

GUNDERSEN

A smiling woman with blonde hair and glasses is holding a baby in a pink outfit. The woman has a tattoo on her neck and is wearing a white cardigan over a purple top. The baby is wearing a white bow on its head and blue jeans. The background is a blurred indoor setting.

MyCare
patient portal
**UPGRADED
CONVENIENCE**

Tomah's new midwives
**FOR A NEW
GENERATION OF MOMS**

GUNDERSEN
HEALTH SYSTEM®

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Gundersen Health System has
the following locations in your
area. For a complete listing visit
gundersenhealth.org.

Elroy

- 1705 Omaha St.
Gundersen St. Joseph's Hospital and
Clinics Elroy (608) 462-4116

Friendship

- 402 W. Lake St.
Gundersen Moundview Hospital and
Clinics
Hospital (608) 339-3331
Clinic (608) 339-6350

Hillsboro

- 400 Water Ave.
Gundersen St. Joseph's
Hospital and Clinics
Hospital (608) 489-8000
Clinic (608) 489-8280
- 845 Water Ave.
Gundersen Eye Clinic (608) 489-2451

Sparta

- 1111 W. Wisconsin St.
Medical Clinic (608) 269-6731
Eye Clinic (608) 269-6731
Behavioral Health (608) 269-6731

Tomah

- 1330 N. Superior Ave.
Medical Clinic (608) 372-4111
Eye Clinic (608) 372-4458
- 601 N. Superior Ave., Suite 2
Behavioral Health (608) 374-3853

Westfield

- 207 N. Pioneer Park Road
Gundersen Moundview Hospital and
Clinics Westfield
(608) 296-6350

Wonewoc

- 301 Railroad St.
Gundersen St. Joseph's Hospital and
Clinics Wonewoc (608)-464-3575

GUNDERSEN MyCare®

MyCare offers you access to more

If you've been using MyView, it's time to make the switch to MyCare.

Gundersen Moundview Hospital and Clinics is now using a program called Epic for managing electronic health records. This widely used software ensures your health information is available to all authorized medical staff, including specialists, throughout Gundersen Health System.

This also means that through the free MyCare patient portal, you now have access to more features not available in MyView, such as the ability to:

- Schedule appointments with your provider or specialists
- Read appointment notes, written by your provider
- Request e-visits for non-urgent illnesses (\$40 per visit or less, depending on insurance)
- E-register to shorten appointment check-in time
- Get lab results in 24 hours
- Request prescription refills
- Order more contact lenses
- Link to online bill pay

**Sign up at mycare.gundersenhealth.org or at your next appointment.
Questions? Email mycare@gundersenhealth.org or call (608) 775-0303.**

**For billing questions, call Gundersen Moundview Patient Accounts at
(608) 339-8366.**



love + medicine

A PERFECT PAIR

Nurse creates scavenger hunt to brighten patient's day

Shortly after meeting Eduardo Hernandez in December 2017, registered nurse Taylor Matchey sensed his boredom. Eduardo had recently been diagnosed with leukemia and was receiving inpatient care.

"Being in the hospital is not fun," Taylor says.

Whether you're an adult or a 9-year-old, like Eduardo, there are only so many things to do: "A lot of the day, you're looking at the same four walls," Taylor says.

Searching for a solution, she put pen to paper to create a game that would meet many of Eduardo's treatment requirements, such as walking daily and problem solving, yet still be fun. The result was a scavenger hunt, which has since become a staple of Eduardo's visits.

Sometimes the clues lead him to a microwave. Then to a fish tank. Then to a computer station. Regardless of where they take him, Eduardo looks forward to the opportunity to explore and search for a frisbee or other small prize he knows is waiting for him at the end of the activity.

"I have to get all the clues first," Eduardo says.

Hunt after hunt, there is always one overarching goal: "To see him smile," Taylor says. After all, it's a small way for her to return the favor.

"Eduardo is definitely someone who every nurse wants to be paired with," Taylor says. "He's constantly laughing and cracking jokes."

Thankfully, Eduardo is spending less time in the hospital as his health continues to improve. He has progressed to treatments every other week, says his dad, Jose, and has not needed inpatient care for quite some time.

"He has so much energy now," Jose says.

Eduardo and his family are hopeful that the number of treatments he needs will continue to decline, while knowing that if Eduardo does require inpatient care again, there will be a friendly face waiting for him—clues in hand.

