



# Lunch & Learn

## PRESENTATIONS

### "Women's Pelvic Health"

featuring Kevin Benson, MD  
Urogynecologist

**Wednesday, Feb. 6th**

12:00 Noon - 1:00 PM

Dr. Benson will be the featured speaker and provide a presentation on women's pelvic health.



Kevin Benson, MD  
Urogynecologist

Enjoy a FREE Soup and Sandwich Lunch while enjoying these FREE Presentations.

Both these presentations will be held in the lower level of the dialysis center in Ortonville, MN.

Pre-registration preferred, but not required, by calling Donna at 320-839-4138.



Orvar Jonsson, MD  
Cardiologist

### "Women's Heart Health"

featuring Orvar Jonsson, MD  
Cardiologist

**Tuesday, Feb. 12th**

12:00 Noon - 1:00 PM

Dr. Jonsson will be the featured speaker and provide a presentation on women's heart health.

# The MONITOR

## OAHS Improving Patient Safety Through CT Scans



Ortonville Area Health Services continuously utilizes technology and other methods to improve patient safety and our newest effort will be upgrading our current CT equipment to a 64-slice CT with AIDR 3D. This installation is scheduled for sometime in late February of 2013.

### Aquilion CT with AIDR 3D

This CT system provides some of the most detailed images available and they are also designed to keep you safe by reducing radiation.

An industry leader in developing new technologies designed to limit radiation exposure, Toshiba's CT systems utilize the newest dose management technology - Adaptive Interactive Dose Reduction 3D (AIDR 3D). This personalized software automatically adjusts the level of radiation exposure to correspond with you and your procedure to provide your physician with quality diagnostic images.

Knowing the considerations and benefits of CT can help you understand and better protect you and your family's health.

### Facts You Should Know

CT imaging is one of the fastest ways physicians can accurately diagnose a patient's condition. The decision to undergo a CT imaging exam should be made by you and

your physician together. CT imaging uses an x-ray to create detailed 3D or 4D images of organs, soft tissue, bones and anatomy. It is used often for a variety of reasons including to evaluate joints, trauma, abdominal pain, shortness of breath, blocked arteries or chest pain. The benefits of being imaged with CT are that it is minimally invasive and fast. While CT imaging can be very beneficial, it does use some radiation.

### Is a CT Exam Right for You

We encourage patients to seek advice from their physician when undergoing a CT exam. To determine if a CT exam is right for you, ask your physician about the benefits and considerations of your specific exam. The benefits should outweigh the concerns.

One way to think about CT radiation dose is like taking a prescription medication. When your doctor prescribes a medication, he or she recommends the optimum dose to keep you safe and help you get well. CT scans work the same way. AIDR 3D can help medical professionals personalize your imaging exam by scanning you at the lowest possible dose to achieve the best possible images.

### What is AIDR 3D

AIDR 3D is the latest generation of software developed by Toshiba that processes a scanned image by putting it through a series of cycles or iterations while reducing the initial amount of radiation exposure needed to achieve a clear image.

Fully integrated with the CT System, AIDR 3D is automatically activated with every scan. AIDR 3D also adapts to customize exposure for every patient and every procedure based on your body. The system uses information about your body size and shape to adjust the amount of radiation to be used for the type of CT exam you are receiving. All of this enables the technologist operating the system to focus on obtaining the high quality images your physician needs to accurately diagnose you.







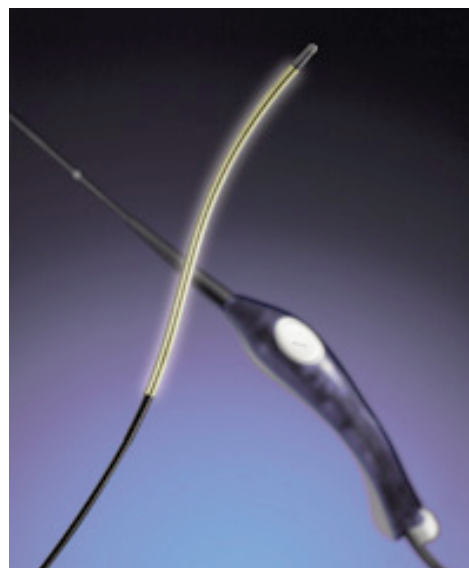
# New Technology for Aging Veins at OAH'S

As a reader of this publication, you may already know more about varicose veins than you would like, because half of all Americans over 50 (and two-thirds of women over 60) suffer from the pain and swelling of those big ropey leg veins. The condition is caused by failing valves in the primary veins that allow blood to pool up in the legs. Symptoms can range from aching and fatigue to skin ulcers and blood clots. Women who have had more than two pregnancies are at particular risk and heredity, weight and careers that require a vertical position throughout the day, like nursing or teaching are risk factors as well.

