

HealthViews

CARDIAC CARE AT RIDGEVIEW

Catheterization lab expands service to five days a week

In 2007, Ridgeview partnered with the Minneapolis Heart Institute® to expand its cardiovascular services and offer residents of the west metro area enhanced cardiac care close to home. Today, the Minneapolis Heart Institute at Ridgeview Heart Center offers diagnostic testing and interventional procedures at Ridgeview's Waconia Campus and diagnostic testing at the Chaska Campus. A cardiac rehabilitative care program is also available in Waconia providing education, counseling and exercise training.

Diagnostic and interventional treatment

Part of this joint venture included the development of the Cardiac Catheterization lab (Cath lab), located on Ridgeview's Waconia Campus. The Cardiac Cath lab is a specialized area where patients receive diagnostic testing and interventional treatments, such as angiography, angioplasty and stent procedures. In 2023, Ridgeview's Cardiac Cath lab team treated more than 300 patients.

Consistent, quality care – five days week

In January 2024, Ridgeview's Cardiac Cath lab increased its operations from three to five days a week. Now, the team can provide care to more patients with more schedule availability.

"We are excited to expand these critical cardiovascular services to meet the needs of our growing communities and offer the same diagnostic and interventional procedures – and team of four cardiologists – at the Waconia Campus an additional two days a week," said Ben Nielsen, Chief Operating Officer, Ridgeview.

The team of cardiologists includes Nicholas Burke, MD, Interventional Cardiology; Ivan Chavez, MD, Interventional Cardiology; Michael Mooney, MD, Cardiovascular Disease, Internal Medicine, Interventional Cardiology; and Yale Wang, MD, Cardiovascular Disease, Interventional Cardiology.

"We are proud to expand our services at Ridgeview. This will allow more patients to get the care that they need while staying in their community," Dr. Burke said.



'CALLING 911 WAS THE RIGHT CHOICE'

Minutes to receiving lifesaving care



MARY & TOM WIEMILLER

"Nobody wants to believe it's happening to them," shared Mary Wiemiller, age 76, reflecting on the morning of Jan. 1, 2024, when she began to experience pressure in the center of her chest. Mary and her husband, Tom, were up early, preparing to leave their Winsted home for a morning flight to Mexico to escape the winter ahead.

"We were making our bed when my chest began to hurt," Mary explained. "Initially, I was in denial because I wasn't having the sharp chest pain commonly associated with having a heart attack. This felt different. I was feeling pain in my upper back, too, across my shoulders. It was an unusual ache that I had also experienced previously during the Thanksgiving holiday."

HEART ATTACK SYMPTOMS MAY BE DIFFERENT FOR WOMEN THAN MEN

"During a heart attack, it is typical for both women and men to experience chest pain, but it's much more common for women to experience less severe pain or even no chest discomfort. They may also experience other associated symptoms," explains Matthew Herold, MD, emergency physician and Ridgeview's Chief Medical Officer.

"Women may have discomfort in the upper abdomen, back, neck, jaw or arms. Often, women may experience

more nonspecific symptoms, such as lightheadedness, nausea, excessive fatigue or shortness of breath. Research shows that patients without severe chest pain are more likely to wait to see if things improve, which can result in significant treatment delays. We encourage anyone experiencing any of these symptoms to call 911 and seek medical attention at an emergency department (ED) right away so we can make sure the symptoms aren't due to a heart attack," Dr. Herold said.

Although Mary hesitated, she reluctantly asked her husband to call 911. It was a difficult decision to make, but she knew she needed to err on the side of caution. What surprised Mary was the fact that she had recently completed blood work in preparation for the trip. Her cholesterol reading was where it needed to be, her blood pressure was controlled, and she was within a healthy weight. "I never considered genetic factors because I lead a healthy lifestyle," Mary said. "I guess I thought I was exempt from heart disease because I eat well and stay active."

FIRST RESPONDERS DELIVERED IMMEDIATE LIFESAVING CARE

Mary and Tom were smart to call 911 right away and not risk driving to the hospital themselves. Mary's lifesaving care began the moment first responders arrived at her home. A favorable outcome is not only dependent on how quickly you can get to the nearest ED, it's also about the treatment and care received prior to arrival.

