

# experience HEALTH

WINTER 2024

Upland Hills<sup>®</sup>  
Health  Years



# Message from Lisa

As we reach the end of 2024—our 50th anniversary! – we reflect on the tremendous year we have had and look forward with excitement to 2025!

## Milestones for 2024 include:

- The opening of the new Mineral Point Clinic
- The opening the new Mount Horeb Therapy Center
- The many ways we celebrated our 50th anniversary
- The new da Vinci surgical robot
- Offering new orthopedic surgery procedures including hand, anterior hip, and thyroid
- Welcoming family practice Drs. Hess and Sippl
- Expanding our surgical capacity from two to four operating rooms
- Finalizing the Master Facility Plan for the hospital campus
- Welcoming new board members Jay Goninen, Alan Holter, James Meacham, Kyle Nondorf, Andrea Potterton, and Allison Stroud
- Purchasing land for our new senior living campus

## 2025 will be another year of exciting developments, including:

- Opening our new Mount Horeb Clinic
- Opening our new Mount Horeb Urgent Care Center
- New space for our ER and Lab Departments
- Welcoming a new spine surgeon
- Welcoming our new family practitioner, Dr. Logan Yeager
- Developing our new assisted living facilities and other senior living campus services

As much as seasons change, our gratitude for you is ever present. We exist to care for you – and it just doesn't get better than that!

Thank you for 50 wonderful years! We look forward to the next 50 in service and support of you, our community.

“We look forward to the next 50 years in service and support of you, our community.”

Lisa Schnedler  
President and CEO, Upland Hills Health

## Experience Health

Upland Hills Health Hospital and Clinics

Lisa Schnedler  
President/CEO

## STATEMENT OF NONDISCRIMINATION

Upland Hills Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Information in *Experience Health* comes from several medical resources and medical professionals. Photos may include models.

Photo credits:  
Cover © FamVeld | Getty Images  
Page 9 © zest\_marina | Getty Images  
Page 14 © VectorMine | Getty Images  
Page 15 © sararoom | Getty Images  
Page 15 © hakule | Getty Images

**Celebrate with us!**

Join us to celebrate the opening of the **NEW Mount Horeb Family Practice and Urgent Care**

**January 9, 2025 4 – 6 p.m.**

**1809 Springdale Street Mount Horeb, WI**

- Ribbon cutting at 4 p.m.
- Tour the new space
- Meet our providers and staff
- Refreshments provided

## What's Inside

### 4 New Offerings

Mount Horeb welcomes our new Urgent Care and family practice clinic

### 5 Urgent Care vs Emergency Room

Which visit is right for your illness?

### 6 'I Owe My Life to UHH'

A mother of three shares her birth story – and why she won't go anywhere other than Upland Hills Health for the care of her family

### 8 Winter Wise

Your guide to safe snow days

### 10 The Best Surgeons, Close to Home

New technology and experienced care come home to UHH

### 12 Mammograms: Myth and Facts

Find answers to common questions about breast cancer prevention

### 14 Your support is key

How you can contribute to UHH's legacy of community commitment to health and wellness

### 15 RSV: What you need to know

What is the common illness, and how do I protect my family?

# We mean it when we say...

## The Care You Expect, Close to Home

### Here's why our patients agree:

**“ Jodi McGraw is always so gracious and kind and really wants to know everything. ”**



**“ I couldn't be more grateful that we have such a great hospital and staff in our community. ”**

**“ Dr. Grunow has been my doctor for 31 years, through thick and thin. From back, shoulder, knee, and foot problems to sleep issues—he's the best doctor around! ”**



**“ Dr. Hansen was very kind, and attentive. He seemed to truly care – and was willing to go the extra mile to ensure I received the best care possible. ”**



**“ Honestly, this is the best visit to an ER I have ever experienced. UHH always has a great attitude, and wonderful people. ”**

**“ They listen to what I have to say – they're super helpful, always polite, they make you feel like you matter and that they actually care. ”**

**“ I have never had such caring and competent care. I felt totally cared for and was confident that everyone was taking care of me and wanted me to get the care I needed. ”**

**“ No one likes to be in the emergency department – but if you have to be there, this is the staff you want caring for you. ”**

