

WINTER 2023

HEALTHYTIMES



We deliver!

Meet our providers helping women with one of life's most precious moments.

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Our growing family

Joel Beiswenger, President and CEO

Greetings and happy holidays. Another great year is drawing to a close. The growth of Astera Health is incredible and wouldn't be possible without the hardworking men and women that make up the Astera Health family. The patients that utilize our services also deserve praise. Your commitment to health and wellness continues to validate our mission, vision, and values. Thank you for choosing Astera Health.

The last five years have thrown numerous obstacles our way in the form of a pandemic, supply chain issues, and the typical challenges of operating a rural health care system. Great pressure often leads to great victories and Astera Health is living proof of that.

In 2024, our trend of evolution will pick up speed. Currently, we are in the planning phase of constructing a Cancer Center in partnership with CentraCare. This development will undoubtedly change the landscape of cancer care in Central Minnesota. Please look for updates on this project via our website, social media, and local publications. We are excited to be able to share more news on this as our planning and development progress.

This edition of Healthy Times is a special one. We are proud to show the growth we have in service offerings. Over the years, Astera Health has added some of the best and brightest to our staff and we continue to grow because of it. In this edition, the obstetrics department shares some of their big wins of the previous year in addition to shedding light on important issues facing women within our region. Additionally, our chiropractic department is also celebrating much success and has become a premiere service that many people have come to respect and rely on. We anticipate big things from this relatively new service and wanted to share some patient insight.

2024 also begins our 100th year of operation. The Wesley Hospital opened in January 1925, and we look forward to planning a celebration of our centennial.

I hope 2024 is a healthy year for you and your family. Please know that Astera Health is here as your "trusted partner for life" in your health journey. We wish you a happy and healthy new year!

“Your commitment to health and wellness continues to validate our mission, vision, and values. Thank you for choosing Astera Health.”



JOEL BEISWENGER



Riding in style to surgery

Prior to surgery, people may find themselves feeling uneasy. Surgery can worry a patient no matter their age. These feelings are often stronger for a child. For kids, any procedure can seem like a scary event. To make the experience less daunting, surgical staff members Stacy White, BSN, RN, CNOR, PHN, and Tina Hulse, PA-C, went on a mission to make surgery more comfortable for their younger patients.

After a brainstorming session, the duo came up with several ways to make surgery a more comforting experience. They donated a small plastic wagon to Astera Health to transport pediatric patients to the procedure room. The wagon is adorned with cartoon stickers and filled with fuzzy blankets and toys. When a pediatric patient arrives, the entire department shifts gears to make the whole visit a more comforting experience.

For more information about pediatric and surgical services, visit asterahealth.org



Women's Health in 2024

As we approach the new year, we stop and reflect on the challenges and triumphs of yesterday. However, in the case of obstetrics, our eyes are fixed on the future! Our OB staff got together and figured out just what excites them about women's health in 2024.

Bobbi Adams, MD

In 2023, we added some great new providers and I'm positive this growth will continue. For me personally, I can't wait to help more families thrive.



Allison Freese-Johnson, CNM

I'm excited to continue playing a pivotal role in the birth of babies. I can't express the joy it brings to watch new parents hold their child for the first time.



Shaneen Schmidt, MD

Being the mother of four children, helps me walk moms through their motherhood journey. It is a joy and an honor to continue to serve our communities in 2024.



Dawn Dahlgren-Roemmich, CNM

I am most excited for the opportunity to reach even more families in 2024 with the midwifery model of care and the positive impact we can have on our patient population.



Hala Madi, MD, OB/GYN

I'm new to the team and the last few months have been a whirlwind. It is great to be a part of a team that cares so deeply for mom, baby, and the whole family. Being a part of a woman's journey from birth planning and beyond is my plan for 2024.



Paige Selvey, MD

I'm so happy to ring in the new year with some of the best ladies around. We have some very exciting changes coming so stay tuned. I love helping families welcome their newest members in our amazing new space.



Laura DuChene, MD

I am excited to see more growth at Astera Health! I love providing Obstetrics care in our rural community and I'm excited to provide supportive care to new moms and families, as well as watch my current families grow.



Julie Meyer, MD

I absolutely love delivering babies and developing that bond with the moms! I look forward to developing more relationships in 2024.



Learn more at:
asterahealth.org/women



Chiropractic care for pregnancy and beyond

Back pain troubles mothers all over the world. The pain usually starts during pregnancy and lingers long after. Some endure this pain, but there are options. Chiropractic care has been shown to alleviate neck and back pain in expecting mothers. Kristyn Rude found herself in this situation and was in desperate need of help, so she paid a visit to Carissa Mitchell, DC, at Astera Health.