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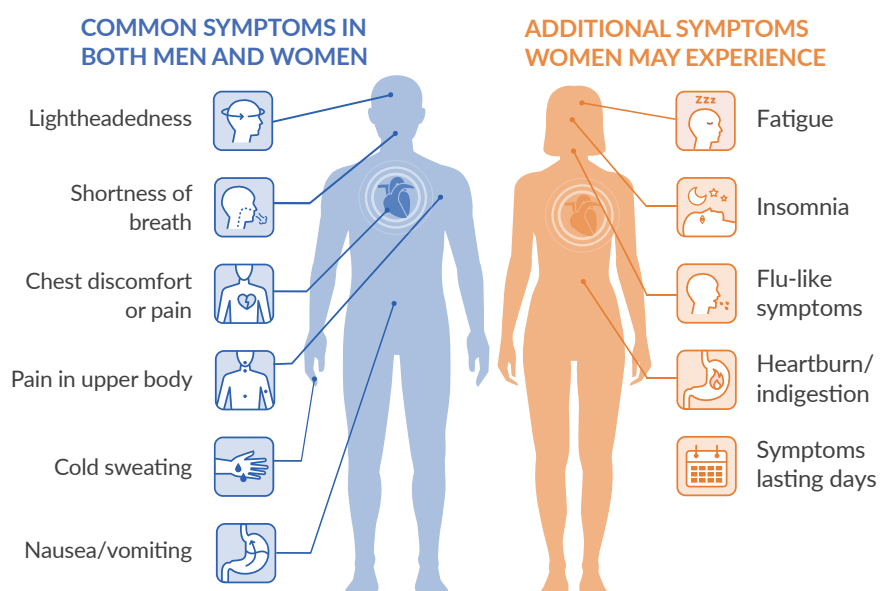
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SIGNS OF A HEART ATTACK

Men vs. women

Women and men may differ in their experience of heart attack symptoms, as women are more likely to have unusual or "atypical" signs. The most common symptom of a heart attack for both men and women is chest pain.



HealthViews

Continued from front

The Winsted Fire Department members were the first to arrive. "I was so impressed with how they communicated with the hospital and, when the ambulance arrived, they had me ready to be transported. It was seamless," Mary said.

While en route to Ridgeview's Waconia Campus — a 30-minute drive — the paramedics stabilized Mary's condition and took measures to expedite her care once she arrived at the ED.

DIAGNOSIS AND TREATMENT BY AN EXPERT TEAM OF CARDIAC SPECIALISTS

Upon her arrival at Ridgeview, a care team that included an emergency physician, cardiologist, internal medicine physician, nurses, lab personnel and more was ready to take over. For patients with a suspected heart attack or other cardiac event, Ridgeview uses a standardized management approach in partnership with the cardiology team from Minneapolis Heart Institute®. Numerous testing modalities are immediately available at Ridgeview facilities, and patients with cardiac emergencies that require transfer for services not available at Ridgeview experience a seamless transition to meet their needs 24 hours a day.

Mary's blood work confirmed the presence of troponin — a protein enzyme that enters the bloodstream when the heart muscle has been damaged. It was one of several tests that confirmed Mary's diagnosis of a heart attack.

CARDIAC CARE BEYOND THE ED

Following Mary's diagnosis in the Emergency Department, she was moved to Ridgeview's Cardiac/Intensive Care Unit and scheduled for a stent procedure the next morning in the onsite catheterization lab.

