



Jonathan Reppe

makes time for his health

[PAGE 2](#)

Ouch!

Is it a hernia?

[PAGE 4](#)

Vaping epidemic

endangers youth

[PAGE 6](#)

**New spaces,
new providers**

enhance your care

[PAGE 8](#)

Julie Faulkner

honors family...to the end

[PAGE 10](#)



Jonathan Reppe makes time for his health



For Jonathan Reppe, time matters. Just ask his appendix.

The pain in his abdomen started on Friday morning. "I kept telling my wife I'd just make an appointment on Monday," he says. "My assistant at work said, 'Do you realize you're holding your side and groaning?' But I had to get some work done."

The pain was worse on Saturday; so was Jonathan's list of projects at The Armory, the events venue he owns with his wife Liz. Finally, Liz convinced him not to wait. They drove to NH+C's Urgent Care in Lakeville; a quick exam sent him immediately to the Emergency Department at Northfield Hospital. "The pain was getting so severe that I couldn't tolerate people pushing on my abdomen," Jonathan recalls. A CT scan confirmed acute appendicitis. Jonathan needed surgery, immediately.

Surgeon Katya Ericson, MD "had great confidence," Jonathan says. "Her attitude was reassuring to me." Since his last surgery was at age 10, it was calming to know he was in expert hands.

"Dr. Ericson and the team were all fantastic," including CT technologist Dan Smith, who explained

"Health is sometimes inconvenient; you don't always get to choose when your health needs attention."

Jonathan Reppe

how the CT process would feel: "If you don't know beforehand, you might panic going into that machine. I appreciated that there wasn't anything unexpected."

Jonathan felt that personal attention at every step, he adds: "That friendly style of interaction makes a big difference when you're not quite sure what's going on and what's going to happen."



Katya Ericson, MD

Dr. Ericson performed laparoscopic surgery, a minimally invasive procedure that heals more quickly than open surgery. "I was very surprised how comfortable I was after recovery; no pain at all," Jonathan says. "Both nurses were fantastic. It was a change of shift, and it felt seamless."

Jonathan went home about five hours later. "They gave me the choice to stay overnight; I felt I'd sleep better at home, so I chose to go home," he says. He rested up in the days that followed. "Finally, a good excuse not to get those chores done," Jonathan laughs.

For a reluctant patient, Urgent Care was "less scary to consider than going straight to the Emergency Department," Jonathan admits. "When the Urgent Care nurse said, 'Go to the ED,' here was someone

with expertise telling me the level of care that I needed."

Of course, it was Liz who really motivated him, Jonathan says: "Her insistence that I go was a large factor. Men my age tend to think, 'I'll be fine, I'll just make an appointment, I don't want to mess with my schedule.' But health is sometimes inconvenient; you don't always get to choose when your health needs attention."

His advice? "Men need to pay attention to the signals being sent by your body. We're trained to disregard pain because everything else is more important. But especially when it's unusual pain – not usual aches and pains that feel familiar – it's important to get it checked out."

No matter what's on the to-do list.

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How to recognize – and treat – a hernia

Ouch! Is it a hernia?

Surgeon Ashley Marek, MD explains.

A hernia is caused by weakening or tear in the abdominal wall that lets the intestines or other tissue bulge out. The abdomen is covered by tight connective tissue that's like an envelope that surrounds the muscles and holds the organs in place.

Some spots where that tissue is naturally weak – around the belly button, and in the groin – are more prone to hernias. Past surgeries can cause weak spots too, where the muscles have healed but aren't as strong as they originally were.

Sometimes hernias are just bad luck. But there are some risk factors:

- **Smoking.** Smokers don't heal as well after surgery. Over time, smoking weakens tissue; plus, smoking causes coughing, which increases intra-abdominal pressure and raises the risk of hernia.
- **Obesity.** Extra weight increases pressure inside your abdomen.
- **Heavy lifting.** This is especially true for men, who are more prone to hernias than women.

