

Katie: Good morning, and welcome to Apple a Day. Lake Region Healthcare's health and wellness segment where we feature news and information that you can use to live a healthier lifestyle. I am excited to introduce you to my guests today because we really do have some useful news that we have going to share with you today that I think will apply to a huge percentage of our listening audience. I have with me today Nancy Nubson. She is the RN in our cardiac rehab program. And Jennifer Herzberg, a respiratory therapist in our respiratory care department. They are the program coordinators for this month's living well series.

Good morning, ladies.

Nancy: Good morning.

Jennifer: Good morning, Katie.

Katie: Living well series, as our listeners may already know, is a monthly series we have at Lake Region Healthcare to focus on all seven components of wellness and really provide the community with useful information to help improve their health, their loved ones health, their neighbor's health, whoever you might be a caregiver for or have concern for who might struggle with any of these components of health. In November we're going to be talking about two really important areas. That is cardiac health and sleep health. We're calling it move well, sleep well, live well.

Nancy, let's talk with talking about the two speakers we have on the agenda for this month's living well series who are going to talk about heart health. The first is Dr. JoEllen Kohlman, our cardiologist. Can you share with us some of the things that you think our listeners will learn from her?

Nancy: Dr. Kohlman is such an awesome woman, and she's such a great role model for all of us in how she lives her life, and how she with activity and diet and just approach with life. She's going to share her knowledge of what kind of things will help us with improving our health. She's also going to give us some tips on how to implement those, and why it's important for us to implement different things. It's not like she's going to try to tell us to change everything at once, but she's going to kind of give us a step by step idea in how we can improve our health to help prevent heart disease or other ... Even cancers and stuff. They're all kind of interrelated. A lot of the risk factors for health issues interrelate with other diseases.

That's what she's going to do is share that information with you. She is so excited to speak with you. She just was at a national conference on living well and healthy behaviors and practices, so she's so happy to be able to share it with everybody.

Katie: You're right. I think she has set such a great example in how she lives her own life, and as a busy working woman, a busy mom, she's easy to relate to. She's real life and puts it in those simple terms, so that will be fantastic to hear from her. As we always do we try to follow that up with a patient perspective, and we've got a patient with a pretty cool

story on this side of the program, as well.

Nancy: Our patients on the Monday evening is Sidney Fossan, and when I told Dr. Kohlman that I had asked Sidney Fossan she goes, "Oh, I know him so well." Because she knows her patients, and that's such an awesome thing about our doctors at our facility in the location that we're at. They actually know their people. She was happy to have Sid be the presenter. Sid is a guy that in his later 50s started having some discomfort. He really hadn't thought about it before. His mom had been in cardiac rehab about 15 years ago, and I took care of her back then.

He said, "I, at that point, wasn't caring about my health. I just thought it was fine. Then I started to get some chest pain, and I wondered what's going on. I went in and I had it checked out, and Dr. Kohlman sent me to Fargo. I saw her on a Friday. She did a stress test. On Monday I was up there. She had me up there, and I had some stents put in. Of course I followed up with her, and I still do, but I see my regular doctor here, also, which is Dr. Locken. Along with all of this it's been an opportunity for me to realize how I can change and take control over my health and my choices and what I do. I've developed an attitude that has really worked for me, and I am anxious to share this with other people." Is what he was telling me.

I am so happy to be able to have you guys come and see him because this is going to help anybody whether or not you're thinking about am I going to have heart problems, or if you're thinking am I going to have cancer. It doesn't matter. It's all these things that help prevent diseases. Even arthritis.

Katie: I happen to know that Sid has had a lot of challenges along the way, so I think he'll be able to provide some good tips about not giving up on setting your sights towards a healthier lifestyle despite what might happen along the journey.

Nancy: Oh, that's for sure. Sid was in cardiac rehab, and then he continued to exertion at our facility. Some orthopedic problems developed, and he actually went through and had a joint surgery done here through our joint camp. He continued to exercise. He started coming back in with his crutches after his hip surgery, but he really started focusing on upper body exercises and aerobic upper body work. He is using the hub now for exercise, so he continues to use our facility faithfully. It is just ... He said his whole life his thinking and just his whole way of living is so much better.

Katie: I think he'll be a real inspiration and definitely worth coming to hear. On the other side of that, Nancy, you mentioned so many things are interrelated, and really the other topic, sleep, is interrelated with heart health, as well. Jennifer, you have a sleep consultant coming from the Winmar Diagnostics Sleep Wellness Center. What can our listeners expect to learn from Stephanie?

Jennifer: Stephanie, she works at the Winmar diagnostics who is also sponsoring this living well series. She is the expert on speaking about sleep and good health. Also she can discuss the CPAP and different solutions for people that are positive for sleep apnea. She can bring that to the table, and I'm really excited to meet her and listen to what she has to

say.

Katie: We were talking a little bit before we came on the air about how not having good sleep or getting that oxygen to your vital organs like your heart has a potential implication on all kinds of factors of your health.

Jennifer: Yes, indeed it does. Sleep is very important. It helps with heart disease, blood pressure, COPD, and what that means is that it gives oxygenation to the vital organs, and also you feel lot better in the morning. You don't feel so dragged down and whatnot, so yeah the sleep is very important. I know a lot of people have it, and they know hey it's going on, but to actually go in and actually get tested for it and to be, "Hey, I do have sleep apnea." There's help for you people that are out there. This is a very good information that would really benefit I think a lot of the community because it is out there, and people don't even know it.

Katie: We, again, have a patient who is going to share their experience and how getting that test and diagnosed and follow up treatment has made a difference in their lives. Could you tell us a little bit about Rick and his story?

Jennifer: Yes. Rick Dean, he is a community member. Also he works with us at LRH here, and I have talked to him. He says that his CPAP was like the best thing ever. He more or less cannot leave home without it. He feels so refreshed in the morning and just a lot more energy. Also, too, with his history he is a nurse, and he knows with the heart disease and blood pressure and how important it is health wise to get those vital organs oxygenated and what not. Yes, he's excited to come speak and share his story also.

Katie: And will be a great opportunity to get that real perspective on what is it really like to sleep with a CPAP, or how long did it take you to adjust, and really get that personal experience. This is our living well series for November. It will be as always on the third Monday, so it's coming up on Monday November 21st, and will be held in our clinic lobby. At 111 West Vernon. 5:30pm is our start time. We provide some great refreshments, and we do like it if you can RSVP to help us plan for those refreshments. If you don't RSVP but decide you can come, please come anyway. We don't want that to hold you back.

If you have a chance to let us know either shoot us an email at livingwell@LRHC.org, or give us a call at 736-8699 and leave a message there. You can also leave a message there with your questions, and we'll get back to you, or visit our website LRHC.org for more information. We're looking forward to seeing both of you and our speakers Dr. Kohlman, Stephanie Privratsky from the sleep diagnostic center, and our patient stories from Sid Fossan and from Rick Dean. At the living well series Monday November 21st at Lake Region Healthcare. Nancy and Jennifer, thank you for joining me this morning.

Jennifer: Thank you.

Nancy: Thank you very much.

Katie: Jennifer, Nancy, and Katie on Apple a Day this morning, reminding you there is so much to do here. Stay healthy for it. Have a great day.