“I do a lot of handwork like sewing, crocheting, and knitting,” explains Ann Roberts. The 67-year-old continues, “Last spring, I was trying to do a braided rug on my own. I was pulling the strings and kept trying to pull the rug together way too tight. I ended up putting so much stress on my right hand that it started to swell up.” When the swelling and pain persisted, Roberts scheduled a visit to see her primary care physician, Dr. Thomas Seaworth, at Perham Health’s New York Mills Clinic. Having dealt with osteoarthritis since she was 16 years old, Roberts wondered if her osteoarthritis could have turned into rheumatoid arthritis. Dr. Seaworth provided Roberts with hand braces, which she wore for six weeks. However, the pain continued to bother her.

“Dr. Seaworth then ordered some x-rays, found arthritis, and referred me to Dr. Gibbs,” Roberts explains. Dr. Randolph Gibbs performs hand surgeries at Perham Health, a new service that was recently added to the hospital’s surgery center. Dr. Gibbs does outreach from Sanford Orthopedics in Fargo. He sees patients in Perham two Wednesdays a month, scheduling surgical procedures in the mornings and seeing his clinic patients in the afternoons.

“Dr. Gibbs started coming to Perham in April of 2014. We had been offering carpal tunnel surgery at Perham Health, but that was the only hand surgery until Dr. Gibbs came,” explains Perham Health Surgery Director Pam Mather. “He has done ganglion cyst excisions, trigger finger releases, mucous cyst excisions, and carpal tunnel releases here. We really enjoy working with Dr. Gibbs. He is very nice, and genuinely concerned for his patients.”

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Roberts says that Dr. Gibbs' first recommendation was to use a steroid injection to help treat the pain that results as a consequence of the arthritis at the base of her thumb. A month later, with the pain continuing, she was scheduled for surgery. Her situation was unique because she was suffering from two separate conditions, both requiring surgery after she was unable to find relief from more conservative treatments. The first surgery was performed to treat her basilar thumb joint arthritis or first carpometacarpal joint (CMCJ) arthritis. “It basically involves removing the arthritic bone called the trapezium and suspending the thumb metacarpal to the index metacarpal using a thick suture and two metallic buttons,” Dr. Gibbs explains. “Her second surgery was performed to treat a condition known as ulnar carpal abutment. Her distal ulna was rubbing against the carpal bones in her wrist causing pain, therefore the surgery involved removing a five millimeter wedge of bone from the ulna shaft and compressing the ulna using plate and screws, thereby shortening the ulna,” he continues. “This procedure is done in order to prevent the ulna from grinding on the wrist carpal bones and is called an ulnar shortening osteotomy. It is rare that patients suffer from both conditions at the same time.”

At Roberts’ request, Dr. Gibbs was able to perform both surgeries at the same time. With two surgeries planned for her right hand and forearm, Roberts says she was prepared for the long healing process that followed. “I was expecting a lot of pain and thought recovery would be a lot worse than it was,” she admits. “I took one pain pill and that was all I ever had to take. As long as I used my hand the way I was supposed to and let it rest it didn’t give me any trouble.”

After her surgery, Roberts met with physical therapy staff at Perham Health. Once her hand and forearm started healing, she was fitted with a hard plastic brace that she wore for three months. “When I went back to see Dr. Gibbs he said I was doing amazing and was very happy with how everything was healing,” Roberts recalls. She wore the brace for one additional month, in addition to doing the physical therapy exercises she was shown. “It was very nice being able to have the surgery in Perham and to have all of my follow-up visits scheduled with Dr. Gibbs in Perham. He’s such a sweetheart,” Roberts comments. “He always remembered who I was and even asked about how my family members were doing.”

Having surgical procedures done locally saves Perham Health patients valuable time. According to Surgery Director Pam Mather, for some patients their total time from surgery to discharge is just two and a half hours. “Some of the patients are elderly, so having to travel places an extra stress on them,” Mather mentions. “It is rare that people having surgery can drive themselves to the surgery, so they are dependent on someone taking them. When patients need to travel a long distance for their surgeries, this causes both them and the people driving them to lose an entire day.”

Six months after her surgery, Roberts is excited to report that she is once again enjoying the hobbies she loves. “I’ve been doing a lot of sewing,” she says. “I made fleece blankets for all of my grandchildren and my daughter-in-law for Christmas. As long as I don’t lift anything too heavy I feel fine.”

