

All About HEALTH

www.AlbanyAreaHospital.com

Husband and wife team enhances patient care

Husband and wife team, **Nate Brever, MD**, and **Libby Brever, MD**, joined the Albany Area Hospital & Medical Center this summer. Both are graduates of the University of Minnesota School of Medicine and recently completed their residencies.

The couple spent two years at the University of Minnesota School of Medicine in Duluth, studying family medicine. Libby has a special interest in women's health, and Nate a similar passion for sports medicine.

Nate grew up in St. Anthony Village, a small suburb of Minneapolis, while Libby grew up on a farm in Blue Earth. The couple chose Albany Area Hospital & Medical Center because of its experienced medical staff and desirable community. Nate and Libby have an 18-month-old daughter, Lisel, who they are excited to watch grow up in such a wonderful area.

Both are excited to begin their medical practice at Albany Area Hospital & Medical Center and to immerse themselves in the rural Minnesota way of life.

FAMILY PRACTICE AT AAHMC

Family medicine is a medical specialty devoted to delivering comprehensive health care to people of all ages, from assisting women giving birth to guiding families through care of older adults.

It is a form of primary care that provides continuing health care for individuals and families across all ages and

genders. Family providers treat a wide range of diseases and other health concerns.

No matter what the medical condition, family medicine is based on acquiring a thorough knowledge of the patient's health and emphasizes disease prevention and health promotion.

Our medical staff shares the goal of providing high-quality care and recognizes the importance each relationship with their patients plays in that process.



Libby Brever, MD

Need to book an appointment? Appointments with any member of the medical staff can be made by calling the Albany Area Hospital & Medical Center at 320-845-2157.



Nate Brever, MD

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Esther Doele,
nurse practitioner



Eric Fly,
physician assistant

New staff joins urgent care team

Esther Doele, a nurse practitioner, is one of the emergency and urgent care providers for a new service being offered by Albany Area Hospital & Medical Center (AAHMC). She is also one of the newest members to join the medical team.

Doele officially began Monday, Aug. 1, 2011, but is very familiar with AAHMC. For 10 months, she filled in when needed for acute care patients. Prior to becoming a nurse practitioner, Doele was a registered nurse. She received a bachelor's degree in nursing from Moorhead State University and a master's degree from St. Scholastica in Duluth in 2005. She has worked in a number of specialties over the years, from pediatrics to adult intensive care.

Also new to Albany Area Hospital & Medical Center is **Eric Fly**, physician assistant. To prepare for his service to area patients, Fly earned his bachelor's

degree from Union College in Lincoln, Neb., and his master's degree in physician assistant studies from the University of Nebraska, College of Medicine in Omaha. His career took him to Okanagan Douglas District Hospital in Brewster, Wash., and then to Taumung, Guam, where he served on the medical staff of Take Care, an urgent care clinic.

Doele and Fly will be treating emergency room and urgent care patients.

URGENT CARE HOURS

Urgent care hours are noon–8 p.m. Mondays through Thursdays and 10 a.m.–6 p.m. Fridays. The clinic is intended for patients with acute, non-life-threatening illnesses and injuries.

To learn more about urgent care at Albany Area Hospital & Medical Center, call 320-845-2121.

RADIOLOGY UNIT NEARER A REALITY THANKS TO DONORS

Local business and individual donations of more than \$100,000 were recently received by the Albany Area Healthcare Foundation for a new radiology unit at Albany Area Hospital & Medical Center (AAHMC).

Among the local and regional donors is Blattner Energy, which awarded AAHMC a \$50,000 grant that requires another individual or business to step forward with a matching \$50,000 gift. The Otto Bremer Foundation has also joined in to support the "Building for a Better Tomorrow" campaign, providing a \$40,000 grant, which also has a matching requirement. Albany Mutual Telephone Association's \$20,000 gift to the project will be part of the Bremer \$40,000 match.

Individuals are doing their best to support local health care as well. Bryan and Lynn Schiffler of Albany recently made a \$2,000 contribution in support of the campaign.

The total cost of the new radiologic and fluoroscopic unit is approximately \$250,000. Can you help us reach our goal?

WHAT ARE THE BENEFITS OF THE NEW UNIT?

The new unit will provide better images for radiologists. It will also provide a table-sized unit for taller patients, decreasing restrictions due to patient size. Also, children and unsteady patients requiring certain exams will no longer have to be referred to another hospital.

Would you like to make a donation? Please contact Kathy Lange, foundation director, at 320-845-6116.

ALBANY IMPLEMENTS eEMERGENCY TECHNOLOGY

eEmergency is a service that links two-way video equipment in the AAHMC emergency room to emergency-trained physicians at a central hub in Sioux Falls, SD. This provides patients immediate access to physician-rendered emergency care in their local communities. The application was developed to improve patient safety and support the rural health care workforce.

HOW DOES IT HELP?

Some of the ways eEmergency supports patient care include:

- Streamlining access to specialists for better outcomes for patients with trauma, heart attacks and other emergency care issues
- Supporting activation of emergency transport teams as early as possible

Diabetes classes help you stay in control

A study published in the journal *Diabetes Care* shows that attending any type of class or educational session for diabetes may reduce your risk of going to the hospital. Albany Area Hospital & Medical Center offers diabetes education to people in north-central Stearns County.

