

Assessing Your Risk of Breast Cancer

If you could have a better understanding of your personal risk for breast cancer, would you want to learn more? Stoughton Health's Breast Cancer Risk Assessment can help you understand your personal breast cancer risk and strategies to reduce your risk. The screening is a free service we are offering to help women take charge of their health. Our Breast Cancer Risk Assessment is recommended for all women over the age of twenty-five.

Why is a Breast Cancer Risk Assessment Important?

Knowing your risk for breast cancer can help you make decisions about future screenings, medical/surgical options, genetic testing, and lifestyle changes.

- Screening recommendations for high risk women are different than for average risk women.
- High risk women may have medical options which can lower their lifetime risk of developing breast cancer.
- Some high risk women may have surgical options to lower their risk of developing breast cancer.
- Identify women who might be high risk for gene mutations.
- High risk women may be motivated to choose lifestyle changes which can lower risk of breast cancer.

Stoughton Health Breast Cancer Risk Assessment

When you schedule your free assessment at Stoughton Health, you will meet with our Breast Cancer Risk Assessment Screener in person or on the phone. She will ask you questions about your medical and family history. Our medical screening tool will assess your breast cancer risk and you will receive the results during your assessment. Screenings will be offered on Tuesday, July 7th, Monday, July 11th, and on an ongoing basis along with our other health screenings. Please call (608) 873-2332 to schedule.

Breast Cancer Risk Assessment Appointments

Tuesday, July 7th from 11:30 a.m. to 3 p.m.
Monday, July 11th from 11 a.m. to 4 p.m.
Community Health & Wellness Center
3162 County Road B
Please call (608) 873-2332 to schedule.

Additional dates and times are available, please call for more information.

Stoughton Health High Risk Counseling

If you are at high risk for breast cancer, you will be scheduled for a follow-up consultation with Stoughton Health Board Certified General Surgeon Dr. Aaron Schwaab to learn more about your results and how to reduce your risk. Dr. Schwaab will guide you through your options so you can take charge of your health. Discussion may include information on:

- Annual screening mammograms or breast MRIs
- Breast specialists
- Genetic counseling
- Medical therapy
- Lifestyle changes

Dr. Schwaab's talk on June 30th will provide more information on the Breast Cancer Risk Assessment and follow-up consultation.



Understanding Your Personal Risk for Breast Cancer

Thursday, June 30th at 5:30 p.m.

Join in person or virtually

Join Stoughton Health's Board Certified General Surgeon Dr. Aaron Schwaab to learn what you can do to understand and reduce your personal risk for breast cancer. In this talk, Dr. Schwaab will cover breast cancer:

- Screening recommendations
- Risk assessment recommendations and process
- Risk reduction for all women including those at high risk

To register for this free talk, please go to stoughtonhealth.com and click on "Classes & Events." Questions? Please contact Community Education at (608) 877-3498.

Celebrating One Year in McFarland!



McFarland Urgent Care Clinic Team Members

On June 8, 2021, Stoughton Health opened the McFarland Urgent Care Clinic and received a warm welcome from the community. We appreciate your support and choosing Stoughton Health for your Urgent Care needs.

McFarland Urgent Care Clinic
5614 US HWY 51
(608) 838-8242

Monday – Friday: 8 a.m. – 8 p.m.
Saturday & Sunday: 9 a.m. – 5 p.m.

Our Employees Love Working Here and So Will YOU!

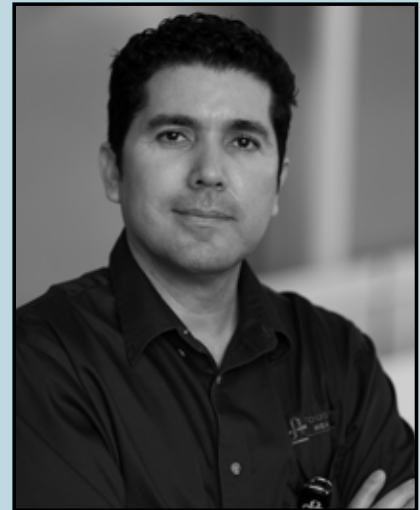
Learn about our current job openings and apply online at stoughtonhealth.com.
Great benefits! Starting pay is at \$15 or more!



