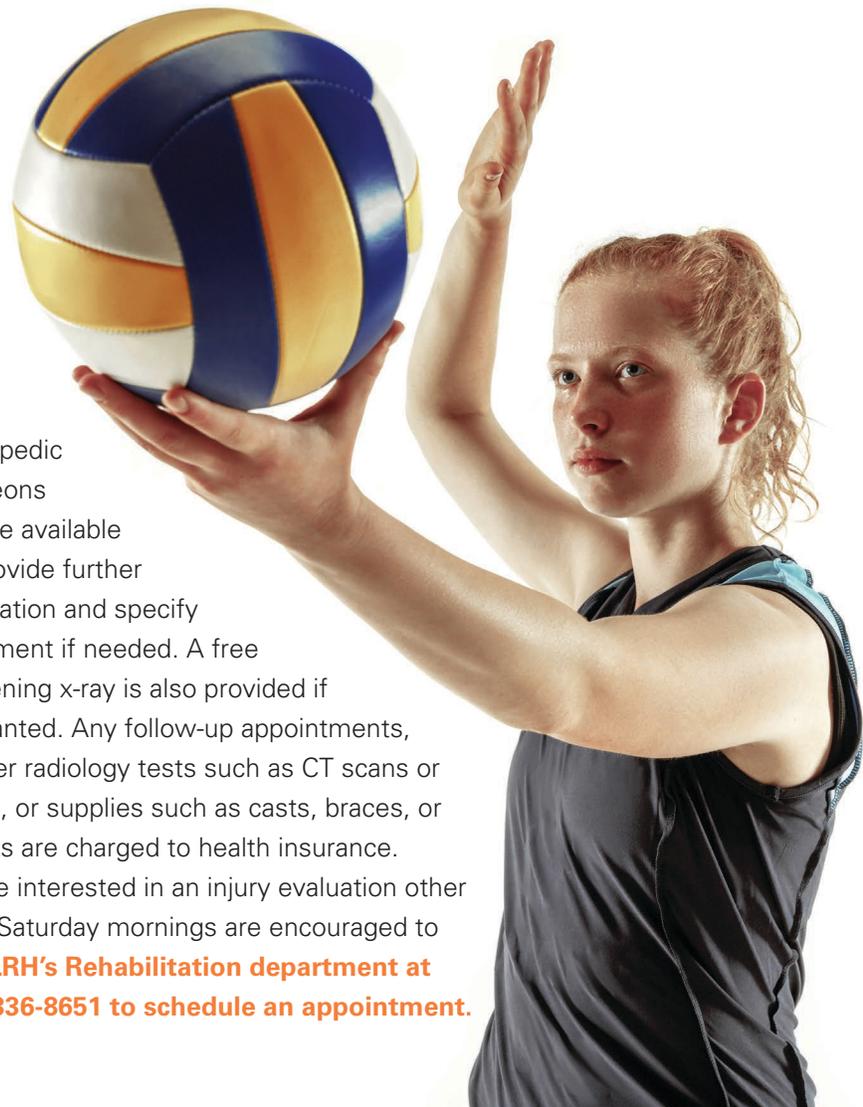
**To learn more, contact Sonja Hamm at 712-336-8791 or [sonja.hamm@lakeshealth.org](mailto:sonja.hamm@lakeshealth.org).**

# Free Sports Injury Clinics Starting Soon!

Fall sports are an exciting time for the entire community, and we want to ensure it's safe for the athletes themselves. Local medical professionals collectively comprising Northwest Iowa Sports Medicine are providing care for area athletes in various ways. Orthopedic surgeons from Northwest Iowa Bone, Joint & Sports Surgeons, a Certified Athletic Trainer, and Physical Therapists from Lakes Regional Healthcare will be offering a free Sports Injury Clinic and game coverage.

The free Sports Injury Clinic will be held every Saturday at 9 am or by appointment August 28 through October 16. Located within Northwest Iowa Bone, Joint & Sports Surgeons' Spirit Lake office, the clinic will be offered free of charge to area middle and high school athletes. To attend the clinic, enter Lakes Regional Healthcare through the east entrance. Appointments and physician referrals are not necessary to utilize the clinic. However, a parent or guardian must accompany athletes under age 18. Therapists will review the injury

and orthopedic surgeons will be available to provide further evaluation and specify treatment if needed. A free screening x-ray is also provided if warranted. Any follow-up appointments, further radiology tests such as CT scans or MRIs, or supplies such as casts, braces, or splints are charged to health insurance. Those interested in an injury evaluation other than Saturday mornings are encouraged to **call LRH's Rehabilitation department at 712-336-8651 to schedule an appointment.**



# COVID-19: Masking At LRH Continues

This summer the Occupational Safety and Health Administration (OSHA) published "COVID-19 Healthcare Emergency Temporary Standards (ETS)." As a result, hospitals across the country, including Lakes Regional Healthcare (LRH), took steps to meet the regulations. OSHA has strong enforcement authority to levy fines and close hospitals for non-compliance.