"For kiddos with recurring illnesses, building relationships with them is so rewarding," Taylor says. "Eduardo always remembers me, and that warms my heart."

To learn more about Pediatric Cancer Care at Gundersen, call (608) 775-2385.

Baby Kameryn:

Kameryn Vian weighed just over 1 pound at birth and spent 5 ½ months in Gundersen's Neonatal Intensive Care Unit. Her mom, Mindi, cannot help but smile, knowing just how far Kameryn has come.

Overcoming the odds at 23 weeks

On June 16, 2017, Kameryn Vian came into this world without warning, weighing just 1 pound 3.8 ounces, or about the weight of four sticks of butter.

Every year, 10 to 12 percent of babies in the U.S. are born prematurely (birth before 37 completed weeks of pregnancy). Only about 1 percent are born at an extremely low birth weight like Kameryn.

"I was one scared mother," shares Melinda (Mindi) Vian of Sparta, Wis., who delivered her daughter at 23 weeks. "No one knows why our babies come early. But trust me, they are in the best hands at Gundersen," says Mindi.

24/7 care in the NICU

Gundersen Health System has a Level III Neonatal Intensive Care Unit (NICU), which means Kameryn was within arm's reach of advanced technology and an entire team of experts who are trained in rapid response protocols and evidence-based clinical guidelines to treat infants born under difficult circumstances.

"The outcomes of extremely low birth weight babies in our care are comparable to the nation's best children's hospitals," states Gundersen neonatologist and NICU medical director Kate Moen, MD, FAAP. "Of all babies born at Kameryn's age and weight, only about 6 percent survive, but for those who



KATE MOEN, MD, FAAP

have immediate access to NICUs like ours, particularly with sophisticated ventilators, survival can approach 20 percent. Yet, even under the best of circumstances, most survivors will have some degree of disability.”

During Kameryn’s five-and-a-half-month NICU stay, she required a ventilator, oxygen, IVs and a gastrostomy (G-tube); developed chronic lung disease and bleeding in her brain; had 17 blood transfusions; and underwent laser surgery to treat retinopathy of prematurity. She also needed the assistance of many pediatric subspecialists, including a cardiologist, neurologist, ophthalmologist, endocrinologist, surgeons and therapists to keep her alive.

“It was a rollercoaster ride,” says Mindi, “Yet, there was never a scary moment that I went through alone. The team involved me in every part of Kameryn’s care.”

Most impressive, according to Mindi, was the love and knowledge of the NICU team. “Many of the nurses are mothers or grandmothers. They take your child in like one of their own. There is a lot of love up there!”

On Nov. 30, 2017, after a long-awaited homecoming, Kameryn joined her big brothers Brayden and Malakai at home. “Every nurse was in our room the day we went home,” recalls Mindi. “I remember Dr. Kate saying, ‘You’ll do great, Mindi.’ I broke down and cried, thinking ‘I can’t do this without all of you.’”

Care beyond the NICU

Receiving specialized care and support did not end when Kameryn went home from the NICU. Under Gundersen’s Pediatric Medical Home model of care, Kameryn’s primary care team provides coordinated care and helps her family navigate the healthcare



system, calling on pediatric specialty services, when needed.

Among those specialty services, Kameryn sees a pediatric endocrinologist, pediatric ophthalmologist, a registered dietitian, speech therapist and has her very own care coordinator. She is also seen in Gundersen’s NICU Follow-Up Clinic.

“We see children in the NICU Follow-Up Clinic at regular intervals during their first four years of life to screen for developmental or growth-related issues associated with their prematurity,” states David Gerhard, MD, director of the NICU Follow-Up Clinic. “Our team has all of the needed pediatric experts to diagnose and treat problems early if they do arise. This specialty care will help Kameryn meet her full potential.”



DAVID GERHARD, MD

“It’s comforting to know there is always someone to answer any question I have, because they’ve been with Kameryn for so long,” Mindi shares. “The support here is wonderful.”

Now at 19 months old, Kameryn continues to make slow but steady progress, thanks to her extended care team and her biggest advocate of all—her mom Mindi.

To learn more about the NICU, go to gundersenhealth.org/NICU.

THE SKINNY on the keto diet

The ketogenic or “keto” diet is very low in carbohydrates, moderate in protein and high in fat. It has developed a popular following for dramatic weight loss.

