Second Annual Health Expo: 
An event for the whole family!

Fairview Range and Hibbing Community College (HCC) have teamed up again to host a second annual community health expo on Saturday, February 20, 2016, at HCC from 10 a.m. – 3 p.m. Admission is free!

This year’s expo is themed “Fun and Fit” and will feature a wide variety of health-related educational exhibits from Fairview Range and HCC, inflatable activities (obstacle course, sumo wrestling for both adults and youth, and a bounce house for children), free health screenings (blood pressure, BMI, bone density, blood typing, pediatric growth measurement, glucose/cholesterol profile, and more!), and tours of HCC’s simulated nursing lab.

“We are excited to partner with HCC again this year to offer this health expo to our community and surrounding areas,” says Deb Boardman, President and CEO, Fairview Range and North Region President, Fairview Health Services. “Our goal is to help educate the community about the importance of staying active and provide health screenings to encourage people to be proactive about their health.”

“Fairview Range is one of HCC’s most valuable regional partners, and we are proud to co-host this event with Fairview. Together, we

(Health Expo continued on page 3)
Focus
FAIRVIEW RANGE
Letter from Deb Boardman, President & CEO of Fairview Range

Health care is a topic near and dear to everyone’s heart. Here at Fairview Range we take that responsibility very seriously and are constantly looking for ways to improve the types and number of services we offer. We work hard to ensure patient safety and quality are top of mind in everything we do. We hope this newsletter provides you some insight into some of the many offerings available through Fairview Range.

Your feedback and ideas are important to us, and I welcome you to contact me directly at 218-362-6730 or via email at dboardm1@range.fairview.org, if you have something you would like to share. Thank you for choosing Fairview Range as your medical facility.

Sincerely,

Debra K. Boardman
President & CEO
Fairview Range

3D mammography:
MOST EFFECTIVE TOOL FOR DETECTING BREAST CANCER AT ITS EARLIEST, MOST-TREATABLE STAGE

Fairview Range is proud to offer Genius 3D Mammography for breast cancer screening, a revolutionary new screening tool for detecting breast cancer at its earliest, most treatable stage.

This new technology produces a 3D image of a patient’s breast, allowing doctors to examine breast tissue layer by layer and to see the fine details more clearly. It is clinically proven to be superior to traditional 2D mammography in extensive research published by the Journal of American Medical Association.

The Genius 3D mammography screening experience is similar to a traditional mammogram in which multiple, low-dose images of the breast are acquired at different angles. These images are then used to produce a series of one-millimeter thick slices that can be viewed as a 3D reconstruction of the breast.

Breast cancer is the second leading cause of death among women, exceeded only by lung cancer. Successful treatment and survival rates for breast cancer patients are dramatically affected by early detection of breast cancers. When detected early, the five-year survival rate for breast cancer is almost 100 percent. Studies have proven that 3D mammography helps doctors better visualize masses, distortions and asymmetric densities, detecting 41 percent more invasive cancers, which are the ones that have spread into surrounding health tissues, and reducing false positives by up to 40 percent.

“When it comes to breast cancer detection, we want to be able to offer our patients the most accurate, effective screening tools available,” said general surgeon Sandra Hanson, M.D., F.A.C.S.

“Because 3D mammography can detect cancer at an earlier stage than conventional digital mammography, using this as a screening tool will allow diagnosis at very early stage thus influencing treatment and chances of survival.”

To find out more about 3D mammography or to make an appointment for screening, contact the Fairview Range Breast Center at 218-362-6207.
Proudly caring for princesses and superheroes every day.

With or without a crown or cape, children need specialized care. Our pediatricians offer a wide range of pediatric services for children from birth through their late teens. They also provide diagnoses and treatment for acute and chronic conditions as well as:

• Updating immunizations as needed
• Growth tracking and development
• Finding physical problems before they become serious
• Preventative care/well-child visits
• Newborn-to-adolescent care
• Patient education
• Physicals

Fairview Mesaba Clinics-Hibbing
To schedule an appointment, call 866-806-7139.
www.range.fairview.org

(Health Expo from page 1)
Hope to promote a healthier community,” says Michael Raich, Hibbing Community College Provost.

This event offers the community an opportunity to learn more about health, safety, and an active lifestyle and ties in with the shared mission of helping the people in our community live healthier lives and proactively encourages wellness. There is truly something for every member of the family.