The standards were developed to limit healthcare workers' occupational exposure to COVID-19. Hospitals were mandated to comply with most of the provisions on July 6, and comply with additional requirements by July 21. The ETS were outlined in a 44-page document and hospitals were required to maintain plans on file as of the effective date. Our plans at LRH include every person, regardless of vaccination status, to wear FDA-approved masks in all areas with the exception of "well-defined areas" such as break rooms, individual offices, and non-patient care work areas. Other plans include providing physical barriers, such as hanging Plexiglas, in locations where social distancing is not possible, ensuring chairs in common areas are situated to accommodate social distancing, and ensuring a specific number of air exchanges and a certain degree of filtration occurs in the HVAC system.

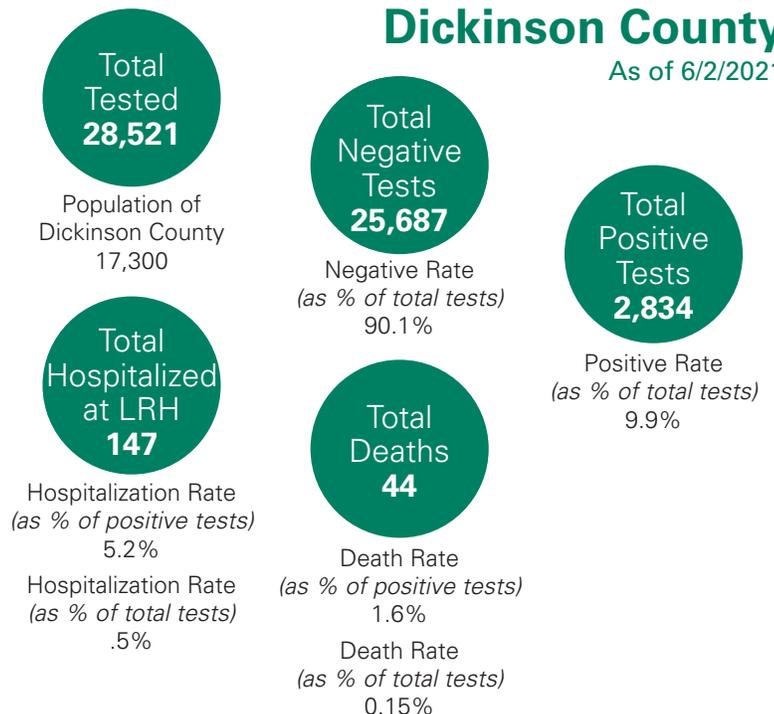
We're happy many people in our community have received the COVID-19 vaccine and realize some may be frustrated to have to continue to wear a mask while on our campus. We are committed to keeping our staff, patients, and visitors safe and hope everyone understands the importance of our compliance with these regulations. It was our hope to begin to loosen some of these restrictions as COVID positivity and inpatient COVID cases declined. Unfortunately, given recent upticks due to the new variant and these regulations, we have been unable to do so.

OSHA said the ETS is to be effective for six months. During that time, OSHA will engage in a public rulemaking process. Following this process, OSHA may finalize the ETS as a permanent standard, with or without modification, based on public comments.



## Statistics for COVID-19 in Dickinson County

As of 6/2/2021



# Free, At-Home COVID Test Kits Available

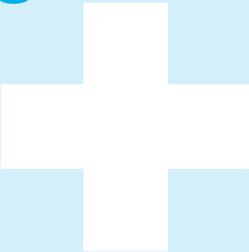
There’s now an additional way to get a COVID-19 test. Dickinson County Public Health (DCPH) now provides free COVID-19 test kits for people to do themselves at home. Through Test Iowa at-home, a partnership between the Iowa Department of Public Health and the State Hygienic Lab (SHL), area residents can receive a free test kit, collect a saliva sample at home, return the sample by UPS using a provided prepaid shipping label, and receive results through email.

Test kits can be picked up by calling DCPH at 712-339-6050 on weekdays from 8 am until 4:30 pm. Those picking up a test are to arrive at Door E of Lakes Regional Healthcare and a DCPH staff member will take the PCR test kit to their car. Each test kit includes step-by-step instructions including how to activate the test kit, collect the test sample, return the sample to the SHL, and when to expect results. Individuals have the option to request a kit to be sent to their home, and to have UPS pick up their sample. This can be done by going to [www.testiowa.com](http://www.testiowa.com) or calling 833-286-8378. Results will be sent via email about 24 hours from when the sample is received by the SHL.

COVID-19 tests are also still available through your healthcare provider at Lakes Regional Family Medicine by calling 712-336-3750. Tests done at this location are done with a nasal swab. Both testing methods are equally reliable.

