

HealthViews



INJECT & PROTECT

Flu and COVID-19 vaccines available at Ridgeview Clinics

Influenza (flu) season is here. According to the Centers for Disease Control and Prevention (CDC), flu vaccination prevents millions of illnesses and flu-related doctor's visits each year.

If you have not already, now is the time to schedule your flu and COVID-19 vaccines at one of 12 conveniently located Ridgeview Clinics. To schedule, call the clinic location nearest to you or visit ridgeviewmedical.org.

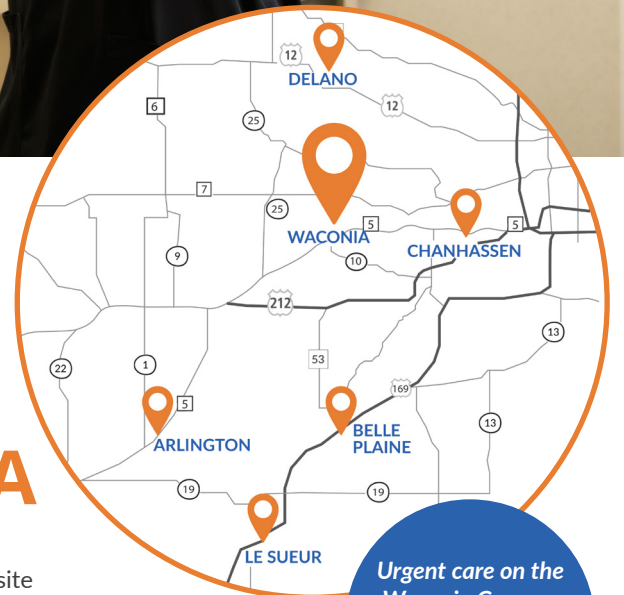
FREQUENTLY ASKED QUESTIONS ABOUT FLU VACCINES

- Q:** When is the best time to get the flu vaccine?
- A:** Although it is recommended to get your flu shot in September or October so that you will be protected when flu season starts, it is not too late to protect yourself against the flu this season. Flu season typically peaks between December and February, and your body needs about two weeks to build antibodies to the flu virus after you receive your flu shot.
- Q:** Why is it important to get vaccinated each year?
- A:** The flu vaccine protects you for one flu season. The viruses that cause influenza are constantly changing, so the vaccine is formulated annually based on the strains of influenza that are expected to circulate during that season.
- Q:** Can I get the flu from the flu vaccination?
- A:** No, you cannot get influenza from the flu shot. The vaccine contains inactivated (killed) influenza viruses that cannot cause illness.
- Q:** Can I get both the flu and COVID-19 vaccines at the same time?
- A:** Yes, both of these shots can be administered during the same visit.

Source: CDC

Opening December 2024

NEW URGENT CARE SITE TO OPEN IN WACONIA







Urgent care on the Waconia Campus will be located at 560 S. Maple Street, Ste. 30

Ridgeview is pleased to announce it will open a new urgent care site in Waconia in December 2024. The service will be located on the lower level of the Ridgeview Professional Building on the Waconia Campus and becomes Ridgeview's sixth urgent care location. Other urgent care sites are located in Arlington, Belle Plaine, Chanhassen, Delano and Le Sueur. As our community continues to grow, we are committed to expanding needed services to improve access to care.

SICK OR INJURED? WHICH TYPE OF CARE OPTION IS RIGHT FOR YOU?

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. Urgent care is convenient and easy to access – with no appointment needed. In 2023, Ridgeview treated more than 34,000 patients through its urgent care sites and is pleased to further expand access to care with the addition of the new Waconia urgent care location and recent launch of virtual urgent care (on-demand video visits).

To help you better navigate your care options, the chart below outlines the visit types available at Ridgeview.