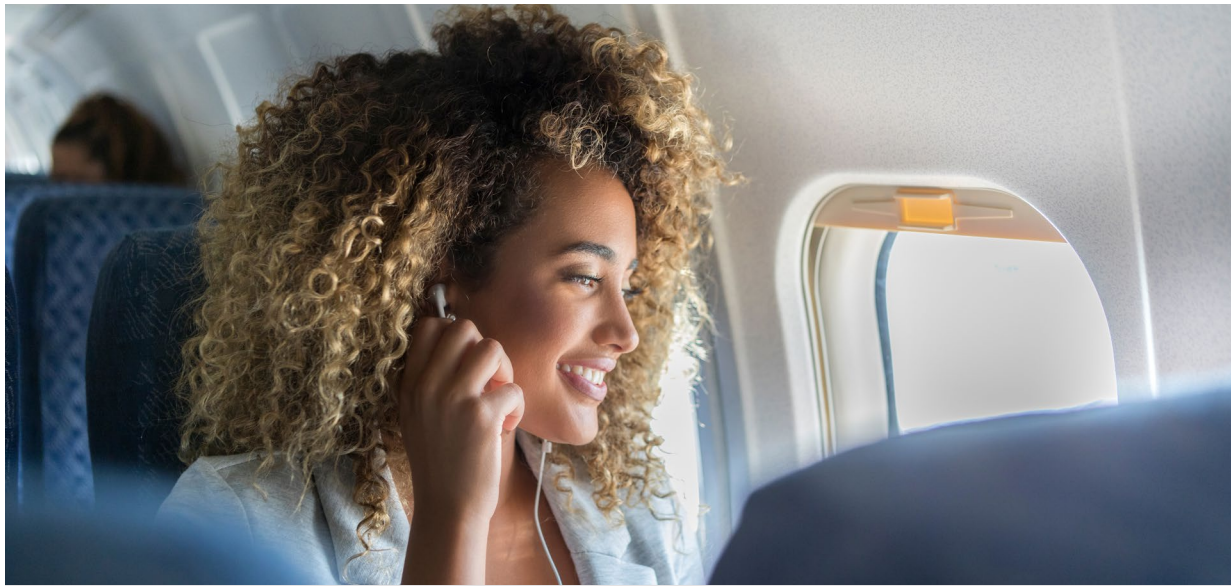
Mary is grateful that she was able to receive all of her care close to home. Ridgeview's partnership with the Minneapolis Heart Institute makes it possible for patients, like Mary, to receive life-saving procedures without having to leave their community.

GRATITUDE FOR THE ENTIRE CARE TEAM

When Mary reflects on her experience at Ridgeview she is filled with gratitude. "I think there is something special that happens at Ridgeview because of its size," Mary said. "Thank you for the quality care I received, your attention to detail, and the skill of the nurses and all staff. I can't thank everyone enough for the sincere, compassionate care I received. Your confidence, calm demeanor and much needed smiles were appreciated during this stressful time."

"Thank you, Ridgeview, for saving my life!"

We'd love to hear your story! Please email info@ridgeviewmedical.org.



TIPS TO STAY HEALTHY WHEN TRAVELING

Advice from Infectious Disease specialist, Roberto Patron, MD

Minnesotans are on the move. Many head north during the summer months, while a significant number also travel abroad during the winter and throughout the year, seeking adventure. Ridgeview's Infectious Disease specialist, Roberto Patron, MD, offers advice on balancing your adventurous spirit while being mindful of special health concerns when traveling. "The primary health concerns when traveling are food and water safety, hand hygiene, respiratory etiquette and avoiding mosquitoes," Dr. Patron shared.

PREVENTING TRAVEL ILLNESSES

"Respiratory infections and diarrhea are the most common travel illnesses," he added. Both are frequently contracted on the plane while traveling to your destination and could derail your vacation before you even arrive.

Dr. Patron suggests wearing a mask during airline travel, even when they are not required, and especially during the most vulnerable portions of the flight — the boarding and exiting processes. "Although airplanes safely circulate and filter air while cruising, when they're parked waiting for takeoff, or as they land, the air filtration is turned off and you are at a much greater risk of infections during that time," Dr. Patron explained.

Other safety measures depend on where you are traveling, but food and water precautions are always a priority. Drink only bottled or purified water. Avoid drinking water from a faucet or using ice in beverages. Avoid eating food from street vendors, as well as undercooked food and fresh fruit and vegetables (unless you are certain they have been washed).

Although less common and dependent on where you are traveling, another risk is developing a disease contracted by insect or mosquito bites, such as malaria.