“Low carbohydrate levels with the keto diet cause the body to break down fat to use as energy in a process called ketosis,” explains registered dietitian Jessica Lind, Gundersen Nutrition Therapy.

This might sound promising in theory, but Jessica and her colleagues caution, “It’s time to ask some hard questions.”

Does it work?

Despite being around since the 1930s, when it was used as a clinical treatment for children with epilepsy, the keto diet is relatively new as a weight-loss diet. There’s little research on its long-term effects.

As with many diets, there may be significant weight lost initially. “We know that by whatever means you lose weight, it must be maintained to keep weight off,” reports Jessica. “The keto diet is not recommended for long-term use, and it’s unlikely that weight-loss could be sustained.”

How does it work?

The weight-loss mechanism is debatable, but possibilities include:

- Increased sense of feeling full from proteins and fats leads to fewer calories consumed
- It takes more energy and calories to metabolize fats and proteins
- Better quality food is eaten because it’s difficult to find keto-friendly processed foods
- It’s likely some combination of the above

Is it safe?

According to Jessica, “Putting the body into ketosis is serious and should not be done without an experienced clinician’s oversight. Risks range from organ damage (especially the kidneys) to an upset in blood sugar and cholesterol levels.”

There are ways to lose weight that are much safer and sustainable—not to mention much more enjoyable. So, go ahead and eat your pasta,” says Jessica, “in moderation, of course.”



JESSICA LIND, RD

For healthy weight-loss options, visit gundersenhealth.org/nutrition or call Gundersen Nutrition Therapy at (608) 775-3447.



NINE

screenings that can save your life

When it comes to maintaining your best possible health, it is important to stay current on your health screenings.

Bronwyn Dilley, NP, Gundersen Moundview Hospital and Clinics, and her colleagues at Gundersen say these nine screenings can detect health problems early and help you live a longer, healthier life:



BRONWYN
DILLEY, NP

1

Blood pressure:

Adults should have their blood pressure checked at least every two years.

2

Cholesterol:

Starting at age 20, a fasting cholesterol test should be done every five years.

3

Fasting blood sugar/glucose:

Most adults should have their fasting blood sugar measured every three years to screen for diabetes.

4

Mammography

(breast cancer screening):
Women should discuss with their primary care provider when and how often to be screened. Most women should be screened every one or two years, starting at age 40.

5

Pap smear (cervical cancer screening):

Women ages 21 to 29, every three years; ages 30 to 65, every three to five years (five years if a human papilloma virus test is done at the same time).

6

Colonoscopy

(colorectal cancer screening):
Adults ages 50 to 75 should have a colonoscopy every 10 years or an annual stool sample.

7

Bone mineral density (osteoporosis screening):

Women ages 65 and older should be screened at least once.

8

Hepatitis C:

Adults born between 1945 and 1965 are encouraged to be screened once.

9

Depression and anxiety:

Adults should be screened for depression and anxiety at every wellness exam.

Bronwyn also recommends that if you currently smoke or have ever smoked heavily, you should be screened yearly for lung cancer between ages 55 and 77, and men should be screened for abdominal aortic aneurysm once between ages 65 and 75.

These guidelines are recommended for a person with average health risks. Ask your primary care provider if these guidelines are right for you or call the nearest Gundersen clinic.



Midwives for a new generation of

Tomah moms

While preparing for her second child, Hannah Thorelli of Tomah put a lot of thought into her ideal birth experience. Knowing the positive midwife experiences her sisters had during their nine combined pregnancies, it was hard for Hannah to ignore the option of choosing a midwife for her second pregnancy.

Once she made her decision, it didn't take long for Hannah to create a friendship and deep trust with certified nurse midwife Emily Rodriguez, RN, at Gundersen Tomah Clinic.

"Emily is just awesome. She is so warm, and you feel like you can talk to her about anything. She is very kind and has a hometown feel. I don't know how else to explain it," Hannah says.

Originally from Norwalk, Wis., Emily is familiar with the type of community she now cares for as a midwife in Tomah.

"I grew up in the area, so I have a good grasp of the experiences and struggles of people in our community," shares Emily. "I've also had midwives for my own prenatal care, so I know what it is like to be on the opposite side of the exam room."

Having such positive experiences with midwives during her own pregnancies has helped Emily to recognize and advocate for her patients. Simply put, their preference is her priority.