CARE TYPE	HOURS
 ON-DEMAND VIDEO VISIT Virtual urgent care connects you to a provider from a computer, tablet or mobile device – almost anywhere you have internet access. No appointment is needed.	Monday through Friday, 8 a.m. to 8 p.m., Saturday and Sunday, 8 a.m. to 5 p.m. (closed holidays).
 SCHEDULED VIDEO VISIT Scheduled video visits connect you to a provider from a computer, tablet or mobile device. They are similar to an in-person visit, where your provider will ask questions, perform an exam and provide treatment.	Varies by provider. Visit ridgeviewmedical.org for hours by location/provider.
 URGENT CARE Urgent care is walk-in treatment for non-life-threatening injuries or illnesses that requires immediate attention. No appointment is needed.	Arlington 9 a.m. to 7 p.m., 7 days a week. Belle Plaine, Chanhassen, Delano and Waconia (Dec. 2024) Monday through Friday, 8 a.m. to 8 p.m.; Saturday and Sunday, 8 a.m. to 5 p.m. (closed holidays). Le Sueur 12 to 8 p.m., 7 days a week (closed holidays).
 EMERGENCY CARE For severe or life-threatening illnesses or injuries that cannot wait, patients should find the nearest emergency department or call 911.	Available 24 hours a day, 7 days a week at Ridgeview's hospital campuses in Arlington, Le Sueur, Two Twelve Medical Center in Chaska and Waconia.

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PATIENT GRATEFUL FOR ADVANCES IN WOMEN'S HEALTH RESEARCH

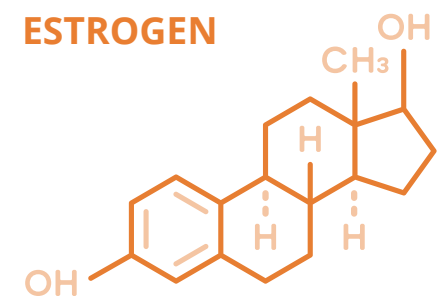
"I have always been a very active and on-the-go type of person, but something changed over the past year or two. I became irritable with my loved ones, lacked motivation to do anything, and I just didn't feel like myself. I scheduled an appointment with Dr. Baudoin who took the time to listen, ask questions and made me feel validated. She believed my symptoms were caused by a lack of estrogen and recommended starting hormone therapy. She answered all of my questions and was extremely knowledgeable about the latest research. Within a week of starting hormone therapy, I could feel the difference – it was as if there was this big cloud over me that I didn't even realize was there until suddenly it was gone. I feel like I can function again, my sleep has improved, my joints feel better and I have motivation to get back to the activities I love."

JENNIFER L.,
Hanover

Much of this has to do with the age of women who are receiving HT and the types and dosages of hormones used. "In today's world, we know we can't use estrogen alone in someone with a uterus; we need to pair and balance the estrogen with progesterone. If someone has had a hysterectomy and no longer has a uterus, they do not need the balance of progesterone because they don't have a risk of uterine cancer."

Dr. Baudoin explains the types of hormones used, saying, "Today, HT involves the use of bioidentical estrogen and bioidentical progesterone, compared to the synthetic hormones that were used previously and contributed to the increased risk of cancers in the original study. These hormones are used together for women who have a uterus and have not had a hysterectomy, and in a significantly smaller dose than was previously used."

ESTROGEN



Bioidentical estrogen used in hormone therapy today replicates the exact molecular structure of naturally produced estrogen, and therefore functions more effectively than synthetic forms.

AGING IN A HEALTHY AND COMFORTABLE WAY

Many women may feel like menopause symptoms are all just part of the aging process and they just have to deal with it – but that could not be further from the truth, and women deserve better. "So many women deal with these symptoms because we are told it is a normal part of life that every woman has to go through. In recent years, as more and more women are trying to age in a healthy way and maintain their activity, research on menopause and treatment is finally receiving the attention it deserves and we are able to safely help women feel better and get their sense of control back," Dr. Baudoin said.

If you need help managing symptoms of menopause or determining which stage of menopause you are experiencing, take control of your health by scheduling an appointment with the team at Western OB/GYN, A Division of Ridgeview Clinics.