Last year’s event was extremely successful, with over 1,500 people in attendance. We anticipate this year’s expo, which is free to the public, will also be a huge success.

We sincerely thank the organizations who are helping make this expo possible: Central Mesabi Medical Foundation, Statewide Health Improvement Program/UCare, Blandin Foundation, Owens Family Charitable Foundation, Lake Country Power, and Security State Bank.

Ask about aspirin: Reducing the risk of first heart attack or stroke

Fairview Range has partnered with the Minnesota Heart Health Program (MHHP) on an innovative, statewide initiative. MHHP has established a strong tradition over the past 35 years to create partnerships that improve cardiovascular health across the state and the nation.

This initiative, “Ask About Aspirin,” was developed to help lower the number of first heart attacks and strokes, which are leading causes of death in Minnesota. Using low-dose aspirin on a daily basis has been proven to lower rates of a first heart attack or stroke, however less than half of people at risk in Minnesota do so.

The program encourages men ages 45–79 and women ages 55–79 to ask a health care professional whether they should take daily aspirin to help prevent a first heart attack or stroke.

The Ask About Aspirin initiative was designed by the Lillehei Heart Institute at the University of Minnesota Medical School. Partners include the School of Public Health, Department of Family Medicine and Community Health, other University of Minnesota partners, the Minnesota Department of Health, and a broad-based Community Advisory Board. This board includes American Heart Association, Minnesota Medical Association, American College of Cardiology, Minnesota Community Measurement, Minnesota Academy of Family Physicians, and the Institute for Clinical Systems Improvement. Philanthropic funding and a National Institutes of Health grant support the initiative’s activities.

To learn more about the initiative or take an assessment to find out if daily aspirin could be right for you, visit www.askaboutaspirin.org.
It’s a new year—is it time to get diabetes management back on track?

Your Diabetes Educator can help you get back on track. When you have diabetes, you have a lot to consider when managing your blood glucose and staying healthy. Your diabetes educator will work with you to find solutions and develop a plan that has the tools and support you need.

- Do you need some review of healthy eating? We can help you with carbohydrate counting, reading food labels, or other resources that work into your tastes and lifestyle.
- Are you checking your blood glucose? Are your numbers out of target?
- Is your most recent A1C above target?
- Do you have questions about all those new diabetes medications?
- Are you having symptoms of high blood glucose? Fatigue, frequent urination, blurred vision?
- Are you having symptoms of low blood glucose? Shaking and sweating?
- Do you need to figure out ways to move so you can increase your activity?
- Have you had a change in your health condition that complicates control of your diabetes?
- Have you had diabetes for a long time and never had the chance to have diabetes education?
- Are you planning a pregnancy?
- Do you need to learn how to manage your diabetes so it doesn’t manage you?

If you answered “YES” to any of the above questions, Diabetes Educators can help! Diabetes education is covered by Medicare and most health insurance plans. Please call the Diabetes Resource Center at 218-362-6224 to schedule an appointment.
Diabetes Education