Back in the old days – the 20th Century – the only surgical option for patients with severe varicose veins was a gruesome and painful procedure called vein stripping that left the patient scarred and laid up for weeks. Today, however, we have the next generation medical technology to treat the problem – minimally invasive catheters that close the diseased main vein from within. The physician pulls the device through the vein, delivering bursts of energy through the catheter's heating element to heat and contract the vein walls. With the primary vessel sealed, the body automatically re-establishes healthier circulation and the varicosity symptoms quickly dissipate.

Catheter devices fall into two categories - radio frequency (RF devices) and lasers. Both are fast and effective, but Dr. Rob Kruger, the surgeon who performs the procedure at OAH'S, uses an RF device because it is a lot easier on the patient. Laser devices operate at over 800 degrees Fahrenheit, causing pain both during and after the procedure and leaving big bruises that take awhile to heal. The latest RF device, the VNUS® ClosureFAST™ catheter, operates at far cooler temperatures, sealing the vein in three to five minutes with virtually no discomfort to the patient. Dr. Kruger performs the procedure in the outreach department with a local anesthetic and the patient is in and out in less than an hour, usually resuming normal activity the next day. The leg pain and heaviness disappear almost immediately, and visible changes are evident in a few weeks.

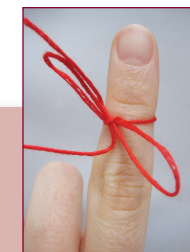
Clinical studies have found the new procedure to be more than 97% effective. This procedure is considered a medical necessity, rather than cosmetic surgery, so it is covered by Medicare and most insurers. That clears away the one final barrier to longtime varicose vein sufferers seeking treatment, and as a result we are seeing lots of new patients these days. More men than ever before are requesting the procedure - having one's varicose veins treated is no longer considered unmanly. And we have gotten a rush of interest in the technology from active seniors in their 70s and 80s - their middle-aged children are under-



going the procedure, and when the parents see the results, they want the treatment themselves. We have had patients say they are wearing shorts for the first time in 40 years.

There is so much media buzz about technology today that sometimes the simplest and most important breakthroughs get lost in the noise. For almost a hundred years, progress on treating varicose veins was, like the surgery itself, slow and painful. Now we have a fast and virtually painless way to change a patient's life in a couple of minutes, and that's a great feeling for a physician.

For more information on this procedure now available at Ortonville Area Health Service, please contact your primary care physician at Northside Medical Clinic (320-839-6157) or Clinton Clinic (320-325-5217). Dr. Rob Kruger is a surgeon from Affiliated Medical Center in Willmar who provides outreach service weekly at OAH'S.



## Save the Dates...

- ❖ **Lunch & Learn Presentation**  
"Women's Pelvic Health" with Dr. Benson –  
**Wednesday, Feb. 6, 2013**
- ❖ **Lunch & Learn Presentation**  
"Women's Heart Health" with Dr. Jonsson –  
**Tuesday, Feb. 12, 2013**
- ❖ **Annual Lab Promo Testing**  
at Northside Medical Clinic in Ortonville  
**Wed. & Thurs., May 1 & 2, 2013**  
and at the Clinton Clinic in Clinton  
**Friday, May 3, 2013**
- ❖ **Annual Health Fair**  
at National Guard Armory in Ortonville  
**Wednesday, May 8, 2013**  
Sponsored by Ortonville Area Health Services.  
If any health providers or shopping extravaganza vendors  
are interested in participating in our health fair,  
please contact Donna.

**Check our website at [www.oahs.us](http://www.oahs.us), watch newspapers or listen to the radio for further information.**



## NEW YEAR 2013 BABY AT OAH'S

The first baby born at the Ortonville Hospital in 2013 was Mia KayLee Kindelberger. She entered this world on Wednesday, Jan. 2 at 12:54 p.m., weighing 8 lbs., 4 oz. and measuring 20-1/2 inches in length. Parents of the new baby are Dustin and Jamie Kindelberger of Ortonville. Mia's grandparents are Keith and Margaret Kindelberger of Ortonville and Mike and Jan Neumann of Wheaton. Great grandparents are Sandy Keaveny of Wheaton, Betty Kindelberger of Canby and Ann Polfiet of Canby. Mia was welcomed by her brother Nash. Dr. Stacy Longnecker delivered the baby. Members of the OAH'S Auxiliary handmade the New Year's stocking for the baby. Ironically, Mia's aunt, Brandi Lee (Kindelberger) Tweeter was the first baby born in the Bicentennial year on Jan. 1, 1976, just four seconds into the new year.