New hysterectomy option less invasive and faster recovery

“I’m not one to sit still too long,” Brenda Wilschewski will readily admit. “It’s just my personality.”

With a full-time job and a family to take care of, Brenda was disheartened to learn that at age 47, she would need a hysterectomy. Thoughts of being confined to a bed during a lengthy recovery, while her job and family waited on stand-by, bothered the active wife and mother of two.

When she learned there might be a quicker recovery option than traditional hysterectomies have required, Brenda’s outlook on the surgery brightened.

During an appointment at Perham Memorial Hospital, Dr. Jaimie Deraney, OB/GYN, explained the option of a laparoscopic hysterectomy (LSH) to Brenda. At the time when Brenda first met with Dr. Deraney in December, Perham Memorial Hospital had already begun looking into purchasing the technology required for the procedure. Impressed by the less invasive nature and faster recovery time of the surgery, Brenda decided LSH was the perfect fit for her busy lifestyle.

“I opted to hold off on the surgery until it was available in Perham, because I didn’t want to have to go to Detroit Lakes,” Brenda recalls. For her, having the surgery close to her home and family was worth the wait.

On February 17, she was the first patient to utilize the new LSH offering in Perham. Dr. Deraney performed the operation, which uses a laparoscope — a thin, lighted instrument which acts like a video camera so the surgeon can clearly see a magnified view of the pelvic organs — along with small surgical instruments.

Three to four tiny incisions, each less than a quarter inch in size, are made in the navel and abdomen. During his LSH surgeries, Dr. Deraney uses the instruments to carefully separate the uterus from the cervix, and then removes the uterus through one of the openings. The cervix, the bottom part of the uterus, is left intact.

In addition to being minimally invasive, another advantage of LSH is that patients experience less pain with the procedure. “It has to do with how you remove the tissue,” explains Dr. Deraney. “This affects the amount of pain a person experiences.”

“I was expecting a lot more pain,” confirms Brenda. “I really had very little pain. I was up walking around by four o’clock that evening.”

One of the most important advantages of LSH for Brenda was being able to stay in Perham throughout the entire process. She only spent one night in the hospital. Her husband, Tim, picked up Brenda and brought her home at 10 a.m. the day after the surgery.

While Brenda was in the hospital, Tim and their kids, Megan and Aaron, stopped by to see her once after school, and then visited again after dinner. Brenda says she was extremely thankful to have the surgery so close to home that her family was able to visit twice during her overnight stay.

“That was nice,” she says, thinking back on her family’s support following the surgery. “Had I been in Detroit Lakes, they probably would have only been able to see me once.”

Brenda Wilschewski enjoys family time with her husband, Tim, and children, Aaron and Megan, following a laparoscopic hysterectomy, one of the newest women’s health offerings at Perham Memorial Hospital.
Just a week after her surgery, Brenda went back to work for half-days at her desk job. The following Monday, she was back to work full-time. She says that by the middle of March, one month after her hysterectomy, she felt completely back to normal.

Brenda's story is typical of women who choose the laparoscopic hysterectomy procedure. Women who have LSH are often able to return to their normal activities in one to two weeks. This is a significantly shorter recovery time than the six-week average recovery for a traditional hysterectomy.

"Patients have been happy with the results. It gets them back to their regular activities quicker," Dr. Deraney reports. He speaks highly of the reduced pain and shorter recovery time benefits of laparoscopic hysterectomies. He has done over 100 LSH procedures over the past two and a half years. Dr. Deraney says the majority of women who need hysterectomies are candidates for LSH, with one of the primary exceptions being that the procedure cannot be done on cancer cases. For women like Brenda, LSH helped make her hysterectomy a much less daunting operation.

“I was very comfortable,” Brenda says of her surgery experience in Perham. “I had very good nurses. A few of them had had a traditional hysterectomy several years ago, and they all said, ‘I wish this type of surgery was available when I had mine.’”