WEIGHING RISK VERSUS REWARD

Dr. Patron suggests scheduling an appointment with your primary care provider, a travel medicine clinic or an infectious disease provider at least four weeks prior to international travel, particularly when traveling to a developing country. Higher-risk individuals should meet with their provider even before booking a vacation. "Your provider can evaluate travel risk based on the destination, your age, health history and whether you are immunocompromised," Dr. Patron explained. "We can also help you navigate travel requirements specific to your destination, such as vaccines."

Dr. Patron also recommends visiting the Travelers' Health page on the Centers for Disease Control and Prevention website at cdc.gov/travel. This site allows you to select your travel destination and view current health notices, required vaccines, insects or animals to avoid, and specific food and water safety information. It also offers suggested packing lists by country.

PACK FOR A HEALTHY TRIP

- + First aid kit
 - + Health documents (if applicable)
 - + Prescription medications
 - + Over-the-counter medications
- Dr. Patron recommends:
- Allergy medication
 - Antacid
 - Antidiarrheal
 - Antihistamine
 - Mild laxative

SAVE *the* DATE

UPCOMING RIDGEVIEW FOUNDATION EVENTS

APR 19

PINS FOR A PURPOSE
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APR 26

TASTES, TUNES & TAPS
Inspired Technologies

JUN 23

GOLF & TASTE CELEBRATION
Sovereign Estate and Island View Golf Club

JUN 24

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Join us!

Scan the QR code to learn more.



New PROVIDERS



ELIZABETH BRINDISE, DO
Gastroenterology
Ridgeview Clinics in Chaska & Waconia



SYDNEY GUNDERSON, NP
Urgent Care
Ridgeview Clinics in Delano



ROBERT MULLANEY, MD
Family Medicine
Ridgeview Clinics in Delano & Westonka



LAURA NIELSEN, DO
Family Medicine
Ridgeview Clinics in Delano



ROBERTO PATRON, MD
Infectious Disease
Ridgeview Clinics in Chaska & Waconia



KRYSTIN SVOBODNY, PA-C
Urgent Care
Ridgeview Clinics in Chanhassen

Ridgeview's heart-healthy

QUINOA CHICKEN BOWL

This heart-healthy quinoa chicken bowl from Ridgeview's Executive Chef Chris Warner, is a weekly staple at the cafeteria at Ridgeview's Waconia Campus and a favorite of visitors and staff. Quinoa is rich in antioxidants, which can reduce your risk of heart disease, and fiber, which can help you manage your cholesterol levels. This nutritious meal features a bed of fluffy quinoa, black beans and cilantro, and is topped with grilled chicken, roasted sweet potatoes, roasted cauliflower and creamy avocado, and served with a homemade honey lime dressing.

INGREDIENTS

4 boneless, skinless chicken breasts
 ½ lb. sweet potatoes, peeled and diced
 ½ lb. cauliflower florets
 Salt and pepper, to taste
 1 ½ cups quinoa, uncooked
 2 cups black beans, drained and rinsed
 ¼ cup cilantro, chopped
 1 avocado, sliced

Dressing:

½ jalapeno pepper
 1 clove garlic
 1 tsp. fresh ginger, minced
 ¼ cup lime juice
 ⅓ cup honey
 1 tbsp. balsamic vinegar
 ½ tsp. kosher salt
 ¼ cup cilantro, chopped
 ½ cup olive oil

DIRECTIONS

Lightly season chicken breasts with salt and pepper. Grill or sauté until they reach an internal temperature of 165 degrees. Let cool and cut into strips. Set aside.

Toss the sweet potatoes and cauliflower in olive oil and season with salt and pepper. Roast on a sheet pan in the oven at 350 degrees, for approximately 30-40 minutes, until soft. Let cool and set aside.



While the sweet potatoes and cauliflower are roasting, cook the quinoa according to the package directions and cool. Once cooled, combine with the cilantro and black beans. Set aside.

To make the dressing, add all the dressing ingredients listed into a food processor except for the olive oil. Process until mixture is pureed. With the food processor running, slowly drizzle in the olive oil.

To assemble: place 1 ½ cups of the quinoa, black bean and cilantro mixture into a bowl. Top with ¼ of the sweet potato and cauliflower mix, ¼ of an avocado and one chicken breast. Drizzle with the honey lime dressing and enjoy. Best served well chilled. The recipe components can be made up to 24 hours ahead of time; keep refrigerated and assemble before serving.

