



# Connection

## Welcome to *Your* MRI

WITH TECHNOLOGY THAT CAN TRANSPORT YOU TO YOUR IDEA OF A PEACEFUL ENVIRONMENT, THE NEW MRI EXPERIENCE AT HURON REGIONAL MEDICAL CENTER IS WHAT YOU MAKE IT.

MRI IS ONE of the most important tools for identifying injury or disease in organs, tissues and blood vessels. Obtaining MRI images, however, typically requires patients to lie still, face up, inside a sometimes noisy, cramped tube for several minutes – a prospect that makes some people anxious. That’s not the case at HRMC. Installed in October, our new Philips Ingenia Ambition X 1.5T MR puts comfort at the center of the imaging experience.

*Story continues on page 4.*



Chad Moser, RT(R)(MR), MRI lead and PACS administrator at HRMC, explains the comfort features of HRMC’s new MRI, including the tranquil visuals on the wall behind the scanner.

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Erick Larson

## A Letter From Our CEO

# Our New Strategic Plan Is Working for You

AS WE BEGIN to implement our new three-year strategic plan for Huron Regional Medical Center, I'd like to share how the activities benefit you.

We believe this plan is an outward expression of our commitment to the Huron community and our desire to be your health care provider of choice and a community asset.

Our plan has three components:

- keeping care local,
- maintaining operational excellence
- promoting cultural transformation

Under the first component, one of our key focuses is the health needs of the community. As we review how best to help our community, we critically ask what else can we do and how can we do it. During the next few months, we will be asking for your feedback on our services, your experiences and reasons you may seek care elsewhere. Your input will tell us where we may need to bolster efforts, implement new programs or consider partnerships to address identified needs.

The second component reinforces to our staff the responsibility we carry as the provider of choice. Part of this means new construction and renovations so HRMC will offer an improved patient experience,

refresh some tired spaces and optimize our resources.

The third component addresses our internal culture. As in any organization, assessing and transforming a culture is a big thing. At its most elemental level, I would consider our efforts to hold each other accountable. While the word "accountable" can be perceived as a scary or negative adjective, it's really not. It simply means we aim to instill a higher sense of responsibility to treat others with respect. That respect should pervade everything we do: how we treat our patients and coworkers; the level of performance in our assigned jobs; how we deploy resources; and what decisions we make. Being accountable means we take personal responsibility for the experience we provide to others.

We're committed to transparently sharing our plans as we move forward. While we have much work to do, we're up for the challenge.

Erick Larson  
President and CEO  
Huron Regional Medical Center

## Does Your Child Need More

# Vitamin D?

YOUR CHILD MAY BE LACKING THIS CRITICAL VITAMIN. HERE IS WHAT YOU CAN DO AS A PARENT.

DURING THE SUMMER, your child gets vitamin D from playing outside in the sunshine. However, when shorter, winter days arrive, your child spends more time inside. As a result your child may not get enough vitamin D.

### How Much Vitamin D Does Your Child Need?

Children older than age 1 need at

least 600 international units (IU) of vitamin D every day to build strong bones and fight off infection. Without enough vitamin D, your child may develop muscle weakness or soft, deformed bones.

We get vitamin D naturally from the sun and food. However, children may not get all their necessary vitamin D from diet alone. Only a few foods are natural sources of vitamin D. These are primarily fish and fish oils. Companies also add vitamin D to foods such as milk, yogurt and cereal, but it may not be enough.



### Supplement for Better Health

To get enough vitamin D in the winter, children can take a supplement or multivitamin that contains vitamin D. You can purchase vitamin D in the form of pills, gummies, chewables, liquids and sprays. Ask your child's medical provider for a recommendation about the most effective option.

■ Time for your child's annual checkup? Find a physician at [www.huronregional.org/find-a-doc](http://www.huronregional.org/find-a-doc).

## Dermatology Services Now Available at HRMC

JEFFREY SMITH, MD, AND ABBY GIETZEN, PA-C, OFFER DERMATOLOGY CARE AT HURON REGIONAL MEDICAL CENTER SPECIALTY CLINIC AND PRAIRIE LAKES DERMATOLOGY CLINIC IN WATERTOWN.



Abby Gietzen, PA-C, & Jeffrey Smith, MD, MPH, FAAD

WE ARE PLEASED to now offer dermatology services to patients in Huron and the surrounding communities. At the HRMC Specialty Clinic, Dr. Smith and Gietzen will see patients with a variety of conditions and offer general dermatology, surgical dermatology and cosmetic and laser treatments.