See your doctor or surgeon if you:

- have pain in your abdomen or groin
- notice a bulge in your abdominal wall or groin (with or without pain)

Kids can get hernias too. If you notice a bulge in your child's abdomen, see your pediatrician or family doctor; they may refer you to a surgeon.

There's no way for a hernia to go away without surgery, though not everyone needs to have surgery right away. If there's no pain, or you can push the bulge back in easily, you might decide to wait and see if it begins to bother you – gets more tender, sticks out more and won't push back in, or if it causes you anxiety.

If it's causing pain or discomfort, it should be repaired. There are a few uncommon types of hernia that require repair when they are diagnosed. It's a good idea to at least meet with a surgeon to discuss before deciding whether to fix yours.

If the hernia becomes very painful, that can mean the intestine is trapped inside the hernia, cutting off blood flow to the intestine. This is uncommon, but it can be life-threatening and should be repaired immediately. **If you develop significant pain, go to the Emergency Department.**

Almost all hernias are repaired with mesh. It's the current standard of care for hernia repair because mesh significantly reduces risk of hernia recurrence.

Surgical methods are laparoscopic, robotic, and open surgery. The best option depends on the size and location of hernia, plus individual patient factors.

Hernia repair is most often an outpatient surgery. You're sore for a few days to a week, then usually back to work at in two weeks with no heavy lifting for four weeks after surgery. After four weeks, it's usually back to your regular routine.

See the **80+** types of surgery we offer in all specialties:
www.northfieldhospital.org/surgery

MEET OUR GENERAL SURGEONS

Surgery close to home, combining advanced procedures and personalized care.



Jose Fulco, MD

"My goal is to deliver individualized comprehensive health care to all my patients."



Katya Ericson, MD

"I consider it a great privilege to take care of my patients."



Ashley Marek, MD

"Every day I do my best to provide information, guidance and time for discussion as we work together to find the best care plan for each patient."



Ellie Cohen, MD

"I continue to learn from each of my patients, and I strive to give quality, individualized care."



To schedule an appointment, call (507) 646-1494.



Vaping puts youth at risk of injury, addiction

Vaping is so popular – and dangerous – for teens that the Surgeon General has declared youth use of e-cigarettes an epidemic.

by Sara Connelly, RT

Immediate health risks can be profound. At least 150 people have been hospitalized so far this year with severe lung illness tied to vaping – many of them teens, and some requiring ventilators to breathe. Symptoms include breathing difficulty, shortness of breath, and/or chest pain before hospitalization; some patients also had vomiting, diarrhea and fatigue. The Centers for Disease Control (CDC) and the Food & Drug Administration (FDA) are investigating cases in 16 states, including Minnesota.

The FDA also is investigating 127 reports of seizures and other neurological symptoms (fainting,

tremors) from 2010 to 2019 that may be related to e-cigarettes. “Seizures or convulsions are known potential side effects of nicotine toxicity,” the FDA said earlier this year.

Teen vaping is a disturbing trend after nearly 20 years of decline in nicotine addiction among teens. Now, youth are consuming nicotine in alarming numbers: 20% of high schoolers and 5% of middle schoolers have vaped in a given month, reports the CDC.

The main culprit is JUUL: the e-cigarette market leader has caused a 78% increase in vaping among high schoolers, the CDC says. That puts a new generation at risk for serious injury – and for lifelong nicotine addiction.

Many kids don’t realize the risk. Flavors like Watermelon and Strawberry Lemonade treat nicotine like candy, rather than a highly addictive drug.

What is an e-cigarette? E-cigarettes (also called e-pens, e-hookahs, mods, vapes, tank systems) are battery-powered devices with a heating element that heats “e-liquid” from a cartridge, releasing a chemical-filled vapor. Not all e-cigarettes are created equal. JUUL is popular among youth because it’s particularly easy to conceal. The cartridges contain nicotine salts, which don’t produce as much vapor, and their sleek design resembles a USB drive – which is, in fact, how

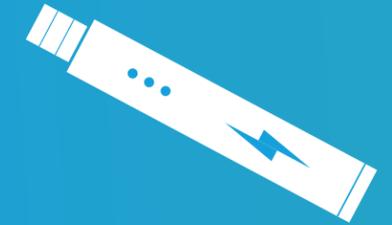
you charge it (see sidebar). JUUL cartridges contain as much nicotine as a pack of cigarettes.

