

HealthBeat

FALL 2022



Patti Banks, CEO
Ely-Bloomenson
Community Hospital

"Now is a time of growth. We're reenergizing, reviewing and aligning our goals to provide great patient care."

While 2022 is coming to a close, Ely-Bloomenson Community Hospital continues focusing on growth to provide even more patient services. Now, more than two years since the start of the COVID-19 pandemic, the entire hospital team is taking the valuable lessons learned and using them to keep more care local than ever before.

"We've been seeing more complexity in our patient cases and that provides us with

the opportunity to reevaluate the services our patients need and do what we can to meet that need here at EBCH," CEO Patti Banks said.

Most recently, EBCH added two new therapy services: LSVT (Lee Silverman Voice Treatment) Big® and Loud® and specialized wound care. Big and Loud helps people with Parkinson's disease or other neurological disorders improve speech and motor functions. An EBCH

therapist is now certified to provide a higher level of wound care and make recommendations for treatment. Learn more about these new services in this issue of HealthBeat.

"We're excited to now offer these services as it means people need to travel less for necessary care," Patti shared. "We knew we had employees capable of offering these services, so it was a natural next step to take in growing the scope of our patient care."

PREVENTION IS THE BEST MEDICINE:

3D Mammography Available at Ely-Bloomenson Community Hospital



By now everyone knows that in October pink becomes an unofficial “fall color.” Nearly as prevalent as the yellow and orange leaves on the trees, pink signifies Breast Cancer Awareness Month—a month dedicated to education on this disease that one in eight women will be diagnosed with in their lifetime.

When detected early, breast cancer has a high survival rate, which makes staying on top of preventive screenings incredibly important. The team at EBCH strongly encourages all women to come in for annual mammograms starting at age 40—or earlier if there is a family history of the disease.

“We really encourage everyone to come in annually,” said radiology team leader Anna Koski. “Breast cancer can progress quickly and, if even one year is skipped, you can find yourself diagnosed with a much more advanced cancer than you would have the year prior.”

EBCH is proud to offer 3D mammography. 3D mammograms offer a more detailed look at the breast tissue to detect breast cancer even earlier and help provide better treatment options and outcomes.

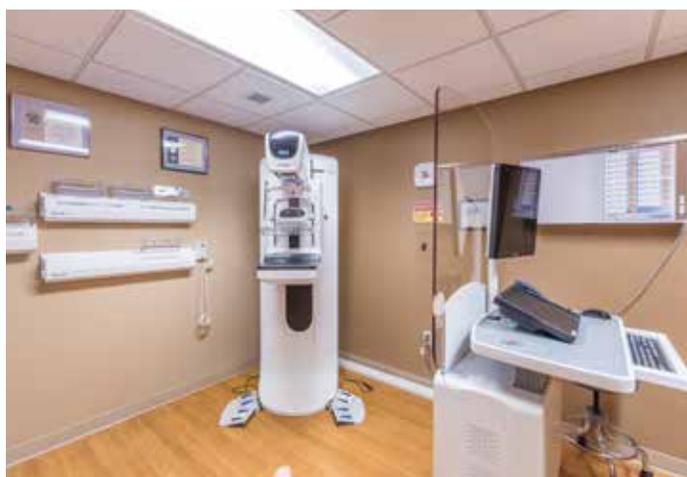
A 3D mammogram combines multiple breast X-rays to create a three-dimensional picture of the breast. The machine rotates in an arc to take multiple images at various angles. This imaging complements standard 2D mammography and is performed at the same time. A 3D mammogram is used to look for breast cancer in people who have no signs or symptoms and can detect more cancers because nodules and masses are not obscured by dense breast tissue.

“3D mammograms offer a far superior image,” Anna explained. “You can scroll through the images—almost like slices of bread—to look at many parts of the breast individually, which makes it much harder for any traces of cancer to hide.”

If you have put off an annual mammogram or are at the stage in life where they should start, talk to your healthcare provider and get one scheduled. These screenings could help prevent a long and arduous battle with a more advanced cancer or simply provide peace of mind that you are cancer free.

“A mammogram can truly save your life,” Anna added. “Don’t wait until it’s too late.”

To schedule a mammogram at EBCH, please call 218-365-8737.



LOCAL CARE YOU CAN COUNT ON: Two New Services Available at EBCH

As part of the ongoing mission to provide as many healthcare services locally as possible, EBCH is proud to announce the addition of two new rehabilitation services: LSVT Big® & Loud® Therapy and Specialized Wound Care.

Joe Keranen, rehabilitation team leader, shared how these new services benefit the community.

"We know that community members can benefit from this type of care. Previously they needed to travel to a different facility to get it," he explained. "But now that EBCH offers these services we can reduce the need to travel and keep care more convenient."



LSVT BIG® AND LOUD®

Provided by Connie Sugg, PT

LSVT (Lee Silverman Voice Treatment) BIG® and LOUD® is a high-intensity, high-effort therapy to help people with Parkinson's Disease and other neurological conditions improve speech and motor functions. Research has shown that the therapy helps slow the progression of symptoms so patients can maintain their independence and quality of life longer. While BIG® and LOUD® is a standardized treatment, it is personalized to individual patient needs.

BIG® therapies focus on large amplitude exercises for the whole body, with the goal of restoring normal movement patterns, including:

- Walking faster and taking bigger steps
- Improved balance
- Reduced risk of falling
- Easier performance of daily tasks

LOUD® treatments help patients recalibrate their speech so they can:

- Speak louder
- Reduce monotone speaking
- Maintain regular oral communication skills

"This treatment is evidence-based and can help patients ranging from pediatrics to geriatrics. We're thrilled to be able to offer it to the community."



SPECIALIZED WOUND CARE

Provided by Debra Bradt, PT

Specialized wound care helps patients recover from an injury, surgery or wound from a chronic condition as quickly and safely as possible. Wound care specialist Debra Bradt helps patients with infected or post-surgical wounds, pressure sores, diabetic ulcers and sores, various skin issues and more.

You might need wound care if you're experiencing any of these issues with a wound:

- Excessive bleeding
- More pain than usual
- Strong odor
- Reopening of incision
- Draining (more than normal)
- Fever, chills, or fatigue (signs of infection)

"We like to focus on education for the patient. Helping them understand how to properly care for the wound, dress it, etc. helps prevent a need for further wound care in the future. What we're really hoping to provide is wound care now and wound prevention in the future."



To find out more or to schedule a wound care or LSVT BIG® and LOUD® appointment, please call **218-365-8755**.

BECOME A MEMBER OF THE ELY HEALTH AND HOSPITAL FOUNDATION

Help shape how foundation funds are
used to improve our communities



From Abe Bloomenson's original donation in 1957 to the generosity of donors today, Ely-Bloomenson Community Hospital has enjoyed a rich tradition of philanthropy.

EBCH is an independent, non-profit hospital that offers members a voice in their hospital - and the health of their community.

Membership has its rewards

For a one-time, \$100 membership fee—the same as it was in 1957—you can become a member of the Ely Health and Hospital Foundation. Your \$100 membership entitles bearers a vote at annual member meetings and gives members a first-hand look at the work happening at EBCH through a monthly member newsletter.

"Membership is a great way to help people stay connected to the goals, mission and vision of the hospital," Patti Banks, CEO, shared. "At the end of the day it's about working together to do what's best for the community."



To become a member, learn more about the Ely Health and Hospital Foundation or other ways to support your community hospital, call Jodi Martin at **218-365-8739** or learn more at **ebch.org**.