

Women's Health Fair
October 5th, Cook Community Center, 5 - 8 pm
Sponsored by Scenic Rivers Health Services & Cook Hospital

◆ **BOOTHS**

- | | |
|-------------------|--------------------------------------|
| Dental Health | Breast Care & Mammograms |
| Facial Health | Giant Walk-Through Colon |
| Chiropractic Care | Flu Vaccines (bring insurance cards) |
| Diabetic Health | |

◆ **GUEST SPEAKERS**

- The Kayak Lady - Motivational Speaker
- Marjorie Johnson - American Cancer Society
- Josie Norberg Lopez - Women's Health
- Jana Bell - Diabetic Health

◆ **FREE SCREENINGS & TESTINGS**

- | | |
|----------------|----------------|
| Glucose Levels | Pulse Oximetry |
| Blood Pressure | Colon Cancer |

Hors d'oeuvres & Sparkling Beverage Served



Colon Health

The public is encouraged to take a tour through the inflatable "walk through colon" during the Women's Health Fair.

The American Cancer Society will present information on colon health, and the Cook Hospital is offering free colon cancer screening to the first 50 women age 50+ who register.

The Healthy Times Issue 16 October 2016



10 Fifth Street SE
 Cook, MN 55723
 Phone: 218-666-5945
 Toll Free: 1-866-324-5945
 Website: www.cookhospital.org



RAY WOLFE
2016 Recipient
AEOA Northland Volunteer Center
Hall of Fame Award

Ray has been a dedicated volunteer of the Cook Hospital and Care Center since August 2010.

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Digital Mammography Services

Clearly, early detection is everything. Digital mammography is here. The latest technology in mammography for the best possible care. Digital mammography technology is available at the Cook Hospital with the installation of Fuji's Computed Radiography for Mammography system.

Digital mammography is a mammogram that uses new detection technologies and computers instead of film to record, store and enhance the breast images. Since the digital mammogram doesn't need to be developed, you get results more quickly. With the click of a mouse, your radiologist can also enlarge and enhance the digital image, adjust the contrast, or zoom in on specific areas. This technology means it's less likely you'll need to come back for a second test. What's more, your doctor can easily share your images to consult with others, for prompt diagnosis and the best possible treatment.

We've invested in digital mammography to make sure our patients have the most advanced technologies and treatments to fight cancer.

Digital mammography is especially effective for women under 50; women who are pre-menopausal

or in its beginning stages; and women with dense breasts.

Early detection is still the single most effective way to beat breast cancer - the earlier, the better. That's true, no matter what kind of mammogram you get-film or digital. The important thing is that you make timely mammography screening a top priority for yourself and the women you care about.

Talk to your doctor for advice. Then take steps to take care of your health.

At the Cook Hospital, we've made sure our staff is equipped and ready to help you with the most advanced mammography capabilities. You deserve the best possible care. That's why we're here. Your health means everything to us.

No matter what kind, get a mammogram. For the latest digital technology, get it here at the Cook Hospital. For more information or to schedule an appointment, please contact:

Cook Hospital Medical Imaging Department at 218-666-6217

Rehabilitation Services at Cook Hospital

The Cook Hospital Rehabilitation Department has been meeting the therapy needs of our community for the past 40 years. We currently have two full time Physical Therapists, one full time Physical Therapist Assistant, one full time Occupational Therapist, a casual Occupational Therapist, and a casual Certified Occupational Therapy Assistant.

The Therapy Department features a large Wellness Center with mat tables, balance equipment, complete circuit training and cardiovascular equipment, private treatment rooms, work conditioning room, private pediatric room with separate viewing area for parents and a waiting area.

PHYSICAL THERAPY (PT)

The primary goal of physical therapy is to restore you to your optimal level of function, prior to injury.

Our Physical Therapy Department has a combined 61 years of experience working across the life span from pediatrics to geriatrics with a diverse patient population to include but not limited to:

- ◆ **In-Patient and Out-Patient Orthopedics** to include total hip, knee, and shoulder arthroplasty pre- and post- surgical protocols, fracture with stabilization, various surgical protocols to include back/neck, shoulder, knee, hip, and ankle fusion, wound care, joint instability, temporomandibular dysfunction, back and neck pain, spinal and pelvic dysfunction, soft tissue injury, positional vertigo, etc.

- ◆ **Sports Medicine** - working with local high school athletes in football, volleyball, basketball, skiing, track, etc, as well as the weekend warrior to assess and treat musculoskeletal dysfunctions and return to sport.
- ◆ **Neurological Disorders such as:** Stroke, Multiple Sclerosis, Parkinson's, Traumatic Brain Injury, Cerebral Palsy, Spinal Cord Injury, Post Craniotomy, Motor Developmental Delay and Control Diseases, Guillain-Barre' Syndrome, and multiple trauma, balance deficits, and vestibular dysfunction.



Physical Therapists have advanced training in a variety of treatment techniques including but not limited to manual therapy, neurological treatment, vestibular retraining, gait training, pelvic stabilization, temporomandibular dysfunction management, and wound management.



OCCUPATIONAL THERAPY (OT)

Occupational Therapy is a rehabilitation profession that focuses on helping individuals across the lifespan with physical, social, emotional, or developmental problems regain independence in different areas throughout their lives.



Diagnoses That May Benefit From OT (including but not limited to):

- ◆ Post-op stable fractures from sports, falls, or accidents
- ◆ Dupuytren's contracture, arthritis, medial/lateral epicondylitis, trigger finger release
- ◆ Multiple Sclerosis, stroke, Parkinson's, spinal cord injury, Cerebral Palsy
- ◆ Cognitive deficits or dementia
- ◆ Burns, spinal cord injuries, or amputations
- ◆ Work-related injuries
- ◆ Children with birth injuries, learning problems, or developmental disabilities

In-Patient and Out-Patient Services:

- ◆ Hand/Wrist/Elbow Rehabilitation
- ◆ Edema/Scar Management
- ◆ Modalities (ultrasound, paraffin, iontophoresis)
- ◆ Upper Body Strengthening
- ◆ ADL/IADL Training
- ◆ Adaptive Equipment Training
- ◆ Cognitive (Memory) Assessment/Training
- ◆ Low Vision Training
- ◆ Custom Splinting
- ◆ Wheelchair Assessment
- ◆ Home Safety Assessment

PT/OT Industrial Medicine - Working through the Work-well Program with certified therapists performing:

- ◆ Work Conditioning
- ◆ Pre-Work Screens
- ◆ Functional Job Analysis
- ◆ Work Site Ergonomic Assessments
- ◆ Functional Capacities Evaluations
- ◆ Body Mechanics Training

Pediatric PT/OT works with children of all ages, ranging from early intervention through high school graduation, to develop the skills they need to grow into functional, independent adults.

- ◆ **Physical Therapy** assists children suffering from a wide range of conditions including but not limited to motor delay, balance disorders, gait training, trunk control deficits, cervical disorders, etc.
- ◆ **Occupational Therapy** focuses on helping children develop cognitive skills, fine motor skills, gross motor skills, social skills, and self-care tasks.



The Rehab Department is open Monday - Friday, 7:00 am - 5:30 pm, excluding holidays.

For more information regarding Rehabilitation Services or to speak with a therapist regarding any specific condition, please call 218-666-6225.