What are other risks? First, nicotine addiction: the adolescent brain (up to age 25) is more vulnerable to nicotine than the adult brain, making the progression to nicotine addiction more likely. Fully 95% of adult smokers started before age 21. Using nicotine during adolescence affects mood, concentration, decision-making, and impulse control; long-term, it increases the risk of developing psychiatric disorders and cognitive impairment later in life. (Youth who vape are also more likely to go on to smoke traditional cigarettes.)

Second, e-liquids: There are over 7,000 e-cigarette flavors, and while these flavorings have been deemed safe by the FDA in food, studies are showing that when vaporized, the flavorings can cause cell damage to the blood vessels and lungs, leading to an increased risk for cardiovascular disease and irreversible lung damage.

What’s being done to help? Under the “Tobacco 21” national campaign, 485 cities and counties in 29 states (40 counties and cities in Minnesota) have increased the legal age to purchase e-cigarettes to 21 years. The goal: Prevent young people from ever starting. As of August 1, vaping = smoking in Minnesota under a new law that bans vaping in all public places where smoking is prohibited.

Sara Connelly, RT is a respiratory therapist who has cared for patients at Northfield Hospital.



IS THAT “FLASH DRIVE” AN E-CIGARETTE?

Warning signs of vaping among youth:

- Sweet or fruity smells
- Skipping their usual caffeinated drinks
- Increased thirst
- Nose bleeds
- Chronic cough
- Unfamiliar batteries or chargers

What parents can do:

- Talk to your kids early about the dangers of smoking *and* vaping
- Be a good example – maintain a tobacco-free home
- For help quitting, visit www.smokefree.gov
- Download the quitSTART app on your mobile device
- Youth wanting to quit can text QUIT to 47848
- Call 1-800-QUIT-NOW (800-784-8669)
- Talk to your primary care provider for more resources

63%
of JUUL users age
15-24 did not
know the product
always contains
nicotine.

(Source: Truth Initiative Study)



New providers, services, expansions enhance your healthcare

Birth Center adds services...

Expectant parents have more options for birth and baby care, with a certified midwife and lactation services at the Birth Center.

For women who want a birth with minimal intervention – with the resources of a hospital and doctor close by if needed – certified nurse midwife **Jessica Bohren, APRN, CNM** offers natural alternatives for birth. Jessica has eight years' experience as a labor and delivery nurse and six years as a Certified Nurse Midwife. She is board-certified by American Midwifery Certification Board.



Jessica Bohren

Appointments at the Women's Health Center: (507) 646-1478

More information: northfieldhospital.org/midwife

Lactation services are led by **Jennifer Kleine, RN, BSN, IBCLC**, an International Board Certified Lactation Consultant



Jennifer Kleine

who has worked with breastfeeding couples for over 15 years. Private appointments in a comfortable, relaxed office at the Birth Center can help with:

- Breastfeeding technique and positioning
- Breastfeeding at work or school
- Low milk supply; slow weight gain
- Bottle feeding (expressed milk)
- Taking medicines while breastfeeding
- Weaning

All are welcome, wherever your baby was born.

Appointments: (507) 646-1216

More information: northfieldhospital.org/lactation-breastfeeding-services

...and grows in size

Meanwhile, we're expanding our Birth Center to add another labor & delivery room, a tub for water births, a dedicated surgical suite for cesarean sections, and more family-centered patient rooms to bond with your baby. This expansion lets us accommodate more births at the same time, as more families across the region choose our Birth Center to welcome their babies. The expansion will be complete in July 2020. All services will continue during construction.