E. Thompson, PAC
Urgent Care

Internal Medicine / Hospitalist

S. Lundquist, NP
Urgent Care

Pathology

Dr. Uncini
Pathology

Anesthesiology

Dr. Mickelsen
Anesthesiology

Fairview Range Medical Center

Emergency Medicine

Dr. Bezek
Emergency Medicine

Dr. Elliott-Pearson
Emergency Medicine

J. Lenz, NP
Emergency Medicine

K. Karsrud, PAC
Emergency Medicine

K. Woage, PAC
Emergency Medicine

Dr. Carmichael
Urologic Surgery

Dr. Hendricks
Orthopedic Medicine

Dr. Kasprzak
Orthopedic Medicine

Dr. Semotuk
Orthopedic Medicine

Dr. Thomsen
Orthopedic Medicine

Behavioral Health

Dr. Simon
Medical Director

Dr. Erickson
Psychiatry

J. Larson, CFNP
Psychiatry

K. Alaspa, NP
Psychiatry

C. White, CNP
Psychiatry

A. Patterson, CNP
Psychiatry

Urology

Dr. Anderson
Urologic Surgery

Dr. Fak
Urologic Surgery

Dr. Kowal
Urologic Surgery

Dr. Wright
Urologic Surgery

Dr. Hendricks
Orthopedic Medicine

Dr. Karsrud
Orthopedic Medicine

Dr. Zampier
Orthopedic Medicine

Orthopedic Medicine

R. Hulseth
Orthopedic Medicine

W. Konya
Orthopedic Medicine

G. Peterson, FNP-BC
Orthopedic Medicine

D. Wiegel
Orthopedic Medicine

Radiology

Dr. Goldschmidt
Radiological Associates

Dr. Harris
Radiological Associates

Dr. Kuntz
Radiological Associates

Dr. Madison-Kay
Cardiology

Dr. Barnum
Radiological Associates

Dr. Bezek
Radiological Associates

Dr. Konety
Radiological Associates

Dr. Reisner
Radiological Associates

Dr. Suda
Radiological Associates

Cardiology

Dr. Adkisson
Cardiology

Dr. Bower
Cardiology

Dr. Coutts
Cardiology

Dr. Karsrud
Cardiology

Dr. Larson
Cardiology

Dr. Sandor
Cardiology

Dr. Vielma
Cardiology

Dr. Willems
Cardiology

Dr. Wood
Cardiology

Urgent Care

D. Swanson, CNP
Disease Management

D. McKibben
Internal Medicine Hospitalist

D. Sharp
Internal Medicine Medical Director

Dr. Dinter
Internal Medicine Hospitalist

Dr. Stensstrom
Internal Medicine Hospitalist

EMERGENCY DEPARTMENT

Dr. Houle
Emergency Medicine

Dr. Bezek
Emergency Medicine

Dr. Yasdan
Emergency Medicine

J. Lenz, NP
Emergency Medicine

Urgent Care

S. Lundquist, NP
Emergency Medicine

G. Peterson, FNP-BC
Urgent Care

J. Salminen, CNP
Urgent Care

E. Thompson, PAC
Urgent Care

C. Morris, PAC
Urgent Care

A. Peterson, FNP-BC
Urgent Care

G. Peterson, FNP-BC
Urgent Care

J. Salminen, CNP
Urgent Care

Dr. Erickson
Psychiatry

J. Larson, CFNP
Psychiatry

K. Alaspa, NP
Psychiatry

C. White, CNP
Psychiatry

A. Patterson, CNP
Psychiatry

Fairview Range’s Partners-In-Care

Dr. Anderson
Urologic Surgery

Fairview Mesaba Clinics-Hibbing

Dr. Fak
Urologic Surgery

Fairview Mesaba Clinics-Hibbing

Dr. Kowal
Urologic Surgery

Fairview Mesaba Clinics-Hibbing

Dr. Wright
Urologic Surgery

Fairview Mesaba Clinics-Hibbing

Dr. Hendricks
Orthopedic Medicine

Fairview Mesaba Clinics-Hibbing

Dr. Karsrud
Orthopedic Medicine

Fairview Mesaba Clinics-Hibbing

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Fairview Mesaba Clinics-Hibbing

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Radiological Associates-Duluth

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Dr. Sandor
Cardiology

Dr. Vielma
Cardiology

Dr. Willems
Cardiology

Dr. Wood
Cardiology

Fairview Range Medical Center is re-designated as a Level III Trauma Hospital

The Minnesota Department of Health recently designated Fairview Range Medical Center as a level III trauma hospital. The hospital was initially designated on September 9, 2008, and re-designated in 2011 and 2015.

Fairview Range Medical Center and staff voluntarily participated in the intense designation process to become part of Minnesota’s statewide trauma system. The process included an outside review of the hospital’s resources and capabilities to care for trauma patients. Fairview Range Medical Center met standards of commitment, clinical and equipment resources and staff training. The hospital also participates in a continuous performance improvement process.

“Our level III trauma hospital designation was an active choice that the hospital pursued to show our commitment to providing exceptional trauma care to the patients of our region 24/7, 365 days of the week,” says Dr. Sandra Hanson, General Surgeon and Trauma Director at Fairview Range. “We also participate in the MN trauma registry, which compiles data for research purposes, and we belong to the Northeast Regional Trauma Advisory Council.”

Fairview Range Medical Center also has a nurse who serves as Trauma Program Coordinator. Anne Eustice, RN, BSN, CEN (Certified Emergency Nurse) works diligently to review every single trauma patient’s care to ensure that the care received meets the standards for being a level III trauma hospital.

For a severely injured person, the time between sustaining an injury and receiving definitive care is the most important predictor of survival—the “golden hour.” The chance of survival diminishes with time; however, a trauma system enhances the chance of survival regardless of proximity to an urban trauma hospital.