“Everyone takes care of one another.” - Jen



“What I love about my job is the people.” - Kristi



“I like creating a place where people feel safe.” - Ricky

Stoughton Health Mission, Vision & Values

Mission

The mission of Stoughton Health is to provide safe, quality healthcare with exceptional personalized service.

Vision

We grow to meet the changing needs of the communities we serve and become their health partner of choice.

Values

Our patients and community are our number one priority.

Employees are committed to providing Excellence Together through:

Attitude • Accountability • Appearance
Communication • Teamwork • Service

Couch to 5K

A Stoughton Health & E.D. Locke
Public Library in McFarland Partnership



Have you always wanted to run a 5K but don't know where to start or how to train? Stoughton Health and E.D. Locke Public Library in McFarland are partnering on Couch to 5K to prepare beginner runners for the *On Your Bookmark... GO! 5K Run* on Saturday, September 24th. The program is 10 weeks and incorporates three to four workouts each week. The program will offer four in-person sessions including a kickoff meeting.

Meeting Dates

E.D. Locke Public Library
5920 Milwaukee St, McFarland
July 14th, July 28th, Aug 18th & Sept 15th at 6 p.m.

Register Today

To register for the free Couch to 5K Training Program, please go to stoughtonhealth.com and click on "classes and events." The first twenty people to register will receive a free t-shirt and a voucher for a free registration for the *On Your Bookmark...GO! 5K Run*.

Questions? Please call (608) 873-2332.

The Stoughton Health Difference

The past few years have been challenging for John and Carol Ames. The couple has faced some unexpected health challenges but are grateful to Stoughton Health for the care we have been able to provide.

John was in Stoughton Health's Cardiac Rehab Program after two cardiac bypasses and a valve repair. He shared, "this is a great program, staff were fantastic, and I feel much stronger." He also commented that he was amazed at how well the staff worked together making sure all of the patients'



Carol and John Ames

needs were met. According to Carol, "the staff made you feel like they really cared."

After John completed his cardiac rehab, the couple decided to join the Phase 3 Cardiac Rehab Program so they could exercise together. Carol said, "it was the best thing they have ever done."

Experience in the ER

When John was home recovering from his heart surgery, Carol had a bad fall at home and went to Stoughton Health's ER. While she was hurt physically, she was even more upset that as John's primary caregiver, she now couldn't take care of him. "I was crying because I was so upset and the ER doctor came over and just held me," shared Carol who was amazed that a busy ER doctor would take the time to comfort her and show so much compassion. "She was the kindest doctor I have ever met."

Recommending Stoughton Health

John and Carol, who have been so impressed with their care, recommend Stoughton Health to their friends, "from the moment you walk in the door, you are welcomed." They say they will continue to use Stoughton Health services.

Cardiac Rehab & Wellness Center

Stoughton Health's Cardiac Rehabilitation and Wellness Center provides the personalized care you need to help ensure a healthy heart and promote positive changes in your overall lifestyle.

Phase 2 Cardiac Rehabilitation Program - designed for patients recovering from a recent cardiac event.

Phase 3 Cardiac Rehabilitation Program - helps maintain gains from the Phase 2 Program while you are still being supervised by medical professionals.

Primary Prevention Program - for those who have not previously participated in cardiac rehabilitation, but have multiple cardiac risk factors and need to exercise in a safe environment.

For more information about the Cardiac Rehabilitation and Wellness Program, please call (608) 873-2314.

What Insurance Can You Use at Stoughton Health?

Your insurance coverage guides where you choose to receive your health care. Stoughton Health accepts over 160 area insurance plans, including but not limited to:

- Alliance
- Anthem Blue Cross Blue Shield
- Dean Health Plan
- Humana
- Medicare
- Quartz
- Security Health Plan
- United Healthcare
- WEA Trust
- WPS

Please check your individual plan regarding coverage of services at Stoughton Health. If you have any questions, please contact Stoughton Health at (608) 873-6611.

Stoughton Hospital Foundation

Thank You March Matchness Donors!

With your help we were able to raise over \$21,000 to go towards the greatest needs of Stoughton Health.