New providers: Surgery

Surgeon **Ashley P. Marek, MD, FACS** is an experienced general and trauma surgeon, and a surgical intensivist with special interest in endocrine disorders (including thyroid and adrenal conditions), hernia repair (open and laparoscopic), and gastrointestinal, colorectal and biliary disease.



Ashley Marek, MD

Surgeon **Ellie Cohen, MD** has special training in colonoscopy and endoscopy. Special interests include breast surgery, skin and soft tissue surgery, and gastrointestinal, colorectal, biliary conditions.



Ellie Cohen, MD

Appointments: 507-646-1494

Cancer Care

Jasmine Kamboj, MD is an oncologist and hematologist who believes in building a strong rapport with patients so she can offer the best available options and support their choice in the path that works best for them. She joins the Cancer Care & Infusion Center



Jasmine Kamboj, MD

at Northfield Hospital through a partnership with Allina Health.

Appointments: (507) 646-6979

Family Medicine

David McIntyre, MD cares for patients of all ages, with daytime and evening hours Northfield Clinic. He's a native of Faribault with over 20 years' experience providing a wide range of care – for four generations, in some families. Dr. McIntyre has special expertise in diabetes management, plus acute care, preventative health, well-child care, and complex, multi-problem health issues.



David McIntyre, MD

Appointments (including Mondays to 8:00 pm) at the Northfield Clinic: 507-646-1494

Suzanne Schaefer, MD cares for patients of all ages at the Lakeville Clinic, with 30 years' experience, including Urgent Care expertise. She believes in working together with patients to prevent disease through screening, manage chronic disease, and promote a healthy lifestyle.



Suzanne Schaefer, MD

Appointments at the Lakeville Clinic: 952-469-0500

Faribault Clinic moves to a new, expanded location in October

Our new location – at 1980 30th St. NW, just off Lyndale Ave. west of I-35 – will have the same great teams providing orthopedics and ENT care, with bigger, comfortable exam and treatment rooms. We're excited to give you the expert, personal care you trust from us, in a fresh new space close to home.

Orthopedics appointments: (507) 334-1601

ENT appointments: (952) 469-0500



Learn more:
northfieldhospital.org/faribault-clinic



Julie Faulkner honors family every day... especially the last day

As her parents aged and their health declined, Julie Faulkner chose NH+C

over and over to see Phil and Mary Jane Butler through emergencies, through recoveries, through their final days.

Then, because of the culture of care at NH+C, Julie and Steve chose Northfield for themselves.

Julie, a geriatric nurse, had the skills to care at home for Phil, a WWII veteran with asbestosis, and Mary Jane, who had a history of strokes. Julie – with her husband Steve and sister Cheryl – combined three households into one to care for them at home. “We basically set up a nursing home for two people,” Julie says. “It was a privilege to be with them each day.”

When Mary Jane got very sick from a medication change, Julie called 911. The EMTs asked, ‘Where do you want us to take her?’ I said, ‘I want her to go to Northfield Hospital.’

“If Mom had to be hospitalized, I didn’t want her too far from Dad” at home in Farmington. “It would be easy for us as a family to shoot down the road to Northfield.”

The Emergency Department team “was exceptional. They were all so good with her when she was so agitated,” and when Mary Jane was admitted to the

hospital, the Medical/Surgical staff gave one-on-one care all night, Julie says. “I wanted to cry with relief for my parents’ care. This was just where we needed to be at this point.”

An MRI showed Mary Jane had had a frontal lobe stroke; she needed in-patient rehabilitation. Julie was surprised to learn that there’s a Long Term Care Center right at Northfield Hospital: “I went just to see it, and I knew right away that I wanted Mom there.” Julie stayed with Mary Jane every night: “I pretty much moved in to the Long Term Care Center, and I never felt like I was imposing on anyone.”

It was a convenient 20-minute drive from Farmington; Phil visited weekly. Phil and Mary Jane celebrated their 66th anniversary ... their last ... in the Long Term Care Center.