Makes 4 servings.



MEET THE TEAM

Ridgeview Clinics in Westonka

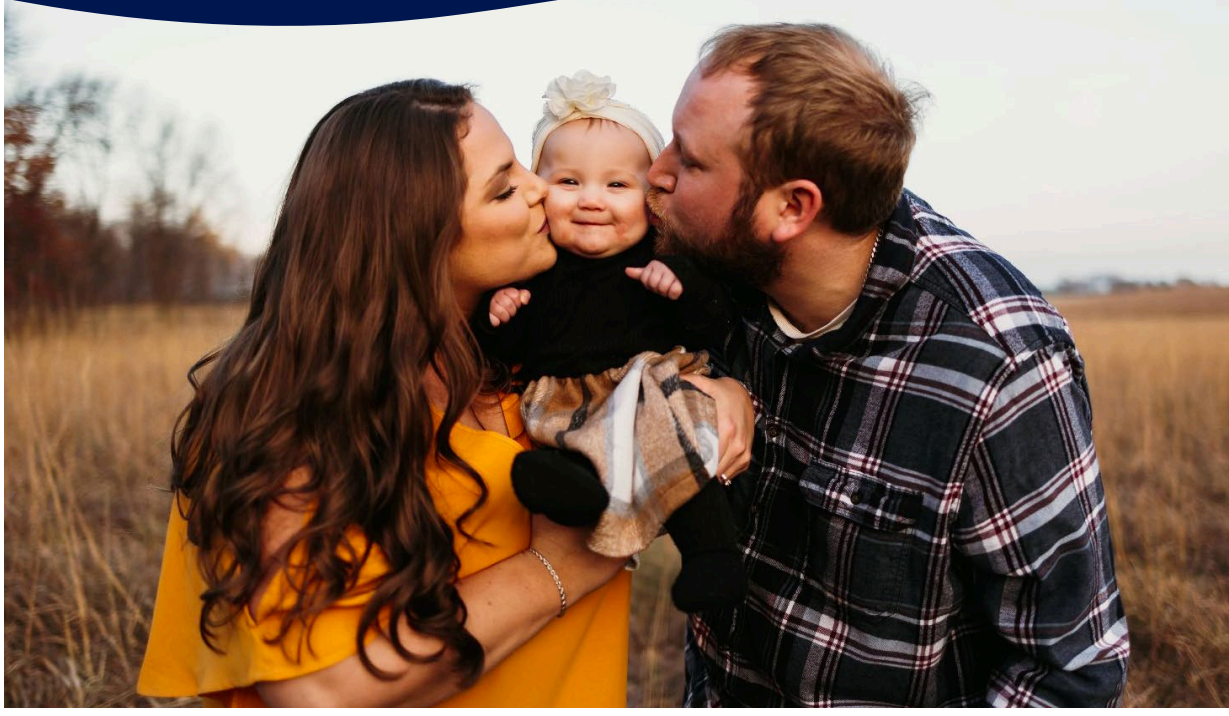
The team of primary care providers at Ridgeview Clinics in Westonka. Front row, from left: Julie DeJong, MD; Patricia Sorensen, MD. Back row, from left: Guy Runkle, MD; Krista Loop, CNP; Eric Nagle, MD; Robert Mullaney, MD.

Whether you or a family member are not feeling well or need an annual physical exam, Ridgeview is nearby and ready to help. Our team of primary care providers and specialists are experts in caring for the full spectrum of health issues and preventive care for patients of all ages at Ridgeview Clinics in Westonka (Spring Park).

The Westonka location recently welcomed Robert Mullaney, MD, to our team of primary care providers. Our providers see a wide variety of injuries and illnesses and are proud to serve the youngest members of the community to the elderly. The Westonka site offers family medicine, internal medicine, podiatry and rehab. In addition, our on-site partner, Twin Cities Orthopedics, provides orthopedic services.

To schedule an appointment at Ridgeview Clinics in Westonka, call 952.442.7890.

