

On the last Wednesday of every month Prairie Ridge Health hosts an all-day walk-in mammogram clinic. From 7 a.m. – 5 p.m., anyone can walk into our main hospital and receive a screening mammogram. Starting September 28, our walk-in mammogram day will move to Tuesday. Same program, same amazing team, just a new day.

Please bring the following with you:

- Your health insurance card
- The name of the facility where you had your last mammogram
- The name of your primary care provider (for notification results)

Walk-In mammogram days are for screening mammograms only. If you have a doctor referral for a mammogram due to a concern regarding your breast health or do not meet one of the qualifications on this page, please call 920-623-6466 so that we may address your care concerns.

Our mammography program is MQSA-ACR certified. 3D mammograms are ~~now~~ available at Prairie Ridge Health. ~~Two types of mammograms are offered – screening mammograms and diagnostic mammograms.~~ 3D mammography technology has shown a 41% increase in detecting invasive cancers.

## WALK-IN MAMMOGRAMS

**7 a.m. to 5 p.m.**  
**SELECT DAYS**

✓ **3D** Mammograms

**JULY 27, 2022 (Wednesday)**

**AUGUST 31, 2022 (Wednesday)**

**SEPTEMBER 28, 2022 (Tuesday)**

**OCTOBER 2022 - Every Tuesday**

No appointment or referral is necessary.

**\*Must be 40 years of age or older  
and have not had a mammogram in the past 12 months.**

If you are experiencing concerns, please contact your physician or primary care provider.

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If you no longer wish to receive this publication please respond to [pwalker@PrairieRidge.Health](mailto:pwalker@PrairieRidge.Health) or 920.623.1280.

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 855-863-3450. ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-863-3450 LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 855-863-3450



**Joan Young, RN, FNP, IBCLC,  
Lactation Consultant  
at Prairie Ridge Health**

## Maintaining a network of support for new moms

The women’s and childbirth services team at Prairie Ridge Health provides a network of support for new mothers, which includes breastfeeding education, assistance, and as of 2020, access to donor milk through the Mothers’ Milk Bank of the Western Great Lakes.

“As healthcare providers, it is important for us to support women prenatally, postnatally, and through their lactation experience,” said Joan Young, RN, FNP, IBCLC, lactation consultant at Prairie Ridge Health.

When a mother’s own milk is not available, there are two options: pasteurized donor human milk or commercial formula. The Mothers’ Milk Bank of the Western Great Lakes is a non-profit human milk bank that serves the Western Great Lakes region, including Wisconsin and Illinois. Milk Bank WGL coordinates the acceptance and distribution of the donor milk, which is heat treated (pasteurized) to destroy bacteria and viruses.

From cancer prevention to the reduction of allergies to relaxation benefits, Young says the benefits of breastfeeding are endless. “Breast milk is a living liquid,” explains Young “It is species specific. The components in the breast milk positively affect the baby’s growth, development and immune system.”

In order to offer the donor milk program, the PRH Foundation donated \$3,850 to purchase a commercial refrigerator freezer unit to store the breast milk. Since the start of the program in February of 2020, PRH has assisted 86 families and have used more than 14,900 ounces of donated milk as part of the program.

*Continued on page 2*

# Donor milk program

Continued from front page

According to the Wisconsin Hospital Association Check Point, Prairie Ridge Health is sixth in the state of Wisconsin (out of over 80 hospitals) for exclusive breast milk feeding for newborns, with over 80% of babies born at PRH being exclusively fed breast milk during the entire hospitalization.

The PRH Women's and Childbirth Services team is trained on proper supplementation, safe storage, handling and preparation of the donor milk.

Milk Bank WGL is accredited by the Human Milk Banking Association of North America (HMBANA) and regulated by the Food and Drug Administration, Illinois Department of Public Health, and Elk Grove Village Health Department. The Milk Bank WGL Food Safety Plan identifies potential biological, chemical, and physical hazards in each processing step. Certified Preventive Controls Qualified Individuals (PCQIs) identify the preventive controls, verifications, and validations to prevent the risk of hazard.