**The best way to protect yourself against COVID-19 is to get vaccinated. DCPH and other locations in Dickinson County provide the vaccine. Those interested in finding a location to get the COVID-19 vaccine are encouraged to visit <https://vaccinate.iowa.gov/providers/> or call DCPH at 712-339-6050.**

# Healthcare When You Need It



We’re fortunate to have several ways to receive healthcare in the Iowa Great Lakes. However, it’s important to know where to go for your injury or illness that is the best for your health and your finances. Here are some tips to help you out:

- Non-Emergent, Acute Health Concerns**
  - Minor burns and cuts
  - Cold or flu symptoms
  - Ear ache
  - Allergies
  - Nausea

**QuickCare Clinic**  
*Lakes Regional Family Medicine*  
2301 Hwy 71 South, Spirit Lake  
712-336-3750  
**Monday-Thursday, 1-6 pm**  
**Saturday, 8 am – noon**

- Chronic and Routine Health Concerns**
  - Diabetic management
  - Heart health and management
  - Obstetrical care
  - Well child care
  - History and physical examinations
  - Establishing care with a new provider

**Lakes Regional Family Medicine**  
2301 Hwy 71 South, Spirit Lake  
712-336-3750  
**Monday – Friday, 8 am – 5 pm**

- Emergent Health Concerns**
  - Chest pain
  - Shortness of breath
  - Major burns/cuts
  - Complications from pregnancy
  - Poisoning or drug overdose
  - Stroke-like symptoms
  - Suicidal thoughts

**Lakes Regional Healthcare ER**  
2301 Hwy 71 South, Spirit Lake  
**Available 24 hours/day, every day**



# Coming Soon: Avera Home Medical Equipment of Lakes Regional Healthcare

Avera Home Medical Equipment and Lakes Regional Healthcare have entered into a joint venture to open a home medical equipment store on Lakes Regional Healthcare's campus, offering selections for respiratory, rehabilitation, and personal safety needs.

The new Avera Home Medical Equipment store will be in the former Lakes Family Practice clinic space located on the northwest corner of the hospital's campus. Once completed, which is estimated to be this fall, the space will measure 2,500 square feet, which will include a large showroom and a private consultation room.

The hospital pursued this venture to provide better access for hospital and clinic patients to ask questions and make educated decisions about which products will help them

improve or maintain their quality of life and to meet more patients' needs to function safely and independently when they leave.

Avera Home Medical Equipment of Lakes Regional Healthcare will offer equipment experts who will help people choose the best item for their needs, teach how to use the item, and process insurance claims, when appropriate. Patients will be able to select from a large inventory, including: portable oxygen concentrators, CPAP machines, walkers, wheelchairs, lift chairs, scooters, canes, compression wear, incontinence products, and aids of daily living.

When the need involves custom-built items, such as power wheelchairs, stair lifts, vertical lifts for porch or decks, and ceiling track lifts, staff will be available to come to the customer's home for a consultation and quote.

# Welcome, Dr. Whitney Nelson!

Whitney Nelson, D.O., a family medicine physician joining Lakes Regional Family Medicine, will begin seeing patients on September 7, 2021.

Dr. Nelson recently moved to the lakes region after completing her family medicine residency in Wichita, Kansas through the Via Christi Family Medicine Residency program. Dr. Nelson grew up in Audubon, Iowa and is happy to be living in the lakes area. She said, "I am very excited to join the lakes region and start putting down roots. I have greatly missed small town life and am looking forward to making the lakes area my home."

Dr. Nelson received her undergraduate degree in Biology from Buena Vista University in Storm Lake, Iowa. She then went on to receive her medical degree from Des Moines University. She is a member of the American Academy of Family Physicians, the American College of Osteopathic Family Physicians, the American Osteopathic Association, and the Christian Medical and Dental Association.



Whitney Nelson, DO  
Lakes Regional Family Medicine  
712-336-3750

Dr. Nelson provides care to the entire family from newborns to older adults. She has interest in all areas of medicine but enjoys focusing her practice on prenatal and obstetric care, well and sick childcare, women's health, well adult care and management of chronic medical conditions such as diabetes, high blood pressure, high cholesterol, and mental health. She chose family medicine as her specialty because of the spectrum of care and the relationship with patients. "I can't imagine anything better than providing prenatal care, delivering the infant and then providing subsequent well child care, creating a lasting multi-generational patient-physician relationship," she said. "Through family medicine, I am able to provide holistic, full-spectrum care, walking with patients of all ages through the most joyous and vulnerable moments of life."

**To schedule an appointment with Dr. Nelson, call Lakes Regional Family Medicine at 712-336-3750.**



## Yes, I Want to Make a Difference!

We are deeply grateful for the support of our friends in the community.

**I would like to give a gift of:**  \$1,000  \$500  \$250  \$100  \$50 Other: \$ \_\_\_\_\_

Please charge my gift of \$ \_\_\_\_\_ to my credit card.

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_ / \_\_\_\_\_ (month/year) CV2 number (security code) \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_  Monthly gift \_\_\_\_\_

**My gift is:** In memory/honor of \_\_\_\_\_

# Thank You!

Thank you to these Lakes Regional Healthcare Foundation 2020 donors!

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Please return to:  
Lakes Regional Healthcare Foundation  
Attention: Sonja Hamm  
PO Box AB  
Spirit Lake, IA 51360

Please make checks payable to Lakes Regional Healthcare Foundation.  
Your gift is tax deductible as provided by law.

