



Dr. Rob Westin, Chief Medical Officer

Enhanced services for stroke care.

Time is of the essence when dealing with a serious health condition like a stroke or even stroke symptoms, in order to save brain tissue.

“Code Neuro,” Cuyuna Regional Medical Center’s stroke triage and assessment protocol, has been in place since July 2008, treating patients with stroke symptoms and facilitating their care to provide the best possible outcomes.

Through a partnership with Abbott Northwestern Hospital, CRMC’s “Code Neuro” just became even more comprehensive.

Stroke patients now have access to premier services through 24-hour access to Abbott

Northwestern’s stroke care experts via the Allina Telehealth Network. The network provides real-time, around-the-clock neurological assessments through Telehealth equipment placed in CRMC’s emergency department.

“This new technology gives our local emergency room physicians immediate access to the specialists at Abbott

Northwestern that can assist in making the critical decisions needed for a patient’s timely stroke care,” said Dr. Rob Westin, Chief Medical Officer. “These enhanced services will allow us to continue providing the quality care the people of our region have come to expect.”

With the help of Abbott Northwestern’s neurologists, interventional neuroradiologists and neurosurgeons, CRMC is able to provide timely stroke care, resulting in a greater chance for a successful healing.

“Telehealth will enable more rapid assessment by stroke experts for patients in regional areas,” said

Maxine Ehlers, CRMC’s Patient Care Administrator. “Our goal is to provide individualized quality care close to home, and ensure a well coordinated transfer when more advanced treatment is required.”

To learn more about stroke services and the Allina Telehealth Network, call CRMC at 218-546-2361. ■

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- Dr. Rob Westin, Chief Medical Officer

CRMC’s Charitable fund. Envisioning the possibilities

The “Can do” spirit at Cuyuna Regional Medical Center has made Crosby an exemplary model of what regional health care can be. It’s about unrelenting optimism; about envisioning what is possible with local independent health care, anticipating what kind of health care the region will want and need in the future, and making it happen.

The CRMC Charitable Fund was established to help ensure health care in Crosby will remain cutting edge through up-to-date technology, effective services and helpful patient support programs. The Fund is designed to help prepare for the future, for anticipated needs and challenges or opportunities not yet envisioned. Money raised will be used to enhance health care for everyone in the region for years to come.

“Cuyuna Regional Medical Center is dedicated to being able to provide the full

range of services our communities will need and expect moving forward,” said Tom Reek, CRMC’s CEO. “With the rapid changes and challenges in health care, we want to be creative in how we gather and sustain our resources in order to bring us to the next level of outstanding care. We continue to grow, are proud of our successes and look forward to working together with our supporters to continue our successful legacy.”

The Fund provides a unique way for people and families to connect to CRMC. Contributions are encouraged through wills and estate plans, life insurance designations, appreciated stocks, one-time donations or payroll deduction plans.

For more information on how you can help, call us at (218) 546-2300.

Never forget what a little “Can do” can do. ■



Photo credit: Stéphan Robichaud, Trees Unlimited, Bugwood.org



Amanda Weiss, Certified Exercise Physiologist with patient Ramona Hoover

People making progress, every day. CRMC cardiac care.

The continuous rehabilitation Ramona Hoover has received at Cuyuna Regional Medical Center helped her get her life back after suffering a debilitating stroke followed by a massive heart attack in 1997.

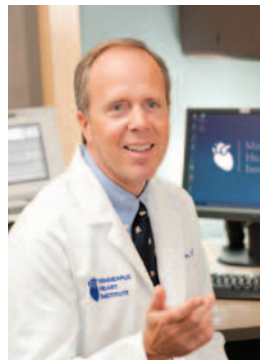
After several heart stents and struggles to make healthy lifestyle changes, Ramona had reached the end of her rope. Grocery shopping through seemingly endless store aisles became a daunting task, stairs were an impossible mountain to climb and even simple tasks like washing dishes were exhausting.

Ramona attempted to create a healthier lifestyle through diet and exercise, but couldn't stick with her plan. After several attempts on her own failed, she decided it was finally time to turn her life around and

never look back. She found inspiration in CRMC's cardiac rehabilitation program with the help of certified exercise physiologist, Amanda Weiss.

"Patients come into my care at their lowest point wanting to get back to the things they like to do, and sometimes do them even better," said Amanda. "Every day, people make progress."

