Crestwood High School athlete receives expert ACL surgical care

Dr. Vogel answers commonly asked questions regarding newborns

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This past year we as a community came together to fight a global pandemic, requiring each of us to make shared sacrifices in our daily lives to protect each other. We were asked to help mitigate the spread of a terrible virus, and saw great examples of kindness, strength and generosity along the way. The Winneshiek Medical Center Foundation, along with Winneshiek Medical Center, would like to thank all of the individuals who donated PPE, meals, treats and other essential resources to our health care team.

In addition, our Annual Fund was able to exceed our goal in raising funds to support the purchase of new testing and diagnostic equipment for the WMC Laboratory. This community rose to the challenge before us and proved once again what can be accomplished when we come together with a common purpose.

Thank you to all who contributed! If you are interested in making a difference please join us in making a gift to the WMC Foundation. Together, we change lives!

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Cover Image Courtesy of Nate Troy/Cresco Times Plain Dealer
How do I dress my newborn through the changing seasons?
Dressing a baby with changing seasons can be challenging, especially this time of year in the Midwest, when we can experience all four seasons in a day! The key is the same as for adults, layers. A good rule of thumb is one layer more than an adult would wear. While babies do lose heat more easily than adults, avoid the temptation to overdress your infant.

Should I give my newborn water on hotter days?
Babies don’t need water like older children do. In fact, we recommend against any water until they are at least 6 months old and eating solid foods. Before then, breast milk and/or formula provides all their nutrition and hydration needs.

Why does my newborn need to sleep on his/her back?
This prevents SIDS, Sudden Infant Death Syndrome. The sleep surface should be firm, and loose bedding and soft objects should be removed. SIDS can happen anytime in the first year but is highest from age 2 to 6 months.

Is it okay to co-sleep with my newborn?
It is unsafe to co-sleep with a newborn. It increases the risk of SIDS by almost 3-fold and for those less than 3 months, the risk is 5 times higher. Room-sharing is encouraged the first 6 months of life. Sleeping with your baby in a recliner or on a sofa is even riskier and should be avoided.

My baby’s bowel movements are inconsistent. Is this normal?
It is very normal for babies’ bowel movements to be inconsistent. Breastfed babies typically have more frequent stools and are yellow/green and seedy in nature. Formula fed infants have pastier stools and go less frequently – it often smells worse too. This is still considered normal. It is best to talk to your doctor if they are only going one time per week or fewer, are straining to have a bowel movement, have large caliber hard stools, or develop blood in the stool.

Should I wake my newborn to feed?
All babies lose weight initially, so it is important to wake your newborn to feed in the first weeks of life. Until your baby has reached their birth weight, it is recommended to wake them every 3-4 hours to feed.

When can my baby begin eating solid foods?
Your baby can begin eating solid foods between 4 and 6 months of age. It is best to talk to your doctor before initiating to ensure they are ready. There are many ways to introduce solid foods into your baby’s diet, but I am a proponent of Baby Led Weaning. It allows the baby to eat real food, not just purees. This hopefully fosters an early love of many fruits and vegetables of varying sizes, tastes, and textures. It has a bit of a learning curve up front for parents on how to cut and prepare various foods to prevent choking, but once you get the hang of it, it is easier, healthier, and more fun.

Why did you choose to provide obstetric care?
I chose to practice obstetrics because I enjoy caring for patients in all stages of life. Unfortunately, we live in a time where rural labor and delivery units are frequently closing, and that negatively impacts families living in rural communities. I believe women everywhere deserve access to high-quality obstetric care, both prenatally and at the time of delivery. I am proud to be a part of continuing the tradition of excellent obstetric care here at Winneshiek Medical Center.

Dr. Vogel is a Mayo Clinic Health System family medicine & obstetric physician at Winneshiek Medical Center. Call 563-382-2911 to schedule an appointment.
Sophomore Cody Fetts was ready and prepared for his varsity football season. After summer football camps and practices, and their first game under their belt, the Cresco High School team had a plan for their next opponent - Decorah High School. That game plan abruptly changed during opening kick-off, when Cody stepped wrong as he hit his tackle.

