Please join us for a special presentation by Rudy Wilson Galdonik, a nationally celebrated motivational humorist, author and heart patient.

Hailed as the Erma Bombeck of the 21st century, Rudy will share her struggles with heart disease using humor to educate and encourage. Describing herself as a tad shy of bionic, Rudy is a lifelong heart patient with what she claims to be over $40,000 worth of “stuff” in her chest (two mechanical heart valves, a pacemaker, assorted leads and a pacer wire named “Emily”). Her stories will inspire you to take charge of your life, see obstacles as opportunities for growth and live each day as a gift.

“There are so many things women can do to prevent themselves from becoming a statistic,” exclaims Rudy. “I use my experience to uplift and encourage women to open their eyes to new possibilities.”

To register, visit ProHealthCare.org/WakeUp

Meet two ProHealth Care heart experts

At the event, you’ll learn heart-healthy information from Lisa Schmitz, DO, and Murrad Abdelkarim, MD, interventional cardiologists with ProHealth Care. Both heart specialists are board certified and are fellowship trained in interventional cardiology and cardiology. They will share the latest advancements in heart and vascular care.

“Heart disease is not only for men or for the old,” says Dr. Schmitz. “It is the number one killer of women, both pre- and post-menopausal. Symptoms of a heart attack can be more subtle in women. Instead of classic chest pain, women may experience shortness of breath, nausea and vomiting, jaw, neck or shoulder pain, or unusual fatigue.

“Many women are so busy caring for others in their families that they forget to think about their own health and may ignore these subtle symptoms. Women need to be proactive about their cardiovascular health, discuss their personal risk for heart disease with their health care provider and learn ways to reduce it,” states Dr. Schmitz.
ProHealth Care, working in partnership with the American Heart Association and the Girl Scouts of Wisconsin Southeast, will soon launch the Go Red Girl Scouts patch program for Milwaukee area scout troops. The goal is to help girls learn to make healthier choices and empower the women they love to do the same.

The program springs from ProHealth Care’s Heart & Vascular Services partnership with the American Heart Association to bring the national Go Red for Women campaign to the local level and help young women develop healthy habits.

ProHealth Care assisted in developing the program’s curriculum, which includes activities focused on heart education, nutrition, fitness, family involvement and service to others.

If you are a troop leader interested in helping your girls earn the Go Red Girl Scouts patch, the resources will be available to download beginning Feb. 24 at ProHealthCare.org/GirlScoutsGoRed.

Heart services recognized for quality outcomes

ProHealth Care’s Waukesha Memorial Hospital is proud to be one of only a few hospitals in Wisconsin to earn the designation of Blue Distinction Center for Cardiac Care by Anthem Blue Cross Blue Shield. Research confirms that the newly designated Blue Distinction Centers demonstrate better overall quality for certain procedures than non-designated facilities.

Hospitals were evaluated on their ability to deliver high quality and safe specialty care based on criteria that directly impacts patient results including:

- Expertise of medical team
- Number of procedures
- Outcome of procedures

When it comes to cardiac care, you can trust ProHealth Care’s team of heart care experts. To learn more about our heart and vascular services, visit ProHealthCare.org.
Joanna Dahl has so much to be thankful for. Her three beautiful children. Her devoted husband. Her large Greek family. And her life.

She’s so thankful, in fact, she came to Waukesha Memorial Hospital to honor a team of caregivers whose quick action saved her life and the life of her unborn child.

On Aug. 30, 2012, 34-year-old Joanna arrived at the hospital to deliver her third child. The pregnancy had been uncomplicated, and the delivery promised to be routine. She was progressing through labor when suddenly she felt ill. Within moments, and for reasons not fully understood, Joanna stopped breathing.

Today Joanna and her family are happy and thriving with no lingering effects from the experience. To learn more about Joanna’s story, go to the birthing center page at ProHealthCare.org.

Randy, Joanna and Zoe Dahl
ProHealth Care will add an emergency department to its multi-specialty outpatient center in Mukwonago, bringing around-the-clock critical care closer to home for area residents.

“Mukwonago community leaders and our patients in the area have expressed their desire for us to provide emergency care nearby,” said Susan Edwards, ProHealth Care’s chief executive officer. “We understand how important this is and are pleased that we can make this happen.”

The project is expected to begin in the spring of 2014 and open in 2015.

The emergency department will be constructed as an addition to the D. N. Greenwald Center, just off Interstate 43 at Highway 83. It will provide hospital-level emergency care 24 hours a day, seven days a week. Plans call for 16 treatment rooms and 10 observation rooms for patients who require longer periods of evaluation or treatment prior to discharge.

The emergency department will be staffed by the same board-certified emergency physicians who currently staff the two emergency departments at ProHealth Care’s hospitals. The physicians will be supported by complete laboratory and diagnostic services.