**Please check, as appropriate:**

- Address change
- Name change
- I/we have included LRH Foundation in our will
- I would like a personal phone call or visit
- Send volunteer information
- If you prefer to remain anonymous, check this box

Name \_\_\_\_\_  
Title if Business/Organization Gift

Contact Person \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

# Lakes Regional Healthcare Proud

**Here at Lakes Regional Healthcare, we take caring for people in the Iowa Great Lakes seriously. Whether you need care for a cold or an emergency surgery, we do our best to give you the best outcomes, best experience, for the best value.**



There are many indicators of a hospital's quality and outcomes. One of the best indicators, if not the best indicator, is the star rating hospitals receive from the Centers for Medicare and Medicaid Services (CMS). The overall rating, between one and five stars, summarizes a variety of measures across seven areas of quality into a single star rating for each hospital. The seven categories include mortality, safety of care, readmission, patient experience, effectiveness of care, timeliness of care, and efficient use of medical imaging. The more stars, the better a hospital performed on the available quality measures. We have received a five star rating for the past two years, placing us in the top 10% of all hospitals across the country. We're also proud to note that we are the only hospital in northwest Iowa and southern Minnesota to receive a five star rating.



We have also been named one of the Top 100 Rural & Community Hospitals in the United States for three years in a row by The Chartis Center for Rural Health. The annual Top 100 Rural & Community Hospitals award is regarded as one of the healthcare industry's most significant designations of performance excellence. The award is based on results of the Hospital Strength INDEX®, which assesses rural hospitals across eight pillars of performance, including market share, quality, outcomes, patient perspective, cost, charge, and financial efficiency.



What's more, out of the Top 100 Rural & Community Hospitals, LRH is in the top 20 of those 100 hospitals. This designation is from the National Rural Health Association based on an evaluation by the Chartis Center for Rural Health using the Hospital Strength INDEX as well. LRH is the only hospital in Iowa and Minnesota to receive this honor.

The bottom line is if you're looking for a hospital to provide healthcare you need, you can turn to LRH as the region's best. For more information about us, visit us online at [www.lakeshealth.org](http://www.lakeshealth.org).

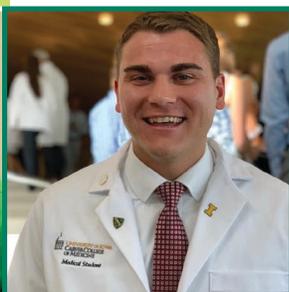
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THEN

NOW



## Area Students Gaining Valuable Healthcare Experience

With LRH's Summer Junior Volunteer Program

This summer marks our sixth year for the Summer Junior Volunteer Program, and over the years we've been grateful to receive help from high school and college students while helping them take a step toward achieving a career in healthcare.

Each year we've had anywhere from 20 to 30 students that have volunteered in ER, Medical-Surgical, Obstetrics, Critical Care, Surgery, Imaging, Outpatient Center, and Lakes Regional Family Medicine. The program has not only helped our staff, but it has also helped the students realize if they do, in fact, want to pursue healthcare as a career. They volunteer alongside our staff – physicians, nurses, lab technologists, imaging technologists, and more – whether it is to disinfect and prepare a room after a patient

is discharged, to calm a patient down while the healthcare providers treat an injury, to bring a patient a meal and help them eat, or to observe a surgery in the OR. Our Junior Volunteers have witnessed how healthcare operates and many have started to work within the healthcare field since helping out here at LRH.

Many Junior Volunteers are now in nursing school or are actually working as nurses in hospitals such as Avera McKennan in Sioux Falls, South Dakota or Mayo Clinic in Rochester, Minnesota. Many other Junior Volunteers are in medical school and some are even about to begin residency. We've appreciated the help they provided while volunteering here and are thrilled to have been part of their journey to enter the healthcare field.

# Top Surgical Center in Northwest Iowa and Southwest Minnesota

Having a surgical procedure isn't something you do very often, and can cause some of us to feel a bit anxious. We at Lakes Regional Healthcare understand this, and do everything in our power to make you feel at ease. Consider these:

## **LRH is the region's best Surgery Center**

We're rated as a 5-star hospital by the Centers for Medicare and Medicaid Services (CMS) and are the only hospital in northwest Iowa and southwest Minnesota to receive this highest rating. This means we're in the top 10% of all hospitals across the country. For you, it means the quality you receive here – defined as the safety of care, patient experience, effectiveness of care, timeliness of care, efficient use of medical imaging, and more - is better than other hospitals in the region.

## **LRH is the region's only Surgery Center with comprehensive robotic surgery**

Robotic-assisted surgery has become the gold standard in surgical care in the past few years. It's easy to see why since the results speak for themselves – accurate alignment and placement of implants, fewer and smaller incisions, less pain, shorter hospital stays, fewer complications, and faster recovery. We're proud to be the only hospital in the region to have both the daVinci robot and the Mako orthopedic robot. As a result, many gynecological, general surgical, urological, and orthopedic surgical procedures we provide can be done robotically, such as hysterectomies, hernia repairs, colon resections, gallbladder removal, total and partial knee replacements, and total hip replacements.

## **4K Imaging for precision during surgery**

The ability to see clearly in surgery is critical to a good outcome. That's why we recently purchased 4K imaging, which provides four times higher resolution in color and detail of the patient's anatomy. The clearer, crisper pictures allow the surgeon to see the patient's anatomy much better and be more precise during surgery. The 4K imaging system is the newest technology on the market and is integrated to stream directly into each operating room in real time.