“Tought right away about my ACL,” says Cody.

Cody’s athletic trainer, Chris Trytten, took him directly into the weight room to exam him and provide a knee brace for immediate stabilization. Before they returned to the field to watch the second half of the game, Chris was on the phone with Mayo Clinic Health System orthopedic and sports medicine surgeon at Winneshiek Medical Center, Rick Wilkerson, D.O., to schedule a Monday appointment for Cody. Chris says, “It is Dr. Wilkerson’s goal to see our athletes within 24 hours of injury. He fit Cody in Monday morning to diagnose the injury and begin the care plan.”

“My knee wasn’t too painful. I only noticed it when I did certain things. I was hoping it wasn’t an ACL injury because of the long recovery time and therapy,” says Cody. But after an MRI confirmed a torn ACL, Cody was scheduled for surgery.

The Anterior Cruciate Ligament, or ACL, can be injured by rapidly changing direction, slowing down while running or stopping suddenly, landing incorrectly, or direct contact or collision (such as a football tackle). Symptoms of an ACL injury may include:

- “Popping” noise at the time of injury
- Weakness in the knee
- Pain with swelling within 24 hours of injury
- Loss of full range of motion
- Tenderness along the joint line
- Pain or discomfort when walking

Dr. Wilkerson says, “Most student athletes that injure their ACL will require surgery. Surgical treatment is an outpatient (same day) procedure using minimally invasive techniques. In most cases, I reconstruct the ACL using a tissue graft taken from another tendon in the leg. Regrowth of the ACL takes time, and with physical therapy, it may be six months or longer before the athlete can return to sports.”

Continued on page 5
Winneshiek Medical Center orthopedics and sports medicine performs all sports medicine procedures including ACL reconstruction surgery; hip, knee and shoulder replacements, pediatric orthopedic surgery, hand procedures, fracture repair and more. The orthopedic team is supported by the latest in MRI technology and the most specialized physical and occupational therapy practice in the region for successful rehabilitation.

Following surgery, Cody walked using crutches for two weeks, and then transitioned to a knee brace. He began physical therapy with Alex Engelken, DPT, Winneshiek Medical Center physical therapist in Cresco, and continued his therapy with Chris in the school training room. “They had me do lots of different exercises to build up and stabilize my leg muscles. Some exercises are easier than others – they push me pretty hard,” says Cody.

Cody is a three sport athlete: football, basketball and track. “It’s frustrating watching everyone do things that I want to be doing, but I am recovering and will be ready for next year,” says Cody. Cody’s mom, Kim, adds, “We appreciate the care from Dr. Wilkerson, Chris and Alex. They have been very helpful through the whole experience.”

Dr. Wilkerson or other members of the orthopedic team are available full time for in-person or telehealth appointments at Winneshiek Medical Center. Call 563-382-2911 to schedule.

Emily Connor, M.D., will join Mayo Clinic Health System Decorah Clinic Physicians in August 2021.

Dr. Connor says, “I chose orthopedics as a specialty because I enjoy being able to immediately improve people’s pain, function, and quality of life through surgery.”

Originally from Manchester, Iowa, Dr. Connor attended Drake University for her undergraduate degree and Washington University School of Medicine in St. Louis, Missouri, for her medical degree. Since 2016, Dr. Connor has been part of the Orthopedic Surgery Residency Program at the University of Iowa Hospitals and Clinics in Iowa City.

She says, “I find fracture care especially rewarding. Unlike most of orthopedics, which is generally planned elective surgery, trauma is unexpected and ‘traumatically’ inconvenient for patients. Being able to help people through this time both in the operating room, but more importantly through direct communication and interaction, is even more rewarding. Overall, I am excited to begin a practice in Decorah and become part of the wonderful community.”