NAVIGATING MENOPAUSE

How hormone therapy can ease the transition

Menopause is a journey that can bring a range of challenges and surprises. From the first signs of perimenopause, your body is changing in ways that may be unexpected and difficult to navigate. With the right tools and approaches, you can embrace this next phase of life and feel like yourself again.

THE JOURNEY TO MENOPAUSE

Before a woman reaches menopause, she goes through a stage called perimenopause. This typically begins when a woman is in her 40s and can last anywhere from several months to several years. This time is characterized by the infamous hot flashes, irregular periods, uncomfortable vaginal dryness, disruptive night sweats and difficulty sleeping – not to mention the emotional turmoil you may experience at times.

All these symptoms can be attributed to estrogen – the hormone your body slowly stops producing as you enter perimenopause. This results in fewer and fewer menstrual cycles, until you no longer have a period for 12 consecutive months. At this point, you have reached menopause, and your ovaries are no longer releasing eggs.

THE BEST TREATMENT FOR SYMPTOM RELIEF

While many women may dread this journey through menopause, there are treatments and methods that can greatly improve symptoms.

"In general, we tend to blame hormones a lot of our lives for being bad, or a reason we don't feel well. The truth is women often feel better on a certain level of hormones – estrogen in particular," Rebecca Baudoin, MD, Western OB/GYN, A Division of Ridgeview Clinics, explains.

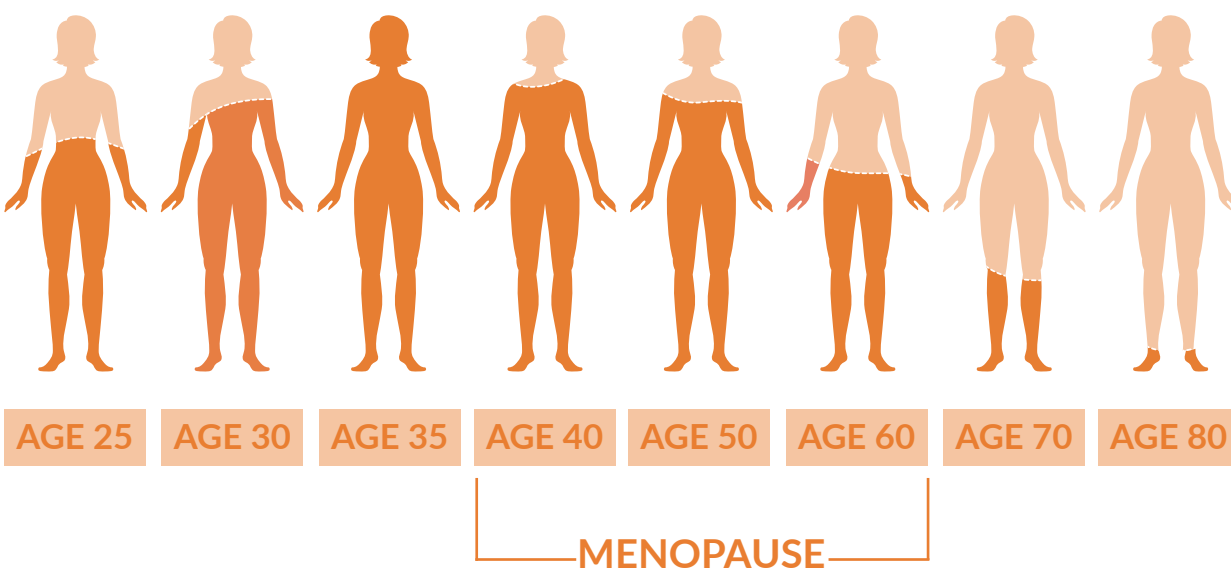
Hormone Therapy (HT) is the best treatment to relieve menopause symptoms. HT is a medication typically given in the form of a pill or a transdermal patch that contains a safe level of female hormones (estrogen and/or progesterone) to help reduce and improve symptoms of menopause. Everyone's health care needs are unique, and your women's health provider can help you determine if HT is a good treatment option for you.