The system not only benefits the patient by providing increased safety and precision during surgery, it automatically uploads the images to the patient's AveraChart health record immediately. Patients will be able to easily access their images without worrying about losing printed pictures. Also, surgeons may also share the pictures on a tablet with family members in the waiting room right after surgery.

## **A great team, always focused on being better**

The surgical team at Lakes Regional Healthcare is dedicated to providing the best surgeries. Keeping tabs on the newest and best technologies, attending educational events, constantly reading about evidence-based outcomes, meeting with other surgical professionals, and of course considering ways to make our patient s feel comfortable are second nature here. When you receive care from us, you'll likely sense these things. At least we hope you do, because without these, none of the other things that make us the region's best would be possible.

**For more information about surgery at Lakes Regional Healthcare, talk to your local health care provider or call 712-336-8768.**

# A Message From the CEO

In reviewing my letter from the previous Health Happenings, I noticed it was written around Thanksgiving time when we were in the heart of the COVID-19 pandemic. I am thankful for the development of a vaccine and the continued declining trends in positivity rates and hospitalizations of COVID patients in our area. Thanks to each of you for doing your part to protect our patients, friends, and neighbors.

Although I was hopeful that we would be able to eliminate masking requirements on the campus for our vaccinated visitors and patients, OSHA recently implemented regulations that will require us to continue screening and masking into the foreseeable future. Please understand that when you come to see us, we will continue to ask you questions and require you to be masked while on campus. My hope is that we will eventually be able to lessen these restrictions, but in the meantime we appreciate your support of our compliance efforts.

Although I hope to never experience another pandemic, it has undoubtedly made Lakes Regional Healthcare a better healthcare provider. We have learned many things that we will grow from and have also proven that we can continue to provide the highest quality and safest care during a very difficult time. We have also grown in our capacity to care for sicker patients than what we've historically been accustomed to, and we are a better place because of it.

Lakes Regional Healthcare continues to be dedicated to providing a high standard of care close to home, and I am excited for you to read throughout this publication examples of how we continue to improve healthcare in the Iowa Great Lakes. We have enhanced our surgical services through the addition of lithotripsy for treating kidney stones, are adding 4k video in August of this year to provide surgeons with greater visual clarity during procedures, and continue to be the only comprehensive robotic surgery center in the region. We will enhance our primary care presence with the addition of Dr. Whitney Nelson in the fall, and will create better access to home medical equipment with the opening of a new retail



store, Avera Home Medical Equipment of Lakes Regional Healthcare. In addition, Lakes Regional Healthcare will be home to Dakota Dermatology which will provide much needed dermatology services in the area with the closure of Gaul Dermatology in Spencer.

Beyond increasing access and enhancing services, the Lakes Regional Healthcare Foundation has continued to support scholarships to encourage individuals to enter the healthcare workforce. The community's ongoing support of this mission is greatly appreciated.

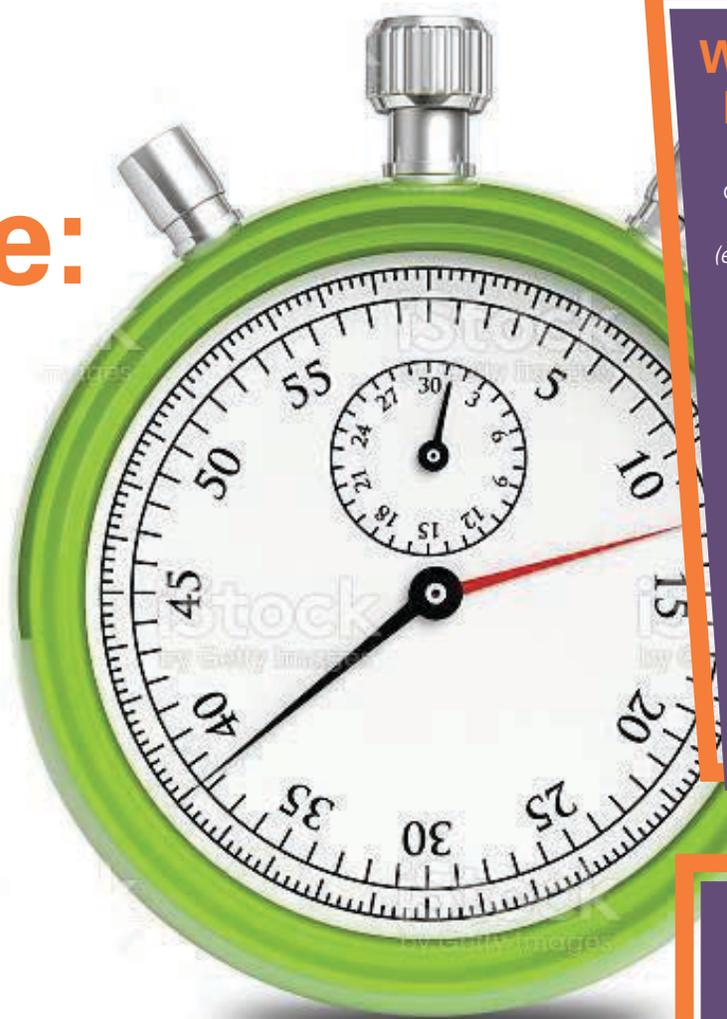
Although we prefer to be "Midwest humble," I would be remiss to not acknowledge our healthcare team for achieving a 5-star rating from CMS, as well as being named a Top 100 Rural and Community Hospital for the 3rd year in a row. Out of that Top 100, we finished as a Top 20 Rural and Community Hospital. All that credit goes to a great team of physicians, team members, and a supportive Board. It's also a testament to you, our patients and community, who entrust us with your care.

