

It's A Fact Jack!

Ear infection symptoms in infants can include unusual irritability, difficulty sleeping, tugging or pulling at one or both ears, and fever. If your infant displays one or more of these symptoms, he/she may have an ear infection.



HEALTH MATTERS

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Suffering from Barret's Esophagus? HALO Ablation may be for you!

By David Dozer, MD, Gastroenterologist

What is Barrett's esophagus?

Barrett's esophagus occurs as a complication of chronic Gastroesophageal Reflux Disease (GERD) which refers to the reflux of acidic fluid from the stomach into the esophagus (the swallowing tube), and is classically associated with heartburn.

Barrett's esophagus increases the risk of developing esophageal cancer. Those diagnosed with Barrett's should have an upper endoscopy procedure with biopsies at regular intervals determined by the severity of their condition. This can be anywhere from every three months to three years unless the abnormal tissue can be removed or "ablated."



David Dozer, MD

What is the HALO Ablation?

Ablation is a technique where tissue is heated until it is no longer viable or alive. The HALO ablation technology is a very specific type of ablation in which heat energy is delivered in a precise and highly-controlled manner. Since Barrett's tissue is very thin, we are now capable of achieving complete removal of the diseased tissue without damage to the normal underlying structures.

The treatment is performed as an outpatient procedure under sedation at St. Joseph's Hospital. There are no incisions involved and it is done in conjunction with an upper endoscopy. Patients may experience some chest discomfort and difficulty swallowing for several days after the procedure however the symptoms can be managed with medications and anti-acids to promote healing. After the procedure, a follow-up appointment is scheduled within 2-3 months.

If this treatment is right for you, there is the likelihood of drastically reducing your risk of esophageal cancer. In addition, the procedure may eventually reduce or eliminate the need for repeat endoscopy visits in the future.

Who performs the procedure?

Gastroenterologists David Dozer, MD and Madhuri Trivedi, MD, from the West Bend Clinic perform the procedure at St. Joseph's Hospital. For more information contact the West Bend Clinic at 262-365-6100 or talk with your primary care provider.

Welcome Brian Rose, MD, Endocrinologist

Dr. Rose is an assistant clinical professor of medicine at The Medical College of Wisconsin in the division of endocrinology and metabolism. "Being a physician is a privilege. I value the trust patients put in me and believe the physician-patient relationship should be centered on mutual trust and respect," says Dr. Rose. "I want my patients to understand my recommendations so they can be involved in their care."



Brian Rose, MD

He is board-certified in endocrinology and his clinical interests include cholesterol disorders and treatment, thyroid nodules and disease, general endocrinology and diabetes. He was a clinical endocrinologist and director of undergraduate and graduate medical education at Midwest Endocrinology Associates, the only private practice in Wisconsin to be recognized in the nation's top 50 endocrinology departments in U.S. News & World Report.

Dr. Rose received his medical degree from the University of Illinois College of Medicine in Chicago.

Dr. Rose sees patients at West Bend Clinic every other Wednesday and every Friday.

To make an appointment with Dr. Rose, call West Bend Clinic at 262-365-6100.

Annual Women's Fair set for March 20

West Bend Clinic, Community Memorial Hospital and St. Joseph's Hospital will host the eighth annual Women's Fair at Washington County Fair Park, Hwy 45 and Pleasant Valley Road, on Saturday, March 20 from 8:00 am to 2:00 pm.

The Women's Fair, A Celebration of Mind, Body and Spirit, will inspire women of all ages to take time out for themselves to enhance their health and wellness.

The Women's Fair features shopping and dining opportunities, vendor booths, seminars and demonstrations on wellness and lifestyle topics. New this year, the "Wellness Oasis" which includes chair massages, health and wellness information, "Ask the Doctor" sessions and interactive health displays.

Seminars will last approximately 45 minutes. A sampling of the topics include:

- Keeping Active at Any Age - presented by Stacy Lynch, MD, West Bend Clinic
- Memory Loss – How Can I Avoid It? presented by Lawrence Sullivan, MD, West Bend Clinic
- Sexual Health – presented by Margarita Kressin, MD, Medical College of Wisconsin
- Tips on Keeping Your Skin Healthy and Looking Young – presented by Dan Nalepinski, PA, West Bend Clinic – East
- Building Good Relationships for Mothers and Daughters – presented by Sandi Bach, RN and Cherri Schleicher, FNP-C, APNP, Community Memorial Hospital

Visit a selection of hourly demonstrations throughout the day which will include:

- Zumba – presented by the Kettle Moraine YMCA
- Self Defense for Women – presented by JK Lee Tae Kwon Do
- Organic and raw cooking demonstrations – presented by Natures Garden Health Center
- Gardening demonstrations – presented by Lammscapes!

The event is free and open to women of all ages.

Pre-registration is required. To register, please call 800-272-3666, or visit westbendclinic.com.

Vendor Booths Available

A limited number of vendor booths are available for this exciting event.

Cost per booth is \$100 and includes a 10x10 booth space with an 8-ft. table, backdrop, table linens and two chairs.

With last year's attendance reaching over 900 women, participating vendors have an excellent opportunity to reach a large female audience. With the addition of the Ziegler Family Expo Center to the 2010 Women's Fair, attendance is expected to be over 1,000.

For questions or to request a vendor registration form, please call 262-334-1641 ext. 2760.



Upcoming Events

2010 Spring Baseball Warm-up For Boys

Grade school boy baseball players are welcome to the 2010 Spring Baseball Warm-up. This free event is being held Saturday, March 27, at Hartford Union High School from 8:00 am - 12:30 pm.

There will be two sessions to allow more time with the instructors, which include local coaches and players from the Hartford High School Baseball Team. Sessions are as follows:

Grades 5-6
8:00 – 10:30 am
(7:45 am registration)

Grades 7-8
10:00 am – 12:30 pm
(9:45 am registration)

Players will rotate between two skill sessions that address infield and outfield fundamentals and hitting. Players will have an option to attend a pitching skill session, in place of the fielding skill session. Participants will receive a t-shirt and a chance to win raffle prizes.

Lawrence Sullivan, MD, Neurologist at West Bend Clinic, will be presenting "Sports Concussions – Separating Fact from Fiction" from 10:00–10:30 am to parents and coaches. Dr. Sullivan will address sports concussions, comparing the facts versus fiction, ways to tell if your young baseball player has a concussion, when to see a doctor, and treatment techniques that are safe and effective.

Pre-registration is required. Registration forms are available at all West Bend Clinic locations or westbendclinic.com. For more information please call 262-365-6126.

West Bend Clinic

Froedtert & Community Health

262-334-3451 ■ 800-825-0513 ■ westbendclinic.com

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