



May 2010

Dear Subscriber:

May is Stroke Awareness Month. Be sure to take advantage of our FREE stroke screening on May 8 at Oakwood Mall. This is a great chance to get your total cholesterol and blood sugar levels checked. And, did we mention it's free?

Also in this e-newsletter, read about an innovative new program we offered with Chippewa Valley Technical College in April to teenagers. The Car Control Class gave teens the opportunity to experience real-life, potentially accident-causing driving situations in a controlled environment. Our hope is that by giving the teens a chance to experience and practice these scary situations, they will know how to respond if — and when — it happens on the road.

Forward this link to your friends, and encourage them to sign up for *Health Matters* online! **Subscribe to "Health Matters" today by going to news.luthermidelfort.org and clicking on the "Health Matters e-Newsletter" link or tab!** Once you have sent the e-mail subscribing to the newsletter, you will receive a confirmation e-mail in the inbox used to sign up. You do not need to do anything with the e-mail, but you can keep it for your records. Please let us know if you have any questions through the feedback form below.

Hint: Don't forget to hit "send" on the automatic e-mail to actually subscribe.

Sincerely,
The Team at Luther Midelfort

Luther Midelfort
Mayo Health System

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mustard sauce](#)

[Chocolate pudding pies](#)

Upcoming Events

Stroke awareness
events at Oakwood
Mall, Borders



Car Control Class helps teens get the feel of safety

Luther Midelfort and CVTC team up to help prevent driving accidents among young people

When a black bear crossed near Business Highway 29 this week about 100 yards in front of Luke Street, the Chippewa Falls High School senior knew what to do.

"I used my emergency braking," said Luke, 18.

Fresh from attending Car Control Class — offered April 10 by Luther Midelfort and Chippewa Valley Technical College in Eau Claire — Luke was doing everything right.

His eyes were focused ahead, seeing the animal before it was too late. Driving his low-slung, sporty 1986 Pontiac Fiero, Luke doesn't have an anti-lock braking system. So he hit the brakes hard and fast.

"If I wouldn't have been looking far enough ahead, I might have clipped (the bear's) rear end," Luke said. "That wouldn't have been good."

The daylong Car Control Class — part classroom instruction, part driving exercises on a track — offers teens a chance to experience real-world accident scenarios in a safe environment

Free stroke and sleep screening at Oakwood Mall

Sleep apnea can contribute to your risk for heart attack and stroke. Talk to sleep and stroke experts from Luther Midelfort and Midelfort Pharmacy & Home Medical, and have your questions answered.

Saturday, May 8,
9 a.m. – 1 p.m.
Luther Midelfort
kiosk near the
Oakwood Mall play
area

- Have your total cholesterol and blood pressure checked.
- Learn your risk for sleep apnea and stroke.
- Use pulse oximetry to measure the oxygen in your blood.
- View a variety of CPAP masks and other breathing equipment.

Health Break at Borders

"Surviving a stroke takes more than a stroke of good luck."

Presenter: Dr. Felix Chukwudelunzu, neurologist and stroke specialist

Thursday, May 20, 7 p.m.
Borders
4030 Commonwealth
Ave.

Dr. Chukwudelunzu will

and then learn how to correct them.

After time in the classroom, students climbed into their own cars, an instructor beside them. Parents, wearing neon safety vests, watched from the grassy areas around the track.

Teachers coached 14 teens on situations — hydroplaning, skidding, heading toward a ditch or avoiding a deer in the road — that frequently cause panic and overcorrection resulting in accidents.

The risk of motor vehicle crashes is higher among 16- to 19-year-olds than among any other age group, according to the Centers for Disease Control and Prevention. In fact, per mile driven, teen drivers ages 16 to 19 are four times more likely than older drivers to crash.

That's every parent's fear.

"There's nothing more reassuring as a parent than hearing your kids pull in the driveway, knowing they're safe and sound," said Wayne Street of Chippewa Falls, Luke's dad, and one of the Car Control Class instructors.

As a registered nurse and director of Luther Midelfort's Level II Trauma Center, Wayne wants to prevent the many teen accidents he sees.

"I see teenagers who wipe out in their vehicles and are needlessly injured," Wayne said. "I see the worst-case scenarios of poor decision making, poor driving skills and poor road conditions. People pay a price for those mistakes, a very steep price sometimes. This class can teach teenagers to drive safer. Parents can kind of feel a little better when their teens come home late at night."

Gena Becker of New Auburn shares the same parent/healthcare provider concerns.

"Any time you hear it's a teenager coming in (to the hospital), your heart stops," said Gena, a registered nurse in Luther Midelfort's Emergency Department in Eau Claire who also enrolled her 17-year-old son Gage Cahoon in Car Control Class.

Gage, a Chetek High School junior, said the class taught him how to "better handle the car in tough situations." He especially liked the slalom course on wet pavement, weaving his

discuss:

- Risks of stroke.
- Stroke symptoms.
- Treatment options.

Remember: Stroke is a brain attack. The sooner you are treated, the better chance you have for a good outcome.

What Matters to You?

Let us know. You can connect with us on [Facebook](#), [YouTube](#), [Twitter](#), or just send us an [e-mail](#).

Good or bad, it doesn't matter--we'd love to hear from you!

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Volkswagen Jetta through cones that simulated quick lane changes needed to avoid an obstacle.

"It was pretty fun," Gage said. "It was exciting to feel (the car's) momentum shift."

Gage, who had driving experience on his grandparents' farm before he got his license, recommended Car Control Class to other teens.

So did Luke, who has taken similar courses in La Crosse. "It shows kids that they're not as good of a driver that they think they are," he said. "It's good to push your car to the limits. It's the only time that you'll be able to do it safely."

Car Control Class is planned to be held again on October 16.

"Programs like this are offered nationally with great success, so I am excited Luther Midelfort and CVTC are able to bring this to the area," said Dr. Leland Mayer, Luther Midelfort orthopedic surgeon and Car Control Class coordinator. "By combining our resources — CVTC's facilities and instructors and Luther Midelfort's medical knowledge and commitment to trauma prevention — we hope to prevent teen accidents, injury or even death."

The class is open to ages 16 through 19. The cost is \$30 per teen, which includes supplies and lunch for the teen and a parent, who is required to attend. Volunteer instructors also are being sought. For more information, call 715-838-3181 or register online at www.luthermidelfort.org.

Sharing Luther Midelfort site goes live

Luther Midelfort has recently introduced a new tool to our online community. [Sharing Luther Midelfort](#) provides a virtual place for people to connect and share their experiences and stories. We invite you to participate in this blog by reading the posts from our providers and/or sharing your own stories about Luther Midelfort!

Now Blogging:

[We're Expecting](#)



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