

HealthViews



FREE SPOT ME™ SKIN CANCER SCREENING

Did you know that 1 in 5 Americans will develop skin cancer in their lifetime?

The good news is that 99% of all cases are curable if treated early.

Ridgeview providers are offering free screening by appointment.

WHEN:

Saturday, May 9, 2026
9 a.m. to noon

WHERE:

Ridgeview Professional Building
560 S. Maple Street, Suite 400
Waconia, MN 55387

REGISTER:

To schedule an appointment, call 952.442.8083, option 2.

This is not a full-body screening, but an opportunity to have one or two spots examined.



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Waconia MN 55387

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SKIN CANCER SCREENINGS MATTER

A simple step that can make a lifelong difference

When it comes to cancer prevention and early detection, screenings play a critical role — yet when you feel healthy and don't notice any symptoms, it can be easy to put them off. Whether it's a mammogram, a screening for colorectal cancer or a routine skin check, these appointments are designed to catch concerns early — sometimes before you even realize something has changed.

Lisa Fronek, DO, dermatologist and Mohs surgeon, Ridgeview, explains, "Prevention and early detection are the most powerful and meaningful tools we have. For skin cancer, the earlier we can diagnose and treat it, the better the outcome."

SCREENINGS HELP SPOT CONCERNS EARLY

Skin cancer screenings are one of the simplest and least invasive ways to detect cancer early. Although skin cancer is often visible, it's not always obvious.

"It could be the color, shape, size or texture that some people wouldn't necessarily recognize as concerning," Dr. Fronek said. "Ridgeview has an excellent team of dermatologists and physician assistants who are specially trained to spot and — if necessary — diagnose and treat these areas of concern."

Skin cancer can affect people of all ages and skin tones. While certain factors like sun exposure, tanning bed use and family history may increase risk, many patients diagnosed with skin cancer are surprised by their findings. "Often, a patient will come in with one spot of concern that ends up being completely benign (non-cancerous)," Dr. Fronek explained. "We're able to provide reassurance that it is not something of concern, but we may find a different spot that is of concern that they were unaware of."



Lisa Fronek, DO, Ridgeview Dermatologist & Mohs Surgeon

WHEN A SPOT NEEDS A CLOSER LOOK

If a suspicious spot is identified during a screening, the next step is usually a biopsy, which is a quick in-office procedure in which a small sample of tissue is removed and evaluated.

"A biopsy is our best tool to be able to rule skin cancer in or out," Dr. Fronek said. "I think of biopsies as both diagnostic and therapeutic. They can provide peace of mind for a patient knowing that an area they were concerned about isn't skin cancer or, alternatively, if skin cancer is identified, it can provide key insight into the type of cancer, how fast we need to act and what the treatment options are."

If skin cancer is identified, treatment options are determined by the type, size and location.

TREATMENT THROUGH MOHS SURGERY

Mohs surgery is a specialized technique through which a specially trained Mohs surgeon removes cancerous tissue layer by layer while preserving as much of the healthy skin as possible. This method is typically used for the most common skin cancers, which are basal cell carcinoma and squamous cell carcinoma.

"Mohs surgery allows us to provide the highest cure rates, which are upwards of 98% to 99%. The benefit of this procedure is that we are able to get 100% margin control — meaning we check all of the surrounding tissue to make sure no cancer cells are left behind and you leave the office knowing that the skin cancer is gone," Dr. Fronek said.

THE IMPORTANCE OF EARLY DETECTION

While advanced treatments like Mohs surgery offer highly effective solutions, early detection remains the most important factor. Skin cancers found early are often simpler to treat and less likely to require extensive procedures. Taking the time for routine cancer screenings is a simple step that can have a lasting impact.

Ridgeview's Dermatology team offers comprehensive services for a range of conditions such as acne, eczema, growths of the skin and skin cancer — including Mohs surgery. To schedule an appointment, call 952.442.3188.



LEARN MORE

CANCER SCREENINGS
Recommended by age

- AGE 25-39**
Cervical Cancer
Skin Cancer
- AGE 40-49**
Breast Cancer
Cervical Cancer
Colorectal Cancer
Prostate Cancer
Skin Cancer
- AGE 50+**
Breast Cancer
Cervical Cancer
Colorectal Cancer
Lung Cancer
Prostate Cancer
Skin Cancer

Source: American Cancer Society

RIDGEVIEW'S NON-SURGICAL WEIGHT LOSS PROGRAM

Support that extends beyond a GLP-1 prescription

Although Ridgeview bariatric surgeon Jeffrey Baker, MD, has performed 3,000+ bariatric procedures in his nearly 30-year career, Dr. Baker emphasizes that surgery should be a last resort — and it's not the only path to successful weight loss. Wanting to support all patients seeking a weight loss solution, Dr. Baker partnered with Ridgeview clinicians in 2019 to develop a comprehensive non-surgical weight loss program.