PROGRESS IN WOMEN'S HEALTH RESEARCH

In 2002, the Women's Health Initiative (WHI) made headlines when they published a study which reported that HT increased women's risk of breast cancer, uterine cancer and heart disease – resulting in a dramatic decline in the use of HT. Unfortunately, after the WHI study was reanalyzed, experts determined this was a flawed study from the start and the findings do not completely hold true today.

Fortunately, as research regarding women's health continues to progress and improve, this notion that HT is dangerous for ALL women has largely been debunked. "This has been a huge disservice to women for the last few decades when the WHI study was released. Even the same authors of the study have looked back on their own data and retracted many of their conclusions because this was a flawed study to apply generally to a population of women, particularly to women who are perimenopausal or in the immediate post-menopause timeframe," Dr. Baudoin explained.

ESTROGEN LEVELS CHANGE WITH AGE





MEET THE TEAM

Western OB/GYN,
A Division of Ridgeview Clinics

Western OB/GYN, A Division of Ridgeview Clinics, specializes in women's health care — providing services for women in all stages of life — pregnancy, gynecology, menopause, urinary incontinence, well-woman care and beyond. Our providers care for patients at clinics in Belle Plaine, Chanhassen, Chaska, Delano, Excelsior and Waconia.

To schedule an appointment, call 952.442.2137.

Front row, from left: *Rebecca Baudoin, MD; Andraya Huldeen, MD; Louise Ou-Yang, MD; Gina Edison, MSN, CNP, FNP-BC.*

Back row, from left: *Sarah Bot, PA-C; Heidi Edsill, MD; Sarah Rose Labine, DNP, CNM; Dennis Mohling, MD; Kim Maletta Shibley, MD; Krista Kranz, MSN, CNM.*



Pumpkin Spice Smoothie

Source: American Heart Association

Whether you love it or despise it, pumpkin spice season has arrived. Pumpkin is designated as a superfood — no, not because it is the key ingredient to your favorite latte, but because it is a nutrient-dense food that is packed full of vitamins and minerals. Next time you are in the mood for a sweet treat, try this pumpkin spice smoothie from the American Heart Association.

Ingredients:

- + ½ cup canned pumpkin (not pie filling)
- + ½ cup fat-free, plain yogurt or Greek yogurt
- + ½ cup fat-free milk
- + 2 tablespoons rolled oats
- + 2 teaspoons honey
- + ½ teaspoon pumpkin pie spice
- + 3 to 4 ice cubes

Instructions:

Place all ingredients in a food processor or blender and blend for one minute, or until smooth and frothy. Pour into a glass and enjoy!

Tip: Chill the can of pumpkin in the fridge before using.



RECIPE

RIDGEVIEW SEEKS VOLUNTEERS TO SUPPORT HOSPICE PATIENTS

Area resident says 'Volunteering fills my tank'

Hospice volunteers play an important role at Ridgeview. Working alongside the hospice medical team, the specially trained volunteers provide support and companionship to patients and their families, allowing family members to focus on caring for their loved one.

Ridgeview's hospice team focuses on caring, not curing. The goal is to help patients nearing the end of their lives feel peace, comfort and dignity. "I have never been more blessed to be a part of something as I have with Ridgeview's hospice volunteer program," shared Peg Kamps, Green Isle.



PEG KAMPS,
Green Isle



Ridgeview is currently seeking compassionate individuals to serve as hospice volunteers. "Volunteering 'fills my tank' and has been an amazing journey," Peg said.

Scan the QR code to learn more about the program and Peg's experience volunteering at Ridgeview. To apply for a hospice volunteer role, visit ridgeviewmedical.org or contact Ridgeview Volunteer Services at 952.442.2191, ext. 35593.



EXPERIENCE VIRTUAL URGENT CARE

Same-day video visit with a Ridgeview provider. No appointment needed.

Virtual urgent care offers a convenient alternative to an in-person visit when you are simply not feeling your best. No appointment is necessary.

Virtual urgent care is available Monday through Friday, 8 a.m. to 8 p.m., and Saturday and Sunday, 8 a.m. to 5 p.m. (not available on holidays).

