IN THIS ISSUE:

St. Joseph NICU — ranked one of the best in the world

GetaDoc

Calling all bands for Concerts in the Park

Community calendar
Welcome to Issue 14!

March is indeed coming in like a lion, complete with colds and flu and blustery weather. Take heart, though, because we have several primary care physicians who can see you — and extended hours for appointments at your convenience!

When March goes out like a lamb — and we hope it will! — it’s time to start thinking about Concerts in the Park. We are once again taking applications for bands, with details in this issue.

It may be cold and snowy now, but warmer days are around the corner. Picture yourself sitting in that lawnchair at Gengler Park, listening to music on a warm summer evening. It will be here before you know it!

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Wheaton Franciscan Healthcare is committed to living out the healing ministry of Jesus by providing exceptional and compassionate health care service that promotes the dignity and well being of the people we serve.
Wheaton Franciscan Healthcare becomes part of Ascension Wisconsin

Wheaton Franciscan Healthcare is proud to now be part of Ascension, the nation’s largest Catholic and nonprofit healthcare system.

As of March 1, 2016, Wheaton’s Southeast Wisconsin operations and related corporate services joined three other health systems in the state — Columbia St. Mary’s, Ministry Healthcare, and Affinity Health System — to comprise Ascension Wisconsin.

“We are pleased to become part of Ascension. This relationship will support our efforts in delivering high-quality, compassionate and personalized care in the communities we serve,” said John Oliverio, President and CEO of Wheaton Franciscan Healthcare.

Ascension and Wheaton share a common mission of serving all, with special attention to persons living in poverty and those most vulnerable. Both organizations are committed to promoting community and the common good, and advocating for a compassionate and just society.

What does the transfer to Ascension mean for Wheaton patients?

• Our patients can expect business as usual with personalized, compassionate, and high quality care.
• Wheaton’s insurance contracts remain in effect with the same network of providers.
• Electronic and paper records remain with the entity where services took place.
In 1973, Wheaton Franciscan – St. Joseph Campus opened our Neonatal Intensive Care Unit (NICU) in Wisconsin. With 54 beds, we provide care for hundreds of babies each year.

Our NICU is ranked as one of the best in the world for clinical excellence and quality of care and is nationally recognized for clinical research in a variety of neonatal conditions from line infections to chronic lung disease.

That’s why, when complications arise, parents trust us to care for their baby.

“St. Joseph is passionate about improving the health of preemies, our youngest patients,” says Neonatologist Stephen Ragatz, MD, FAAP, medical director of the St. Joseph Neonatal Intensive Care Unit. “The expert care received in our NICU is a combination of 40+ years of experience plus validated, evidence-based medicine and the latest research findings. Our neonatologists, nurses, and other health care providers on our clinical team are dedicated to these patients and their families.”

Although experiencing a high-risk pregnancy is difficult and the birth of a premature or sick infant is a frightening time for parents, at St. Joseph, we offer clinical excellence, evidence-based expertise and compassion.

Babies may be admitted to our NICU due to:

- A low birth weight (less than 5 pounds, 8 ounces)
- A premature birth (before 37 weeks)
- Medical needs requiring more focused care (such as infections, heart disorders, birth defects, or birthing difficulties)
- Twins, triplets, or other multiple births

Severe IVH

Severe Intraventricular Hemorrhage (IVH) occurs in the smallest premature infants, causing bleeding into the brain and severe developmental problems. St. Joseph has a much lower rate of Severe IVH than other hospitals in the network.

Necrotizing Enterocolitis

Necrotizing Enterocolitis (NEC) occurs in the smallest premature infants. It is an intestinal disease and happens when tissue in the small or large intestine is injured or begins to die off.
Offering nearly a half century of care... *(continued from page 3)*

**Our Global Connections**

St. Joseph is a member of the Vermont Oxford Network — a non-profit voluntary collaboration of national and international health care organizations that share data and outcomes with each other in order to improve medical care given to premature infants. The Vermont Oxford Network tracks the care and outcomes of more than 2 million infants. A member since 1995, longer than any other hospital in the city and state, St. Joseph ranks among the best of more than 1000 hospitals nationally and internationally.