"I really strive to empathize with my patients and understand where they are coming from," Emily explains. "I want women to feel safe and supported during their prenatal care, but also to feel like they have a choice. Pregnancy can stir up a lot of anxiety in women, and I want them to feel comfortable sharing their experience so we can keep them as healthy as possible."

Working as a registered nurse before becoming a midwife, Emily's ability to comfort and support her patients is second nature. Hannah explains, "I feel like, coming from being a nurse, the care was much warmer. Emily was a nurse before becoming a midwife, so she was very hands-on and wasn't afraid to be involved like nurses do."

Midwives are known to be "with woman" throughout the prenatal, labor and delivery, and even the post-partum phases of pregnancy. They support each woman's ideal pregnancy experience and the choices that go along with it. When a mom-to-be might not know what choice to make, a midwife is also there to help guide her to a decision that aligns with her birth plan.

"Our work is more than a job – it's a vocation," explains Emily. "I love the midwifery approach of being 'with woman' and meeting women where they're at so they have a voice in their care."

Is a midwife right for you?

Hannah asked herself this question while considering her options early in her pregnancy. After giving birth to a beautiful baby girl, Hannah was able to reflect on her experience. "If you are really wanting someone to listen to your needs and wants for pregnancy and delivery, a midwife is the way to go. I feel like my needs were met very well with Emily. She makes you feel safe and well-taken care of. I was offered many alternative choices and accommodations to my birth plan. It's not just a job to her. You know she loves what she does – it's very evident."

Our midwives care for patients in Tomah, Sparta and Hillsboro. For more information, call the Gundersen Tomah Clinic at (609) 372-4111.



Hannah Thorelli and baby Olive with certified nurse midwife Emily Rodriguez, RN, at Gundersen Tomah Clinic

OB provider options

Gundersen Tomah Clinic offers the care of two certified nurse midwives, in addition to an obstetrician/gynecologist and family medicine physicians for prenatal care and delivery.



EMILY RODRIGUEZ,
CNM, RN



LYNDELL WEDYKE,
CNM, RN

Your eyes DESERVE THE BEST



You have only one set of eyes to last a lifetime. For the highest quality eye care and the latest in designer eyewear, turn to Gundersen Eye Clinic Friendship.

Located within Gundersen Moundview Hospital, the clinic offers optometry and ophthalmology care, as well as a full service optical store. You'll find hundreds of trendy frames, plus friendly and knowledgeable staff to help select frames and lenses to fit your needs.

"We believe it is important for residents in and around the Adams-Friendship communities to receive their eye care as close to home as possible," states Randy Lubahn, administrative director of Gundersen Health System Vision Services. "Our new location within Gundersen Moundview Hospital helps ensure that. We look forward to expanding our hours with the addition

of a full-time optometrist and continuing our tradition of excellence in family eye care and fashion eyewear."

Gundersen Eye Clinic Friendship offers:

- Individual and family eye exams
- New glasses and contact lenses
- Diagnosis and/or treatment of eye conditions, such as glaucoma, cataracts and pink eye
- Evaluation of lazy eye or misalignment of the eyes, including crossed eyes or a wandering eye
- Diabetic eye care
- Pre- and post-surgery care

To schedule an appointment, call (608) 339-8471. A wide variety of insurance plans are accepted and outside prescriptions are always welcome.

When should vision screenings be done?

- Newborn
- Between 6 months and first birthday
- Preschool
- Entering elementary school
- Every school year
- Every three to four years in your 20s and 30s
- Every two years in your 40s and 50s
- Every year after age 60

These recommendations apply to patients with healthy eyes and no eye problems. Some conditions, such as diabetes, require more frequent vision exams.

Other reasons to see your eye doctor

If you have any of the following eye problems, don't wait for your next appointment. Visit your eye doctor as soon as possible:

- Decreased vision
- Draining or redness
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

Telemedicine provides access to specialists CLOSE TO HOME

Traveling to La Crosse to see a Gundersen Health System specialist can be difficult for some patients, especially when illness, distance, weather or transportation is an issue. A service called clinical telemedicine uses technology to help patients overcome these challenges.

Telemedicine uses interactive video and audio to connect patients and healthcare professionals at regional clinics and hospitals with Gundersen medical consultants in La Crosse.

