

“Life Changing” Surgery for GERD



Shelley Calhoun

A few years ago, Shelley Calhoun received one of her best birthday presents ever: freedom from heart burn. After suffering for 15 years, Calhoun had the LINX procedure on her birthday, freeing her from the constant dependence on medication and pain that would sometimes cause her to double over.

“I always had the taste of acid at the back of my mouth,” shared Calhoun. “I couldn’t go anywhere without my medication and was taking more than the recommended amount.”

After seeing a billboard about the LINX procedure, Calhoun did some research and felt this procedure may be a good fit. The LINX procedure is much less invasive than the traditional Nissen fundoplication which wraps the upper part of the stomach (fundus) around the lower part of the esophagus.

LINX Procedure at Stoughton Health



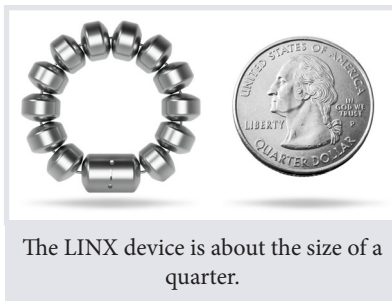
Aaron Schwaab, M.D.

Stoughton Health’s board certified General Surgeon Dr. Aaron Schwaab is one of the few surgeons in the area who performs the LINX procedure. Calhoun met with Dr. Schwaab and was immediately comfortable with him. “Dr. Schwaab was so friendly and answered my questions very thoroughly. I was really impressed with him and the entire Stoughton Hospital team.”

How LINX Works

The LINX Reflux Management System works to stop reflux at its source. Using a minimally invasive laparoscopic surgical technique, Dr. Schwaab positions the FDA-approved device around the esophagus just above the stomach.

The quarter-sized flexible band of magnetic titanium beads strengthens the body’s natural barrier against acid reflux while allowing food and liquid to easily pass through when



The LINX device is about the size of a quarter.

Stop Suffering from GERD

Free Online Talk

Tuesday, March 8th at 5:30 p.m.

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 Board Certified General Surgeon Dr. Aaron Schwaab will talk about the minimally invasive LINX procedure, an effective solution for GERD.

To register, please go to stoughtonhealth.com and click on “classes and events.”

Questions? Please contact Taylor at (608) 877-3498.

swallowing. The magnets open to allow food and liquid down, then close to prevent stomach contents from moving up, stopping acid reflux at the source.

The surgery is performed under general anesthesia and takes about an hour. The LINX system begins working immediately, and patients generally go home the same day or the next.

What is GERD?

Gastroesophageal reflux disease is a chronic digestive disease in which acid and bile flow back from the stomach into the esophagus, creating pain and often causing damage to the lining of the esophagus.

Lasting Relief

Calhoun has called this surgery “life changing.” Since her surgery, she has even referred her own mother to Dr. Schwaab for a different health concern. “I would recommend Dr. Schwaab to anyone,” shared Calhoun.

Insurance

Please see back cover of newsletter for insurance information.

Appointments

To learn more about the LINX procedure or to make an appointment with Dr. Schwaab, please call the Stoughton Health General Surgery Clinic at (608) 873-2266.

Welcome New OrthoTeam Physician Assistants!

We are pleased to welcome two new physician assistants, Clark Collins and Jennifer Hamilton, to the OrthoTeam Clinic. Clark and Jennifer are both certified by the National Commission on Certification of Physician Assistants (NCCPA).

OrthoTeam Clinic Locations

Stoughton Hospital	2 Science Court, Suite 102
900 Ridge St, Stoughton	Madison
(608) 877-3419	(608) 231-3410

Insurance

Stoughton Health and the OrthoTeam Clinic accept over 160 area insurance plans, including but not limited to: Alliance, Anthem Blue Cross Blue Shield, Cigna, Humana, Medicare, Quartz, Security Health Plan, United Healthcare, WEA Trust and WPS.

The OrthoTeam Clinic is also able to accept Dean Health Plan for patients living in Stoughton, Edgerton, Evansville, Oregon and McFarland.

Please check your individual plan regarding coverage of services.



OrthoTeam Clinic
Excellence in Orthopedics

Virtual Meet & Greet

Meet the new OrthoTeam PAs

Clark and Jennifer!

Thursday, February 17th from 5:30 to 6 p.m.

Please register at stoughtonhealth.com and click on "classes and events."

A Zoom link will be emailed to you.

Questions? Please contact Taylor at (608) 877-3498.



Clark Collins, PA-C



Jennifer Hamilton, PA-C

Infinite Boundaries Retreat Grant Program

Through a generous grant, Stoughton Hospital Foundation is able to cover the cost of registration for women at all stages of breast cancer to participate in Breast Cancer Recovery's Infinite Boundaries Retreats. This was made possible by Judy Gryttenholm, a breast cancer survivor, who reached out to various organizations to receive funding. Gryttenholm, who attended the retreat herself, wants to enable other women to share in this "life-changing" experience. "Women don't want to spend the time or money on themselves," explains Gryttenholm. "Our hope is with this grant program more women will get the support they need. They are not alone. There is hope."