Cardiac rehabilitation is often needed following procedures like stents, bypasses, valve replacements, or an episode such as a heart attack, where the heart muscle is damaged. Cardiac rehabilitation teaches patients how to manage risk factors that lead to heart disease as well as strengthen their cardiovascular system to prevent further complications. CRMC's cardiac rehab



- Dr. Peter Stokman, Cardiologist at Minneapolis Heart Institute

program partners with the experts at Minneapolis Heart Institute to provide a full range of cardiovascular care to assist patients on their road to recovery, all on the Medical Campus at Crosby.

"Patients not only gain strength and confidence through cardiac rehab, but they commit to long term lifestyle changes that might improve all aspects of their health," said Dr. Peter Stokman, cardiologist at

Minneapolis Heart Institute.

After years of hard work and rehabilitation, Ramona has lost 60 pounds, reduced her blood sugar levels by more than 100 points, is standing straighter and even taking the stairs whenever possible. She credits her success to the camaraderie of her fellow cardiac rehabilitation patients that meet weekly at CRMC and Amanda's care in keeping her in line with a strong, encouraging arm.

"Amanda helps me make proper food choices by teaching me to read food labels and sharing recipes," said Ramona. "This time, I am sticking to it. It's been a long haul, but every day continues to pay off."

For more information on the cardiac rehabilitation program at CRMC, call 218-546-2315 or toll free at 888-487-6437. ■

House Call: Preventing Sunburn

"House Call" is a continuing series of health tips for you and your family provided by the medical staff at Cuyuna Regional Medical Center. This "House Call" is provided by Family Medicine Physician Dr. Kristin Elliott of Central Lakes Medical Clinic.

It's no secret sunburn is better prevented than treated. Wearing sunscreen, at least SPF 30, and reapplying often (after swimming and every two hours while outdoors) is the most effective prevention.

Avoiding sun exposure from 10 a.m. to 4 p.m. when the sun's rays are strongest, being careful around reflective water and sand, as well as staying covered up with clothing and a wide brimmed hat will also help prevent sunburn.

Our bodies make a protective pigment called melanin to protect us from the sun. The darker our skin color, the more melanin we have. Sunburn occurs when the amount of UVB light we get from the sun exceeds the amount of protection our individual melanin provides us. This can result in a first or second-degree burn with redness, blistering and pain anywhere between six and 48 hours after sun exposure.

If sunburn occurs, taking a cool shower or bath or applying cool moist compresses can provide you with comfort. It's also important to drink plenty of water. By staying hydrated, additional problems from sun exposure such as heat exhaustion can be prevented. Sometimes, dizziness, pale/clammy skin, nausea, fever or severe, painful blisters accompany prolonged sun exposure. Contact your health care provider if any of these symptoms occur.

For at home treatment of sunburn, anti-inflammatories like ibuprofen or naproxyn can help with pain and inflammation, but avoid using Lidocaine/benzacaine, neomycin, Benadryl and Vaseline. Aloe Vera or moisturizing creams tend to be the most safe and effective.

Lastly, make sure sunscreen is applied 15-30 minutes before going outside. This gives the sunscreen ample time to be absorbed. Remember, apply and reapply frequently. Keep your skin healthy! ■



Dr. Kristin Elliott

Urgent Care services available Monday – Friday from 5 to 7:30 PM at Central Lakes Medical Clinic.

Switching gears.

John Schaubach, a recently retired member of the CRMC administrative team, out on the Cuyuna Recreation Area Mountain Bike trail.



John Schaubach has always valued the sense of loyalty and togetherness Cuyuna Regional Medical Center brings to the community.

After 33 years of being immersed in CRMC's culture, even in retirement, John continues to impact this community.

Years ago, he joined a team of other community-minded forward thinkers in hopes of creating an amazing new destination in the Cuyuna Lakes area. The idea of bringing new potential and opportunity to the area was a movement he couldn't help but embrace. After years of hard work, the team's hopes, dreams, and big ideas finally came to fruition.

The Cuyuna Recreation Area Mountain Bike Trail opened in June and has already become a premier mountain

biking destination. It is pristinely situated on the headwaters of the Mississippi River and surrounded by awe-inspiring views. The trails are part of the Cuyuna State Recreation Area, complete with 5,000 acres, 21 lakes, 30 miles of trail and 25 miles of natural shoreline all within the Crosby-Ironton city limits.

"The mountain bike trails bring a new generation of people outdoors and this is a hobby they embrace," he said.