Dr. Gibbs says he is very pleased with how well Roberts has recovered from her surgeries. “She has been a pleasure to work with. She was extremely compliant with her post-op care and therapy and, as expected, had a great result,” he says, adding how, “One of the most rewarding parts of my job is being able to sit down and discuss patients’ problems and to be able to formulate a treatment plan that works best for them. It is always great to see patients like Mrs. Roberts do well after surgery is performed.” “I am still just so amazed at what a good experience it was,” Roberts says of her surgery. “I am always recommending Perham Health to people and bragging about Dr. Gibbs and what a wonderful surgeon he is.”

Ann Roberts is now free from pain as a result of two surgeries Dr. Randolph Gibbs performed on Roberts’ right hand and forearm. Hand surgery is a new service that was recently added to Perham Health’s surgery center.
From general surgeries to hand and eye surgeries, rotator cuff repairs to cesarean sections, Perham Health offers a wide variety of surgical procedures and is committed to providing patients with excellent surgical care, coupled with the convenience of having procedures performed locally.

Perham Health recently added another surgeon to its team of medical professionals. Dr. Brett Glawe is a general surgeon who specializes in the surgical treatment of a wide range of diseases and conditions involving the breast, stomach, esophagus, thyroid, pancreas, gallbladder, and intestinal tract.

Dr. Glawe treats skin cancers, including those requiring plastic surgery. He also provides a comfortable experience with colonoscopy and gastroscopy for screening or therapeutic purposes. Dr. Glawe’s pediatric surgeries include tonsillectomy, adenoidectomy, ear tubes, hernia repair, appendectomy, and other emergencies.

“My goal is to improve and restore the quality of life for my patients, returning them to the activities they enjoy. I believe with passion, an open ear, thorough evaluation, and hard work we can work together to achieve this goal. I also think it is important to treat each patient as an individual with unique needs and provide patient education so patients can participate and feel confident in their care,” says Dr. Glawe.

Dr. Glawe practices at the Perham Health Clinics in New York Mills and Perham.

Perham Health offers a wide array of surgeries. Several of the surgeries can also be done as laparoscopic surgery, requiring only small incisions and resulting in a quicker recovery time.

**General Surgery**
- Abdominal surgery
- Appendectomy
- Breast biopsy
- Carpal tunnel release
- Circumcision
- Colonoscopy
- Ear tube placement
- Gall bladder removal
- Hernia repair
- Hydrocelectomy
- Hysterectomy
- Lumpectomy & mastectomy
- Lymph node biopsy/removal
- Removal of skin lesions, cysts, cancers, etc.
- Skin graft
- Thyroidectomy
- Toenail removal
- Tonsillectomy & adenoidectomy
- Vasectomy

**Hand Surgery**
- Carpal tunnel release
- Ganglion cyst excision
- Trigger finger releases

**Obstetric & Gynecological Surgery**
- Cesarean section
- D&C
- Hysterectomy
- Hysteroscopy/versapoint
- Ovarian cyst excision
- Ovary removal
- Repair of “fallen bladder”
- Tubal ligation

**Orthopedic Surgery**
- Knee arthroscopy
- Shoulder arthroscopy with repair

**Ophthalmology**
- Brow and lid surgery
- Cataract extraction

**Urology**
- Slings for urinary incontinence

**Dr. Randel Stolee**
**Dr. Randolph Gibbs**
**Dr. Harold Rodenbicker**
**Dr. Thomas Strinden**
**Dr. Jaimie Deraney**
**Dr. Michael Segal**
**Dr. Matthew Nelsen**

Dr. Brett Glawe, Surgeon
MEN’S NIGHT
Thursday, April 7
5:00-7:30 p.m.

Guest Speaker
Steve Quinn
Senior editor In-Fisherman Magazine,
Co-host of In-Fisherman Television,
award winning angler

Join us at the Cactus
43521 Fort Thunder Road, Perham

- 5:00-6:10  Health screenings, education exhibits, light meal, massage
- 6:10  Dr. Brett Glawe,
Cancer screening and treatment techniques
- 6:30  Guest speaker Steve Quinn

Event for men 18 years and older.
FREE ADMISSION

To register call (218) 347-1640 or information@perhamhealth.org
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