Dr. Connor joins Rick Wilkerson, D.O., Bruce Wulfsberg, M.D., and Jesse Butler, PA-C, in the orthopedic specialty available full-time in Decorah. Dr. Wilkerson says, “I feel the orthopedic surgery team here at Winneshiek Medical Center is extremely fortunate to have Dr. Emily Connor join us in providing northeast Iowa with excellent orthopedic care. Having an Iowa native with her ability and caring personality is exactly what we have been hoping to find.”

Dr. Connor will begin seeing patients at Winneshiek Medical Center in August 2021. The orthopedic team is available full-time for in-person or telehealth appointments. Call 563-382-2911 to make an appointment.
Welcome NEW Providers & Staff

Caity Johnson, ARNP  Occupational Health
Caity joins Winneshiek Medical Center’s Occupational Health Clinic. Occupational Health works alongside employers and businesses to keep employees safe and healthy. Caity graduated from University of Missouri in Kansas City, MO with her Bachelor of Science in Nursing. She continued her nursing education through Clarkson College, receiving her Master of Nursing Practice in December of 2020, and then completing her Family Practice NP boards in March of 2021.

Elizabeth Leschensky, ARNP  Family Practice
Elizabeth is a family medicine health care provider who sees patients from birth through end-of-life for preventive care, acute illnesses and chronic disease management. Elizabeth received her Bachelor of Science in Nursing from Luther College, and her Master of Science in Nursing, Family Nurse Practitioner from University of Alaska Anchorage. Elizabeth had previously practiced medicine as a nurse practitioner for over 20 years in Waukon, Iowa.

Heather Levinson, A-GNP-C  Family Practice
Heather specializes in adult and geriatric primary care and focuses on managing chronic conditions as well as prevention and treatment of age-related diseases like osteoporosis. Heather received her Bachelor of Science in Nursing from Chamberlain College of Nursing and her Master of Science in Nursing from Nursing from Allen College.

Sara Snitker, PHARMD  Pharmacy
Sara received her Bachelor of Arts in Biology: Biomedical emphasis at University of Northern Iowa, then continued her education to obtain her Doctor of Pharmacy at University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences. She completed her Pharmacy Residency at Mayo Clinic Health System - Franciscan Healthcare.

Joe Starke, M.D.  General Surgery
Dr. Starke joins Caroline Schwickerath, D.O. in providing surgical care for patients of all ages for a variety of health issues, like gallbladder disease, appendicitis and hernias. In addition, Dr. Starke has special interest in cancer, breast, thyroid and gastrointestinal surgical care. Dr. Starke completed medical school at Oral Roberts University School of Medicine in Oklahoma and general surgery residency at University of Illinois College of Medicine. He completed his Surgical Oncology Fellowship at Roswell Park Cancer Institute in Buffalo, New York. Dr. Starke has practiced as a general surgeon since 1992 in a variety of settings in Oklahoma and Missouri, specifically in surgical oncology (surgical care for patients with cancer), and has extensive international experience, most recently from 2009-2019 in the Republic of Niger. Dr. Starke is a Diplomat with the American Board of Surgery.

To make an appointment, call 563-382-2911
Eric Svestka, M.D.  Family Practice

Dr. Svestka is a Decorah native who has relocated from Florida, where he was an owner-physician in a multi-specialty private practice in Gainesville. Dr. Svestka provided acute care, managed chronic medical issues - including hypertension, diabetes, cholesterol, kidney disease, thyroid disorder and heart disease - as well as routine wellness exams and annual Medicare visits. Dr. Svestka graduated from University of Wisconsin - La Crosse with a Bachelor of Science degree in Biology, and received his Doctor of Medicine degree from University of Iowa Carver College of Medicine in Iowa City. He completed his family medicine residency at Bayfront Health in St. Petersburg, FL.

Samantha Wedemeier, DPT  Rehabilitation & Sports Medicine

Samantha provides physical therapy services within the hospital as well as long term care locations. She earned her Bachelor of Arts in Biology at Luther College and then continued on to Des Moines University for her Doctorate of Physical Therapy. Prior to joining WMC, she has worked in the hospital setting and long term care facilities providing therapy to a variety of age ranges. She enjoys working with the orthopedic population from pediatrics to geriatrics as well as vestibular rehabilitation and helping athletes return to play.