**“ I am so glad I switched my PCP to Dr. Altman-Meyers last year. She is so kind and knowledgeable. I never feel like she is rushing. She always follows up with lab results quickly and works hard to coordinate a plan with my best interest in mind! ”**



**“ We absolutely Love Dr. Hartline and will recommend her to anyone – she goes above and beyond for my family. ”**



**“ I can't recommend Dr. Raichle enough. His balance of care, concern, knowledge, and desire to include patient input in collaborating to determine the treatment path and future care was phenomenal. I'm so delighted to find a true partner in healthcare. ”**



**“ They treat you like a person, not like a number. ”**

# Opening January 2025, Upland Hills Health's Mount Horeb Urgent Care

Upland Hills Health has been a proud part of the Mount Horeb community for nearly a decade through its primary care clinic and therapy center. As we continue to experience tremendous growth, our leadership asked residents what additional services they wanted to see. Number one on the list was an Urgent Care – and Upland Hills Health was thrilled to answer the call.

“The decision to expand Urgent Care to Mount Horeb fits perfectly with UHH’s goal of providing patient-centered, personal care,” said Sandy Fischer, Mount Horeb resident and Board of Trustees member for Upland Hills Health. “It’s a long drive to Madison when you need healthcare. To be able to get excellent care, during off-hours, right here at home – it doesn’t get better than that.”

UHH will extend its longstanding partnership with Madison Emergency Physicians to staff the Urgent Care location. The providers and physicians you will receive care from at Mount Horeb are many of the same you would find in Madison.

In addition to the new Urgent Care Center, Upland Hills Health is offering the community an enhanced primary care clinic experience and OB/GYN clinic.

“We’ve designed this new center to enhance patient access, flow, and services,” said Dr. Joe Berg, Mount Horeb native and UHH family practitioner. “The Urgent Care will provide a quick and

## Feel at home with Upland Hills Health Mount Horeb



### Strands Salon owner Tiffanie Kalish on her family's experience:

“My husband ended up having some pretty major health issues, and it was a very tricky diagnosis that Dr Berg spent many, many hours coming to a conclusion on. He ultimately had open heart surgery, and many of the doctors at

UW were very impressed that our primary care physician, Dr. Berg, was able to diagnose the blood infection that he had.”

“The providers that will be in the clinic here next to us actually both come into the salon, as do both of their families – so it’s nice to be able to suggest these people, knowing them personally.”

immediate way for patients to access care after our clinic closes for the day and on weekends. Patients receiving services in our Urgent Care setting will have the opportunity for follow-up care or ongoing treatment—right here at home.”

The brand new Urgent Care and re-designed clinic are both slated to open in mid-January.



# Should you go to the Urgent Care or the Emergency Room?

Our providers with Madison Emergency Physicians break down how to make your decision based on your symptoms.

**Urgent Care**

- Inability to see your primary care physician right away
- Ear pain
- Colds, cough or sore throat
- Mild nausea
- Minor cuts or burns
- Fever

**Emergency Room**

- Vision loss
- Chest pain
- Symptoms of heart attack or stroke
- Abdominal pain
- New weakness or numbness
- Severity of symptoms: intolerable or disabling

**Call 911 if:**  
You experience the above symptoms or can't drive yourself to the ER.

**Upland Hills Health®**  
Mount Horeb

<b>FAMILY MEDICINE</b> 608-437-8033 Monday – Friday 8 a.m.-4 p.m.	<b>URGENT CARE</b> 608-437-9003 Monday – Friday 3 p.m.-9 p.m. Saturday & Sunday 8 a.m.-4 p.m.
--	--

1809 SPRINGDALE STREET • MOUNT HOREB

# I owe my life – and my baby’s



“ I never expected having a baby to become a life-or-death experience, but that’s exactly what happened during the birth of my third son. I can confidently say I owe my life – and that of my baby – to Upland Hills Health.

I knew this pregnancy carried some risks. I had a history of severe pre-eclampsia, and at 37 weeks gestation, my lab work showed signs of rejecting the baby. One week later, my health team at Upland Hills made the decision to induce me. With care and calm, they brought our sweet, healthy baby boy into the world.

These providers had become family, and they ensured I could go home to mine.