The emergency department will enhance the wide range of health services available at the Greenwald Center, which currently includes a full-service cancer center with medical and radiation oncology, cardiac diagnostics, rehabilitation services with occupational therapy, diagnostic imaging and lab services.

There are also 13 primary care providers and specialty services including:

- Allergy
- Cardiology
- Child & adolescent psychiatry
- Dermatology
- Endocrinology
- Gastroenterology
- General surgery
- Nephrology
- Neurology
- Obstetrics & gynecology
- Occupational medicine
- Oncology & hematology
- Orthopedics
- Podiatry
- Psychology
- Pulmonary medicine
- Rheumatology
- Urogynecology
- Urology
A look back, a step forward

ProHealth Care Celebrates Its 100th Year

In 1898, Waukesha was growing rapidly as industry and tourism expanded. Three resourceful Waukesha women decided that the city needed a hospital, so they leased a three-bedroom house on Arlington Street and began admitting patients. This marked the humble beginning of Waukesha Memorial Hospital and ProHealth Care.

In 1914, the city built its first actual hospital on Delafield Street (see photo). Construction costs for the seven-bed hospital were $8,900. Three years later, it was expanded to 25 beds.

The flu pandemic of 1918 brought a flood of patients to the modern hospital. At that time, a ward bed cost $4 a week. The nursery and maternity rooms were overflowing during that era — mothers and their newborns stayed for 10 days. The hospital board soon realized it needed a larger hospital and approached city leaders about building to better serve the community.

The rest is a rich and meaningful history of responding to the needs of the community.

Throughout the coming 100th anniversary year, ProHealth Care will use words and pictures to share the compelling story of its humble beginnings and its growth into an advanced health care system.

Be your best YOU in 2014

ProHealth Care’s Inside Out weight management experts believe weight loss results from focusing on your inner self — your beliefs, character, strengths, needs and goals — so you can keep it off. You’ll receive a customized program that takes into account your medical profile, health history, food likes and dislikes, time demands, emotional factors, level of motivation and any unique challenges you may have.

It’s a great time to sign up. If you register between January and March, you will receive:
- A $200 program discount – our largest discount ever
- A free six-month membership to ProHealth’s West Wood Health & Fitness Center
- Entry in a drawing for a complimentary one-hour, one-on-one session with our dietitian

Meet our team and get a glimpse into one Inside Out client’s weight-loss journey at ProHealthCare.org/InsideOut. Schedule your free consultation — call 262-820-3880 or email InsideOut@phci.org.

1 Offer applies to new Inside Out community participants only.
2 Existing West Wood members and ProHealth Care employees are excluded.
Heart disease screening

It's simple, fast, painless, affordable — just $99 — and available at multiple locations. The low-dose CT scan surveys your entire heart, revealing calcium buildup in your coronary arteries, which may indicate you're at risk for heart disease or heart attack. A physician referral is not needed. To schedule an appointment, call 262-928-4624.

Are you traveling abroad this winter?

The last thing you want to worry about when planning a trip abroad is your health. Unfortunately, 50 to 75 percent of foreign travelers experience some form of illness while out of the country. Whether you’re traveling for pleasure or business, studying abroad or on a global mission, ProHealth Care’s International Travel Medicine Clinic helps you plan and prepare for potential health concerns while you’re away.

The clinic is led by Jean Bagin, NP, one of the few providers in Wisconsin who has earned a Certificate in Travel Health from the International Society of Travel Medicine. Her comprehensive consultation includes a health, medication and immunization history review, a detailed travel itinerary review focused on vaccine-preventable diseases, all recommended and required vaccines, and appropriate prescriptions for travel-related illnesses.

Visit the travel medicine page at ProHealthCare.org to see how Jean helped one client prepare for her trip. Or call 262-574-8000 to schedule a consultation. Please call at least four weeks before your trip to allow time for immunizations, if needed.

Gift certificates

Massage — Certified therapists offer both therapeutic and relaxation massage. Fees range from $20 for 15 minutes to $80 for 90 minutes.

Tee 2 Green Fitness program — Licensed athletic trainers lead one-on-one sessions to help golfers improve their swing and golf game by increasing flexibility, balance, strength and posture. Packages start at $125.

Both services are offered at ProHealth Care’s Oconomowoc Physician Center at I-94 and Highway 67. To order a gift certificate, call 262-569-6306.
In February, ProHealth Care will open an urgent care center within its New Berlin clinic, providing fast, family-friendly care without an appointment. As an extension of your family doctor, urgent care providers can diagnose, treat and manage urgent medical conditions during the day, in the evening, and on weekends and holidays.

Learn about our upcoming classes and events at ProHealthCare.org/Classes