While Mary Jane’s health improved, Phil’s declined. A high fever sent him to the Emergency Department. As Dr. David Ries talked with Phil, “I suddenly saw my dad as an old man at the end of life,” Julie says. Phil wanted to be at home; the doctor helped equip Julie to provide hospice-level care at home.

“Then he put the medical aside and just sat on the bed with my dad and talked with him about his life. It was so respectful,” Julie whispers. “He gave my dad hope, and it was everything my dad needed.”



“I wanted to cry with relief for my parents’ care. This was just where we needed to be at this point.”

Julie Faulkner

To Julie, that’s NH+C’s culture: “They understand that healing is about the whole person, not only about the medical care of a person’s condition.”

After a month with many visits from family and friends, Phil died at home holding Mary Jane’s hand.

A year later, when Mary Jane became unresponsive, there was another trip to the Emergency Department. Hospitalist Tom Holt, MD “was an angel,” Julie recalls.

After a night of tests and treatment, “I said ‘Please,

Mom needs to go home.’ I wanted our last goodbye to Mom to be in her home, in her own bed.” NH+C social workers worked hard to get Mary Jane home that day. She died the next morning; her family was with her, at home.

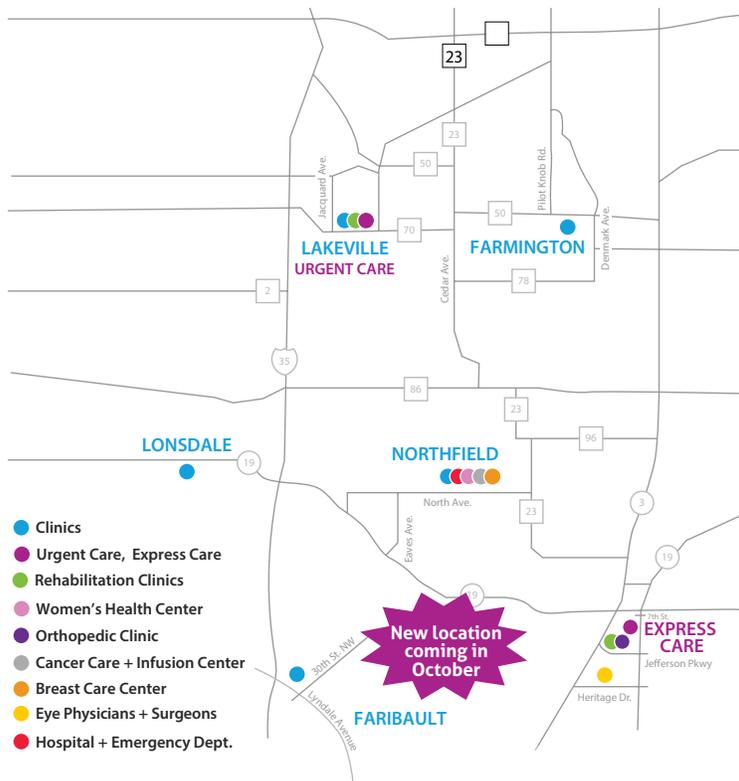
Since then, Julie and Steve have moved to Northfield. “The sense of community at Northfield Hospital + Clinics – the tender care, and personal connections – gave us a sense of what the whole Northfield community is like. We want that kind of culture, and care, for ourselves.”

Now *she’s* the patient, Julie says during a clinic visit: “I’ve come full circle,” she laughs. “It’s like being in a Hallmark movie, seeing the people who cared for Mom and Dad.

“I like that.”

2000 North Avenue
Northfield, MN 55057

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

Express Care Clinic – Northfield
706 Division Street, Tel: 507-646-6700

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

Faribault Clinic – ENT and Orthopedics
1645 Lyndale Ave N
Orthopedics: 507-334-1601
ENT: 952-469-0500

New location in October:
1980 30th St. NW
(at Lyndale Ave.)

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

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

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

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



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WE'RE ONLINE