For more information regarding how to become a milk donor or a financial donor, visit [www.milkbankwgl.org](http://www.milkbankwgl.org)



## Robert Coe, MD thanked for 27 years of service to the community



For 27 years Robert Coe, MD served Columbus, Beaver Dam and surrounding communities as an orthopedic surgeon, specializing in joint replacement surgery. In June of 2022, Dr. Coe retired from Prairie Ridge Health.

"I like being part of a community hospital," said Dr. Coe "and I think that we have a very good one."

Originally from the Philadelphia area, Dr. Coe grew up in Media, Pennsylvania, a town of just 10,000 people. Dr. Coe received a BA from Swarthmore College, Swarthmore, PA and an M.D. from Hahnemann University School of Medicine, Philadelphia, PA. He completed his Orthopaedic Surgery Residency at Fitzsimons Army Medical Center, Aurora, CO and his Surgery Internship at Tripler Army Medical Center, Honolulu, HI.

After nine years of active duty in the military, he moved to Wisconsin and began performing surgeries at Columbus Community Hospital in 1995. In 1998 opened the Family and Sports Orthopedic Center in Beaver Dam. In 2014 he joined the Prairie Ridge Health Clinic in both Columbus and Beaver Dam as part of the Prairie Ridge Health Center for Orthopedic Excellence.

"It really is just a coincidence that the abbreviation of the center's name is PRCOE," Dr. Coe said with a smile. "Joint replacement wasn't something that we were doing a lot of in the early days, so being a part of the development of the joint replacement program in Columbus was very rewarding. And having community members realize that we were doing things well here was huge."

Along with the rapid evolution of medical technology and joint replacement, Dr. Coe was also part of the change on how patients recovered. "We had to change our outlook of keeping a patient in the hospital to recover and have them rehab more quickly and efficiently. We are now enablers, not disablers," he explained. "Getting patients better more quickly was not always what the patients wanted, but it has proven to be more effective."

"I'm going to miss the amazing teamwork in the OR and in the office," said Dr. Coe. "Taking good care of people takes input, and we have a good team to provide it."

Staying active is part of Dr. Coe's plan for retirement. Skiing, golfing, and carpentry are just a few of his hobbies, in addition to traveling with his wife, Pat, of 44 years and spending time with his children and grandchildren.

"I want to thank my family and give my wife the most credit. It's great to have the time now to spend with my children and now their children."

For more information regarding the Prairie Ridge Health Center for Orthopedic Excellence, call 920-623-1200

# A message from

John Russell, President/CEO



The last few years have been long and difficult, both mentally and physically, for our team and our communities. All of us have experienced personal loss, life changes, stress, and anxiety. Through it all, our team remained committed to the health and wellbeing of our patients, each other, and our communities. I am proud of our team and the way we remained united in our goal to provide the best possible care for our patients and their families.

There have been reasons to celebrate in the past year as well.

In February 2022, we opened the doors to our brand-new clinic in Beaver Dam at 134 Corporate Drive, just off Hwy 151 and Industrial Drive. The new clinic building offers an open and bright space for our patients. Services include Family Medicine, General Surgery, Clinical Nutrition and Diabetes Services, OB/GYN Services, Orthopedics, and Physical and Occupational Therapy.

We are excited to announce that we will be expanding our team of providers. We will have four new primary care providers, as well as a dermatologist and psychiatrist starting in the fall. We look forward to you getting to know them.

We also had the opportunity to celebrate the work of Dr. Robert Coe, who served the community for over 27 years as an orthopedic surgeon. Learn more about Dr. Coe's career and commitment to service on page 2. Please join me in wishing Dr. Coe and his entire family a wonderful retirement.

Our patients, their needs and their families have kept us going throughout this pandemic. We are grateful to be able to serve the community and help you through this pandemic. Thank you for your continued respect, compassion and support.

Yours in good health,

*John Russell*

John Russell  
President/CEO

## Check out our Virtual Cookbook

<https://prairieridge.health/virtual-cookbook>

The Nutrition Services department at Prairie Ridge Health offers education and counseling resources to help all members of our community achieve optimal health and wellness.

Our virtual cookbook is just one way you can take connect with our team of nutrition experts. The site features recipes developed by our own dietitians and chefs.