# life – to Upland Hills Health.

Less than a week later, I had to be readmitted to the hospital for severe post-preeclampsia. In my head, I started making plans for my family to go on without me.

Thankfully, the doctors and nurses were all aware of my history and began life-saving treatment without hesitation. These were providers with whom I'd made personal connections; they had become family. And they worked hard to ensure I could go home to mine.

Today, I am grateful to say that my family of five is thriving, thanks to the exceptional care I received at Upland Hills Health. Every staff member went above and beyond to care for me during my most vulnerable time. Their commitment to patient care is unparalleled, and their compassion made all the difference. For this care team that feels like family, I am so thankful. ””

Every staff member went above and beyond to care for me.



# Winter Wise: Your Guide

'Tis the season for frosty mornings, snow days and hot chocolate evenings – winter in Wisconsin is here! But this scenic season can come with serious safety risks – everything from slipping on the ice to suffering frostbite.

Upland Hills Health has a full staff of expert providers, specifically trained to handle the entire spectrum of cold weather injuries. We asked them to put together a guide on how to avoid some of the most common ailments, informed by their own experiences in the emergency room and on the operating table. Here is their advice:



## Slips and falls

It can happen in an instant: you land on your back after a hard fall on hidden ice. Dr. Colin Graney is a surgical podiatrist at Upland Hills Health who specializes in foot and ankle surgery – he says ice falls are one of the most common injuries he sees.

“I probably see an injury stemming from a fall on the ice every single week in the winter,” Dr. Graney told us. “My fellowship specialty is in trauma and reconstructive surgeries, so this is right in my wheelhouse – it’s nothing we can’t fix, but many of them are preventable.”

Here are Dr. Graney’s recommendations to avoid an icy incident:

- Wear boots with traction and rubber soles
- Take short steps with your arms out for balance
- Slow it down



## Shoveling snow

We all know what it’s like waking up to a fresh layer of snow on your driveway – and all the shoveling that awaits you.

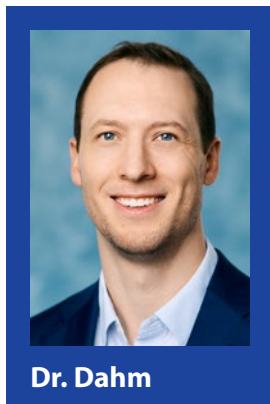
“In my 20 years of orthopedic surgery, I’ve seen dozens of cases stemming from shoveling,” said Dr. Anthony Villare, Upland Hills Health orthopedic surgeon. “These cases are often entirely preventable.”

Before you reach for the shovel, Dr. Villare suggests you keep these tips in mind to protect your lower back:

- Stretch before you begin
- Lift with your legs
- Push snow instead of scooping



# to Safe Snow Days



## Snow blower safety

Snow blowers can make a winter storm less daunting on your driveway – but they can also cause major injuries like hand and finger amputations.

“Some of the most serious injuries I’ve seen out of the roughly 3,000 surgeries I’ve performed are from a snow blower,” Dr. James Dahm of Upland Hills Health told us. Dr. Dahm is an orthopedic surgeon with special training in arm and hand surgery; as such, he has seen countless cases of mangled hands and lost fingers involving snow blowers.

Here’s some advice from Dr. Dahm before you power up your snow blower:

- Never reach into a snow blower to dislodge it
- Wear safety goggles
- Avoid loose clothing



## Frostbite and hypothermia

We all love our winter pastimes spent out in the snow. But how do you know when you’re spending too much time outdoors?

“We see around a dozen cases of frostbite a year in the ER,” Dr. Joe Hansen, an emergency room physician with Madison Emergency Physicians, tells us. (You can find Dr. Hansen inside Upland Hills Health’s Dodgeville ER, as well as the Urgent Care set to open this winter in Mount Horeb).

“Prevention is key, so avoid extended time in temperatures below zero. Elderly patients are at increased risk, so neighborly monitoring is helpful, as well.”

Dr. Hansen offers these signs to watch for:

- Frostbite: redness and pain, a “pins and needles” sensation or numbness
- Hypothermia: uncontrollable shivering, blue lips and nails, and neck or limb stiffening



Don’t hesitate to reach out to Upland Hills Health and its full slate of providers to answer your health questions this winter. Our clinics, Urgent Care and Emergency Room are just a phone call away.