I want to wish you all an enjoyable and safe summer and please know that we are here to meet your healthcare needs when you need us. Thank you for making Lakes Regional Healthcare your healthcare provider of choice.

**If you ever have any suggestions, concerns, or want to visit, please feel free to contact me at [jason.harrington@lakeshealth.org](mailto:jason.harrington@lakeshealth.org) or via phone at (712) 336-8795.**

Best wishes,  
Jason C. Harrington, FACHE  
President & CEO

# Stroke: When Every Second Counts



## Warning Signs For A Stroke

Weakness, numbness  
or paralysis on one side  
of your body  
*(especially your face or arm)*

—  
Slurred speech  
or difficulty  
understanding others

—  
Blindness in  
one or both eyes

—  
Dizziness

—  
Severe headache  
with no apparent  
cause

A stroke can occur suddenly, and when it does, it's important to receive care quickly. Studies show that receiving care 15 minutes faster results in fewer deaths and the increased ability to care for yourself out of the hospital.

Lakes Regional Healthcare has new technology to help stroke patients receive the care they need more quickly. In the past, when patients came into the ER demonstrating symptoms of stroke, they were assessed and underwent a CT of the head without contrast. That process still occurs, but now patients also get a CT of the head and neck with contrast. In the past, the patient used to wait for the radiologist to read the first CT before having the second CT, which took a valuable amount of time - 45 to 60 minutes.

Both CTs are read instantly through an app that identifies clots in the brain, known as large vessel obstructions. The CTs are also read by a radiologist. If there is a large vessel obstruction, the app automatically alerts a neurosurgeon at Avera McKennan in Sioux Falls, South Dakota. The neurosurgeon looks at the images and responds by talking with Lakes Regional Healthcare's ER physician about what care to provide as patient transportation to Avera McKennan is implemented.

The new process with the app technology was initially trialed at Cleveland Clinic and has now become a standard of care there and at Lakes Regional Healthcare. There is no extra charge for this technology.

# Lithotripsy

## Available at LRH - Anytime

Many people say it's a pain worse than childbirth. Kidney stones, although fairly small, can be extremely painful as they pass through the urinary tract. They are hard deposits made of minerals and salts that form inside the kidneys. The pain doesn't usually occur until they pass into the ureters, which are the tubes connecting the kidneys and the bladder. Many who get a kidney stone may only need to take pain medication and drink lots of water to pass it. However, if it becomes lodged in the urinary tract which often occurs with larger stones, a procedure known as lithotripsy may be needed.

### Symptoms of Kidney Stones:

Severe, sharp pain in the side and back, below the ribs

Pain that radiates to the lower abdomen and groin

Pain that comes in waves and fluctuates in intensity

Pain or burning sensation while urinating

Pink, red, or brown urine

Cloudy or foul-smelling urine

Nausea and vomiting

Persistent need to urinate

Dr. Charlotte Caligiuri from Northwest Iowa Urologists provides lithotripsy at Lakes Regional Healthcare, by appointment or anytime via emergency. Most patients with kidney stones come in through Lakes Regional Healthcare's Emergency Department, and want it addressed immediately due to the pain involved. Lithotripsy treats kidney stones by sending shock waves directly to the stone first located with fluoroscopy. The shock waves break a large stone into smaller stones that then pass through the urinary system. The entire procedure takes about 45 to 60 minutes and patients are given anesthesia so they don't experience pain.

**Those interested in learning more can contact Dr. Caligiuri's office at 712-262-6214.**

# Congratulation To Scholarship Winners

Lakes Regional Healthcare and Lakes Regional Healthcare Foundation are working on increasing the supply of healthcare professionals in northwest Iowa by focusing on people who have grown up in the area, in anticipation that they will come back in time and provide care to patients at Lakes Regional Healthcare and directly benefit people in the Iowa Great Lakes. For these reasons, thanks to businesses and individuals throughout the lakes area,

Lakes Regional Healthcare Foundation's Scholarship Endowment Fund provides annual scholarships for Dickinson County high school seniors, Dickinson County residents in an undergraduate program, and Lakes Regional Healthcare employees. We'd like to congratulate this spring's Lakes Regional Healthcare Foundation's Scholarship Endowment Fund recipients. They each received \$500 or \$1,000 toward their education this fall.



### **Katee Ackerman**

Katee graduated this spring from Okoboji High School and will be attending Northwest Iowa Community College this fall to study Nursing. She was a Junior Volunteer at Lakes Regional Healthcare, involved with the FFA, and worked as a lifeguard at the Bedell Family YMCA.