On average, trauma claims the lives of 2,400 Minnesotans annually. States with trauma systems have seen survival rates increase by 15 to 20 percent. Wide-scale participation in the voluntary trauma system ensures that a statewide, cooperative effort is in place to care for seriously injured patients.

For more information, see the Minnesota Statewide Trauma System site at www.health.state.mn.us/traumasystem/
Cherry tomato, Feta cheese, and dill frittata

Serves 6

INGREDIENTS
2 T extra-virgin olive oil
1 cup cherry tomatoes, halved
6 scallions, thinly sliced
1 T drained capers
1 T chopped fresh dill, plus more for garnishing
Kosher salt
Black pepper
8 eggs
1 cup crumbled Feta cheese

• Heat oven to 425 degrees.
• Stir together the oil, tomatoes, scallions, capers, dill, ½ t salt, ¼ t pepper in a medium ovenproof nonstick skillet.
• Bake in oven until the tomatoes and scallions are softened and starting to caramelize, 13-15 minutes.
• Whisk the eggs in a bowl. Add the Feta cheese and season with ¼ t each salt and pepper.
• Add the eggs to the skillet. Use a wooden spoon to distribute the tomatoes evenly, if necessary. Lower the heat to 375 degrees and carefully return the skillet to oven.
• Cook until the frittata is just set in the middle, 10-12 minutes.
• Serve garnished with more chopped dill.

Submitted by Rebecca Lind, RD, LD, CDE Clinical Dietitian at Fairview Range.
Source: Real Simple magazine, December 2015.

It’s never too late to stop using tobacco.

If someone you love is hooked on cigarettes or tobacco, chances are you have tried—and tried again—to lobby for a quit date, not just for your loved one’s own health, but for the health of everyone around you as well. Quitting isn’t easy, and users typically do not like to be asked if they know what damage they are doing to their health. Yes, they know. They’ve taken health class too.

Smoking is the leading cause of preventable disease and death in the U.S., accounting for around one in five deaths annually. According to the Centers for Disease Control and Prevention (CDC), smoking causes around 90 percent of all lung cancer deaths in men and women, and it is also a risk factor for heart disease, stroke, oral cancers, and numerous other illnesses. In addition, research shows that active smoking plays a much larger role in increasing breast cancer risk than previously thought, with the prevalence of breast cancer among current smokers 30 percent higher than women who had never smoked, according to the Journal of the National Cancer Institute.

But it is not only smokers themselves who are at risk of such conditions; since 1964, approximately 2.5 million non-smokers in the U.S. have died from exposure to secondhand smoke.

If the threat of lung disease, cardiovascular disease, emphysema, or cancer isn’t enough to scare off the tobacco user in your life, maybe one of these lesser-known facts will do the trick.

• You might as well go through airport security 3,600 times. Worried about that backscatter x-ray machine at the airport? Consider this: smoking a pack of cigarettes per day contributes a radiation dose to your body that adds up to 3,600 scans through the airport security system or 72 dental x-rays, as reported by Scientific American.

• Smoking increases your chances of acid reflux. People who smoke for more than 20 years are 70 percent more likely to have acid reflux disease than nonsmokers, researchers reported in the November issue of the journal Gut. Give up smoking and enjoy that pepperoni pizza. Plus, it will taste better!

• Smoking Raises Risk of Age-Related Macular Degeneration. Smokers are four times more likely than nonsmokers to become blind because of age-related macular degeneration, a severe and progressive condition that results in loss of central vision. While all the risk factors are not fully understood, research points to smoking as one major and modifiable cause. “More than a quarter of all cases of age-related macular degeneration with blindness or visual impairment are attributable to current or past exposure to smoking,” said Simon P. Kelly, MD, an ophthalmic surgeon.

If you smoke or use tobacco, your kids will likely too. A recent study published in Pediatrics found that the children of both current and former smokers smoked at a rate of 23 to 29 percent, compared to just eight percent of children of non-smokers.

• That sniffle isn’t in your imagination. Cigarette smoking and tobacco use cripple your body’s natural defense mechanisms. According to a report from the Surgeon General, chemicals in tobacco smoke cause inflammation and cell damage, and can weaken the immune system. The body is constantly fighting against the damage caused by smoking which can lead to disease in almost any part of the body. What’s more, smoking disrupts the respiratory tract’s natural defense system, which is why smokers are more likely to suffer from simple bacterial infections.

