Jackie Grossman reaches tendon relief


Jackie injured her elbow raking weeds out of the lake at her family cabin.

"With the repetition of pulling out wads of weeds, I overstrained my elbow," she says.

That was in June; the pain persisted for four months. Jackie treated it with pain relievers, physical therapy, and home exercises. Those conservative treatments weren’t much help. An MRI showed tendon damage at the elbow (often called “tennis elbow”) with scar tissue and partial tearing of the tendon, like a frayed rope. Jackie could keep treating it at home . . . or have surgery.

Instead of open surgery, Jackie’s doctor Scott Koehler, MD suggested Tenex – an outpatient procedure to clean out scar tissue and calcifications, to stimulate the tear in her tendon to heal.

“He explained the procedure from beginning to end,” Jackie recalls. “He explained everything so well that I had no reservation about it at all.”

“Tendon pain is frustrating for patients and their healthcare team because recovery is so slow with traditional treatments,” Dr. Koehler says. “Tenex can stimulate more robust healing, even after months or years of symptoms. It really helps jumpstart the healing process.”

Jackie had the procedure at Northfield Hospital’s Surgery Center. “The care was fantastic,” she says. “The nurses were awesome.”

The incision didn’t even need stitches – just steristrip bandages. Jackie had minor pain a few days afterwards, and a dull ache in her elbow for about a week. Since then, she’s back in action. That tendon is still a little tender: “If I do much repetitive motion, I can feel that I need to slow down a bit,” she says.

Nothing that a few days at the cabin can’t cure.

TENDONITIS

TENEX IS A ONE-TIME TREATMENT FOR CHRONIC TENDON PAIN

Ultrasound pinpoints damaged tendon tissue; a microtip tool cuts and removes the damaged tissue without disturbing healthy tissue, allowing the tendon to heal. The procedure takes just minutes, with local anesthetic and no stitches required. Recovery takes about six to eight weeks.

TENEX CAN TREAT:
• Plantar fasciitis
• Tennis elbow
• Achilles tendinosis
• Shoulder tendinosis
• Hip tendinosis

Four providers perform Tenex at Northfield Hospital:
Scott Koehler, MD
507-663-9000
Hans Bengtson, MD
Clinton Muench, MD
Erik Stroemer, MD
507-646-8900

IS TENEX RIGHT FOR YOU?
• Can you point with one finger where your pain is the worst?
• Have you experienced pain for 3 months or longer, and is it worse with movement?
• Have you tried conservative treatments (ice, rest, physical therapy, braces) to address your pain?
• Have you reduced or modified your activity level because of pain?

Talk with your health care provider. An orthopedic surgeon or sports medicine physician can help you decide if Tenex can help you.

Learn more at tenexhealth.com

Tendonitis (acute injury or inflammation) can develop into tendinosis (chronic tendon pain) if it lasts three months or more.
One wedding, four united

When Hailey Askeland and Blake Finger got engaged, their parents made a commitment to each other, too.

Kristen and Dale Askeland, and Krin and Dale Finger, all agreed to lose weight and become healthier for the wedding. They chose ReShape U, a 10-week series of classes based on nutrition and mindful eating.

“We first heard ‘mindful eating,’ it sounded funny to us,” Krin says. “We’d walk out of class and tease each other, ‘Are you going to be mindful tonight?’ Now we use it all the time.”

The four started ReShape U in January, well before the August wedding.

Lessons range from nutrition content of foods, portion control and hydration to emotional eating and fostering a healthy relationship with food. All classes are taught by registered dietitian nutritionists.

“One big learning for me was the permission to have anything you want,” Kristen says. “I had a burger if I wanted one, and it was still easy for the weight to come off. It’s all about moderation and balance.”

Dale Askeland gave up snacking on Oreos and Nutty Bars: “Just being aware makes such a difference.”

By the August wedding, they all slimmed down. Even better, Dale Askeland’s high blood sugar was down, and Dale Finger’s back pain went away.

In the many months since then, new habits have stuck.

“I learned some good tools, and it’s up to me to act on them – try to exercise, drink more water, and watch my portions,” Krin says.

“My journey to being healthier is never done,” adds Kristen, who likes ReShape U one-on-one nutrition coaching to get back on track when her weight rises.

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Their advice? Line up support. As owners of the Quarterback Club, Krin and Dale try to bring fewer carry-out meals home.

“Have a goal,” Krin adds. “A spring break trip, an anniversary, or a wedding keeps you on track and motivated.”

“Planning the wedding, we were sometimes too busy to eat,” Kristen laughs. “Hmm, maybe we should plan a party again.”