# The Best Surgeons Are Right Here – Close to Home

It's not unusual to feel a rush of emotions when you are told you need surgery. The surgical team at Upland Hills Health is experienced and focused on ensuring that their patients have the best possible outcomes. By listening to their patients, asking questions and carefully evaluating all the options, our surgeons design a plan to meet each patient's individual needs and recovery goals.

## Upland Hills Health General Surgeons



**Patrick Ryberg, MD**

Dr. Ryberg has nearly a decade of experience as a general surgeon. He received his medical degree from the Medical College of Wisconsin and completed his residency at Marshfield Clinic and St. Joseph's Hospital in Marshfield. His attention to his patients' specific concerns related to the surgery, answering questions and addressing their concerns are all hallmarks of his practice.

A resident of Mineral Point, Dr. Ryberg is active in the community and in the school district. He cultivates an active interest in the sciences by volunteering in science fairs and other school-related activities.

Dr. Ryberg has a passion for patient care and believes that every patient deserves and should receive the best care possible.

Not surprisingly, comments from his patients reflect his commitment to patient care:

**"Dr. Ryberg was awesome. He and his team all did their jobs perfectly to take great care of me."**



**Jared Linebarger, MD**

With more than 18 years of experience in the medical field, Dr. Linebarger is well-respected for his technical expertise as a surgeon. Just as important, he takes the time to make a personal connection with his patients. His thoughtful and thorough approach to patient care is appreciated by both patients and the operating room staff.

Before joining Upland Hills Health, Dr. Linebarger was both a surgeon and an instructor at a large Wisconsin health system, where he provided hands-on skills training and mentoring to surgical residents.

Dr. Linebarger is one of a small number of fellowship-trained breast surgeons in Wisconsin. That means he has advanced training to perform a number of procedures that are specific to the breast and the surrounding lymph nodes.

His patients say this:

**"Dr. Linebarger is always attentive to my concerns regarding my breast cancer. He provides support, advice and options. He is a very fine surgeon."**



**Bronson Bomkamp, MD**

A native of southwest Wisconsin, Dr. Bomkamp always saw himself practicing near his hometown of Highland. His return was driven by his desire to care for the people in the area where he grew up. Dr. Bomkamp trained under Dr. Linebarger and was excited to join the surgical department at Upland Hills Health.

As is true with all the surgeons at Upland Hills Health, Dr. Bomkamp listens to the patient and determines the best course of action to address their needs. In addition to being highly trained in traditional surgical skills, he is experienced using the new da Vinci Surgical System. This minimally invasive, robotic-assisted surgical system is well-suited to many common general surgery procedures.

His reviews are an indication of his commitment to patient care:

**"Dr. Bronson Bomkamp was very good. He answered all my questions. One word for him – excellent!"**



## Upland Hills Health First in Area to Receive da Vinci 5 Surgical System

Robotic-assisted surgery is now available at Upland Hills Health. It offers new options for patients in southcentral and southwestern Wisconsin. The system can be used for minimally invasive surgical procedures for urology, gynecology, thoracic and general surgeries. Upland Hills Health is the first health system in the area to have the da Vinci 5, which is the most advanced and integrated surgical system – ever.

“The da Vinci robotic-assisted system is another powerful tool in the operating suite that our skilled team of surgeons can use in surgery,” explained Dr. Bronson Bomkamp. “Upland Hills Health continues to invest in technology that advances patient care and has been proven in the field of minimally invasive surgery.”

As with all da Vinci surgical systems, the surgeon is 100 percent in control of the robotic-assisted system. Da Vinci Surgical Systems translate the surgeons’ hand movements into smaller, more precise movements of tiny instruments inside the patient’s body.



“Technology does not replace, but it can enhance, the skills of the surgeon,” according to Chief Medical Officer Charles Pearce. “The surgeon controls the movement of the da Vinci robot that has smaller instruments, which allows greater mobility during the surgery. For the patient, it means a smaller incision and a quicker recovery.”

Dr. Pearce noted that not all types of procedures or patients are a match for robotic surgery. Your Upland Hills Health surgeon will discuss and recommend the best options for each patient based on individual goals, health status and lifestyle.