After opting for a laparoscopic hysterectomy, Brenda is so pleased with LSH that she says she has no hesitation in recommending it to other women. When speaking recently with a friend who was worried about the length of time required for recovery from a hysterectomy, Brenda was able to share her own story of how quickly she was back at home and back on her feet after surgery.

Women’s health services

Knowing that women want and require different services at various stages in life, Dr. Jaimie Deraney, OB/GYN, makes it his goal to meet the individual needs of each patient. Dr. Deraney deals with a wide range of women’s health concerns including birth control, pregnancy, abnormal periods, pelvic pain and menopause. Providing health care for women of all ages, from pre-teen years through menopause, he provides medical and surgical expertise to ensure the most appropriate and effective care.

At left, Dr. Jaimie Deraney, OB/GYN, is pictured with staff members Christy Warren, LPN, and Joyce Klyve, RN.
Together - Building for the Future
Community campaign underway for new hospital

Construction of the new Perham hospital continues at a rapid pace and is on schedule to be completed at the end of 2011. You can keep up with the progress by visiting our web site at pmhh.com or becoming a PMHH fan on Facebook.

We express our deepest gratitude to the individuals, groups, and businesses in and around the Perham Hospital District who have made a contribution to the Together – Building for the Future capital campaign. To date, over $3.3 million has been pledged, which is absolutely amazing! This is a remarkable community that understands how to support each other in many projects. We invite you to join this group of supporters as we work to reach our fundraising goal of $3.5 million.

All donations will be noted on an historical marker. This marker will be tastefully featured in a garden area, known as the Healing Garden, to be located on the northwest side of the new hospital. An artist rendering of this incredible piece of art is shared in this newsletter. The 15 x 10 foot sculpture will be constructed of copper and various artistic metals. It will artfully depict flowers, plants, grasses, and animals native to our area. Donor names will be engraved into the base. As visitors to the garden appreciate the detail and design of the sculpture, they will also be able to view the names of all who helped to build this new Perham medical center.

You may donate by completing the form below. In order for your name to be included on the Healing Garden donor marker; donations need to be received prior to the installation of the sculpture. Once placed, names cannot be added. In addition, all gifts of $5000 and above will also be recognized on a special Founder’s Wall in the atrium of the new hospital.

Projects of this magnitude don’t just happen – it takes a community of supporters. Thank you for your generosity in giving to the Together – Building for the Future campaign.

☐ YES, I want to support the Together - Building for the Future capital campaign.

Please accept my gift in the amount of: ☐ $25 ☐ $50 ☐ $100 ☐ $500 ☐ $1000 ☐ Other $____________________

____________________________
Name

____________________________
Address

City _______________ State _______________ Zip _______________

☐ Charge my gift to ☐ Visa ☐ MasterCard ☐ Discover

Card # _______-________-________-________ Exp. Date __________________

Signature ___________________________________________________________

Please list me/us in any recognition materials as __________________________________________

☐ Keep my gift anonymous ☐ I wish to talk to someone about making a gift. Contact me at __________________________

Please remit to:
Perham Hospital District Foundation
665 3rd St. SW
Perham, MN 56573

Artist rendering of Healing Garden sculpture
Save the date
October 28
St. Paul’s Lutheran Church, Perham

Just for Women, a free health and wellness symposium sponsored by Perham Memorial Hospital, will feature a variety of health experts to discuss today's women's health issues and hot topics. The evening will culminate with guest speaker, Mary Jo Paloranta, who presents a humorous, inspirational, and powerful message.

2010 Scholarship Recipients

Maggie Carlson New York Mills, will attend the College of St. Scholastica in the pre-med program.

Anna Wagenman Dent, is enrolled in the RN program at MSCTC-Detroit Lakes. She will continue her studies at Minnesota State University-Moorhead.

Maria Homola Henning, is enrolled at MSCTC - Moorhead in the dental hygienist program.

Sarah Taylor Henning, is pursuing a pharmacy degree at North Dakota State University

Holly Osland Richville, attends MSCTC-Detroit Lakes where she is enrolled in the RN program.