Visit [www.PrairieRidge.Health](http://www.PrairieRidge.Health) for more recipes and information about our nutrition and diabetes services!



## Go Beyond the Scale

with Metrics That Matter

# InBody

Weight isn't the most accurate or comprehensive marker of health and fitness. The InBody (body composition analysis) measures body muscle, fat and water levels in less than a minute. The test provides detailed information to help patients customize nutrition and lifestyle changes in order to reach fitness and/or athletic performance goals.

"Optimal amounts of muscle and fat are more important for health than weight alone," said Emily Moore MS, MHA, RDN, CD, Manager of Culinary, Nutrition and Diabetes Services. "The InBody measures muscle mass for each of the upper and lower extremities and the trunk, a total of five segments. This allows us to determine which areas (upper, lower, trunk) may need extra training or if there are any asymmetries between the left and right sides."

Upon completion of the reading, a Registered Dietitian Nutritionist (RDN) provides a detailed analysis of the results. "The RDN works with the patient on their goals and lifestyle to help them plan interventions that will work for them in meeting those goals," explained Moore. "These are usually nutrition and fitness related, and can include protein recommendations, meal planning advice, nutrient timing, and more."

The test is open to all ages. Those with pacemakers or who are pregnant are not eligible.

Three target populations especially benefit from the analysis:

### **Those wishing to improve athletic performance.**

Receive insights and benchmarks to know where to focus workouts for peak athletic performance.

### **Those who want to lose weight.**

The InBody provides a better understanding of body composition and ideas for healthy improvement.

### **The aging population.**

After age 50 individuals lose 1-2 percent of muscle every year. Those who lose muscle have a higher risk of falls and increased risk of fractures.

**Learn more and sign up for an appointment at [www.prairieridge.health/inbody](http://www.prairieridge.health/inbody) or call us 920-623-2200**

## **Pricing includes an in-depth review of your results with a registered dietitian nutritionist.**

**One Test/Visit (One 30 Minute Appointment): \$25**

**Initial Visit + 3 Additional Readings: \$75**

**Initial Visit + 5 Additional Readings: \$99**

**Initial Visit + Monthly Readings: \$189**

**\*Packages are based on a 12 month period of time.**

Never stop

# Learning

Educational Opportunities at Prairie Ridge Health

**\*CDC recommended guidelines are being followed for all classes.**

## Basic Life Support Programs

### Heartsaver CPR & AED

The American Heart Association Heartsaver CPR course teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. This program is designed for first-time students and renewal students.

Cost: \$45

*\*Online option available for certification*

### Heartsaver First Aid

The American Heart Association Heartsaver First Aid class provides the skills to effectively assess and maintain life from the crucial minutes immediately following an emergency until the arrival of emergency medical services personnel. The course also provides corporations with the complete health and safety training solution, First Aid, CPR and AED. The course was developed using the same evidence-based process as all American Heart Association Emergency Cardiovascular Care courses.

Cost: \$45

### Alzheimer's Support Group

The Prairie Ridge Health Alzheimer's Support group is currently meeting at the Columbus Area Senior Center on the second Thursday of each month at 10 a.m. **For more information contact** Chris DeLapp

[cdelapp@PrairieRidge.Health](mailto:cdelapp@PrairieRidge.Health) or 920.623.1276

### Diabetes Support Group

The Diabetes and Wellness Support Group provides education, fellowship, and support to help you better manage your diabetes and lead a healthier lifestyle. You do not need to have diabetes to attend - friends and families are always welcome!

For more information contact Rachel Selm.

[rselm@PrairieRidge.Health](mailto:rselm@PrairieRidge.Health) or 920.623.1293

## Childbirth & Baby Care

We welcome you and a partner or support person to join our Women's and Childbirth Services nurses for a one-day class to prepare you for the birth of your baby and your first weeks at home with your little one.

The class is designed to provide an overview of essential birth and newborn care concepts. During the course, you and your partner will review stages of labor, labor positions, relaxation techniques, medical procedures and pain management. Our lactation consultant will lead the breastfeeding and newborn care portion of the class, in which you will learn tips to help you and your baby get a great start to breastfeeding to ensure long term success!