St. Joseph’s NICU has a greater percentage of smaller babies as compared to other NICUs and consistently performs better than the average of other NICUs worldwide in areas noted to be key performance measures.*

- Infection rates lower than the Vermont Oxford Network averages.
- Significantly below the Vermont Oxford Network average for C-section rates (below the 25th quartile).
- Below the Vermont Oxford Network average for any IVH (intraventricular hemorrhage) and among the top performing hospitals nationwide for severe IVH (below the 25th quartile).
- The top 30 percent of hospitals nationwide for administration of antenatal steroids to protect baby’s brain when premature birth is likely.
- The top 15 percent of hospitals nationwide for very low incidence of necrotizing enterocolitis.
- Median length of stay among very low birth weight babies is 56 days; this is below the national average (60 days).
- Survival rate ranks among the top 35 percent in the Network with a more than 90 percent survival rate among those babies under 1500 grams.

*Key Performance Measures include: mortality, pneumothorax, infection, intraventricular hemorrhage, cystic periventricular leukomalacia, necrotizing enterocolitis, and extreme length of stay.

**Our Post-NICU Path**

“It is vital that NICU graduates and their families grow together in a nurturing environment after their departure from the NICU,” says Dr. Ragatz. “Our Stepping Stones Program, a critical part of our NICU and the Wheaton Franciscan mission, helps ensure that infants and toddlers develop to reach their full potential.” St. Joseph offers interdisciplinary pediatric development programs should this need be identified.

In addition to St. Joseph also providing instruction on your baby’s new world, including counseling on infant care, breastfeeding instruction, nutrition, immunizations and more, we also offer education on how you care for yourself after your baby’s birth. We are here for you throughout your entire experience.

*For more information on St. Joseph’s “Baby Hospital” services, please visit mywheaton.org/SJBabyExperts.*
Do you have a primary care physician?
If not, GetaDoc...for MANY reasons!

Reason #8 Because you're worried something might be wrong.
Reason #14 Because your family depends on you
Reason #55 Because your blood pressure is higher than your IQ, and you’re VERY smart!
Reason #56 Because having high cholesterol doesn’t win a prize like a high series in bowling.
Reason #93 Because you can’t keep putting it off.
Reason #94 Because you shouldn’t keep putting it off.

Perhaps the most important reason is because you need to take care of YOU!

There are many reasons why you should have a doc, and no good reasons not to. St. Joseph Campus makes it easy for you. We have more than 20 primary care providers (PCPs), specialty care physicians and clinical team members in one convenient location.

Why Get a Doc?
A Primary Care Physician (PCP) offers you many advantages in prevention and wellness activities, illness or injury diagnosis and treatment, and advanced care situations.

Most important, PCPs build a relationship with you. This isn’t always possible when you use store-based health care services or walk-in sites. When you have an ongoing relationship with a doctor, you develop trust and a comfort level with a medical professional who knows you inside and out!

A PCP is your main health care provider in non-emergency situations. Your PCP can:
• Teach you about preventive and wellness care.
• Identify and treat common medical issues, like illness and injury.
• Answer your medical questions and offer advice.
• Make referrals to and coordinate care with medical specialists.
• Order outpatient tests and treatments on your behalf.
• Maintain and understand your medical history.
• Make your medical history available to specialists, emergency room personnel, and others who need this information to help you.
• Admit you to a hospital, when necessary.

The Stats are Staggering
Did you also know that establishing a relationship with these doctors is important to your health because:

• Chronic health conditions affect more than 50% of Americans.
• 50% of nearly all deaths are related to heart disease and cancer — conditions which may have been prevented or detected and treated earlier through a relationship with a PCP.
• According to the American Diabetes Association, nearly 30 million people are living with diabetes in the US. African Americans are disproportionately affected by diabetes, with 13.2% having been diagnosed with diabetes. They are also at an increased risk for serious complications of diabetes, which include blindness, kidney disease and amputations.
• High blood pressure can have deadly health consequences if not treated. About 80 million US adults have been diagnosed with high blood pressure, according to the American Heart Association. Yet the signs of hypertension are often “silent,” so your doctor is your best chance for diagnosis and treatment.
• Stroke is a disease that affects the arteries leading to and within the brain. Stroke is the 5th leading cause of death and a leading cause of disability in the United States. High blood pressure and other underlying risk factors and health conditions can lead to stroke, according to the American Stroke Association.