JEFFREY BAKER, MD

A CLINICAL TEAM PROVIDING COMPREHENSIVE CARE

Ridgeview's non-surgical weight loss (NSWL) program offers a 12-month, provider-guided approach supported by a multidisciplinary team. Patients work with a provider, dietitian, pharmacist, exercise physiologist, and, when needed, an endocrinologist and psychologist.

Eligible participants have a body mass index (BMI) over 27 with a qualifying condition — such as diabetes, high cholesterol or hypertension — or a BMI of 30 or higher. Each patient receives an individualized plan addressing diet, exercise, medications and lifestyle habits.

EVOLVING CARE: THE ROLE OF GLP-1s

GLP-1 (glucagon-like peptide-1) medications — commonly known by brand names such as Ozempic® and Wegovy® — were initially developed to treat type 2 diabetes but were later found to support weight loss by reducing hunger, slowing digestion and improving insulin function. Because appetite suppressors have been part of Ridgeview's NSWL program from the start, expanding the program to include GLP-1s was a natural next step as these medications grew in popularity.



The use of a GLP-1 alone isn't enough — they are designed to be paired with lifestyle changes such as exercise and diet, including adequate lean protein intake. Without those components, patients simply using a GLP-1 risk losing muscle mass instead of fat. Ridgeview's NSWL program ensures patients have the support and guidance to achieve safe, sustainable results. Recent advancements in GLP-1s and the shift from injectables to oral options allow for even more customization within the program.

"It is not uncommon to see a weight loss of 20 pounds after 3 to 4 months and 30 to 50 pounds after a year," said Dr. Baker. "We have patients who continue on a maintenance plan after 12 months who have lost well over 100 pounds." Beyond weight loss, patients frequently experience improvements in conditions like prediabetes, hypertension, high cholesterol, sleep apnea, immobility and other weight-related health concerns.

A PROGRAM BUILT ON PERSONALIZATION AND SUSTAINABILITY

"The 12-month program is a year of transformation and commitment. For it to work, patients must find enjoyment in it, and it has to fit their lifestyle, which is something that we work at customizing together. That level of individualization is what truly sets the program apart," Dr. Baker explained. "And for those wondering, GLP-1s are here to stay. For some, they may become a lifelong medication, much like a blood pressure prescription. For others, they may be used only when needed," he added.

Ridgeview's team is dedicated to supporting weight loss and long-term weight management. If you're ready to explore your options, scan the QR code to learn more about how the program can support your goals.



COMMONLY ASKED QUESTIONS ABOUT GLP-1s

HOW DO GLP-1s WORK?

GLP-1 (glucagon-like peptide-1) medications work by mimicking the naturally occurring GLP-1 hormone produced by the small intestine. This hormone is responsible for lowering blood sugar, slowing the digestive system and making you feel full.

WHAT ARE COMMON SIDE EFFECTS?

Common side effects of GLP-1 medications are primarily gastrointestinal, including nausea, vomiting, diarrhea and constipation. These symptoms are usually mild to moderate, are most common during dose increases and tend to improve over time as the body adjusts.

WHO IS A GOOD CANDIDATE?

GLP-1s are generally recommended for those who have a body mass index (BMI) over 27 with a qualifying condition — such as diabetes, high cholesterol or hypertension — or a BMI of 30 or higher.

ARE GLP-1s COVERED BY INSURANCE?

Insurance coverage for GLP-1 medications prescribed for weight loss varies widely. It's important to consult both your health care provider and your insurance company to confirm coverage.

Jen's story REWRITING HER HEALTH

Jen Zuehlke, Chaska, began Ridgeview's non-surgical weight loss program in March 2023. For years, her weight had gradually crept up — first during college, then with each pregnancy, and later during a major transition when her family moved to Minnesota from out of state, which took a toll on her mental health.

Her turning point came when she reached 300 pounds. "Something about that number was particularly humiliating," she said. The moment became even more painful during a family trip to Disney World. "I did not fit in the seats for certain rides — I felt horrible," Jen shared.

PROFOUND WEIGHT LOSS, SIMPLY BY FOLLOWING THE 'PLAYBOOK'

At her annual physical, she mentioned that she felt generally healthy except for her weight. That's when her provider told her about Ridgeview's non-surgical weight loss program. Since enrolling, Jen has lost 115 pounds — 75 pounds with the program alone and the remaining 40 pounds since adding weight loss medication.

Before Ridgeview's program, Jen had tried a variety of approaches — joining a gym, playing recreational league sports and using online meal plans. Nothing gave Jen the results she desired. What made Ridgeview's program different was the accountability and having a comprehensive plan and resources.