***We recommend taking the course 4-8 weeks prior to your due date.***

Did you know? We have a lactation consultant to assist you with questions regarding breastfeeding your baby. To learn more call 920-626-2347 or email [jyoung@PrairieRidge.Health](mailto:jyoung@PrairieRidge.Health).

### Siblings Class

This special class is designed for children expecting a new sibling. Your child or children will learn about new babies and how they can help with their new brother or sister. Children will get a chance to meet the staff and tour the rooms.



**FREE**

Call for class dates and to register.

**To schedule a tour of our birthing suites, please call 920-623-1299 or email [rsvendsen@PrairieRidge.Health](mailto:rsvendsen@PrairieRidge.Health).**

To register for any of our childbirth classes and for class cost information, contact our Education Department at 920-623-1276.

## COVID-19 Vaccines and Boosters Available

**Call 920-623-1415 for an appointment and eligibility information to receive the Pfizer COVID-19 Vaccine or Booster.**

**Visit [www.PrairieRidge.Health](http://www.PrairieRidge.Health) for eligibility guidelines and information.**

# Accepting new patients

## PRH Beaver Dam opens doors at new location

Prairie Ridge Health's (PRH) new clinic, located at 134 Corporate Drive in Beaver Dam, opened its doors to patients on Feb. 1, 2022. The brand-new 13,000 square-foot building, located just off the Industrial Drive exit on Highway 151, offers twice the space of the clinic's previous Maple Avenue location and is home to nine providers and five therapists.

"The convenient location, modern architecture and open design of the new building offers a welcoming environment for our patients," said Hannah Young, PRH Director of Clinic Operations. "We look forward to continuing to care for Beaver Dam and the surrounding communities."

PRH broke ground for the clinic in the spring of 2021 in order to expand service offerings to the Beaver Dam community. Architectural design was completed by Eppstein Uhen Architects and the build was completed by FCM Corporation. The new clinic offers orthopedics, obstetrics and gynecology, diabetes and clinical nutrition, rehabilitation services (physical, sports, and occupational), family medicine, and general surgery. A modern 1,500 square-foot therapy gym, with all new equipment, provides ample natural light for a healing environment. Medical imaging and laboratory services are onsite for convenience. A wellness walkway is located outside the clinic for PRH team members.

Since 2014, the clinics have grown to three locations (Columbus, Beaver Dam and Marshall), which are the home of 18 providers offering 12 different service lines including: Orthopedics, General Surgery, OB/GYN, Rheumatology, Family Medicine, Internal Medicine, Diabetes and Clinical Nutrition, Medical Imaging, Physical Therapy, Occupational Therapy and Lab.

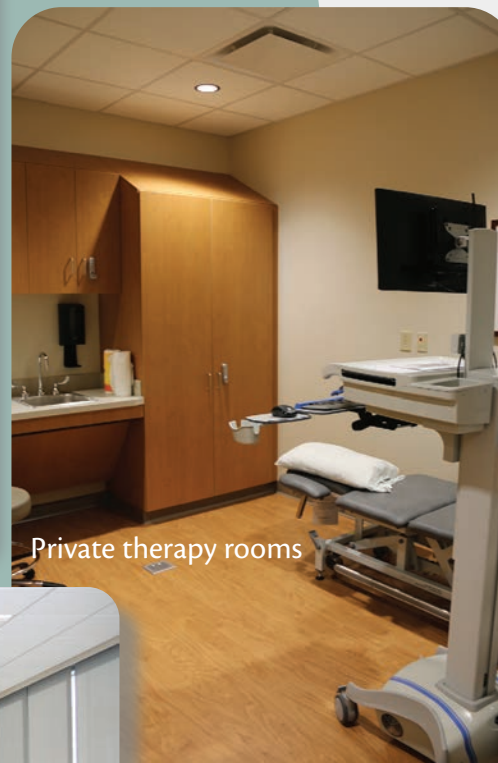
For more information about our clinic and rehabilitation services visit [www.prairieridge.health](http://www.prairieridge.health) or call 920-356-1000



# Inside our new Beaver Dam Clinic



Large therapy gym



Private therapy rooms



Spacious waiting areas



Exam & Treatment Rooms



Natural light