To start your visit, scan the QR code or visit ridgeviewmedical.org.



KAY KING,
Le Sueur

'I'm glad I switched my care to Ridgeview'

Although Ridgeview has grown into a regional health care system with clinics, hospitals, emergency services and so much more, we continue to be recognized for delivering a highly personalized experience to each patient we serve. At each touchpoint, we are committed to treating patients with the same care and compassion as we do our own friends and family.

Kay King, Le Sueur, shared, "I was so impressed with the care I received at Ridgeview's Le Sueur Campus and with my provider Tiffany Gordon, DNP. My clinic appointment and imaging experience was seamless, easy and efficient. I'm glad I switched my care to Ridgeview."

To learn more about Ridgeview and the communities we serve, visit ridgeviewmedical.org.

HealthViews



Ridgeview named among the Top 5% of hospitals in the nation for Surgical Care Excellence and Joint Replacement from Healthgrades

ONLY HOSPITAL IN MINNESOTA TO RECEIVE THESE TWO HONORS

Ridgeview has again been nationally recognized for clinical excellence from Healthgrades®, a reputable resource patients trust when searching for a doctor or hospital.

Ridgeview has been named one of America's 50 Best Hospitals for Surgical Care™ in 2025 – ranking among the top 5% in the nation in this category. Additionally, Healthgrades named Ridgeview among America's 100 Best Hospitals for Joint Replacement™ for the second year in a row, again placing Ridgeview among the top 5% in the nation. Ridgeview is the only hospital in Minnesota to receive these two awards for 2025 and is one of only two in the state to receive the America's 50 Best Hospitals for Surgical Care Award.

These achievements are based solely on patient outcome data. As part of its 2025 hospital assessment, Healthgrades evaluated risk-adjusted mortality and complication rates for over 30 of the most common conditions and procedures at approximately 4,500 hospitals nationwide to determine the top performers in specialty care. By offering easy access to objective performance measures, Healthgrades helps consumers find and select a hospital that excels in providing the care they need.

Visit healthgrades.com to learn more about how Healthgrades measures hospital quality and access a patient-friendly overview of how ratings are determined and why hospital quality matters.



EXPANDING CARE FOR KIDS

Ridgeview opens Pediatric Limited-Stay Unit in Waconia



To meet the needs of our growing communities, Ridgeview recently opened a Pediatric Limited-Stay Unit on its Waconia Campus. This unit provides care for pediatric patients from 2 months through 17 years of age who require a short hospital stay for oxygen supplementation, nebulizer treatments and IV fluids. Children are admitted for common, low-acuity diagnosis including asthma, influenza, pneumonia, skin infections and more.

Kelly Lemieux, MD, Medical Director of Pediatrics at Ridgeview, oversees the unit.

"We are pleased to offer this specialized pediatric care at Ridgeview. Children are not little adults," Dr. Lemieux said. "They have unique developmental needs and to provide high-quality and up-to-date care for kids, we have equipment that is right-sized for all stages of growth and development. This includes having the tools and resources to also help kids have a good experience – taking care of their emotions and fears as well as their medical needs." We offer that specialized care at Ridgeview.

The Pediatric Limited-Stay Unit is a secure four-bed, locked area. Pediatric patients are referred from primary care clinics and urgent care to Ridgeview's Emergency Departments for evaluation prior to admission to the unit. Ridgeview's surgical providers also admit patients for short stays following surgery.

Scan the QR code to learn more about pediatric care at Ridgeview.



New **PROVIDERS**



CHRISTIAN ADAMS, MPAS
Urgent Care (Waconia)



MICHELLE FLASKERUD, MSN, CNP, FNP-BC
Urgent Care (Virtual)



CAITLAN MUTHYALA, DNP, CNP, FNP-C
Urgent Care (Waconia)



KELLY TAYLOR, MSN, CNP, FNP-C
Urgent Care (Chanhassen)

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Sign up for MyChart
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We'd love to hear your story!
Please email info@ridgeviewmedical.org.