So what are you waiting for? Whether you’re feeling great, or feeling sick, now’s the best time to get a doc. Don’t wait for a nuisance to become an emergency. Get a Doc!

For more information, and to learn more about our campus physicians, visit mywheaton.org/GetaDoc.

(continued on page 7)
In life, few things are more important than **YOUR** health. Except, of course, for when it comes to your **FAMILY**. But really, the two are connected. Because — whether you’re a parent, a grandparent or a child — you can’t take care of your responsibilities at home if you don’t first take care of your health. From small nagging pains to short or long-term illnesses, it all **COUNTS** against your ability to be there for your family. Which is why it’s so important to have a good relationship with a great doc. You can depend **ON** your doc to help you get and stay healthy. Because your doc is the doctor who knows **YOU**, and knows your family medical history. And it’s your doc who can help you lead a healthy life. One that ensures you’ll be there for those who count on you. **GET A DOC.**
On Campus

Primary and Specialty Care

5000 W. Chambers Street, 7th Floor • (414) 874-4077
Monday – Friday, 8 am – 5:30 pm; Saturday, 8 am – 1 pm
Walk-in appointments for established patients,
Monday – Friday, 9 – 11 am and 1 – 3 pm; Saturday, 9 – 11 am
William Gerard, DO, Family Medicine
Bridgett Moss, DO, Family Medicine
Jaskiran Sandhu, MD, Family Medicine
Tricia Brunmeier, MS-FNP, APP
Amanda Tatreau, MSN, APNP
Amanda Miller, PA-C

3070 N. 51st Street, Suite G100 • (414) 447-2111
By appointment
Michael Gilman, DO, FACOG, Obstetrics/Gynecology
Karen Watson, MD, FACOG, Obstetrics/Gynecology

Cardiology

3070 N. 51st Street, Suite 106 • (414) 442-9911
JB Bains, MD
Thomas Mahn, MD, FACC
Michael Sween, PA-C

Endocrinology

3070 N. 51st Street, 6th Floor • (414) 771-8228
Adrienne Barnosky, DO

General/Vascular Surgery

3070 N. 51st Street, Suite 207 • (414) 874-4870
Joseph Battista, MD, FACS
Anthony Nelson, MD, FACS

Maternal-Fetal Medicine

5000 N. Chambers Street, 3rd Floor Prenatal Assessment Center • (414) 259-7480
Adanna C. Armanze, MD
Margaret Carr, MD, FACOG
Menachem Graupe, MD, FACOG
Alice K. Robinson, MD

Neurology

3070 N. 51st Street, Suite 507 • (414) 447-3300
Mananya Satayaprasert, MD

Psychiatry

3070 N. 51st Street, Suite 210 • (414) 874-1171
Corey Carr, MD

Pulmonology/Critical Care Medicine

3070 N. 51st Street, Suite 506 • (414) 874-4774
Om Prakash Ahuja, MD, FACP
Rene Franco, MD
Calling all local bands…
for 2016 Concerts in the Park at Wheaton Franciscan – St. Joseph Campus!

We will host the 19th annual concert series again this summer — but we need bands! If you are a local group with an expansive set list of good music — blues, jazz, rock n’ roll, reggae, R&B, etc. — you can be considered for one of our four concerts.

To audition, the following information must be submitted:
• a CD (no DVDs) with at least five musical selections performed by your band
• a list of at least 25 selections/numbers you play
• a brief description of your band, including venues/member names
• contact info (including name, address, e-mail and phone) of a band member who will be the sole contact for tax documentation, payment and arrangements.

A website or YouTube url is welcomed, but not necessary, and does not substitute for any of the above requirements.

Audition materials must be received by noon on Friday, March 25. Materials should be sent to:

Concerts in the Park, Communication/PR
Wheaton Franciscan – St. Joseph Campus
5000 W. Chambers Street
Milwaukee, WI 53210
Call (414) 447-2057 with questions.

Let’s hear it for the bands!