About Infinite Boundaries Retreats

Infinite Boundaries Retreats are based on the belief that the journey to recovery and healing involves the whole woman, mind and body. Retreats are designed to help women find inner strength and experience the hope needed to live each day beyond the boundaries of breast cancer.

Survivors have the opportunity to discuss the latest issues surrounding their breast cancer, gather information, experience and enjoy the company of new-found "sisters" in healing environments.

Funding Eligibility

Women at any stage of breast cancer who live in the Oregon, Edgerton, Evansville, Stoughton, McFarland, Cottage Grove, Brooklyn, Deerfield and Cambridge areas are eligible to receive funding to cover the cost of the Infinite Boundaries Retreat. [Learn More](#)

We encourage you to visit Breast Cancer Recovery's website at bcrecovery.org to learn more about the Infinite Boundaries Retreats.

For information on how to apply for funding, please contact the Stoughton Hospital Foundation at (608) 873-2334 or foundation@stoughtonhealth.com.

Giving Back to the Community

Stoughton Health values community partnerships and giving back to the community which has supported Stoughton Health for over 115 years. Throughout the COVID-19 pandemic we have continued to work with our partners to provide blood drives, educational classes, medication disposal and sharps collection events and more.

Community Events

Since 2008 Stoughton Health has worked in partnership with the Stoughton Wellness Coalition (SWC) to provide free Medication Disposal & Sharps Collection events to the Stoughton community. In 2021 the SWC collected over 2,500 pounds of medication and sharps.

Stoughton Health has been working with ImpactLife, our supplier of blood products, on hosting community blood drives since 2019. In 2021 Stoughton Health safely hosted six blood drives which collected 211 units.



Community member donating blood

Subsidized Care

Stoughton Health also gives back to the community through subsidized care. In the past fiscal year, Stoughton Health spent \$1,317,365 on subsidized care which includes programs such as our Inpatient Geriatric Psychiatry Program which specializes in treating acute mental health disorders in adults age 55 and over.

Additionally, Stoughton Health provided \$182,000 in traditional charity care for patients needing financial assistance. Patients needing financial assistance are encouraged to call our Patient Financial Services Department at (608) 873-2257.

COVID-19 Testing

If you are not experiencing symptoms of illness requiring immediate medical attention, please do not go to an urgent care or emergency room for COVID-19 testing.

Instead, using the testing options below allows hospital staff to take care of critically ill patients and reduces the risk of spreading COVID-19 to patients who have a weakened immune system.

- Contact your doctor
- Pre-register for a community testing site
- Make an appointment at a pharmacy
- Purchase a home testing kit

In an effort to be a good community partner and meet local needs, Stoughton Health is providing our Community Health & Wellness Center (Hwy 51 & B) parking lot for JangoDX to use as a drive through COVID-19 testing site.

Please pre-register for testing at:
<https://register.covidconnect.wi.gov/>

Happy Send Off



After 68 days in the hospital with COVID-19, the Stoughton Health team was excited to send Charlie home!

Grateful for Stoughton Hospital Team



Krista Maynard

Krista Maynard was enjoying time with her family in Illinois when she started feeling sick and was having intense abdominal pain. At first she thought it was something she ate but the pain from Sunday continued on the way home to Stoughton. By Wednesday she was in bed all day with continued pain and a fever. On Thursday she decided it was time to go to Stoughton Hospital's ER.

The ER team immediately began evaluating Krista to determine the source of her discomfort. "I was really impressed how they sprung to action," shares Maynard. "They worked as a team and were really on top of my care."

After a number of tests, Maynard was shocked to learn she had a very serious kidney infection.

Dr. Davidson-Fiedler explained the treatment plan to Maynard and recommended she stay overnight for observation. "Dr. Davidson-Fiedler explained everything so clearly. Her bedside manner was awesome." Had she waited longer for treatment, she would have developed sepsis. "I wouldn't be here today if it weren't for the ER team, they literally saved my life."

Maynard ended up staying at Stoughton Hospital Thursday and Friday. Her experience on the Medical/Surgical floor was also positive. "The nursing staff was awesome...they were sweet, kind and chatted with me," explains Maynard.

"I am thankful we have a hospital in our community and I didn't have to drive miles to get great care."

Stoughton Hospital Foundation

Thank You Annual Appeal Donors!

Jim and Michelle Abey	John and Nancy Elvekrog	Glenn and Susan Kruser	John and Debra Pundt
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Ron and Lou Ann Ellingson	Jacquelyn K Kittelson	Stephen Pinckney and Deborah Ericson	Roger and Julie Wisinger
	Laura Klitzke		Jahn and Janice Witzel

Penny Drive

In December Stoughton Hospital Foundation partnered with 23 local businesses in the Stoughton area to hold a community-wide penny drive to benefit the Neighborhood Free Health Clinic (NFHC). The NFHC provides free compassionate non-emergency healthcare to adults living with insufficient health insurance. Over \$510 was raised!