Take a SMART approach to setting goals:

Specific. Set clear action steps: Will you drink less soda? Eat smaller portions? Exercise more? If your list feels long, choose one or two steps to tackle first.

Measurable. Be specific. If you plan to eat less fast food, how will you measure that? “I’m going to limit fast food to once per week” is a measurable goal.

Achievable. Exercising an hour each day may be a good long-range goal, but if you’re not exercising at all, it’s a lofty place to start. Achieving a small goal boosts your confidence and keeps you going.

Relevant. Choose goals that matter to you. It’s hard to work toward a goal simply because someone else thinks you should do it.

Timed. Give yourself a deadline and stick to it. Evaluate your progress. If you fall short, ask yourself what kept you from meeting your goal, and consider what would be more do-able right now.

ReShape U! Weight Loss Series
Mondays, February 5 - April 9
5:30-6:30 PM
Farmington Clinic

Thursdays, February 8 - April 12
Noon - 1 PM
Northfield Hospital

To register or learn more:
507-646-1410
dietitian@northfieldhospital.org
northfieldhospital.org/nutrition-dietetics
Shingles? There’s a vaccine for that

Remember having chickenpox as a kid? It might strike again...as shingles.

Shingles is common: Almost 1 out of 3 Americans will get shingles in their lifetime – and adults 60 and older make up about half of all cases.

Shingles is caused by the same virus that causes chickenpox, the varicella zoster virus. After you recover from chickenpox, the virus remains inactive in your body until it’s triggered decades later as an active infection. Triggers include stress, fatigue, trauma, and serious illness. At the same time, the immune system declines with age, so the risk of infection increases.

Shingles can be very painful, with a blistering rash that may last 2 to 4 weeks. It usually appears on one side of the body (occasionally on the face or eye) with a tingling, itching, or burning sensation. Shingles can potentially cause neuralgia, nerve pain that can last for months or even years, long after the rash and blisters disappear. About 20% of those who get shingles develop neuralgia.

Those at the highest risk of developing shingles are individuals with suppressed immune systems, such as those being treated for cancer, or receiving chronic immune suppression such as steroids or other medicines given after an organ transplant.

The good news is, shingles can be prevented with a vaccine. The Centers for Disease Control (CDC) recommends that everyone 60 and older get a single dose of Zostavax®, a live vaccine shown to reduce the incidence of shingles by 51% and related neuralgia by 67%.

A newer vaccine, Shingrix®, was approved by the FDA in October 2017 for adults 50 and older. Studies have shown that Shingrix® is over 90% effective in preventing shingles. This non-live vaccine is given in a series of two doses, 2 to 6 months apart.

Ask your healthcare provider which shingles vaccine is the most appropriate and cost-effective for you.

Tricia Hagedorn, PharmD, BCOP is a pharmacist at Northfield Hospital.

Almost 1 out of 3 Americans will get shingles in their lifetime.

Source: CDC
Jessica Gielen is happy to drive farther to feel like she’s at home.

She grew up in Hibbing, and missed the wide open spaces while living in St. Paul during college, and now in the south metro.

One day Jessica needed care, quick; she chose NH+C’s Urgent Care clinic in Lakeville. “I felt like I was at home,” she says. “You feel like they know you and care about you.”

When Jessica and her husband Francisco became pregnant, “it was a no-brainer” to choose Northfield. Hospital to deliver their baby. Dr. Dana Olson “talks to me like she knows me,” Jessica explains. “To have people really care about me, it’s worth a little more of a drive.”

It was a complicated delivery. The baby was nine days overdue; Jessica’s labor needed to be induced. The baby was positioned face up – which can be painful for mom, and risk complications for baby – so Jessica had an emergency cesarean section.

“The doctors and nurses made it feel OK even though it was a stressful situation,” Jessica says. “They made me comfortable for my whole stay.”

Camila is a “wild and wonderful” toddler now; the family still travels to Northfield for their care. Pediatrician Ben Flannery, MD cares for Camila. Jessica sees Dr. Olson in the Women’s Health Center for her ongoing OB/GYN care – and relies on the Lakeville and Northfield clinics if she or Francisco gets sick.

Feel at home with expert, personal care in a comfortable setting:
• Birth Center
• Women’s Health Center
• Clinics (family medicine, pediatrics, specialty care)
• Urgent Care - Lakeville

Easy to reach, always welcoming.

“When something is going so well, we have to keep going.”

“Many of the doctors and nurses here have the same dedication to patient care and service that you would expect from a family,” she says. “To have people really care about me, it’s worth a little more of a drive.”

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Jessica Gielen

Lisa Bauer believes in treating patients like family. The Birth Center staff creates a nurturing, family-centered and safe environment that allows families to focus on the miracle of their new baby.