“I take care of all things skin, including eczema, warts, rashes, hives and more,” Dr. Smith says. “I also do cosmetics. My

goal is to offer a breadth of dermatology services locally to help with the community’s specific needs.”

Having these services available locally ensures patients do not have to travel far for dermatology care.

### Patient-Centered Care

Dr. Smith was inspired to pursue the medical field at a young age.

“I was a patient before a physician,” Dr. Smith says. “When I was only 17, I went

to my first dermatology appointment. They thought I had melanoma. I had six biopsies done and later surgery and was closely monitored even until now. I loved how I was treated as a patient, and now I get to help patients with all types of concerns.”

### Work/Life Balance

When Dr. Smith isn’t with patients, he enjoys spending time with his wife and three children. His favorite activities include cooking

and playing the piano. Dr. Smith also relishes being both the spectator and participant of several sports, including tennis, basketball and snow skiing.

■ **Dr. Smith and Gietzen will see patients in the HRMC Specialty Clinic on the fourth Monday of each month. For more information or to schedule an appointment with Dr. Smith, visit [www.huronregional.org/find-a-doc](http://www.huronregional.org/find-a-doc).**

## Handwashing Can Make Eczema Worse

IF YOU HAVE ECZEMA, WASHING YOUR HANDS OFTEN CAN AGGRAVATE THE CONDITION. HERE ARE SOME STRATEGIES TO HELP.

KEEPING YOUR HANDS clean is important to avoid getting sick or spreading illness. However, for the 31 million Americans who have eczema – a condition that causes the skin to become dry, itchy and inflamed – frequent handwashing can result in cracked, itchy skin that is prone to infection.

### Tips for Washing Your Hands with Eczema

Having eczema doesn’t mean you should stop washing your hands. Instead, follow a few additional hand hygiene practices to reduce the risk of painful flare-ups. Here is what to do:

- **Moisturize every time.** Make it your personal rule to apply moisturizer after each time you wash your hands. This can offset the drying effects of handwashing. Use an ointment or cream with high oil content.
- **Pat dry, don’t rub.** Rubbing your hands dry can cause further irritation. Instead, pat your hands with a towel until they are mostly dry. Then apply moisturizer while your hands are still slightly damp.
- **Take along your products.** Bring travel-sized bottles of your preferred soap and moisturizer when you are on-the-go.
- **Wash with gentle soap.** Use a mild, unscented cleanser. Avoid harsh soaps whenever possible.

■ **If eczema continues to worsen, a primary care physician or a dermatologist can prescribe topical medicine to calm inflammation. Huron Regional Medical Center now offers dermatology services at the HRMC Specialty Clinic. Visit [www.huronregional.org/find-a-doc](http://www.huronregional.org/find-a-doc) and search dermatology.**



Story continued from cover.

“Every step forward is an improvement,” says Robert Hohm, internal medicine physician at Tschetter & Hohm Clinic. “It’s so much more enjoyable to practice medicine nowadays because of the diagnostics we have. The imaging we can do now is phenomenal.”

The Ingenia Ambition X features a bore, which is the tunnel where scans take place, that is more spacious than our previous scanner. It also has added features to enhance the patient experience.

“The new scanner includes the Ambient Experience in-bore Connect, which allows patients to not only listen to music but also surround themselves with an audio/visual experience that they get to customize,” says Chad Moser, RT(R)(MR), MRI lead and PACS administrator at HRMC. “That comforts and entertains patients during scans and makes the experience more enjoyable.”

### Choose Your Calm

Before your scan, you can pick a color scheme and an immersive theme, such as a serene forest or a pristine tropical beach. When you enter the MRI room, you’ll hear the calming sounds of that location.

In the bore, you’ll continue to enjoy the sights and sounds of

your destination with the aid of headphones and a mirror, which allows you to see the projection on the back wall outside the tube. Throughout your time in the bore, you’ll receive audio/visual notifications as to the length of each scan and cues for when and how long to hold your breath, if necessary.

The Ambient Experience in-bore Connect isn’t the only patient-friendly feature of the Ingenia Ambition X. Others include:

- ability to conduct many scans with patients entering the bore feet first instead of head first
- a softer, thicker mattress than our previous MRI scanner
- free breathing imaging capability for patients who can’t hold their breath during scans
- increased table tiltability for patients who struggle to lie with their heads back

### Fast and Accurate

Patient comfort is only part of what defines the Ingenia Ambition X. Other hallmarks include speed and accuracy.

