

answers  
help and support.  
For health, life and happiness.



Her Health  
from  
bellinhealth PARTNERS

2007 FALL NEWSLETTER (VOLUME 2)



#### *Her life:*

Once was always on the go.  
Now, even walking causes  
tremendous pain in her legs.

#### *Her challenge:*

To get relief from the pain,  
but more importantly, to make sure  
it's not a symptom of something greater.

#### *Her next step:*

Schedule a FREE Comprehensive  
Vascular Assessment to determine  
if she suffers from a condition called  
Peripheral Artery Disease.

#### *Her team:*

Bellin Health Heart & Vascular Center.  
The #1 team of its  
kind in Northeast Wisconsin.

#### *Free Screening:*

If you experience pain, weakness or  
numbness in your legs. If it hurts just to  
walk. Or if you have diabetes, high  
blood pressure or smoke, don't miss this  
free screening.

**When:** 30-minute appointments  
scheduled daily

**Where:** Bellin Hospital  
744 S. Webster Ave., Green Bay

**Cost:** Free

#### *To Register:*

Her Health Hotline  
with 24/7 Nurse On Call  
920 433-7494  
or toll free 877 989-0994.

## Does it hurt when you walk?

Do you have pain or numbness in your arms or legs?

## Don't Miss This Free Screening.

Peripheral artery disease, or PAD, as it is commonly known, is very similar to heart disease, except that it blocks arteries in the legs and arms.

PAD affects millions of people as they age, particularly those with diabetes and those who have smoked. As plaque builds up in the arteries that serve the body's extremities, circulation is reduced and severe problems result. Unchecked, it can cripple and kill.

"PAD causes plaque to build up in arteries around the legs and feet, in the same way arteries around the heart become clogged during heart disease," said Kelly Galler, Clinical Nurse Specialist at Bellin. "This build up causes the arteries to eventually narrow and become blocked."

Symptoms of PAD include leg cramping, fatigue, numbness or pain while walking, and cool skin on the legs and feet. The pain generally ends once an individual stops walking, although PAD may also cause burning and aching in the feet and toes while a person is at rest or asleep.

The first challenge is to find PAD and Bellin offers a free screening that can help do just that. This vascular assessment includes non-invasive examinations of the arteries that serve the neck, abdomen, legs and feet. To help complete the evaluation, blood pressure readings are taken and an exam is given to assess swelling in the legs, varicose veins, hair loss, wounds and other signs of decreased circulation.

"We are pleased to be able to offer this potentially life-saving service to the community," said Stewart Gifford, MD, of General & Vascular Surgery of Green Bay. "Unusual pain in your legs isn't always a symptom of getting older. It can be a sign of PAD. Be on the safe side and take advantage of our free vascular assessments."

Bellin's PAD assessments are regularly available, but require an appointment.

For more information, or to schedule an appointment, call the Her Health Hotline with 24/7 Nurse On Call at 920 433-7494 or 877 989-0994.

# Her Health

## CALENDAR OF EVENTS

### Men's Health Luncheon (Women also welcome)

"Signs, Symptoms and Treatment of BPH or enlarged prostate" By Wen Yap, MD  
Do you have urges to urinate frequently with little or no warning? Do you feel you can't empty your bladder? Do you push or strain while urinating, then stop and start several times? These are symptoms of enlarged prostate or BPH (Benign Prostatic Hyperplasia). After the age of 40, the prostate may begin to enlarge. Find out about treatment options by attending this presentation. Includes a free lunch, entertainment and cooking demonstration. Pre-registration is required.

**Thursday, December 6, 12 – 1:30 pm**  
SC Grand, 1250 Mid-Valley Dr., De Pere  
(Located off Highway 41 South)

### Talk Time for Moms and Daughters

By two of our newest physicians, Elizabeth Russell and Michelle Schacht. Learn about how pre-teens can stay healthy through preventative care. Presentation will include information on the HPV vaccine, which protects against the types of viruses that most commonly cause cervical cancer. Pre-registration is required.

**Monday, December 3, 6 – 7 pm** by Elizabeth Russell, MD  
**Monday, December 10, 6 – 7 pm** by Michelle Schacht, MD  
Bellin Health Allouez Executive Building  
2020 S. Webster Ave., Green Bay

### A Special Evening for Expecting Parents

To help you celebrate the upcoming birth of your baby, we have planned a special evening for you and dad, or a guest. Special presentations on car seat safety, pre- and post-natal fitness and important things to know for first-time dads will be offered. Tour our maternity unit, see the latest baby care products, and register to win shower gifts. Pre-registration is required.

**Tuesday, October 30, 6:30 – 8:30 pm**  
Bellin Hospital Kresge Center, 3rd floor  
744 S. Webster Ave., Green Bay

### Her Health Luncheon

"Options and Goal Setting for Weight Management"  
By Tamara Brown, NP, Bellin Health Bariatric Center  
Are you burdened by the challenges of being overweight? Then don't miss this free presentation. You will learn about weight management options and be able to decide which one is best for you. This could be the help you've been looking for in the fight to gain control of your weight and your health. Includes a free lunch and cooking demonstration. Pre-registration is required.

**Thursday, November 29, 12 – 1:30 pm**  
SC Grand, 1250 Mid-Valley Dr., De Pere  
(Located off Highway 41 South)

### The HMR Program for Weight Management

Learn how you can lose weight and keep it off by attending a free orientation session at Bellin Health Bariatric Center. Pre-registration is required.

- Proven weight loss of 10-200+ pounds
- Individual guidance and group support of others
- A nutritious and medically sound diet, combined with healthy lifestyle behavior tips

**Tuesdays, October 30, November 13, 27, 5:30 – 7 pm**  
**Mondays, November 12, 26, 12 – 1:30 pm**  
Bellin Health Bariatric Center, 7th Floor  
744 S. Webster Ave., Green Bay

### Healthy View Seminar

"Health and Healing: To Live Long and Die Healthy"

By John Shier, RN, PhD

Yes, it is possible to live life to its healthiest potential, right up to the end. Find out how you, too, can achieve lifelong health. Includes free screenings: blood pressure, bone density heel scan and body fat analysis. Pre-registration is required.

**Thursday, November 15, 5:30 – 8 pm**  
SC Grand, 1250 Mid-Valley Dr., De Pere  
(Located off Highway 41 South)

ALL HER HEALTH EVENTS ARE FREE UNLESS NOTED.

TO PRE-REGISTER CALL THE HER HEALTH HOTLINE WITH 24/7 NURSE ON CALL 920 433-7494 OR TOLL FREE 877 989-0994.



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**bellinhealth**