“We work as a team – primary care physician, surgeon, the recovery nursing staff and therapists – to provide comprehensive care that is focused on safely returning our patients to the activities they enjoy,” said Dr. Pearce.”



# Mammograms: Myths, Facts, and the Road to Better Breast Health

There may be nothing scarier than a cancer diagnosis, and hearing you have breast cancer is no exception. Early detection through the use of mammograms can help save your life. A mammogram is a non-invasive xray used to check for abnormalities in the breast.

The American College of Radiology says mammograms have helped reduce breast cancer mortality in the U.S. by nearly 40 percent in the last 30 years. But there are a myriad of myths and stigmas surrounding mammograms, which can cause concern for women. Upland Hills Health's Dr. Jodi McGraw has 20 years of experience in women's health. She brings clarity to the conversation surrounding breast health with four fast myth-busting facts:

American College of Radiology  
Guidelines for Mammograms

## MYTH

Mammograms are too painful.

**FACT** The staff at Upland Hills Health is known for going above and beyond to make mammograms comfortable, both physically and emotionally. Dr. McGraw knows this personally.

“When I had my first mammogram done years ago, the experience was so different from what our technicians provide today,” she said. “The technology has improved drastically to make every appointment comfortable and quick, and our staff provides such kind, caring and skillful support. You will experience that support throughout the scan.”

## MYTH

I don't have a family history of breast cancer, so I don't need a mammogram.

**FACT** One in seven women will be diagnosed with breast cancer at some point in their lifetime; three out of four women who are diagnosed have no known family history.

“One of my patients came to me with a lump in her breast but with no diagnosis of breast cancer in any of her immediate family members, her mother, or her grandmother,” Dr. McGraw told us. “She received a mammogram that led to her diagnosis, and then treatment. That mammogram likely saved her life.”

## MYTH

There's no difference between a traditional mammogram and a 3D digital mammogram.

**FACT** 3D mammograms are the most innovative and accurate tool to detect breast cancer in its early stages. Upland Hills Health has the latest technology that can detect up to 40 percent more breast cancers than traditional methods. Dr. McGraw explains the difference for us:

“The 3D technology of our 3D digital mammogram is so much more accurate than the traditional kind,” McGraw said. “Think of it as a 3D model of a breast, instead of just a picture of one. We're able to get clearer, more accurate results with fewer false positive results – with the goal of giving our patients peace of mind.”

## MYTH

It will take too long for me to get an appointment.

**FACT** Upland Hills Health prioritizes patient care and experience, and Dr. McGraw's patients know that personally.

“If my patients ask me for a mammogram, I can usually get them in within the week,” Dr. McGraw said. “For urgent cases, it's not unusual for mammograms to be performed the same day or the day after they were requested.”

**1** Request a breast cancer risk assessment from your doctor at age 25.

**2** Get your first mammogram at 40 years old.

**3** Request a mammogram every year between 40-74 years old.

# Your support is key to helping the community and Upland Hills Health



My heart is filled with immense gratitude and deep appreciation this holiday season. That's because the generosity and unwavering support of our community have made it possible for the Upland Hills Health Foundation to continue to impact the lives of so many. This commitment to our cause has enabled us to continue our mission, driving positive change and improved health within our community. And as the year comes to an end, we invite you to be a part of this commitment.

The Upland Hills Health Foundation plays a critical role in providing essential resources and equipment to the hospital, its clinics, its staff and its patients – resources that otherwise would not be possible. Because of donations from community members like you, the Foundation has provided car seats for children of all ages, clothing for patients with limited resources, an MRI sound machine that plays music for patients going through what would otherwise be a noisy scan, funding for an RN care coordinator staff position, electric beds for patients, and so much more. These gifts are not just accomplishments for the Foundation – they are also a testament to the power of collective action and the profound impact that individuals like you can make when you choose to give.

This holiday season, if you are looking for a way to make change in your community, I ask you to consider giving to the Upland Hills Health Foundation. Whether it's through a one-time gift or a recurring donation, your continued contributions will empower us to expand our programs, reach more people in need, and ensure that our excellent health care service continues well into the future. Donors who gift more than \$1,000 to our mission by the end of the year will be included on a donor board highlighting community leaders, residents, and businesses who have joined us in committing to the health of our community.