"I knew what I needed to do, having read enough about eating healthy and exercising, but it seemed so overwhelming," Jen explained.

"To have the Ridgeview team acting like a sports coach, leading the way while teaching me what I needed to succeed, was huge for me. Small, realistic goals, nutrition advice and a whole team of resources — it was like having the playbook written, I just needed to run the plays."



What stood out to Jen was the compassion and support she received throughout the process from the Ridgeview team and program. "I felt very supported. The plan was specific to me and I always felt I could control the pace we moved. I could be honest with what I was struggling with and not feel judged," Jen said.



Scan the QR code to continue reading Jen's story.





FOR LIFE'S URGENT NEEDS, THERE'S URGENT CARE

Urgent care is for non-life-threatening injuries and illnesses that require immediate attention, such as flu and colds, scrapes, cuts requiring stitches and more. Ridgeview offers six convenient urgent care locations — Arlington, Belle Plaine, Chanhassen, Delano, Le Sueur and Waconia, plus virtual urgent care. No appointment is needed.

“It’s so great having urgent care services in Waconia. When I was in town visiting family, my toddler was irritable and developed a low-grade fever. I suspected an ear infection, given his health history, and really didn’t want to wait for him to be seen. The provider at Ridgeview confirmed the ear infection and we got him started on antibiotics that same day. With young kids and unexpected illnesses, it’s nice to have the option for urgent care wherever you are.”

LEXIE K., MAPLE GROVE

Scan the QR code or visit ridgeviewmedical.org for more information or to start a virtual visit.



LEAKING WHEN YOU LAUGH OR SNEEZE?

Solutions are available at Western OB/GYN, A Division of Ridgeview Clinics

Whether it’s keeping an eye out for the nearest restroom, skipping workouts or carrying extra pads, many women treat bladder leaks as something they simply have to live with. While urinary incontinence is common, it’s also very treatable. From conservative therapies to surgical approaches, there are treatment options to fit your needs and improve your quality of life.

ONE IN TWO WOMEN WILL EXPERIENCE URINARY INCONTINENCE IN THEIR LIFE

According to the National Association for Continence, only about 25% of women mention incontinence to their provider, and on average, women wait more than six years after symptoms begin to seek professional help. That delay can mean unnecessary discomfort and disruption to daily life. Tara Denke, MD, Western OB/GYN, A Division of Ridgeview Clinics, explains, “Urinary incontinence is not just a problem that older women experience — it is very common and it affects all ages.”



TARA DENKE, MD

Starting the conversation with your primary care provider or women’s health provider is an important first step to identify your symptoms and develop an appropriate treatment plan.

UNDERSTANDING THE TYPE — STRESS, URGENCY OR MIXED

Urinary incontinence can take different forms. “The main thing we focus on when a patient comes in is the type of incontinence they have,” Dr. Denke explained. “Many likely won’t know what type, so we start by asking them questions, such as when they experience leakage.”

Some women experience a sudden urge to urinate and leak before reaching a bathroom, known as urgency incontinence. Others experience leakage during physical activities that put pressure on the bladder, such as

coughing, sneezing, laughing or exercising — this is known as stress incontinence. Stress incontinence occurs when your pelvic floor muscles have weakened, possibly due to age, smoking, being overweight, pregnancy or childbirth. Some women may experience a mix of both.

TREATMENTS WITH LASTING RELIEF

“The best treatment option depends on the type and severity of incontinence and the patient’s overall health. This can range from something as noninvasive as a physical therapy program or medication to an outpatient procedure, such as placing a suburethral sling,” Dr. Denke said. “There’s no need for women to have to suffer with symptoms when there are really great treatment methods.”

When incontinence continues to interfere with daily life, a suburethral sling can be an effective treatment option to provide lasting relief. The sling supports the urethra, helping prevent leakage during activities like exercise, coughing or laughing — making it an effective treatment option for stress incontinence. “This is an outpatient procedure done under general anesthesia and it takes less than an hour,” Dr. Denke said. “It’s a great permanent solution to help leakage stop completely or be significantly reduced.”

For women struggling with stress incontinence who are not good surgical candidates and are not physically active, a signet ring pessary may be another good option for treatment. This is an O-shaped ring that works by providing structural support to your urethra to prevent leakage.



Treatments are available at Western OB/GYN, A Division of Ridgeview Clinics. If you’re struggling with urinary incontinence, talk to your women’s health provider to determine which treatment is best for you. To learn more, schedule an appointment by calling 952.442.2137.