### **Aza'lea Benjamin**

Aza'lea graduated this spring from Spirit Lake High School and will be attending North Dakota State University this fall to study Dietetics with a long-term goal of becoming a Registered Dietitian. She is a 4-year Honor Roll member

and a member of National Honor Society. She's been a Junior Volunteer at Lakes Regional Healthcare and also participated in band, cross country, Nordic Ski Team, and volunteered with Adopt-A-Highway and JROTC.



### **Sophia Butler**

Sophia graduated this spring from Spirit Lake High School and will be attending South Dakota State University this fall to study Nursing. She is a 2-year National Honor Society member, recipient of Academic All-State Honors

through the Iowa Girls Coaches Association, and a 3-year recipient of the Team Spirit Award for Cross Country. She

was Class President for two years and a Junior Volunteer at Lakes Regional Healthcare. She also participated in basketball, cross country, and tennis, tutored in Biology, and volunteered with Special Olympics.



### **Cail Donkersloot**

Cail completed his first year at Iowa State University this spring, where he's studying Biological Systems Engineering and was on the Dean's List and recognized for being within the top 2% of his class. He was also selected as an

Undergraduate Research Assistant where he researches the palletization of biochar in order to mitigate harmful gases and volatile organic compounds from manure. Cail also participated in Iowa State University's Archery Club and became a member of Phi Delta Theta Fraternity.



### **Maria Sorenson**

Maria recently graduated from Okoboji High School and will be attending Des Moines Area Community College this fall to receive her Associate's Degree in Nursing with future plans to attend the University of Iowa to obtain

her bachelor's degree. She is a 2-year member of National Honor Society and of the National Society of High School Scholars. In high school she participated in basketball, volleyball, Key Club, FFA, and Okoboji Student Council. She also kept busy volunteering for Meals on Wheels and raising funds for UNICEF.

# 4 Things To Know About Vaping

Smoking cigarettes has long been known to cause serious health conditions and death. In fact, nearly one-third of deaths from heart disease are the result of smoking and secondhand smoke. Quitting smoking is a great decision to improve your health. Years ago, the use of e-cigarettes was marketed as a way to quit smoking.

E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air. Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products. E-cigarettes are known by different names, such as e-cigs, e-hookahs, mods, vape pens, vapes, tank systems, and electronic nicotine delivery systems (ENDS). Juul is another name, but it is a brand name of an e-cigarette. Using an e-cigarette is called vaping.

How has the claim of e-cigarettes being a way to quit smoking gone? Here are four things to know.

## 1. Vaping is addictive.

Roughly 99% of e-cigarettes contain nicotine. A recent Centers for Disease Control and Prevention (CDC) study found that some e-cigarette labels don't disclose that they contain nicotine, which can lead to misinformation for the consumer. Nicotine is addictive, and research suggests it may be as addictive as heroin and cocaine. Using nicotine in adolescence is more destructive because it can harm the brain, which doesn't stop developing until about age 25. Specifically, it can harm the parts of

the brain that control attention, learning, mood, and impulse control. What's more, many e-cigarette users get even more nicotine than they would from a tobacco product. For example, one e-cigarette pod is equal to about 41 cigarettes (over two packs of cigarettes). You can buy extra-strength cartridges, which have a higher concentration of nicotine, or you can increase the e-cigarette's voltage to get a greater hit of it.

As vape manufacturers were marketing their products to smokers as a means to quit smoking, vaping was also marketed to youth. Vapes containing fruit flavors, their reputation as being less harmful than smoking or not harmful at all, and the fact that e-cigarettes have a lower per-use cost than traditional cigarettes has since resulted in a nicotine-addiction epidemic for a new generation. In fact, e-cigarettes have been the most commonly used tobacco product among American youth since 2014. Data shows that one in five high school students and one in 20 middle school students use e-cigarettes.

## 2. E-cigarettes aren't just flavored water vapor.

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including nicotine, ultrafine particles that can be inhaled deep into the lungs, flavorings such as diacetyl, volatile organic compounds, cancer-causing chemicals, and heavy metals such as nickel, tin, and lead. Besides affecting the users who inhale these ingredients into their lungs, bystanders can also breathe it in when the user exhales it into the air.

Some e-cigarettes can even be used to deliver marijuana and other drugs to the user. A 2016 study found that about one-third of American middle and high school students who had ever used an e-cigarette reported using marijuana in the device.

### 3. Vaping causes serious lung and heart issues.

The National Academies of Science, Engineering and Medicine released a consensus study report that reviewed over 800 different studies that found that several ingredients found in e-cigarettes contribute to many health concerns. For example, propylene glycol and vegetable glycerin are toxic to cells. Acrolein, an herbicide primarily used to kill weeds, can cause acute lung injury and COPD and may cause asthma and lung cancer. The flavoring in e-cigarettes has diacetyl in it, which is a chemical linked to a serious lung disease. Nicotine present in nearly all e-cigarettes is toxic and raises blood pressure, spikes adrenaline, and increases heart rate and the likelihood of having a heart attack. The report also warned about the risks of inhaling secondhand e-cigarette emissions.

The CDC reports there has been an outbreak of deaths associated with vaping. These cases predominantly affect people who modify their vaping devices or use black market modified e-liquids, especially for vaping products containing tetrahydrocannabinol (THC). According to the CDC, vitamin E acetate is a chemical of concern among people who have lung injuries and deaths from vaping. Vitamin E acetate is a thickening agent often used in THC vaping products, and has been found in all lung fluid samples of patients examined by the CDC.