EDUCATION HELPS YOU STAY INDEPENDENT

The goal of diabetes education is to teach you how to manage the disease. In the diabetes education sessions, you'll learn:

- To recognize when your blood sugar is high or low and what to do about it
- How to take your medications
- How to store supplies
- Signs of diabetes-related health problems, such as foot wounds and high blood pressure
- What a diabetes diet is and how to

follow it. *(A dietitian or nutritionist can help you put together a meal plan that prevents diabetes complications and helps you reach or maintain a healthy weight.)*

- Adjustments you might have to make to your daily routine. *(These might include eating appropriately when you exercise and making healthy choices at restaurants.)*

Diabetes education is not just for “newbies.” Scientists are always making new discoveries about diabetes. Attend a class or event on a regular basis even if you're an old pro. Diabetes education can occur in a group or one-on-one setting. You might have more fun in a class with other people, or you might learn more during a personal visit.

Attend a diabetes class

At the Albany Area Hospital & Medical Center, certified diabetes educators Jean Renneker, RN, and Jan Korzeniowski, registered dietitian, will meet with you to help you manage your diabetes. To make an appointment, please call **320-845-2121**.

COUMADIN CLINIC NOW OPEN

Albany Area Hospital & Medical Center is pleased to announce that a Coumadin Clinic started on Tuesday, September 6, 2011. The clinic is a service to patients to monitor and manage the medication they take to prevent blood clots. The clinic hours are Monday through Thursday mornings.

WHAT IS OFFERED AT THE CLINIC?

Providers have established guidelines for a registered nurse to check patients' blood (protime) and adjust their dose of warfarin

(Coumadin) as well as other medications patients may need (such as heparin shots or vitamin K, the antidote to Coumadin).

WHAT HAPPENS AT MY APPOINTMENT?

During the appointment, a registered nurse will check the international normalized ratio (INR) using a finger stick blood test with the result being available immediately. The nurse will ask questions about the patient's health and medications, determine if the warfarin dose should be

adjusted, and schedule the next appointment. Additional education regarding warfarin is provided at the initial appointment.

For more information, please contact Jean Renneker, coordinator of the Coumadin Clinic, at **320-845-2121**. To make an appointment call **320-845-2157**.

AAHMC BOARD MEMBERS

Charlene Gerner, PA-C
Margie Evens, Avon
Melissa Gerads, Albany
Lynn Schiffler, Avon
Judy Schneider, Albany
Ross Voit, Albany, *Chair*
Janelle Wunderlich, Albany
Sandra Day, *Interim Administrator*
Chad Cooper, *President/CEO*

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CATHOLIC HEALTH
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Albany Area Hospital & Medical Center

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300 3rd Avenue
Albany, MN 56307

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Calendar of Events



2012 CHILDBIRTH PREPARATION CLASSES

*Tuesday and Thursday evenings
for two consecutive weeks*

January 10, 12, 17 and 19

May 15, 17, 22 and 24

September 11, 13, 18 and 20,
6:30 to 9:30 p.m.

Cost: \$40 per couple.

AAHMC conference room

Classes cover fetal development, labor and delivery, breathing and relaxation, breastfeeding, postdelivery care of mother and baby, and more. For more information, call Elaine Thelen or Laurie Schmiesing at **320-845-2121**.

ANNUAL HOSPICE TREE LIGHTING

Sunday, December 4, 2011

6:30 p.m.

Albany Medical Center Lobby

You are invited to the annual tree-lighting ceremony. Come early to make a luminary in honor of your loved one. A blessing will take place at the hospice tree and the Tree of Light ornaments will be displayed on a tree in the clinic lobby. Everyone is welcome.

For more information or to register for classes, call **320-845-2121** or visit us at www.AlbanyAreaHospital.com.

YOUR GUIDE TO AAHMC

MEDICAL STAFF

Family Medicine

Daron Gersch, MD
Nathan Brever, MD
Libby Brever, MD
Charlene Gerner, PA-C
Teresa Hamiel, PA-C

Urgent Care

Eric Fly, PA-C
Esther Doele, C-NP

LITTLE FALLS ORTHOPEDICS

Orthopedic Surgery & Consults

David Jorgenson, MD
Philip Prosapio, MD

Podiatry

Daniel Enderlin, DPM

INDEPENDENT PHYSICIANS

General Surgery

George M. Fortier, IV, MD

Internal Medicine

Noel Collis, MD

Obstetrics & Gynecology

David Kroska, MD

Urology

John Matsuura, MD

Ophthalmology

Michael Eichler, MD

Cardiology

Physicians from Central
MN Heart Center

CLINIC HOURS

Albany Medical Center

845-2157

320 Third Ave.,
Albany, MN 56307

Monday–Thursday:

8 a.m.–8 p.m.

Friday: 8 a.m.–6 p.m.

Saturday: 8 a.m.–noon

Avon Medical Clinic

356-7602

108 Stratford St. W.,
Avon, MN 56310

Monday: 1:30–4:30 p.m.

Tuesday–Thursday:

9 a.m.–4:30 p.m.