The new scanner features a variety of innovations that allow our technologists to perform routine and complex scans quickly and efficiently. Outstanding image quality helps physicians make accurate diagnoses

and reduces the need for repeat scans. We now have the ability to do all non-contrast arterial scanning for those who are at high risk of kidney disease.

For physicians such as Dr. Hohm, MRI is an invaluable diagnostic tool – and having one of the latest versions of this technology available locally is a major benefit.

“The resolution, accuracy and speed of MRI continues to improve,”

Dr. Hohm says.

“Acquiring this new scanner is a big step forward for HRMC.”

For Moser, patient comfort is still what sets the Ingenia Ambition X apart.

“The most important factor in ensuring a successful MRI is making the patient comfortable,” Moser says. “This scanner helps us do that, and that’s why we chose it.”

■ **If you need an MRI, ask your physician for a referral to HRMC. For more information about our imaging services, visit [www.huronregional.org/services/radiology-imaging](http://www.huronregional.org/services/radiology-imaging).**



Robert Hohm, Internal Medicine Physician



Chad Moser, RT(R)(MR)

## Going Green

Most MRI scanners use liquid helium to cool their magnets so they can generate the magnetic field necessary for taking images. The new Philips Ambition X 1.5 MRI at HRMC uses only 7 liters of helium compared to all other MRI scanners, which use an average of 1500 liters. This is thanks to the new Phillips Blue seal patented technology. That’s good for the environment because it helps save resources.

“Helium is a nonrenewable element,” says Chad Moser, RT(R)(MR), MRI lead and PACS administrator at HRMC. “Once helium is released, it is gone forever. With other MRI systems, there is still the possibility of inadvertently losing some or all that helium into the atmosphere, causing expensive repair costs and downtime. That won’t happen here.”

# CANCER and Important Conversations

FIND OUT IF CANCER RUNS IN YOUR FAMILY TO HELP YOU TAKE STEPS TO REDUCE YOUR RISK OR RECEIVE APPROPRIATE SCREENING.



**THIS HOLIDAY SEASON**, take advantage of time with relatives and have a conversation about your family's health history.

“Knowing if certain cancers have been prevalent in your family can help your doctor determine your risk and recommend screenings,” says Cy Haatvedt, MD, general surgeon and chief medical officer at Huron Regional Medical Center. “With a view of your family's health history, your doctor can also make recommendations to reduce your risk of other medical conditions, such as heart disease, diabetes and high blood pressure.”

## Causes of Cancer in Families

The American Cancer Society estimates that between 5% and 10% of all cancers are inherited, or caused by an abnormal gene that can be passed down. However, some types of cancer are more likely to run in families, including:

- breast cancer
- ovarian cancer
- colorectal cancer
- uterine cancer

Sometimes, family history of cancer is due to common lifestyle factors, such as smoking or eating an unhealthy diet.

## Gathering Information

When speaking with your family members about their health, be sure to ask:

- Who has or had cancer, and what kind of cancer is it?
- How old was the person when he or she was diagnosed?
- Did the person have risk factors for the type of cancer?
- If the person is no longer living, how old was he or she at the time of death, and what was the cause of death?

## Talking to Your Doctor

Knowing whether family members have had cancer can help you and your doctor determine if you are at risk for inherited cancer. Telltale links include:

- A first-degree relative, including a parent, sibling or child, was diagnosed before turning 50.
- At least two other blood relatives, such as grandparents, aunts, uncles, nieces and nephews, on the same side of the family, had the same type of cancer.
- A relative was diagnosed with more than one type of cancer.

In some cases, your doctor might recommend genetic testing to help determine your risk for inherited cancer.

## Know Your Risk with Genetic Testing

Do you have a family history of certain types of cancer? Huron Regional Medical Center now offers genetic testing that can help determine what that history means for your personal health.

Myriad myRisk hereditary cancer testing determines whether you have an increased risk of developing certain cancers. With results from this testing, your doctor can develop an individualized

cancer prevention plan or diagnose cancer at an earlier, more treatable stage.

We perform the test in our laboratory with a simple blood or saliva sample. Your results are typically available in about two weeks. Once the results are available, your doctor will explain what your results mean to you and discuss next steps.

■ **Talk with your physician about ordering a Myriad myRisk test.**



Shawn Martin,  
Executive Director

# Thank You



We at HRMC Foundation are incredibly thankful for our generous donors, including those we acknowledge here from the last few months and everyone who has given throughout the year.

*We appreciate your support!*

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Sara Smith and Shantel Tschetter, two of the organizers for the Prostrollo walk, pose in the photo booth during the walk.