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Fairview Range Medical Center recognized for excellence in patient safety

Fairview Range Medical Center has been recognized by the Minnesota Hospital Association (MHA) for superior performance in patient safety as part of its Hospital Engagement Network 2.0. The MHA Hospital Engagement Network 2.0 is working to reduce hospital acquired conditions by 40 percent and readmissions by 20 percent.

Fairview Range Medical Center has committed resources to improve on all of the 10 focus areas, including adverse drug events; catheter-associated urinary tract infections; central line-associated blood stream infections; injuries from falls and immobility; obstetrical adverse events, including early elective deliveries; pressure ulcers; preventable readmissions; surgical site infections; venous thromboembolism; and ventilator-associated pneumonia. It was among 22 hospitals recognized by MHA for demonstrating high performance on six or more hospital acquired conditions.

“Fairview Range Medical Center is helping to further strengthen patient safety in Minnesota and contributing to the state’s well-deserved reputation for high quality health care,” said Lawrence Massa, MHA president and CEO.

The Quality and Clinical teams at Fairview Range Medical Center worked closely to identify opportunities for improvement and were able to allocate resources to monitor quality under a concurrent model that promoted immediate intervention, education and success.

“I am proud of the collaboration that has occurred to achieve these successes and the direct impact this has had on our patient outcomes,” says Angela Olson RN, Process and Informatics Supervisor at Fairview Range Medical Center. “Prevention is always the key and we were able to improve prevention through best practices, education, systematic order sets, skills training and innovations within our electronic medical record. I am excited about having our staff actively engaged in this new success model and the ongoing work that will be accomplished.”

For more information about Minnesota hospitals’ patient safety initiatives, go to www.mnhospitals.org/patient-safety.

• Want a quieter night’s sleep?
  Smoking - or living with a smoker - can cause snoring, according to a study of more than 15,000 men and women. Habitual snoring, defined as loud and disturbing snoring at least three nights per week, affected 24% of smokers, 20% of ex-smokers, and almost 14% of people who had never smoked. The more people smoked, the more frequently they snored, researchers reported in the October issue of the American Journal of Respiratory and Critical Care Medicine. Even nonsmokers were more likely to snore if they were exposed to secondhand smoke in their homes.

• Save your brain! In the elderly years, the rate of mental decline is up to five times faster in smokers than in nonsmokers, according to a study of 9,200 men and women over age 65. Smoking likely puts into effect a vicious cycle of artery damage, clotting and increased risk of stroke, causing mental decline, writes researcher A. Ott, MD, a medical microbiologist with Erasmus University Medical Centre in the Netherlands. The study provides substantial evidence that chronic tobacco use is harmful to the brain and speeds up onset of Alzheimer’s disease.

• Within a year: Your risk of developing heart disease drops to half of that of people who still smoke.
• After 10 years smoke-free: You are no more likely to die of lung cancer than someone who never smoked.

NOW IS THE TIME TO QUIT!
There are so many benefits to living a smoke-free life – a healthier, happier body is just one of them. Now is the time to quit.

NO BUTTS ABOUT IT!
You don’t have to go it alone!

LET US HELP.
Fairview Range will be offering American Cancer Society’s Freshstart tobacco cessation support classes. Classes are instructed by Registered Nurses and Respiratory Therapists who are also certified as Tobacco Cessation Training Specialists. The primary goal of Freshstart is to help participants plan a successful quit attempt. Anyone who wants to quit using tobacco may participate. Sessions are one-hour long and registration is first come, first served. (Class size is limited to 10 people). Cost is $20 but it will be refunded if you attend all four sessions. Pre-registration is required.

TOBACCO CESSATION CLASSES
AMERICAN CANCER SOCIETY
FRESHSTART
• Session One: Decide to Quit
• Session Two: Plan to Quit
• Session Three: Your Quit Day
• Session Four: Staying Quit
For more information, contact Cheryl Bisping at 218-312-3012.

HAVE YOU QUIT USING TOBACCO ALREADY?
Be sure to notify your healthcare provider!

HOW QUITTING IMPROVES YOUR HEALTH.
• In just 20 minutes: Blood pressure and heart rate return to normal.
• Within 24 hours: Your heart attack risk begins falling.
• In the first weeks: Tiny cilia start to work sweeping irritants out of your lungs.