Michelle Abey
Alliance Medical Corp.
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Kimberly Vike
Patrick & Jodi Vorwald
Sarah Watkins
Bill Weber & Laura Mays
Elizabeth Weihert
Rachel Wojta
Zander Solutions

Community One Mile Walk



Participants from the 2021 Community One Mile Walk

Join the Stoughton Hospital Foundation on Saturday, June 25th for the Community One Mile Walk.

The walk is in recognition of Bert and Marv Klitzke for their dedication and support of the Stoughton Hospital Foundation. At 8:30 a.m. there will be a recognition event for the couple in the Stoughton Hospital Wellness Garden.

Walk registration is \$15 per person. Proceeds will go towards Stoughton Health community CPR airway training equipment.

Questions? Please call the Stoughton Hospital Foundation at (608) 873-2334.

Community One Mile Walk
Saturday, June 25th at 9 a.m.
Stoughton Hospital
900 Ridge St
Check-in: 8 to 9 a.m.

Scan to register



STOUGHTON HOSPITAL
FOUNDATION

18TH ANNUAL

**SWINGING
FOR HEALTH**

GOLF OUTING AND CARD PARTY
TO BENEFIT STOUGHTON
HEALTH

SEPTEMBER 13TH, 2022 | TUESDAY

REGISTRATION - 11:00AM-12:00PM
GOLF START - 12:30PM
CARD PARTY - 3:00PM

First Business Bank
RBC Wealth Management
CULLEN

QUESTIONS?
CALL US AT
(608)873-2334



Taylor Harmel
Executive Assistant

Welcome Taylor!

Stoughton Hospital Foundation welcomes Taylor Harmel to the role of Executive Assistant. Taylor was previously the Community Education Coordinator with Stoughton Health.

Community Health & Wellness

For the most up to date list of classes and events or to register, please go to stoughtonhealth.com and click on “classes and events.” Questions? Please call (608) 877-3498.

Free Online Classes

End the Pain with Custom Knee Replacements

Thur, June 23rd at 5:30 p.m.

Join OrthoTeam Clinic's Dr. Ashish M. Rawal to learn how the Conformis custom knee implants may be the solution to end your knee pain.

Medicare 101

Thur, July 14th at noon

Join licensed insurance agent Ben Rothering to learn about the basics of Medicare (A, B, C & D), making the most out of your rights, how to enroll, what Medicare does and doesn't cover, and additional coverage options.

Shoulder Pain Relief

Thur, Aug 18th at 5:30 p.m.

Join Dr. Ashish M. Rawal to learn more about the causes of shoulder pain and both surgical and non-surgical pain relief options.

Hybrid Classes

(In-person and Online)

Understanding Your Personal Risk for Breast Cancer

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Stop Suffering from GERD

Tue, July 19th at 5:30 p.m.

Community Health & Wellness Center

Do These Symptoms Sound Familiar?
Heartburn • Regurgitation • Sore Throat
Chest Pain • Belching • Asthma
Then you might be suffering from GERD
- Gastroesophageal Reflux Disease.
Stoughton Health General Surgeon
Dr. Aaron Schwaab will talk about the

minimally invasive LINX procedure, an effective solution for GERD.

Exercise Classes

Balance Class - Oregon & Stoughton

June 20th – Aug 8th

Mon and Thur from 1 to 1:45 p.m.

Oregon Area Senior Center

June 20th – Aug 1st

Mon and Thur from 1:15 to 2 p.m.

Stoughton Hospital

Class for older adults who have balance problems or a fear of falling. Participants will improve balance and strength, and reduce their risk of falling. Standing exercises will help participants stand tall and feel more confident when walking. Cost: \$60

Yoga for Breast Cancer

Wednesdays, June 29th – Aug 3rd from 10 to 11 a.m.

Community Health & Wellness Center

When you're in recovery or treatment for breast cancer, the medication and treatments may come with many side effects that can take an unwanted toll on your body and spirit. As your treatment progresses, you may need to add activities and exercise that will benefit you both physically and emotionally. Join this class to re-center your mind and build strength and flexibility in your body. Cost: \$30 (Financial assistance is available.)

Kids Classes

All kids classes are held at Stoughton Hospital. Financial assistance is available.

Safe@Home

Tue, July 6th from 9 to 10:15 a.m.

Tue, Aug 9th from 9 to 10:15 a.m.