Lisa’s nursing career has centered around moms and babies, as a labor and delivery nurse with experience in public health and clinic care. Lisa has a Bachelor of Science in Nursing from Bethel University. She’s also a certified Lactation Counselor, and trained as a neonatal resuscitation instructor.

The Birth Center welcomed 541 babies in 2017. Families from 46 different towns (!) had their babies here, including Farmington, Faribault, Lonsdale, Lakeville, Cannon Falls, Randolph, Nerstrand, Rosemount, New Prague, Montgomery and Kenyon.

Expectant parents can schedule a tour of the Birth Center and a Birth Planning session. Classes, taught by Birth Center nurses, include Prepared Childbirth, Baby Basics, and Breastfeeding Basics.

Learn more at northfieldhospital.org/birth-center
Spine care services now available

Got a pain in the neck, or back?

Meet Catherine Choi, MD a spine expert with a holistic approach to treating spine-related conditions and other pain.

Dr. Choi is a specialist in Orthopedics and Physical Medicine & Rehabilitation, now seeing patients through NH+C's partnership with Summit Orthopedics. She offers non-surgical approaches to pain relief, including injections and physical therapy.

Dr. Choi chose physical medicine and rehabilitation with an emphasis in pain management because it gives her the chance to do procedures that offer patients immediate relief.

Since most of her patients come to her in some sort of pain, Dr. Choi conducts a thorough exam, provides personalized spine education, reviews treatment options, and works together with patients to determine the best path for them. The goal is to reduce pain, and get you back to the level of activity you had before your pain began.

"Listening matters," Dr. Choi says. "I listen and allow my patients to be heard. I want to know how the problem is really affecting them."

Those problems may include arthritis; slipped or torn disc; leg numbness or weakness; incontinence; neck pain; and back pain.

Dr. Choi is board-certified in Physical Medicine & Rehabilitation, and in Pain Management. She provides a range of services including:

- Acute pain management
- Back, neck and spine care
- Minimally invasive techniques for pain management
- Physical Medicine and Rehabilitation

To make an appointment with Dr. Choi, call 507-646-8900.

Our new Express Care Clinic is just around the corner...coming soon to downtown Northfield.

For those times when you need to treat a health issue right away, the Express Care Clinic offers high-quality, immediate care from experienced providers. No appointments necessary.

The Express Care Clinic opens this spring in the Sterling Pharmacy building at 706 Division Street.

Get same-day care for symptoms including:

- Cough
- Flu
- Ear infections
- Sinus infections
- Urinary tract infections
- Sore throat/strep
- Rashes
- Eye infections
- Minor cuts

If you need more complex care – such as an x-ray or CT scan – we’ll coordinate that for you at Northfield Hospital or one of our full-service clinics that’s convenient to you.

Open 7 days a week, with extended evening and weekend hours:

Monday – Friday: 12 p.m. to 7:45 p.m.
Saturday – Sunday: 8 a.m. to 3:45 p.m.

Express Care Clinic opens in Spring

Learn more at northfieldhospital.org/choi-catherine-md
Clinics, Hospital + Specialty Care close to you

**Hospital + Emergency**

**Northfield Hospital + Emergency**
2000 North Avenue, Tel: 507-646-1000

**Clinics + Urgent Care**

**Farmington Clinic**
4645 Knutsen Drive, Tel: 651-460-2300

**Lakeville Clinic + URGENT CARE**
9974 – 214th Street W, Tel: 952-469-0500

**Lonsdale Clinic**
103 15th Avenue SE, Tel: 507-744-3245

**Northfield Clinic**
2000 North Avenue, Tel: 507-646-1494

**Specialty Care**

**Breast Care Center – Northfield**
2000 North Avenue, Tel: 507-646-1143

**Cancer Care & Infusion Center – Northfield**
2000 North Avenue, Tel: 507-646-6979

**Endoscopy – Northfield**
2000 North Avenue, Tel: 507-646-1201

**ENT Clinic – Faribault**
1645 Lyndale Ave N, Tel: 952-469-0500

**Northfield Eye Physicians + Surgeons**
2019 Jefferson Road, Tel: 507-645-9202

**Rehabilitation Clinics**
Northfield: 1381 Jefferson Road
Tel: 507-646-8800
Lakeville: 9913 – 214th Street West
Tel: 952-985-2020

**Sleep Center – Northfield**
2000 North Avenue, Tel: 507-646-1099

**Summit Orthopedics Clinic – Northfield**
1381 Jefferson Road, Tel: 507-646-8900

**Women’s Health Center – Northfield**
2000 North Avenue, Tel: 507-646-1478