Every donation, no matter the size, is a step toward a brighter future.

Support from our community has already made an incredible difference, and with your help, we can continue to build on this momentum. Together, we can ensure that the Upland Hills Health Foundation remains a beacon of hope and a force for good in the years to come.

Once again, thank you for your generosity and your belief in our mission. We are deeply grateful for your consideration and look forward to continuing this journey in health and impact with you.

With sincere gratitude,

A handwritten signature in blue ink that reads "Angela Turpin".

Angela Turpin  
Foundation Director



Scan to  
contribute  
today!

# RSV: What You Need to Know

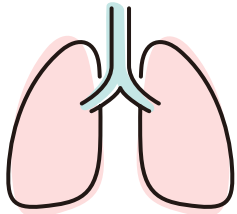
Every year, thousands of families face an increased threat during cold and flu season as they try to protect their at-risk loved ones from severe illness. Respiratory syncytial virus, or RSV, is one of those illnesses that can cause serious health concerns in young children, the elderly, and people with weakened immune systems. Upland Hills Health's Dr. Nicole Altman-Meyers shares her expert insights on RSV and how you can protect your family from falling prey to the illness this winter.



Dr. Altman-Meyers

## What is RSV?

RSV is a **common and highly contagious** respiratory virus that infects the lungs and upper airways. Although many people experience mild symptoms with RSV, the virus can lead to severe respiratory issues, especially in babies: **RSV is the leading cause of infant hospitalization in the U.S.**



## When is RSV season?

RSV season spans the fall, winter and spring months. Cases tend to peak during **December** and **January**.

## How does it spread?

RSV can spread in a number of ways:



- Virus droplets from **coughing** or **sneezing**
- Touching a surface contaminated with RSV
- **Direct contact** with a contagious person

\*A person can be contagious even before they have symptoms.

## What are symptoms of RSV?

Most of the time, RSV causes a **mild, cold-like illness**.

Common symptoms include:

- Runny nose
- Cough
- Sneezing
- Congestion
- Fever
- Wheezing
- Decrease in appetite

\*Symptoms **may get worse before they get better** – this often happens between Days 3 and 5.

## What should I watch for in babies?

Symptoms of severe RSV in infants can require hospitalization. Watch for the following in your child:

- **Fast or short breaths**
- Grunting noises
- Nasal flaring
- **Chest caving in** with each breath
- Skin turning blue due to lack of oxygen

## Is there a way to treat RSV?

Parents often turn to antibiotics to help their children recover from illness – but because RSV is a virus, they aren't applicable here. At-home care can help **relieve symptoms** and make your baby more comfortable:

- Keep your baby well-fed and **hydrated** with regular feedings.
- **Humidity** can help clear out mucus and make breathing easier.
- **Saline nasal drops** or **nasal suctioning** can also clear the airways
- Tylenol can help treat a fever

## How can I prevent RSV?

These tried-and-true instructions can help keep your family free from sickness:

- **Wash your hands**
- Cover coughs/sneezes
- **Stay home if you're sick**
- Avoid touching your face
- Clean surfaces

If you're worried about the health of your baby or loved one, don't hesitate to make an appointment with Dr. Altman-Meyers or any of our Upland Hills Health physicians and providers.

**UPLAND HILLS HEALTH BARNEVELD CLINIC**  
103 Quail Ridge Dr., Barneveld, WI 53507  
608.924.1088

**UPLAND HILLS HEALTH MOUNT HOREB CLINIC**  
1809 Springdale Street, Mount Horeb, WI 53572  
608.437.8033

## UHH Board of Trustees



**Jim Massey**  
Chair  
Barneveld



**Sandy Fischer**  
Vice Chair  
Mount Horeb



**Brad Laufenberg**  
Secretary  
Highland



**John Thronson**  
Treasurer  
Hollandale



**Dr. Christopher Kinonen**  
Physician Trustee



**Andrea Potterton**  
Trustee  
Dodgeville



**Alan Holter**  
Trustee  
Dodgeville



**Allison Stroud**  
Trustee  
Spring Green



**Kyle Nondorf**  
Trustee  
SSM Health,  
Madison



**James Meacham**  
Trustee  
SSM Health,  
Madison