Students in grades four to six learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Cost: \$25

Safe Sitter®

Wed, June 29th from 9 a.m. to 2:45 p.m.

Sat, July 16th from 9 a.m. to 2:45 p.m.

Sat, Aug 6th from 9 a.m. to 2:45 p.m.

Safe Sitter® prepares students in grades 6-8 to be safe when they are home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Cost: \$50

Health Screenings with Consultation

Stoughton Health offers a variety of screenings to help you make more informed decisions about your health and wellness. All screenings include a discussion and consultation on how you can improve your results.

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
(corner of Hwy 51 & County Rd B)

Please call (608) 873-2332 to schedule your appointment in advance - no walk-ins please.

Balance - \$30

Blood pressure - free

Blood sugar (glucose)/ cholesterol - \$25

Bone density - \$30

Breast cancer risk assessment - free

Cholesterol (full panel) - \$30

Hearing - \$25

Height, weight, BMI (body mass index)

and body fat percentage - \$10

Peripheral artery disease

(ankle-brachial index) - \$35

Vision - \$10

Walk-in Blood Pressure Clinic

1st Wed of the month from 8 a.m. to noon

3rd Wed of the month from 2 to 5 p.m.

Community Health & Wellness Center

Free blood pressure readings, no appointment needed.

For the Life of You is published by Stoughton Health.
If you would like to be removed from this mailing
list or receive this publication electronically, please
e-mail pr3@stoughtonhealth.com or write to:

Public Relations
Stoughton Health
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Stoughton, WI 53589

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Contributing Writer/Graphics: Linda Schaefer



Emergency & Urgent Care Services

Stoughton Hospital

900 Ridge Street, Stoughton
Emergency 24-7

Urgent Care Daily 6 a.m. to 11 p.m.

McFarland Urgent Care Clinic

5614 US HWY 51, McFarland
Monday to Friday 8 a.m. to 8 p.m.
Saturday and Sunday 9 a.m. to 5 p.m.

Oregon Urgent Care Clinic

990 Janesville Street, Oregon
Monday to Friday 5p.m. to 10 p.m.
Saturday and Sunday 10 a.m. to 8 p.m.

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Stoughton Health & Community Events

Community Events

Gazebo Musikk

Thursdays through Sept 1st from
6 to 7:30 p.m.

Rotary Park

324 S 6th St, Stoughton

Stoughton Community Farmers Market

Saturdays through Sept 24th from
8:30 a.m. to noon

Downtown Stoughton

Community One Mile Walk

Sat, June 25th at 9 a.m.

Stoughton Hospital

900 Ridge St, Stoughton

Oregon Summer Fest

June 23-26, 2022

Kiser Park

245 Brook St, Oregon

Stoughton Fair

June 29th to July 4th

Mandt Park

400 Mandt Pkwy, Stoughton

Walk, Trot, Toast! Fundraiser

Thur, July 9th from 5 to 9 p.m.

Three Gaits

3741 Hwy 138 W, Stoughton

Marketplace Dayz

Sat, July 16th from 9 a.m. to 2 p.m.

419 W Cottage Grove Rd, Cottage Grove

Oregon National Night Out

Tue, Aug 2nd from 5 to 8 p.m.

Kiser Park

245 Brook St, Oregon

Stoughton National Night Out

Tue, Aug 2nd from 5:30 to 8 p.m.

Nordic Ridge Park

1300 Hoel Ave, Stoughton

16th Annual Oregon Kids Triathlon

Sat, Aug 13th

Downtown Oregon

Evansville Night Out

Tue, Aug 16th from 6 to 8 p.m.

Lake Leota Park, Evansville

Relay for Life

Sat, Aug 22nd from 4:30 to 9:30 p.m.

Mandt Park

400 Mandt Pkwy, Stoughton

Support Groups

Diabetes Support Group

2nd Mon of the month at 6 p.m.

Stoughton Hospital

Lobby Conference Room

Questions? Please contact Stoughton

Health Community Education

(608) 877-3498.

Blood Drives

Fri, Aug 19th from 8 a.m. to 1 p.m.

Stoughton Health

Community Health & Wellness Center

3162 County Hwy B, Stoughton

Visit www.bloodcenter.org to make an
appointment.