Kristyn was immediately impressed with Dr. Mitchell and her wealth of knowledge on chiropractic care. She appreciated Dr. Mitchell conducting a full body check during every appointment. Kristyn explained that it felt like Dr. Mitchell understood the interconnected nature of the body. One thing affects another and vice versa. "It feels like she takes care of you completely," said Kristyn.

A pregnancy with less pain

Kristyn has been seeing Dr. Mitchell for over three years. She credits the chiropractic care she received at Astera Health with making her pregnancy less painful. Like many women, Kristyn suffered from a great deal of lower back pain. Throughout her pregnancy, she met with Carissa and received adjustments that aided in pregnancy and delivery.

“It's great to know I've given them their lives back.”

CARISSA MITCHELL, DC

Additionally, Carissa is extremely passionate about her work with mothers. As a mother herself, she knows the pain childbirth can bring and understands her work can make for a less painful pregnancy and delivery. Pregnant women often deal with some degree of lower back pain, and regular chiropractic appointments can help with pelvic looseness and alignment.



Carissa Mitchell, DC, gave birth to Odin Winslow Mitchell in early August 2023.

“ It feels like she takes care of you completely. ”

KRISTYN RUDE,
PATIENT



A family approach

Kristyn’s husband and 5-year-old also see Dr. Mitchell on a regular basis. Adjustments lead to an almost immediate decrease in discomfort. This feeling keeps them coming back. Seeing an entire family is not an uncommon occurrence for Dr. Mitchell. The pain relief of chiropractic medicine is attractive, with many wanting to give it a try. Some people are surprised to hear that chiropractors meet with patients younger than five, but this is common. Children are growing rapidly, with growth spurts happening all the time. This can result in some degree of back pain. Meeting with a chiropractor can benefit them as they continue to grow.

Chiropractic care can help with

- » Back pain
- » Headaches
- » Joint pain
- » Low energy
- » Neck pain
- » Poor posture
- » Restless sleep



For more information about chiropractic care, visit asterahealth.org. For consultation, call 218-631-3510.

Welcome new providers!



Shawn Stafki, MD

Dr. Stafki is a native of the Perham area. He completed his residency in Eau Claire, WI, and is excited about returning to the Wadena area and have the opportunity to serve a rural community.

In his free time, Dr. Stafki enjoys spending time with his family. He also enjoys fishing, hunting, golfing, woodworking, and reading.

Dr. Stafki is excited to help you reach your health goals and is accepting patients at the Wadena Clinic.



Alicia Moren, FNP

Alicia Moren is the newest member of the Orthopedics Team at Astera Health.

Alicia completed her undergraduate studies at the University of Sioux Falls, SD, and finished her Masters of

Science in nursing at the University of North Dakota. She previously worked at Astera Health as a registered nurse.

Alicia is a native of the area and grew up in Bluffton. She loves everything outdoors. She has a passion for fishing and golfing. She also enjoys building and remodeling.



Cady Horning, LICSW

Cady Horning is new to the Astera Health family in the Behavioral Health Department. She is a Licensed Independent Clinical Social Worker and provides therapy and counseling to people of all ages.

Cady loves the outdoors! She can often be found rock hunting, gardening, and playing with her pets.

For more information and to get to know all of our providers, please visit asterahealth.org.



Wellness Visit

What is it and when should I schedule?

A wellness visit or physical exam is a routine check-up by a provider. This visit is usually done once a year with a focus on general health. Various biometrics and health data are collected, with the provider making baseline recommendations for health goals.

Knowing your numbers is important! People may be unaware of what a healthy blood pressure reading is or when they should receive an exam. Brush up on your numbers with the information below and chart at right.

Tips for your wellness check

- » **Have your insurance information ready prior to the physical exam.**
- » **Have a list of your medications ready.** Make sure to note dosage and frequency.
- » **Reflect on your health history.** Take some notes on medical conditions, surgeries, and other procedures. It also helps to take note of diseases and conditions that may be genetic.

Medicare Wellness Visits

Annual Medicare wellness visits are different than a standard physical exam. These visits are strictly to assess and develop a prevention plan. No physical exam or lab tests are part of this visit but may be scheduled at that time.

When to Start Routine Health Screenings



Men

Eye Exam (every 1-2 years)
Hearing Test (every 10 years)
Blood Pressure (every 2 years)
Skin Exam (yearly)
Testicular Exam (yearly)
Cholesterol Screening (every 5 years)

Blood Glucose Test (every 5 years)

Bone Density (every 3 years)
Colonoscopy (starting at 45)
Prostate Cancer Screening (if high risk for prostate cancer)



Women

Eye Exam (every 1-2 years)
Hearing Test (every 10 years)
Blood Pressure (every 2 years)
Skin Exam (yearly)
Pelvic Exam (yearly)
Pap Smear (every 3 years)
Cholesterol Screening (every 5 years)

Blood Glucose Test (every 5 years)

Mammogram (yearly)
Ovarian Screening (every 3 years for post-menopausal women)
Bone Density (every 3 years)
Colonoscopy (starting at 45)

20s

30s

40s

60s

To elect care or to schedule an appointment with an existing provider, call **218-631-3510**.

