Breast Cancer Survivor Finds Right Options

For breast cancer survivor Jan Reich, finding the full scope of care in Aberdeen over the past five years has been a great comfort. Though she’s been through a bilateral mastectomy, then breast reconstruction, she feels lucky. Lucky that the cancer was found early — and she had choices about what to do.

“It does change your life,” Jan says. “I lost weight. I started to eat better, exercise better. You find out life is precious.”

Jan had been having regular mammograms and knew she had calcium deposits in her right breast. When she found a bloody discharge from her left breast, she made a doctor’s appointment. Everything was negative. But Jan, a registered nurse and education director for Avera St. Luke’s, felt like things weren’t quite right. She asked for a biopsy. This time, the doctor called and said it was early-stage breast cancer.

Jan elected to have a bilateral mastectomy at Avera St. Luke’s, which means removing both breasts even though cancer was found only in one. Her decision gave her peace of mind and reduced the risk of developing cancer again. Jan also had reconstructive surgery with Dr. Sanjay Mukerji of Aberdeen Plastic Surgery Associates.

Jan says a positive part of her experience was her support system. “I’ve had so much support, family and co-workers, through the whole thing. Gene, my husband and director of Avera St. Luke’s Telehealth Services, has always been there, too,” Jan says.

Jan will return to her Aberdeen surgeon, Dr. Roger Werth, for her five-year checkup in November. “Every year is always better. The doctors are so wonderful, including Dr. Richard Conklin (medical oncologist in Aberdeen). They always check everything out that you are wondering about. They’ve been very supportive. It was wonderful to do it all in Aberdeen.”

Call Centralized Scheduling at (605) 622-5556 to set up a time for a mammogram, or contact Avera St. Luke’s Imaging Center at (605) 622-2550. A doctor’s order is needed before making an appointment.

READ MORE. ➤ ➤ Turn to page 2 for information on therapy services at Avera St. Luke’s.
We’re Here When Help Is Needed

When you find yourself in need of a little or a lot of extra help after an accident, stroke, sports injury, unexpected diagnosis or health problem, Avera St. Luke’s is here for all your rehabilitation needs.

Improve Your Athletic Ability

Avera St. Luke’s Acceleration Program, located on the Midland campus, isn’t just for all-stars. It helps athletes of all abilities to improve. If you like to work hard, you’re sure to enhance speed, strength and self-confidence.

An athlete’s training regimen may include the super treadmill, plyometrics, core strength training and balance training. The goal is to help you get better, no matter what level you’re at when you begin.

Outpatient therapists are available at both the Midland campus and Avera St. Luke’s Physical & Aquatic Therapy Center. Whether it’s physical or occupational therapy, recreational therapy, speech and language therapy, sports medicine or warm-water therapy, we’re here to help. Look no further.

If you’re hospitalized, the Rehabilitation Center, located on the hospital’s fourth floor, specializes in working with significant physical and cognitive problems. Using a team approach, our goal is to help you regain the fullest level of function possible, and to help you return home. A warm, inviting activity/dining room and a transitional apartment that gives patients and their caregivers the opportunity to practice and explore new skills in a safe environment are part of our caring rehabilitative experience.

Avera St. Luke’s Acceleration Program is a member of the Athletic Republic and utilizes its programs. For more information, call (605) 622-5871 or e-mail joe.dudley@averastlukes.org or theresa.backous@averastlukes.org.

Additional options for rehab transitions from hospital-to-home are the “transition rooms” at Avera Mother Joseph Manor and Avera Home Health Care.

Massage Therapy has consolidated its services at two convenient, centralized locations in Aberdeen:

- Avera St. Luke’s Physical & Aquatic Therapy Center, 721 First St. SE
- Aberdeen YMCA, 5 S State St.

Both locations offer the same services, the same professional massage expertise and the same scheduling convenience. Call (605) 622-5556 to make an appointment.

Interested in Gift Certificates? Go online at www.AveraStLukes.org, or buy them at the cashier’s window at Avera St. Luke’s Hospital, Centralized Scheduling on the Midland campus and Avera St. Luke’s Physical & Aquatic Therapy Center.