John, a recently retired member of the CRMC team, started in Emergency Medical Services and gradually worked his way to administration. John has always supported the relationship between CRMC and the community, doing everything he could to make the Cuyuna Lakes area a strong place to live, work, and

raise a family.

"Without a doubt, people moving to the area want a healthy place, a safe place, a place to preserve the natural beauty of the surroundings, and for that place to be of the highest quality possible," John said.

In the past, the Cuyuna area's iron ore made a significant contribution to America's growth. Thanks to the sweat, tears and toil of past citizens, this area will always have a place in American history.

"Now we can bring people back here and show them what we have to offer, even after the cease of mining," John said. "I wanted to see this area presented with the respect it deserved."

Dedicated to you. Everyday. It's a philosophy that doesn't stop at the doors of CRMC. ■

High quality primary care.

For more than a decade, the Longville Lakes Clinic has been providing the people of Longville and the surrounding region with high quality primary care. The clinic's affiliation with Cuyuna Regional Medical Center in Crosby allows them to provide the Longville community with a variety of advanced treatments and support, as well as referral options to meet more sophisticated medical needs. From something as simple as taking out a fishhook, to X-rays or routine primary care and beyond, Longville Lakes Clinic brings a higher level of health care closer to home.

The team at Longville Lakes Clinic includes trained healthcare professionals that provide a wide range of family medicine — from preventive health services to chronic disease management. Dr. David Plattes and Nurse Practitioner Liz Miles are the primary providers specializing in family medicine at Longville Lakes Clinic.

"The clinic has a relaxed, comfortable atmosphere that I appreciate. I like the challenge of solving problems and I'm able to do that here while helping our patients," said Dr. Plattes.

"Above all, I value the relationships I have developed over the years with patients and staff. I really take pride in the service we provide to the community."

For Liz, who has a strong focus on preventative medicine and women's health, Longville Lakes Clinic had just what she was looking for when finding a home to practice medicine.



Liz Miles,
Nurse Practitioner



Dr. David Plattes, MD

"I decided to practice in Longville because I wanted a place where people feel welcome and are an integral part of their own health care story," she said. "I like engaging my patients to understand their health."

For additional information about Longville Lakes Clinic, call 218-363-3300. Clinic hours are 8 a.m. to 4:30 p.m. Monday-Friday and, until Sept. 3, from 8 a.m. to noon on Saturdays. ■

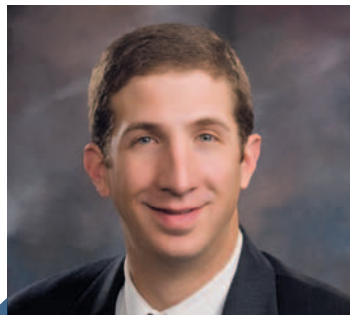
A medical campus growing for you.



Dr. Fawn Atchison pictured with husband Thomas Atchison.

Fawn Wen Atchison, M.D., PhD,
Anesthesiology

Dr. Fawn Atchison recently partnered with Dr. Mark Gujer in providing surgical anesthesia, critical care consultation and inpatient acute pain management around the clock at CRMC. Dr. Atchison attended the University of Minnesota Duluth for undergraduate studies. She received her medical degree and graduate degree from Duke University Medical Center. Her internship, residency and fellowship were completed at Mayo Clinic in Rochester. She is certified with the American Board of Anesthesiology and National Board of Echocardiography. Dr. Atchison is a member of the American Society of Anesthesiologists, the International Anesthesia Research Society, the Society of Cardiovascular Anesthesiologists and the Minnesota Society of Anesthesiologists. Dr. Atchison and her husband Thomas enjoy the outdoors and rural living.



Paul Christopher Allegra, M.D.,
Emergency Medicine

Dr. Paul Allegra is a University of Vermont College of Medicine graduate who completed his residency at Hennepin County Medical Center in Minneapolis. He is a member of the American College of Emergency Physicians and the Society of Academic Emergency Medicine. Dr. Allegra is certified with the American Board of Emergency Medicine, in Advanced Trauma Life Support and Advanced Pediatric Life Support. He holds Emergency Ultrasound credentials, and is an Advanced Care Life Support Instructor. His special interest is in emergency services. Dr. Allegra and his wife Emily along with their three young children reside in rural Brainerd.

CRMC
CUYUNA REGIONAL
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