Healthy numbers to strive for

Knowing – and tracking – these four numbers can improve your health. Key markers of health like cholesterol, blood pressure, blood sugar and body mass index (BMI) can tell you and your doctor about your risk for many illnesses, including heart attack, stroke, kidney disease, and diabetes.

Total Cholesterol = 200 OR LESS

Cholesterol levels help indicate heart health. It is recommended to start having your cholesterol checked every five years, beginning at age 20. If an elevated level is detected, it should be checked more frequently.

HDL (good cholesterol) **should be above 60**

LDL (bad cholesterol) **should be below 130**

Blood Pressure = LESS THAN 120 OVER 80

Blood pressure is another indicator of heart health. It is recommended to get your blood pressure checked at least once a year. Hypertension, or high blood pressure, is a condition where resting blood pressure is consistently measured at 140 over 90 or greater.

Blood Sugar = BELOW 100

Glucose is sugar that is stored in the blood as our main source of energy. It is recommended to get your blood sugar tested every 3 years, unless you have pre-diabetes, in which case it should be checked yearly.

Hyperglycemia – when glucose levels are too high

Hypoglycemia – when glucose levels are too low

Body Mass Index (BMI) = BETWEEN 18.5 AND 24.9

BMI is regarded as the most useful tool to determine and classify obesity – it measures body fat. This information can be used to assess your risk for a number of conditions.

BMI under 18.5 – classified as underweight

BMI over 25 – classified as overweight

BMI over 30 – classified as obese

Source: American Heart Association



Life on the sidelines: Sports medicine at Astera Health

Astera Health knows what it takes to win on and off the court. Our dedicated team of athletic trainers and sports medicine specialists understand how to keep the human body performing at peak potential. The Astera Health Sports Medicine program is designed to assess, rehabilitate, and strengthen so you spend less time in the clinic and more time on the field.

If you've attended a local sporting event, you've likely seen an Astera Health ambulance or tent. Close by is a sports medicine professional ready to help. They can assist with a range of injuries and medical issues on and off the field. Their presence keeps the game safe and fun. The sports medicine team primarily covers varsity games in Central Minnesota. Athletic Trainers Sarah Maninga and Nathan Fry take point with medical support during games. They watch each game and are ready to take action in the event of an injury. With a medical kit in hand, they rush to the aid of anyone who takes a bad hit or nasty fall.

Unfortunately, not all injuries can be mended on the field. Some require a visit to our sports injury clinic or an appointment with our orthopedic sports medicine team. The trainers work closely with orthopedic surgeon Dr. Ben Robertson, Lorinda Zigan, PA-C, Jody Rothermund, PA-C, and Alicia Moren, APRN, FNP.

They can streamline the process of being evaluated by this team as needed. Together with the ortho team, rehab department, and trainers, the team creates a comprehensive plan, and rehabilitation begins. Astera Health understands this all too well, which is why the sports medicine program covers minor to severe injuries and everything in between. This can include pulled muscles, ACL tears, or complex orthopedic procedures. They have seen it all and approach every injury with the goal of getting you back to the game.

Isabelle Larson: back on track

Isabelle is a senior at Wadena Deer-Creek High School. She plays volleyball and runs track. Over the last year, Isabelle has endured a couple of injuries while competing. The first was a shoulder injury, and more recently, she injured her ankle, leaving her unable to compete in sports. The pain of an injury is debilitating, but the pain of not being able to compete is sometimes worse, especially during senior year.

Isabelle and her care team knew this injury would require more than ice and elevation. So, Sarah Maninga worked with Isabelle every single day on a rehabilitation routine that included exercises and stretches that would get her ankle back to normal. This routine worked because Isabelle returned in time for the final meet, where they placed at sections.

Isabelle is back to competing with no issues, thanks to the team at Astera Health.



Sarah Maninga, ATC and Nathan Fry, ATC

Astera Health is proud to partner with schools for sports medicine. For all rehabilitation services and therapists, visit asterahealth.org

POSTAL CUSTOMER

Mark your calendars!

Upcoming Events

Bite Size Conversation – I just don't know what to put on my plate anymore! – Michaela Rausch, Registered Dietitian

January 15 at 12 p.m. at Astera Health Campus

Bite Size Conversation – Heart Health Month – Cardiologist

February 19 at 12 p.m. at Astera Health Campus

Foundation Golf Classic – Whitetail Run Golf Course

Friday, May 31, 2024



For a complete listing of events, visit: asterahealth.org/events

Above are pictures from the Astera Health Foundation's Starlight Gala. Thank you to all who attended!