Gundersen hematologist Wayne Bottner, MD, has used clinical telemedicine for more than 10 years. "I can visit with patients at any site in our system equipped with telemedicine. Hematology (the care of patients with blood disorders) is very well adapted for telemedicine. We often use it for appointments after lab work and X-rays, sparing patients a drive to La Crosse to discuss test results and treatment plans."

With telemedicine, the doctor in La Crosse and the patient at a regional site can see and interact with each other as if in person. While Dr. Bottner uses telemedicine primarily for appointments not heavily reliant on hands-on physical exams, the telemedicine cart can aid in an exam.

For example, the cart has a stethoscope so the doctor in La Crosse can listen remotely to the patient's heart, lung or bowel sounds. The camera on the telemedicine cart has remarkable clarity and elements such as a zoom feature, so the physician can get close-up views of areas of interest.

"My patients really love telemedicine. It keeps them closer to home, it works very well, and it's a wonderful way to provide care," says Dr. Bottner.

**To learn more, visit gundersenhealth.org/telemedicine.
If you're interested in using telemedicine, please talk with your Gundersen primary care provider or specialist.**



WAYNE
BOTTNER, MD



Telemedicine by the numbers

- In 2005, Gundersen launched telemedicine services.
- Telemedicine is available in 29 communities in hospitals, clinics and behavioral health sites throughout Gundersen's tri-state service area.
- As many as 140 Gundersen clinicians offer telemedicine in 43 specialties.
- Gundersen conducts about 160 telemedicine visits per month.





IN PAIN? You have options.

Chronic pain doesn't have to keep you from life's special moments or the activities you enjoy.

Gundersen works to understand and care for your pain if you're experiencing frequent headaches, or back, neck, pelvic or joint pain from a combination of factors like arthritis, aging, an old injury and genetics.

This includes examining past and current conditions, surgeries, trauma and other important factors, and working with you to develop a treatment plan to fit your needs.

"We have a large population of patients in our region who struggle with chronic pain," says Stephanie Neuman, MD, department chair, Gundersen Pain Medicine. "Fortunately, Gundersen has many options to help. These

options include referring patients to treatments like chiropractic care, dry needling and physical therapy; to helping patients manage the type and amount of medications they take; to even placing electrical devices in patients' spinal canals (spinal cord stimulators) that have taken patients from severe, debilitating pain to enjoying life again."

Since every patient's situation is unique, what works for one person may not work for another. That's why Gundersen offers a variety of treatment options that can be used on their own or with others for maximum relief. Patients may also ask their provider about specific treatment options they have heard of and want to try.

"One of my patients was struggling with chronic neck pain," shares Stephen Wissink, MD, Gundersen Internal Medicine. "She had worked with physical therapy, chiropractic care, massage, physical



STEPHANIE NEUMAN, MD

medicine and rehab and the injection clinic. She had received good relief with most of these therapies contributing positively but was still struggling. She had heard from a friend about dry needling, and she thought it might help her. I encouraged her to make an appointment and the result has been an additional level of relief. Today, she has intermittent neck pain, but reports that most days it is quite well managed.”

“Patients really need to be open to the full spectrum of treatment options and be willing to work with their doctor to manage difficult pain problems,” Dr. Wissink says. “We often need to approach a difficult pain problem from multiple angles and use a combination of treatments to achieve reasonable pain control.”



STEPHEN
WISSINK, MD

If you're struggling with chronic pain, visit gundersenhealth.org/pain-treatment for more information, including a short quiz to help you find the best treatment options for easing your pain. You'll find helpful information on your pain treatment options. This includes information about Gundersen:

- **Primary Care:** This is the best place to begin. Your primary care provider will do an exam, review your medical history and recommend a treatment plan, which may include one or more options below.
- **Pain Medicine:** Gundersen specialists use a variety of treatments, including injections; nerve burning procedures (radiofrequency ablation); medication management; and referrals to non-medication and non-procedural options, to support your pain treatment plan.

- **Physical Therapy:** This drug-free care option treats the source of your pain using exercise, postural changes or body mechanics.
- **Integrative Medicine:** Acupuncture, massage therapy, essential oils and more are available for those seeking relief from pain who desire noninvasive, drugless and evidence-based treatments that can accompany more traditional forms of healthcare.
- **Chiropractic Care:** This nonsurgical, drugless form of healthcare seeks to enhance health and manage back and neck pain through manual manipulation techniques and other therapies.
- **Physical Medicine & Rehabilitation:** This specialty helps you find relief with noninvasive techniques and often oversees referrals to other specialists to help manage pain and increase functional independence.