Taylor Harmel presents check to Angie Rowin with NFHC.

Thank you to these businesses for their support of the Penny Drive:

Aslesons True Value ♦ Blackhawk Community Credit Union ♦ Cheesers
Conant Automotive ♦ Deak's Pub and Grill ♦ Dunkin' Donuts
Famous Yeti's Pizza ♦ Great Clips ♦ Hanson Electronics
Main Street Kitchen ♦ McCarthy Nursing Home ♦ McGlynn Pharmacy
One Community Bank ♦ Pancake Café ♦ Pizza Pit ♦ Stoughton Collision
Stoughton Health Community Health and Wellness Center
Stoughton Health Rehabilitation and Sports Medicine Clinic
Stoughton Hospital ♦ Stoughton Spirits ♦ Tabby and Jack's
Tailgaters ♦ Viking Lanes

Welcome Carolyn!



Please welcome new Foundation Board member Carolyn Clow, Deputy Director of Finance and Administration of Alliant Energy Center. Carolyn also serves as the Village of McFarland Board President.

Thank You!

We appreciate all of our generous Giving Tuesday donors who helped us raise \$2,352 to support 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 contact Taylor at (608) 877-3498.

Free Online Classes

Advance Care Planning

Mon, March 7th at 5:30 p.m.

Mon, May 2nd at noon

Join Stoughton City Alder and Licensed Clinical Social Worker Jean Ligocki to learn how advance care planning can help ensure individuals receive medical care that is consistent with their values, goals, and preferences. Advance care planning promotes important conversations between the individual, family and medical providers.

Stop Suffering from GERD

Tue, March 8th at 5:30 p.m.

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.

Medicare 101

Thur, March 17th at noon

Thur, May 5th at noon

Join Ben Rothering from Physicians Mutual 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.

Power of Attorney for Healthcare Made Easy

Mon, April 4th at noon

Join Stoughton City Alder and Licensed Clinical Social Worker Jean Ligocki to learn how you can easily complete your own power of attorney for healthcare using the State of Wisconsin's free form. Completing a power of attorney for healthcare lets YOU select, ahead of time, the individual YOU want to make healthcare decisions for you in the event that you lose your ability to make decisions.

This workshop is recommended for anyone 18 years old or older.

Shoulder Pain Relief

Thur, April 7th 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.

Exercise Classes

Balance Class

March 14th to April 21st

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

Oregon Area Senior Center

219 Park St, Oregon

March 14th to April 21st

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

Community Health & Wellness Center

3162 County Highway B, Stoughton

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 Classes

To register for these free classes please visit www.flywithkula.com. In person space at Kula Yoga is limited so please register early. For online attendees, a Zoom link will be emailed to you 30 minutes before class starts. Questions? Contact Becky at info@flywithkula.com.

Cleaning: Gentle Twists to Get Unstuck

Mon, March 21st @ 6:30 p.m.

Join Becky, owner of Kula Yoga & Wellness, for a class with gentle twists to help find space in the body and release areas of congestion. The class will consist of standing, sitting and laying down postures with options for modifications.

Root Down, Rise Up: Finding our Feet for Standing Poses

Mon, May 9th at 6:30 p.m.

Learn foot, ankle and leg strengthening tips as well as how to use your core to help in balancing on and off the mat. We will explore poses seated and standing. If balancing on one foot is challenging, please have a sturdy chair or a wall near you for support during this class.

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 & 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

Cholesterol (full panel) - \$30

Hearing - \$25

Heart disease (calcium scoring)* - \$75

*Screening is at Stoughton Hospital and a physician's referral is required. Please call (608) 873-2299 for more information.

Height, weight, BMI (body mass index)

and body fat percentage - \$10

Peripheral artery disease

(ankle-brachial index) - \$35

Vision - \$10

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e-mail pr3@stoughtonhealth.com or write to:

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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.

Community Events

Blood Drives

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
Fri, Feb 18th from 8 a.m. to 1 p.m.
Fri, April 15th from 8 a.m. to 1 p.m.
Visit www.bloodcenter.org to make an
appointment.

Medication Disposal & Sharps Collection Events

Saturday, April 30th
9 to 11 a.m.
FREE drive through service
Stoughton Fire Department
401 E Main St

Saturday, April 30th
8 to 11 a.m.
FREE drive through service
Evansville Police Department
10 West Church St

Mental Health First Aid Training

May 17th and 18th from 6-9 pm
Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
This free training is open to all
community members. To register, contact
Teresa at tpellett.swc@gmail.com or
(608) 877-3474.

Insurance

Stoughton Health accepts over 160
area insurance plans, including but not
limited to: Alliance, Anthem Blue Cross
Blue Shield, Cigna, Dean Health Plan,
Humana, Medicare, Quartz, Security
Health Plan, United Healthcare, WEA
Trust and WPS.

Please check your individual plan
regarding coverage of services at
Stoughton Health.

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MADISON, WI

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