2016 Concerts in the Park concert schedule

Concerts are held on Wednesday evenings from 7 to 8:30 pm in Sr. Jeanne Gengler Park, N. Gengler Circle (50th Street) and Burleigh Street on the Wheaton Franciscan – St. Joseph Campus. Concert dates are:

June 22 • July 20 • July 6 • August 3
Diabetes Education and Support Group

**Wednesday, March 23 and Wednesday, May 25 • 6 pm**

Wheaton Franciscan – Wauwatosa Campus
201 N. Mayfair Rd., Wauwatosa
5th Floor Conference Rooms, 5B/5C

Open to those with Type 1 or 2 diabetes (and their supportive family and friends). Free sessions offer:
- Information on how to manage diabetes
- Resources to help live a healthier life
- Support from others with the same experiences
- Opportunities to ask questions, celebrate “wins,” share concerns

*Registration for individual sessions is preferred but not required. Register online at mywheaton.org/events or call WheatonDirect at (888) 994-3286.*

Pulmonary Support Group

**Wednesdays • 1:30 – 3 pm**

**April 20:** Oxygen updates – Barb O’Leary, guest speaker
**May 18:** Breathing medications

Midwest Spine and Orthopedic Hospital and Wisconsin Heart Hospital Campus
10000 W. Bluemound Road, Wauwatosa
Meeting Room: Education Room 1

Free support group for persons with all types of pulmonary conditions, offering up-to-date information and support for living with breathing problems. Family and friends are welcome to attend.

Barbershop Initiative

**Friday, April 1 • 9 – 11 am**

Sid’s Shear Magic Hair Salon
2420 W. Hopkins Avenue

Learn more about healthy BMI and blood pressure, and stop in for FREE screenings!

**Smart Driver Classes**

**Wednesday, April 20 • 8:30 am – 12:30 pm**

Wheaton Franciscan – St. Joseph Campus
5000 W. Chambers, Milwaukee • Room M102
*(Located in the Marquette building attached to the hospital)*

**Cost:** $20 for non-AARP members, $15 for AARP members

SMART DRIVER is an updated AARP driver safety program. The course will help boost your safety awareness, refresh and improve driving skills, minimize crash risk and increase confidence, prolong mobility and maintain independence. This is a 4 hour course.

*Registration required. Please call Wheaton Direct at 1-888-9-WHEATON (1-888-994-3286) to register. Seats are limited. Note: Registration closes a week prior to the class.*
Weight Loss Seminar

Tuesday, May 17 • 6:30 – 8 pm

Wheaton Franciscan – Brown Deer Campus
9252 N. Green Bay Road, Education Center, Brown Deer

Hosted by Wheaton Franciscan Medical Group - Bariatric Institute of Wisconsin, Weight Loss Surgery Expectations for the Journey sessions provide information about minimally invasive options and the comprehensive support program offered to bariatric surgery patients by specialized surgeons and a bariatric coordinator.

Informational seminars. To register or for more information, call (262) 785-7770.

Stepping On 2016

Mondays, June 6-July 18, 2016
(the July 4 class will be held July 5)
8:30 – 10:30 am

Wheaton Franciscan – St. Joseph Campus
5000 W. Chambers, Milwaukee • Room M102
(Located in the Marquette building attached to the hospital)

Cost: $20

Stepping On is a program proven to reduce falls and build confidence in older people, and is designed for community dwelling active older adults. Stepping On workshops meet for two hours a week for seven weeks, plus a follow-up session about 3 months later. Classes are highly participative; mutual support and success build participants’ confidence in their ability to manage their health behaviors, reduce their risk of falls, and maintain active and fulfilling lives. We have several guest experts including, a physical therapist that attends three of the sessions, a pharmacist, vision expert, and community safety expert.

To register, call Stefanie Szalacinski at (414) 447-3850.
REGISTRATION IS LIMITED AND REQUIRED TO ATTEND THIS WORKSHOP.
Did you know...

St. Joseph Campus and other Wheaton Franciscan Healthcare locations offer Basic First Aid, Friends and Family CPR, and Heart Saver/AED CPR courses? The American Heart Association classes are great for those with limited or no medical training who need this coursework for jobs or other requirements. They also provide a great knowledge base just to be prepared around friends and family!

For more information, visit mywheaton.org/classes.