MEET THE NEW TEAM

Ridgeview Clinics in Chaska

The newly expanded team of primary care providers at Ridgeview Clinics in Chaska includes, (front row, from left) Tiffany Habben, DO; Jennifer Lewis, MD; Kerrie Allen, MD. (Back row, from left): Rida Shaikh, DO; Samantha Bendzick, PA-C; Stephen Ready, MD; Whitney Sarnstrom, MSN, CNP, FNP-C. Pictured below: Alex Bloomquist, PA-C.

At a time when many health care systems are reducing services and closing sites, Ridgeview continues to expand its network of providers, services and locations. In February, Ridgeview expanded its primary care services and care team at its Chaska Campus — adding four new providers and moving primary care services from Suite 115N at Two Twelve Medical Center to the second floor, into Suite 220. Allina Health closed its clinic at this location in January 2026; however, four of its providers transitioned to the Ridgeview Clinics team. Alex Bloomquist, PA-C, currently a Ridgeview urgent care provider, will also join the primary care practice in June — bringing the total number of primary care providers in Chaska to eight.

To schedule an appointment with Ridgeview’s primary care providers in Chaska, call 952.856.4001.



ALEX BLOOMQUIST, PA-C

NEW PROVIDERS



CLAY ROMANEK, PA-C
Urgent care
Delano



ANDREA SEBION, PA-C
Urgent care
Waconia



LESLIE WALTERS, MSN, CNP, FNP-C
Urgent care
Waconia

HealthViews



ENHANCING SPINE CARE WITH ROBOTIC NAVIGATION

Ridgeview's Spine & Pain practice now has one of the latest and most advanced spinal navigation and robotics technologies. With this new technology, Ridgeview's spine surgeons are able to more specifically plan procedures in advance and perform them with near perfect precision using 3D images of your anatomy.

According to Robert Brenner, MD, spine surgeon, Ridgeview, "This new robotics technology improves the safety of spinal surgery by allowing for the greatest precision when we place implants (such as rods, screws and plates) and relieves pressure on nerves through minimally invasive incisions, while also reducing radiation exposure for the patient."



ROBERT BRENNER, MD

having spine surgery, but it is particularly beneficial for patients with complex conditions. This includes patients who have had previous spine surgery, those with lower bone density and individuals with atypical spinal anatomy.

ADVANCED CARE CLOSER TO HOME

Having this advanced spinal navigation and robotic technology at Ridgeview allows for expanded access to specialized spine care within the communities Ridgeview serves, rather than patients needing to travel to a larger health system to receive this level of care.

"This technology allows us to help so many more patients in the community," Dr. Brenner said. "This allows them to recover near their friends and family, which creates the best surgical outcomes."

PROVIDING SAFE AND EFFICIENT SPINAL CARE

One of the key advantages of spinal navigation and robotics is the ability to plan surgery before the procedure even begins. Using advanced 3D technology and robotic guidance, this allows for real time visualization of your anatomy and enhances the predictability of outcomes. With greater visibility, the surgeons are able to map out the safest and most efficient plan for the procedure.

"Robotics allows us to create a more detailed plan for surgery before you are in the operating room — reducing anesthesia time, incision size, muscle dissection and blood loss," Dr. Brenner explained. "This results in faster healing and recovery with lower rates of reoperation."

These benefits can also help patients experience less postoperative pain and a smoother recovery after surgery. This technology benefits many individuals

RIDGEVIEW DESIGNATED AS A BLUE DISTINCTION CENTER+

Ridgeview's Spine & Pain practice has also been designated as a Blue Distinction® Center+ for Spine Surgery by the Blue Cross Blue Shield of Minnesota. This designation demonstrates how Ridgeview's Spine & Pain program delivers quality specialty care, safely and effectively.

Ridgeview's Spine & Pain providers see patients for consultations at Ridgeview Waconia and Chaska campuses, and most surgeries are performed in Waconia.

To learn more, visit ridgeviewmedical.org/spineandpain or scan the QR code. Appointments can be made through MyChart or by calling 952.856.4033.



June 28 & 29

Sovereign Estate Winery & Island View Golf Club

This two-day experience kicks off with a community concert featuring rock tribute band Xpedition and a fireworks show. The excitement continues the next day with a golf tournament.

June 28
Fundraising Concert
Sovereign Estate Winery
\$30/person — families welcome!
6-8 p.m. | Savor & Support
Enjoy family-friendly fundraising activities, local restaurants and food trucks.
8-10 p.m. | Music & Sparkle
An electric performance by Xpedition with fireworks over Lake Waconia just after sunset.

June 29
Golf Tournament
Island View Golf Club
Grab your foursome and join us for a day of golf, camaraderie and community impact.
Tournament options:
Coffee Cup (morning)
Founder's Cup (afternoon)
Diamond Cup (afternoon)

Scan the QR code for details and registration.