Avera St. Luke’s Massage Therapy
Warm-Water Therapy Soothes Pain

Being able to exercise in a big warm-water therapy pool has been a godsend for Mary Lynn James of Groton. The therapy helps to soothe her aching muscles and joints and gives her relief for a day or so.

Mary Lynn started with warm-water therapy after being diagnosed with polymyalgia rheumatica. She’s now on a fitness program at the warm-water therapy pool at Avera St. Luke’s Physical & Aquatic Therapy Center, where she goes twice a week. While Mary Lynn’s disorder is not curable, it is treatable.

“The warm-water pool has been a great help,” she says. “It’s been wonderful. Maybe you can’t do things, but you get in that warm water and you can move. You think ‘Ahhhhh, this pain is gone’ when you get out.”

Mary Lynn, 70, was diagnosed two years ago. The pain started in her feet and legs and began moving up her body. She got very sick, had trouble eating and became anemic. Her immune system also was not working well. She’s still working on treatments and medication with Dr. David Wachs and a rheumatologist in Sioux Falls. Mary Lynn says this disorder is in the same category as fibromyalgia. Warm-water therapy is the only treatment she’s found that really can bring relief from the pain.

“Aberdeen is so fortunate to have a pool this size. It’s wonderful, and the staff there is just great,” she says. “I’d suggest it to anyone. Give it a try.”

Warm-water therapy can be a great rehabilitative option. For more information, call (605) 622-4055.

WHAT IS POLYMYALGIA RHEUMATICAPA?

Polymyalgia rheumatica is an inflammatory disorder that causes pain and stiffness in the muscles and joints. The disorder is most common in people who are over 50 years old. Symptoms of the disorder can include pain and stiffness in the hip, fatigue, weakness, anemia, joint pain, neck stiffness and some muscle pain.

The cause of polymyalgia rheumatica is unknown, but it usually goes away in a few years. Typically, treatment includes relieving the pain through steroid treatments and other methods. There is no cure.
Avera St. Luke’s Adds Two Specialty Clinics

NEW DOCTORS TREAT BRAIN, SPINE

Two new Avera specialty clinics in Aberdeen, featuring two new physician specialists now on the staff of Avera St. Luke’s, will make a difference for patients when every second matters.

**Neurologist Rene Mosada, MD**, recently opened Avera Neurology Specialists, located in Suite E202 of Physicians Plaza at 201 S. Lloyd St. As a neurologist, Dr. Mosada diagnoses and treats medical conditions relating to the nervous system, including the nerves, the spine and the brain. He frequently works with patients dealing with stroke, multiple sclerosis, epilepsy, headaches and other neurological conditions.

“A person having a stroke must be treated within a three-hour window,” says Dr. Mosada. “In critical situations like this, having neurological specialists at Avera St. Luke’s can increase the odds that patients will receive the life-saving treatments they need right here in Aberdeen.”

**Neurosurgeon Farook J. Kidwai, MD**, and his new practice, Avera Neurosurgical Specialists, are located at 310 S. Penn St. As a neurosurgeon, Dr. Kidwai brings his surgical skills to treat conditions affecting the nerves, spine and the brain. That includes back surgeries and surgery of the brain, including treatment of brain tumors. He also has experience in laser and minimally invasive surgery and looks forward to expanding neurosurgery at Avera St. Luke’s. In cases of trauma and emergency situations, neurosurgery can be a life-saving addition to the medical staff, especially in a rural area.

From Living Well to Feeling Great

You may have noticed that this newsletter has recently been updated from Living Well to a new design and a new title, In Great Health. This move is part of an intentional effort at Avera St. Luke’s to communicate better with the people in our region. We know our patients rate us as “good” or “very good” most of the time. We are working toward being “great” every time! We’ve started a new leadership development program, which will help us achieve consistent “great” care. We are very pleased about the energy and excitement that our staff members show in their work.

We also promote “great health” by recruiting new physicians and adding specialists, like a neurologist and a neurosurgeon, who started this fall. Our patients move from good health care to great health care with regional services like our rehabilitation therapies, the latest imaging technology and interventional cardiology procedures that allow people to stay near their family and friends.

We wish everyone “good” health, but our goal is to help you achieve “great” health.

Ron L. Jacobson,
President and CEO