HealthViews



GRATEFUL FOR KNEE REPLACEMENT SURGERY

Greg D., Buffalo, had knee replacement at the new Orthopedic Institute at Two Twelve Medical Center in Chaska and is grateful for the care he received. He shared, "I am so thankful to be back doing my normal activities such a short time after having surgery. The Orthopedic Institute has the most up-to-date equipment and a beautiful surgery floor.

My first meeting with the medical staff went well. They were patient in understanding my individual health needs and concerns. The team walked me through the surgery process and provided the information I needed to be prepared before, during and after surgery. I always felt like I could contact my care team with questions and concerns. Thank you to my care team for being available 24/7 and shout out to Dr. Owen O'Neill!

Even though I have closer options for orthopedic care, I drove 37 miles for care with Twin Cities Orthopedics and Ridgeview because I trust them and have had outstanding results from the surgery."

The Orthopedic Institute is a value-based partnership between Ridgeview and Twin Cities Orthopedics. It opened on Nov. 15 and is the first dedicated orthopedic facility in Minnesota that is a partnership between an independent practice and a health system.



Visit ridgeviewmedical.org/orthopedic-institute or scan the QR code to learn more.

DIRECT/SELF SCHEDULING NOW AVAILABLE

Ridgeview now offers direct scheduling for established patients through MyChart. With direct scheduling, patients have the flexibility to self-schedule or change appointments 24/7 from a phone, computer or tablet through their MyChart account. Ridgeview patients can self-schedule various types of appointments from annual physicals to vaccines.

To learn more or to schedule an appointment, visit ridgeviewmedical.org/mychart.



PROVIDING PEACE OF MIND

Schenk family thankful for Ridgeview's NICU

Planning and preparing for the birth of a baby can be an exciting, yet nerve-wracking time. No matter how much you plan and prepare, unexpected situations may arise — and, if they do, Ridgeview's Level III Neonatal Intensive Care Unit (NICU) on its Waconia Campus is here for you.

"Our first baby, Brielle, was born Feb. 14, 2023, via C-section at the Buffalo Hospital," Kelly Schenk, mother of Brielle, shared. "A few short hours later, she was transported to Ridgeview."

After Brielle was born, her care team identified that she was experiencing meconium aspiration syndrome (MAS), which caused her oxygen levels to drop, and she also had low blood sugar.

Meconium is a sterile fecal matter that is produced in the fetus' intestine before birth and is made up of cells, protein and fats. MAS occurs when meconium gets into the lungs, making it difficult for the baby to breathe.

FINDING COMFORT WHILE APART

"It was heart-wrenching having to watch our baby leave, but as soon as she arrived at Ridgeview the nurses set up a camera for us so we could still see her, even though we were in Buffalo," Kelly said.

Ridgeview's NICU team understands how difficult it is for families to be apart from their newborn. To provide comfort and peace of mind, the NICU offers NicView® technology which allows families to see their baby in real-time through a secure online portal.

"Throughout the night, nurses put notes in front of the camera to let us know Brielle was getting a bottle or diaper change," Kelly explained. "We found so much comfort seeing her on camera while we couldn't be with her."



PATIENT- AND FAMILY-CENTERED CARE

The following day, after receiving an iron transfusion, Kelly was discharged from the Buffalo Hospital. Wasting no time, Kelly and her husband, Tyler, headed right to Ridgeview to be with Brielle. When they arrived, Kelly emphasized that, even though she was not a patient, the Ridgeview team took care of her as well — providing care for the whole family.

"We were truly blown away by the kindness and attentiveness of care toward all the babies and families in the NICU. It made a difficult situation a lot more manageable knowing there was such a fantastic care team watching over our daughter," Kelly shared.

ABOUT RIDGEVIEW'S NICU

Ridgeview's Level III NICU, developed and operated in collaboration with Children's Minnesota, offers high-quality care for the most fragile of infants.

Ridgeview's specially trained NICU team includes neonatologists from Children's Minnesota who have a daily presence at Ridgeview, 24/7 support from Ridgeview's highly regarded nursing staff and Children's Minnesota neonatal nurse practitioners, and specialized care from Ridgeview's lactation consultants, respiratory therapists, nutritionists, pharmacists, rehabilitation staff and more.

Scan the QR code to learn more about Ridgeview's NICU.

