

FAMILY-CENTERED CARE

The staff and administration of Mile Bluff Medical Center are dedicated to family-centered care.

FAMILY PRACTICE PHYSICIANS

Timothy Bjelland, D.O.
Robert Buss, M.D.
Kevin Coleman, D.O.
(Necedah Family Medical Center)
Eric Heaney, M.D.
Timothy Hinton, M.D.
(New Lisbon Clinic)
Ann Hoffmann, M.D.
David Hoffmann, M.D.
Dan Kattenbraker, M.D.
June Lewandoski, M.D.
James Logan, M.D.
Moiya Murphy, D.O.
(Elroy Family Medical Center)
D. Keith Ness, M.D.
Nancy Ness, M.D.
Jane Petersen-Kattenbraker, M.D.
Leon Radant, M.D.
Kim Sabey, D.O.
(Delton Family Medical Center)
Carol Stodola, M.D.

PATHOLOGIST

Gerald H. Spirek, M.D.

INTERNAL MEDICINE PHYSICIANS

Eric Heaney, M.D.

GENERAL SURGEONS

William Marculis, D.O.
Timothy Napier, M.D.

GERIATRIC MEDICINE PHYSICIANS

Eric Heaney, M.D.
Ann Hoffmann, M.D.
David Hoffmann, M.D.

PODIATRISTS

Chris Eckerman, D.P.M.
Richard Langen, D.P.M.

GYNECOLOGISTS

Susan Haack, M.D.
Everett Roley, M.D.
Jim Speichinger, M.D.

NURSE PRACTITIONERS

Cristina Custer, APNP
Cathleen Murphy, RN, MN, CPNP

PHYSICIAN ASSISTANTS

Stephaine Bader, PA-C (Surgery)
Randy Brandt, PA-C
Julie Dean, PA-C (Urgent Care)
Dick Faust, PA-C
Anne Fenwick, PA-C
(New Lisbon Clinic)
Brad Ingraham, PA-C
(Elroy Family Medical Center)
Sarah Jabs, PA-C (Urgent Care)
Cathy Kidd, PA-C
Gloria Nachreiner, PA-C
(New Lisbon Clinic)
Eric Nuebel, PA-C
Kathy Nuebel, PA-C
Lisa Olson, PA-C (Surgery)
Tracie Schmidt, PA-C
(Necedah Family Medical Center)
Jean Stransky, PA-C
(Delton Family Medical Center)
Sam Williams, PA-C

The perfect balance of big-city technology and personal, small-town care!

The link between kidney stones, diet

The incidence of kidney stones is increasing in the United States. One in every 20 people develop a kidney stone at some point in their life. When salts and minerals in the urine stick together, "pebbles" are formed. Sizes of the stones can vary, being as small as grains of sand or as large as golf balls. They may stay in your kidneys or travel out of your body through the urinary tract (bladder and kidneys, and the tubes that connect them). When a stone travels through the tubes it may cause little or no pain, or it may cause great pain along with other symptoms.

People who have kidney stones report the sudden onset of excruciating cramping pain in their lower back and/or side, groin, or abdomen. Changes in body position do not relieve this pain. It may be so severe that it is often accompanied by nau-

sea and vomiting. Kidney stones also characteristically cause blood in the urine. If infection is present in the urinary tract, along with the stones there may be fever and chills.

Those at risk include people with family members who have had kidney stones, those with gastrointestinal problems or diseases, and anyone following the Atkins Diet.

Dr. Kristina Penniston, clinical nutritionist at UW Hospital and Clinics and assistant scientist with the Division of Urology at UW-Madison, will be giving a free presentation at Hess Memorial Hospital Wednesday, June 27 at 6:30 p.m.

During the presentation you will learn what you can do to prevent the development of kidney stones by reducing your intake of certain foods and nutrients, and increasing your intake of others. You will also learn about the different types of kidney stones, and the nutritional and genetic factors that contribute to them.



Dr. Kristina Penniston will be in Mauston June 27 to present information on the relationship between diet and your risk for developing kidney stones.

Join us at Hess Memorial Hospital June 27 to learn about how what you eat affects your risk of developing kidney stones.

Balance screenings

Attention senior citizens!
 Are you afraid of losing your balance?

Are you living independently, but limiting your activities because of your fear?

Have you fallen recently?

Would you like to feel more safe in your home?

If so, take advantage of the FREE balance and safety screenings being held at Hess Memorial Hospital Tuesday, May 22.

The screening is a comprehensive assessment designed to assist you in minimizing your risk of falling and maximizing your independence and safety.

Call 847-6161 x400 to schedule your appointment for the FREE fall prevention screening day at Hess Memorial Hospital Tuesday, May 22.

See the page 7 for details.