The best advice is to stop vaping altogether. Otherwise the CDC suggests that people not use THC-containing vaping products, avoid using informal sources (friends, family, or online dealers) to obtain vaping devices, and do not modify or add any substances to a vaping device that are not intended by the manufacturer.

### 4. Vaping increases your likelihood of smoking cigarettes.

Despite e-cigarettes being marketed as a way to help people quit smoking, a recent study found that most people who intended to use e-cigarettes to kick the habit ended up continuing to smoke both traditional and e-cigarettes. In addition, 30% of e-cigarette users start smoking regular cigarettes within six months. Studies have also shown that 8th graders who vape are ten times more likely to eventually smoke cigarettes.

Overall, the Food and Drug Administration has not found any e-cigarettes to be safe and effective in helping smokers quit. Those ready to quit smoking are encouraged to call 1-800-QUIT-NOW or talk with their healthcare provider about finding the best way to quit.





# THE *Grape Escape* UNCORKED

Get your tickets now for Grape Escape Uncorked! on August 13 at the Round Lake Vineyards & Winery. As the more casual partner to Lakes Regional Healthcare Foundation's annual Grape Escape, you'll listen to live music, enjoy barrel tasting, lively conversation, and a lot more, all while making a positive difference in the Iowa Great Lakes community. **This event will specifically benefit Lakes Regional Healthcare Foundation's Scholarship Endowment Fund. Tickets are \$100 each. To purchase your tickets, call 712-336-8791.**

## Everyone Matters Here

Are you calm and caring? Perhaps you're detail-oriented. Or are you a creative, out-of-the-box thinker? Maybe you have a great sense of humor. We each have our individual strengths and that's what makes working here fun and what makes the care and service we provide great. At Lakes Regional Healthcare, everyone matters. Everyone plays an important role, regardless of their title or department, to make our organization work seamlessly. We often hear staff say how happy and proud they are to work at Lakes Regional Healthcare. The work we each perform not only fulfills the organization's mission of improving health and well-being of people in the Iowa Great Lakes region; our work is fulfilling and personally gives us a purpose to make the world a better place, one patient at a time.



We have opportunities available and would love to meet you if you're interested in joining our team. Please check out our opportunities online at [www.lakeshealth.org/careers](http://www.lakeshealth.org/careers) or call us at:

**712-336-8790**

# 1 in 3 Women Have Stress Incontinence, But It Can Be Cured

It's an often embarrassing issue that one in three women deal with at some point in their lives. Stress incontinence – accidentally peeing a little when you cough, sneeze, exercise, jump, pick up your children/grandchildren or other heavy objects, etc.– happens when physical movement or activity puts pressure (stress) on your bladder, causing you to involuntarily leak urine. Stress incontinence can occur because the pelvic floor muscles have weakened from childbirth, obesity, chronic coughing, repetitive lifting, or chronic constipation. Pelvic floor muscle weakness can also be the result of nerve damage or loss of estrogen after menopause.



Many women mistakenly believe stress incontinence is a normal part of aging. Stress incontinence is common, but it certainly is not normal. The truth is, with pelvic floor rehabilitation, 97 percent of women experience significant improvements or complete resolution of their stress incontinence symptoms. Lakes Regional Healthcare Doctor of Physical Therapy Sarah Tunland is specially trained in physical therapy to treat stress incontinence and other pelvic health disorders. Rehabilitation is a minimally invasive and conservative treatment option that often involves pelvic floor strengthening, bladder retraining, dietary/fluid education, lifting education, and more.

**Those interested in learning more are encouraged to contact their local health care provider. Appointments to receive therapy typically require a physician's order.**

## Easy Ways To Give

We appreciate your generosity and what that's been able to help us accomplish over the years. We also want to make giving as easy as possible for you. Here are some easy ways to give that will continue to help improve healthcare in the Iowa Great Lakes.

Online – Give to us directly by going to <https://www.averafoundation.org/donate-with-search>. Select "Other" for the Avera facility, type "Lakes Regional Healthcare" in the "Other Avera Facility" box and make a donation in a matter of a couple minutes!



Whenever you purchase items at Amazon, go to this web address instead: [www.smile.amazon.com](http://www.smile.amazon.com). It brings you to the regular Amazon site, but it asks you to identify a charity. Select Lakes Regional Healthcare Foundation and from there, Amazon will give us a portion of your item's purchase price!



*"Your nursing staff and everyone that helps with preoperative care are all excellent! I have never been anything less than 100% confident I am getting the best care at Lakes Regional!"*

*"Everyone, they were all wonderful in every way. I couldn't have been treated any better."*

*"All of your people are very professional. You could not ask for more courteous, caring staff."*

*"The kitchen puts out the best food!"*

*"The entire surgical team was fantastic!"*

*"Overall my experience was top notch, everyone worked as a team to get things done."*

We are proud of the care we provide and are even prouder when we receive feedback from our patients. Here are a few recent examples of the kinds of things we hear every day:

# What Our Patients Say



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