## Partnering to

# Keep Community Members Healthy

THE HRMC FOUNDATION is committed to improving health care locally, and recently some long-time partners helped us meet that goal. The Huron High School Volleyball Team, Runnings Farm & Fleet and Prostrollo Motor Sales hosted events to gather vital donations for HRMC's life-saving care.

These donations go towards the HRMC Foundation's We've Got You Covered fund, which has raised more than \$20,000 so far to help with the purchase of HRMC's new 3D mammography system. The system offers women greater breast cancer detection accuracy when cancer is at treatable stages. It also reduces false positives on screening tests.

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♦ denotes HRMC Employee

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♦♦ denotes HRMC Board Member

## An Array of Life-Changing Events

This October, the Huron Tigers volleyball team hosted their Pink Out event with t-shirt sales and an online basket auction. First year head coach, Josh Lien, says it's important to keep the Pink Out going strong.

"So many families are impacted by breast cancer in some way," Lien says. "The Pink Out is another opportunity to remind young female athletes about early detection. Alumni always come back on Pink Out night, and I see generations of Tigers who have given back to HRMC's Foundation."

For almost 10 years, Runnings has supported the HRMC Foundation with their annual Ladies' Night Out. This year's Ladies' Night Out included discount programs, vendor demonstrations and prize giveaways.

"Each year Ladies' Night Out gets bigger and better," says Shane Hood, store manager. "Our employees get behind the event, and the large turnout every year says a lot about what HRMC means to the community."

Also in October, Prostrollo Motor Sales hosted the fifth annual 1-Mile Walk for Breast Cancer around Ravine Lake. Along with t-shirt sales, the event featured several raffles, goody bag giveaways and a traveling trophy, which was gifted to the group with the largest participation.

"We appreciate the time and effort our local partners put into these

events and their passion for the cause," says Shawn Martin, executive director of HRMC Foundation. "They not only raise more dollars for this worthy cause but also help educate the public about the 'We've Got You Covered' program and inspire others to support the Foundation's work."



Runnings' employees, dressed in the traditional uniform of pink ties and white shirts, greet customers at the 2021 Ladies' Night Out event.



# Don't Live with the Pain

CARPAL TUNNEL SURGERY CAN ELIMINATE PAIN IN A SNAP.

LAST SPRING JENNIFER Kalahar experienced intense pain after gardening. Her hand was numb and she was unable to grasp things. Kalahar had never struggled with these symptoms. Thankfully, she happens to work as a clinic director with Todd Anderson, MD, board-certified orthopedic surgeon at Huron Regional Medical Center, who knew what next steps to take. After completing a physical exam, Dr. Anderson diagnosed Kalahar with carpal tunnel.

“People with carpal tunnel syndrome can have trouble with buttons, drop things or experience severe numbness,” Dr. Anderson says.

## What Is Carpal Tunnel Syndrome?

Carpal tunnel syndrome is caused by pressure in the wrist on the median nerve, which operates muscles in the palm at the base of the thumb. It also provides sensation to the thumb, index and middle fingers, and part of the ring finger. (Numbness on the left side of your ring finger and your pinkie finger is caused by pressure at the elbow on the ulnar nerve and is called cubital tunnel syndrome.)

## Why Get Surgery?

Conservative treatment for carpal tunnel syndrome usually involves bracing, physical therapy and steroid injections. But if those don't work, surgery can. For Kalahar, a minimally invasive operation was the solution. After a quick surgery using only a nerve block and local anesthesia, Kalahar was out of a splint in a week and started occupational therapy. Therapists helped her regain strength and mobility and recommended workstation set up changes to avoid pain or injury.

“It's a cliché that you don't know what you've lost until it's gone,” Kalahar says. “I kept thinking, ‘Well, it'll get better,’ but it didn't. Do not put off seeking medical help. Solutions are available.”



Jennifer Kalahar, carpal tunnel surgery patient

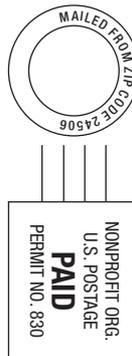
■ If your hands are in pain, call (605) 353-7660 to schedule an appointment with Dr. Anderson.



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**HRMCMC**  
HURON REGIONAL MEDICAL CENTER  
172 4TH STREET SE  
HURON, SD 57350



## When to See a Doctor for Your Hand or Wrist Pain

If you are experiencing numbness, tingling or pain in your fingers, thumbs, palms or wrist on a regular basis, talk to a doctor. If left untreated, carpal tunnel syndrome can result in permanent nerve damage.