MyChart

A web-based service that gives you instant access to your personal health information and helps keep you in touch with your health care team.

With MyChart, you can:

- Request an appointment
- View upcoming appointments
- View your medical record & review appointment notes*
- See test results*
- Email questions to your provider’s office
- Find trusted health information
- Pay your medical bill

*You may see test results in MyChart before your provider.

We believe that sharing information builds trust and stronger relationships. Most test results will be published immediately in MyChart, which means you may see results even before your provider. Some results may be difficult to understand without explanation. It’s often best to discuss these together.

We look at every result and will contact you with any results that concern us. If we have a critical concern, we will always follow up with you right away. If you have an urgent concern, we encourage you to reach out to us.

How do I sign up for MyChart?

Talk to your care team about signing up for MyChart. Or, call 563-387-3100 to have our team help you set up your account.
The Winneshiek Medical Center Foundation has continuously supported Winneshiek Medical Center’s Obstetrics unit — who welcomes more than 250 newborns every year. WMC is dedicated to providing a secure, safe and comfortable environment for mothers and babies before, during and after delivery. “As a donor to the Winneshiek Medical Center Foundation, you become a member of our team,” shares Chris Redenius, WMC Foundation President. “The team’s common mission is to help improve health care at our local, community-owned hospital.”

**OVER THE YEARS**

In 2011, the WMC Foundation raised over $40,000 for OB upgrades, technology updates and staff education. These upgrades included a new security system to keep moms and babies safe during their stay, and a remodel to the OB unit that assisted in purchasing new furniture, bedding and personal room refrigerators.

In 2017, the WMC Foundation contributed $97,000 through the Annual Fund toward a perinatal surveillance system, also referred to as CPN. This technology allowed all delivering providers fingertip access to baby’s heartbeat, contractions and the progression of the patient's labor. It also worked seamlessly and remotely with WMC’s new electronic health record (EPIC), allowing providers real time updates. “The CPN system allows our team to have an accurate heart rate on the baby at all times,” shares Connie Klimesh, OB Nursing Supervisor at WMC. “It also provides safer patient care, as it allows for bedside documentation that downloads directly into the patient's chart.”

Most recently, in 2020, the WMC Foundation received a grant from the Community Foundation of Northeast Iowa - Winneshiek County. This grant awarded the foundation $6,300 to purchase an OB monitoring system. This piece of equipment is used daily to monitor both maternal and newborn vitals.

**GIVE**

The Winneshiek Medical Center Foundation’s purpose is to transform and save lives by connecting donors with the region’s most trusted health care partner, Winneshiek Medical Center.

Support the **WMC Foundation** Today

- [www.winmedical.org/giving](http://www.winmedical.org/giving)
- 563-387-3129
- 901 Montgomery Street
  Decorah, Iowa 52101

More Ways to Give

Find out about planned giving, memorial and honor gift programs or endowments at [www.winmedical.org/giving/ways-to-give](http://www.winmedical.org/giving/ways-to-give) or scan the QR code below.
We’ve missed you, and we’re happy to be back

You may have noticed Winneshiek Medical Center Foundation did not send a Community Heartbeat issue in 2020 due to the COVID-19 pandemic. We still would like to honor those donors who supported the Foundation, so please take a moment to review the gifts we received from October 15, 2019 - February 28, 2020 at www.winmedical.org/giving or by scanning the QR code.

WMC Foundation Gifts from February 29, 2020 - December 31, 2020

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<td>Richard &amp; Evelyn Brincks</td>
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Find ways to support the WMC Foundation at winmedical.org/giving
Winneshiek Medical Center’s physical and occupational therapists are available daily in Decorah, Ossian, Calmar and Spring Grove, MN. Patients can schedule an appointment with our therapists without a doctor’s referral Monday - Friday. Call us today at 563-387-3031.