Opioids: A system approach

With opioid use and abuse continuing to make headlines, Gundersen is addressing this national concern with our providers and in our policies to be sure care balances patient needs with responsible practice.

Gundersen providers work with each patient to determine whether opioids are an option for pain treatment or whether other options – from a combination of anti-inflammatory medication, like ibuprofen and acetaminophen, to non-medication alternatives, like essential oils and massage therapy to injections– can provide pain relief.





A healthy body image STARTS WITH YOU

How do you see yourself when you look in the mirror?
Are you **content** or **critical**?



SARAH LONG, PhD

Gundersen Health System pediatric psychologist Sarah Long, PhD, says, “From a very young age, children pick up on how parents talk about their own bodies and the bodies of other people. No one is more influential to children than their parents.”

When you teach your kids happiness comes from being healthy, not having a perfect body, they will carry those attitudes with them throughout their life.

Dr. Long shares this advice:

Watch what you say and what others say. You control what comes out of your mouth, but you cannot control what others say. When you hear something you don’t like, turn it into a conversation at home. For example, “Our neighbor said something today I think we should discuss...”

Be critical viewers of social media. Every day, we are inundated with pictures and videos of the culturally ideal body type. Parents, along with their kids, should

be skeptical viewers of advertisers and social media, recognizing that it is not realistic to look like celebrities.

Build confidence. Telling your children that they are great does not make them believe it or feel it. Dr. Long says the best way to build confidence is to pick up a new hobby—preferably something that your child enjoys but might need to practice. Over time, they can look back and see how far they’ve come. In the process, this takes the focus off aspects of the body that your child may dislike.

Empathize with them. When talking to teenagers, acknowledge that you understand how they are feeling. Provide positive feedback and focus on what their bodies can do, not how they look.

“Some amount of body dissatisfaction, particularly in puberty, is not unusual. However, it is important to seek help when problems with body image result in changes in your child’s behavior (e.g. excessive exercise, restrictive eating) or changes in their daily activities (e.g. not wanting to go to school or avoiding an extracurricular activity),” states Dr. Long.

For more advice, talk to your child’s primary care provider.

OFFERING SURGERY close to home

What do gall bladder surgery, colonoscopy, wrist surgery and shoulder surgery have in common? They are all surgical procedures performed by surgeons at Gundersen Moundview Hospital and Clinics in Friendship, Wis.

“Many people don’t realize the variety and complexity of surgeries we can perform at Gundersen Moundview,” explains Ann Cwikla, surgery manager at Gundersen Moundview. “Anytime a patient can have their procedure performed close to home, it is a benefit to them. Not only does it save patients time and money by traveling a shorter distance, patients are also closer to family and their support systems.”



ANN CWIKLA

With four surgeons offering services locally, patients in the Adams-Friendship area have access to many of the same surgical procedures people in other communities often have to travel to a larger city to receive. In addition to the procedures listed above, the Gundersen Moundview surgery team offers:

- Appendectomy
- Bladder exam, biopsy and other urological procedures
- Cyst removal
- Endoscopy
- Gynecological services
- Hand surgery
- Hernia repair
- Orthopaedic procedures
- Ovarian cystectomies
- Podiatry, including bunions and hammer toe repair
- And many more

Many of the procedures performed at Gundersen Moundview are available using a minimally invasive technique, which means a smaller incision than open surgery and often less scarring and pain for a faster recovery.

Gundersen Moundview surgeons work closely with patients’ primary care providers, no matter where they receive their care, and keep the providers updated following surgery for a seamless transition of care before and after any procedure.

For more information on surgery services offered at Gundersen Moundview, talk with your primary care provider or call Gundersen Moundview at (608) 339-3331.

Show your bladder WHO'S BOSS

Many people believe bladder control problems are a normal part of aging that they just have to accept. But, that's not true! If you've had it with urgency, leaking or other pelvic floor problems, Gundersen obstetrician/gynecologist Robert Holness, MD, can help. There are many treatment options available to put you back in control.

**Call (608) 339-3331
to schedule an appointment.**

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HOSPITAL AND CLINICS**



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prior to any change in medical treatment, exercise routine or diet.

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